

WHATS INSIDE

- Message from the President
- COVID-19 impact and update
- Bishopstowe Ladies Clinic
- Underberg Tournament
- World Cup Logo Competition
- Eye Gym
- Birthday list



9th Chukka

May | 2020

MESSAGE FROM THE PRESIDENT

We have hit some major speed bumps this year, and I know many players are highly disappointed that they are not out on the field playing some competitive polocrosse, and showing just as much dedication to the social aspect we all love as well.

As a committee, we have been meeting regularly to discuss the upcoming PASA strategy, and the impact of the COVID-19 scenario that is facing all of us in different ways. We are doing what we can to ensure that PASA is able to continue functioning as a dependent committee and can provide the necessary guidance and support for the polocrosse community. We cannot do this

alone however, and do need the backing of our polocrosse members. We encourage every player to do what they can to meet the affiliation requirements outlined previously. I do believe we will get through this trying time, and come out the other side a stronger and unified community.

I would like to thank each one of my executive committee members for their work and support of our initiatives. It has been a rocky road to the start of my term, but with the enthusiasm and commitment from these members, I do believe we have done a lot for polocrosse in SA already.

I am very excited about the involvement of our players in our social media campaigning to date. It seems the lockdown has promoted the variety of ways we can interact with each other, and it is great to see so many global participants in this space—all with the common interest in this sport we dedicate so much to.

I wish everyone a safe and healthy May, and hopefully we will all be able to meet in person soon.

Yours in polocrosse,
Manfred Rohwer



COVID-19: IMPACT AND UPDATE

A letter was circulated earlier this month by PASA outlining the way forward for the 2020 season in light of the COVID-19 circumstances. Below we have outlined the key points from the strategy put forward.

WHAT WILL THE SEASON LOOK LIKE?

- All tournaments on hold until further notice
- PASA is motivating to still hold SA Champs, TWK Classic and President's Cup
- Smaller tournaments with fewer participants will be considered under level 1
- Shongweni High Goal and tours are cancelled for 2020

HOW WILL AFFILIATIONS WORK?

- 2020 affiliations will see a 50% discount for the remainder of the year
- If payment is made before end May 2020, a further 15% reduction in fees for 2021 will apply
- Members who have paid in full will have a credit passed for 2021 affiliations
- R60 additional tournament levy

Bishopstowe Ladies Clinic



A fun game of netball under the watchful eye of coach Peter

The entries to the ladies clinic were off to a slow start, but once the closing date drew closer they came in thick and fast. It was fantastic to have ladies from -1 to 4 attending the clinic. We ended up with a total of 27 ladies for 2020 clinic, which was held over 2 very hot days.

Our theme this year was “Drill it down” where we focused on some drills the ladies could practice to improve their skills.

After a warm welcome, Gavin initiated the first discussion by asking the leading questions “why are drills are so important”. Following this, they split into groups to discuss what the benefit of each different drill is. This was a really good exercise to understand the importance of ball skill practice for ladies, and the importance of varying exercises to avoid boredom and loss of interest from both rider and horse.

Once the discussions were over, the ladies were split into groups of 6 or 7, which ran through the various coaching stations in rotation. The groups started with 5 drills on foot, followed by 5 different horseback drills.

We broke for lunch with an excited bunch of ladies, keen to see what the afternoon had in store. After lunch, sections and their allocated coaches were announced for a fun afternoon of guided chukkas.



Michelle Withoft



Nikita Gilks



Kayla Heynes

The first session of chukkas was played with the turnabout format—putting everyone out of their comfort zone. During chukkas, the coaches would stop play when needed to coach and advise of better options or tactics of play. This was a huge benefit as players could immediately relay this information and keep the scenario front of mind.

Sunday brought more chukkas to be played over 2 sessions. During the first session, the coaches could play the ladies in any combination strength, however with the added technicality that each player had to touch the ball before a goal could be scored. This got the ladies using the “netball method” of creating space making themselves available for a pass.

Unfortunately we didn’t get to play the 3rd format and rather saw a reshuffling of players as some ladies opted out due to the heat.

The clinic closed off just after 2pm with some thank you gifts for the coaches and ladies. Sophie Withoft, Megan Frost and Jo Phillips were selected by the coaches for outstanding performance and were awarded with halters.

All in all, we ended another fantastic weekend of ladies polocrosse some happy, albeit tired, faces—feeling very motivated for the upcoming 2020 season.



Coach Andrew overseeing peripheral exercises



Sophie Withoft



Ball skills demonstrated by coaches, Owen and Gordon

A huge thank you to our coaches, Gavin, Gordon, Andrew, Peter, Owen and Richard, who stood in the sun for hours on end sharing their knowledge and advice on different topics. Without you this clinic would not be possible and your efforts are greatly appreciated by all the ladies.

Thank you to Richard for the Thirsti waters you had sponsored—they were very welcome between sessions. Another big thank you to Ian Stanely and Lowlands Butchery for sponsoring the biltong gifts for the coaches.

I would like to encourage the ladies to contact me with any suggestions or ideas for the 2021 ladies clinic, in this way we can make sure we are catering to everyone’s needs.

Thank you and looking forward to seeing a huge improvement in the standard of ladies skills in the 2020 season.

Ashleigh Shaw

KZN ladies co ordinator

Underberg Polocrosse Tournament

Pre- corona, great weather and a late date change made for the luckiest weekend in polocrosse history.

We managed to miss social distancing by a day and 100ml of rain by 3 days all thanks to a double booking of the fields.

What a great weekend it turned out to be, we had 3 divisions and peewees of course.

The fields held out really well after the rain the week prior and the sun shone all weekend. Everyone played their hearts out on the field on Saturday and sang their hearts out at karaoke that night. I think a lot of fun was had by everyone.

Sunday was a big day of finals, and there were some real nail biters. With Gwyn on the mic commentating, everyone was in the edge of their seats taking in great polocrosse and the splendid views.



RESULTS

Lynton Bauer, Chelsea Mac Donald and Hylton Choice walked away winners of A div.

Shaun Hiltunen, Brett Watson and Jenny Firth won B div.

And in C div Olly King, Nic King and Liam Klaasen came out on top.

We just want to say a huge thank you to everyone who came to our little tournament we hope you had as much fun as we did and we hope to see you all next year.

KEEP YOUR EYE IN DURING LOCK DOWN!

PASA affiliated members will receive a **20%** discount on the Classic Package from EyeGym over the lock-down period.

Use the below promo code to activate your discounted subscription at: <https://eyegym.com/>

Code: PASA2020



MAY

3: Olivia King

5: Megan Vorster

6: Nico Pretorius

Sarah van Wyk

7: Karen Cocker

11: Lucia van Dyk

15: Belinda Dunford

17: Neels Beukes

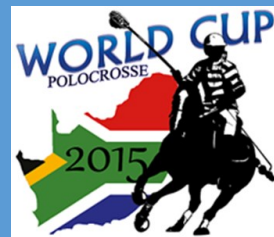
12: Leigh Higgs

26: Steve Gilson

28: Adam Moray Campbell



WORLD CUP LOGO COMPETITION



The World Cup is coming to SA in 2023, and the committee is hard at work already—determined to make this the best Polocrosse event the globe has seen.

For our campaigning, we need a new 2023 Polocrosse World Cup LOGO, and would like to invite all our members to enter the competition.

Get your creative juices going and submit your design for the LOGO to admin@polocrosse.co.za.

The winner will receive FREE affiliations for the 2021 season.



REMINDER

The PASA email addresses have changed:

Secretary: admin@polocrosse.co.za

President: president@polocrosse.co.za