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9th Chukka

December | 2020

CHRISTMAS MESSAGE FROM THE PRESIDENT

Dear Polocrosse Members,

Merry Christmas and best wishes for the New Year!

Wishing you and your family peace, health, happiness, and prosperity in the coming year.

May the Holiday season fill your home with joy, your life with laughter and your stables with horses.

Let's all enjoy the positiveness of our executive and 'Get Involved' in this wonderful sport of ours and make it 'The sport to be involved with'.

Have a wonderful break, travel safely and look forward to seeing you in 2021.

Yours in polocrosse
Manfred Rohwer



Time to Renew
2021
MEMBERSHIPS

SAEF Membership fees reduced for 2021!
JUNIORS - R400 | SENIORS - R650

Membership Pro Forma invoices will be sent out from Saturday 21 November 2020

step 1 CLICK 'ACCEPT' ON THE PRO FORMA INVOICE	step 2 YOUR INVOICE WILL THEN BE SENT WITHIN 24 HOURS	step 3 CLICK ON PAYFAST OR INSTANT EFT TO PAY
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ALL MEMBERSHIPS MUST BE PAID BY 31 JANUARY 2021 - NO EARLY BIRD DISCOUNTS WILL APPLY FOR 2021

By making payment for your 2021 SAEF membership fees, you agree to abide by the:
1. SAEF Constitution
2. SAEF Code of Conduct
3. SAEF Rules & Regulations
4. SAEF Safeguarding Policy against Harassment and Abuse

Interesting facts...

The average race-horse is a 1000 pound container of bone and muscle, supported by respiratory and cardio-vascular systems.

- Coming out of the starting gate, the horse will get 40 miles an hour (64km/hr) in six strides, A Ferrari accelerates from standstill to 60mph (96 km/hr) in 5 ½ seconds, a horse can reach 42 mph (67.5 km/hr) in 2 ½ seconds
- The force on a horse's front hoof is at its greatest at about 2500 pounds (1133.98 kg) as it hits the track. The force on its front cannon bone has an impact of 10000-12000 pounds (4535.92kg- 5443.104kg). The bone breaks at 18000 pounds (8164.656kg)
- The horse inhales and exhales once every stride. At 0.42 seconds per stride it completes 2 21/2 breathing cycles a second
- At full gallop, the horse takes in five gallons (22.73 litres) of air a second. From that air it extracts on quart of oxygen through its lungs, transmitting that energy fuel through its bloodstream.
- From rest to top speed, a horse's heart rate increases by a factor of 10, a man's by only 4.

"So the horse that walks around, eats grass, looks at the view and gives every appearance of tranquility was, in fact, designed by God to explode." Dr George Pratt

Get to Know Your EXECUTIVE

Karen Cocker

Junior President, Director of Coaching, International Liaison, Communications Committee



I started riding at a very young age as I was born into a polocrosse playing family, The Higgs family. Our family moved from Estcourt to Johannesburg when I was ten and I started playing polocrosse with the Inanda club. I received my Transvaal colours for scholars and ladies. I then got married and moved to Zimbabwe where I received provincial and national colours.

After losing our farm, my family immigrated to South Africa where I initially played for the Richmond Club. Over the years, I have played for the South African ladies team against the UK in 2009, and I also played for the South African Veterans team in 2012. We moved from Richmond to Shongweni in 2015 when we bought a chicken farm in Cato Ridge.

I am married to Gavin and am now an egg farmer. My passion is kids, having had five of my own, mixed with plenty of nieces and nephews. I am happiest when I am surrounded by them all! It has been such a pleasure coaching and playing with my own kids through the ranks. I can proudly say all five of my children and three of my nieces have played for their country and my three eldest boys have all played in a World Cup.

My polocrosse highlights have been playing in several internationals, Zimbabwean Opens and more recently the last four Durban Landrover Highgoals. However the highlights that stand out the most have been the tournaments I have played in the same team as my children and husband – however they are all out playing me now, so I guess I may have to start considering time keeping their games instead of playing in them!

I love getting involved and doing my bit for polocrosse. I have had a lot of experience running clubs, tournaments and horse co-ordinating, having run that side of things for many internationals over the years including the 2015 World Cup. I love being the Junior President and have thoroughly enjoyed organising the last two barbarian tours and junior classics.

Horses form such a major part of your polocrosse journey, and I have been incredibly lucky with horses. I bought my favourite polocrosse mare – French Affair (Baby Grey) as a three year old off the track in Zimbabwe. I played her for 13 years. We bred her to Bundy and harvested two embryos from her, I got two foals, Fifty Shades and French Kiss. I am playing both today. I have one last foal from her, Belami, who I really cannot wait to start riding later this year.

Gavin Cocker

Convenor of Selectors



I grew up on a farm in Zimbabwe and started playing polocrosse when I was six years old. I played for the Muteptepa club with my father and cousins. While in Zimbabwe, I received my national colours at 18.

My highlights in Zimbabwe were beating Aus in 1991, winning a test match against Aus in Australia in 1999 and also being part of the Zimbabwe team which won the 1997 Quadrangular held in South Africa. At the time I was a ten handicap in Zimbabwe, before immigrating to South Africa in 2004 after my farm was taken.

My first debut for the South African national team was against New Zealand in 2004, and I captained the South African team from then on until 2015. I have had a wonderful polocrosse career having played in four world cups, where I had the privilege of leading the South African team to victory in two of them, and also enjoyed countless International series. Polocrosse has afforded me the opportunity to travel to the UK, Australia, New Zealand and Zambia. I have now resigned from playing International polocrosse and look forward to focusing on local polocrosse, coaching, training horses and my family's polocrosse dreams.

I am married to Karen and have five children, James, Gordon, John, Amy and Trent, who I have loved playing polocrosse with over the years. I have my own steel construction business called Gavsteel and also farm layer hens alongside Karen in Cato Ridge. We currently play for Shongweni Polocrosse Club.

When I am not working I enjoy bringing in young horses, especially ones I have bred. My favourite horse at the moment is Thomas—he is a bundy out of a good mare I used to play. I have experienced so much through polocrosse and really want to give back as much as possible to the sport by coaching and serving on the executive.

A trip down MEMORY LANE

Thanks for sharing **Karen Cocker.**

"Be careful what you ask for!"

A number of years ago I was playing in a tournament at Bishopstowe. I was in a team with my brother. My brother and I have a fun relationship and love to have innocent banter and tell many jokes between us and to anyone else who may have the misfortune of being nearby.

On this particular morning we were preparing to go on for our first chukka of the day. The banter was flying and the jokes were on form. The medic on duty that day happened to saunter past us both, he was different to our usual medics, we noticed he was very good looking and athletically built, his medic overall was a flattering fit! We watched him for a while and I then commented to my brother that should anything happen to me, he should stand back and allow this young man to do his job.....

Well... not even two minutes later, I put my foot in my stirrup and hoisted myself up, attempting to mount my fiery steed. She was not in the mood for polocrosse that morning and reared high up into the



air. I was flung to the ground and landed rather ungracefully flat on my back. I was winded and could unfortunately not speak for a few seconds. My loving brother took immediate action. He cleared the area of all my caring friends and family and bellowed for the medic. The medic came running, he was instructed by my comically overly concerned brother, to make sure I had not broken any bones and to take his time in examining me. I had almost got my wind back and was rather feebly tried to reassure him that I was just fine and was only winded. He noticed I was very flushed in the face and was not really making eye contact, not knowing the joke, he took these symptom's as a sign that I was unwell and to my further embarrassment and my brother's absolute amusement, I got a very thorough check up! I have never made a comment like that again!



Executive Feedback

CONGRATULATIONS to **Bruce MacLarty**, who has been elected as our national coach. Bruce has led our national side to two World Cup victories and we look forward to seeing him work with the upcoming national side.

Another **CONGRATULATIONS** to **Seb King**, who has been voted in as the **PASA Treasurer**.

Seb has already contributed greatly to our PASA strategy, and we look forward to having his expertise in the executive going forward. Thank you for jumping on board!

SELECTORS

The selection committee for 2021 has been appointed, after following the nomination and election process earlier this year.

Thank you to **Gavin Cocker**, PASA Convener of Selectors, for your dedication in establishing a great selection team.

Selectors for 2021

Gordon Shaw
Jannie Steenkamp
Henry Harris
Ian Stanley
Peter Choice

DECEMBER

3	TILANIE GROENEWALD	13	MEGAN THOMPSON
	OWEN HOLLAND	14	ANDREW THOMPSON
4	SAMANTHA HATCH	19	MEGAN FROST
6	TAYLA VON BENECKE	20	MANFRED ROHWER
9	JENNA BRINK	21	CARMEN HALDANE
10	ROSS HALDANE	22	BRENDA CRAWFORD
11	NICHOLAS KING	25	HEINRICH FORTMAN
12	NICK DE JONG	27	KAYLA HEYNES

Just for LAUGHS...

Fish pee in there you know.

