

CROQUET: A SPORT WORTH CONSIDERING



If you have a client who is looking for a new sporting direction, croquet is worth considering.

Croquet has an image of being a genteel pastime for retired people. Pimms and cucumber sandwiches come to mind.

It's true that croquet is a good retirement sport. But it is also a serious competitive sport played by people of all ages.

Australia's leading player in Association Croquet is a young man from Lismore in Victoria who became world champion at the age of 20. Most of the leading players internationally are under 60.



Croquet enables participation. With appropriate guidance, it can be played by people with reduced mobility and strength. Most people with mild impairment, say reduced shoulder or hip mobility, will be able to participate fully in croquet. Golf croquet, in particular, is easier on the body than sports which involve twisting or asymmetrical action, such as golf, bowls, and tennis.

Croquet challenges body and mind. It offers the opportunity to develop

- ⌚ hand-eye coordination
- ⌚ balance
- ⌚ mobility
- ⌚ upper and lower limb activity.
- ⌚ strategic thinking

Croquet is an enjoyable outdoor activity. Players walk, talk and socialise. They find it easy to reach activity targets such as 10,000 steps a day or 2 ½ hours physical activity a week.

Competitive croquet is demanding. Croquet can be a fiercely strategic, strong minded competitive sport if you wish to take it to that level.

It's easy to find somewhere to play. Croquet clubs are proud of their sport and warmly invite new members. Where there is interest, it should be possible for play to be arranged at times that suit working people: for instance at weekends, sundowner croquet sessions (being introduced at an increasing number of clubs) or evening play under lights where clubs have this facility.

You're welcome to try it out. If staff at your practice would like to get to know the game you would be most welcome to arrange a visit to your local croquet club.

In Victoria there are around 90 croquet clubs. Contact details of local clubs can be found via the Victorian Croquet Association website croquetvic.asn.au/clubs.php.

Contact:

Kate Patrick
Vice President, Victorian Croquet Association
0403 108 215 (m)
vicepresident@croquetvic.asn.au