



Women in Petanque

Promoting petanque through sharing news & information

Introduction

Happy New Year and welcome to the second issue of the Women in Petanque Newsletter. This newsletter is all about promoting petanque to women and sharing news, information and celebrating successes from across the EPA Regions.

Since our last issue in September 2017, there have been some great achievements from our Women's Espoirs team who competed in the CEP Championship in Rouen, France and also our Women's England team who represented England at the World Women Petanque Championship in China.

We hope you will enjoy the features in this issue and would welcome your views and suggestions for future articles as well as invite you to send in your local petanque stories. We hope this Newsletter will enable the sharing of good practice and create a platform to celebrate the successes of women playing petanque.

Hassi Leverett
Editor

In this Issue:

- Introducing Teresa Bingham - new Ambassador
- International Women's Successes
- Local & Regional Successes
- Toni's Top Tip
- Tribute to Chris Best
- Out & About - News from the Regions
- International Women's Day

Future Issues

Our next issue will be in June 2018 so if your Club or Region has a good news story to tell, we would love to hear from you.

Do you have an up and coming new player that is showing potential - why not send in their story? Or if you are hosting special events to promote petanque to women, keep us posted.

Please email: hassi@culturaljourneys.org



Introducing Teresa Bingham

We are delighted to welcome our new Ambassador for the Heart of England. Teresa has been playing petanque since 1994 and is a qualified Club Coach. She has played for England in the Home Nations and also travelled to France in 2017 as part of the EPA (top 16) women's squad. She is looking forward to promoting petanque to women within her Region.

Teresa is hoping to set up a Working Group of Women from across clubs in the Heart of England and is planning to promote a 'Come & Try' Open event as part of International Women's Day. Please email Teresa if you would like to be involved in promoting petanque to women in the Heart of England. For more information, please email teresa.bingham@btopenworld.com



Celebrating International Successes

CEP - Espoirs Women Championship

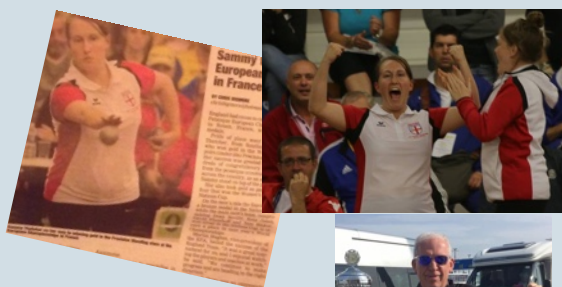
In September 2017, the England Women's Espoirs



(Under 23) Team - Vikki Amphlett, Kaylee Thatcher, Sammy Thatcher & Aimee Colley - went to Rouen in France to compete in the Confederation of European Petanque (CEP) Championship. After the qualifying rounds, the team were in the Nations Cup and were delighted to win the Gold for England.



Next up the Precision Shooting - which had practically every petanque player in England hooked to the live stream (courtesy of Martin Hughes) as they watched a nail-biting final between Sammy Thatcher & Eileen Jenal from Germany. It all came down to the final shot to be played by Eileen. The atmosphere was tense as Sammy watched from the side supported by her sister Kaylee and the rest of the England Team. This wonderful picture captures the moment as the nation saw Sammy win the Gold when Eileen Jenal missed her shot. It was good to see some press coverage back home on this momentous achievement by Sammy.



World Women Championship

After an epic journey taking more than 24 hours - travelling by plane, bus, train, another bus - our Women's Team - Kaylee Thatcher, Sammy Thatcher, Sarah Huntley and Emma Longstaff arrived safely at Kaihua in China for the 16th Women World Championship. Their coach Martin Hughes said, "the team handled it well, keeping in good humour throughout..."



Following a day of rest and some practice, the team started the championship in great form beating Morocco 13-9 and Indonesia 13-0. Other wins notched up included 13-6 against

Holland and 13-2 against Thailand. Martin said "We hit our minimum target of reaching the top 16 and recorded a truly great and convincing win over one of the best teams in the world. Sarah also performed really well in the Precision Shooting, hitting a score in the repercharge that would have been in the top 4 in the first qualification round.

Many positives from our participation and as usual a number of learning points for everybody involved. At the end of the day it comes down to the team and I'd like to congratulate Sarah Huntley, Emma Louise Longstaff, Kaylee Thatcher and Sammy Thatcher for the way in which they represented our country. Well played.



That concludes the 2017 International playing calendar. We will meet with coaches and others involved in supporting our players and teams/squads before the end of the year to review our overall progress. We will also look forward to 2018 where we can hopefully build on many of the achievements we have made"



Celebrating Local & Regional Successes

Devon Singles Champion 2017 Lesley Drakatos

Lesley started playing Petanque as a leisure sport in 2014 and progressed to competitive Petanque in 2015 when she joined the EPA with a view to start competing. Encouraged by her success in the National Titles weekend ISCA May 2017 (placed in the top 16 in the Womens Singles and reaching Semi-Finals in Mixed Doubles with Thierry Haqc) Lesley entered the Devon Singles competition. Lesley said "I am the first and only woman to have won this title in Devon and I am already training hard to be able keep it!" Congratulations to Lesley and good luck for next year.



City of Bath Club Woman of the Year Diane Greenaway



We are delighted that Di Greenaway, Vice Chair and Events Manager at the City of Bath Club was awarded the prestigious Woman of the Year Cup for the 2017 season. Congratulations to Di - a well deserved award.

Newly Qualified Coaches Sisters - Elaine & Hilary

2017 saw a record number of women take the Coaches training. Across the country there are now over 100 coaches and we are delighted that two members of Women in Petanque Group have recently joined the ranks. Well done to Elaine & Hilary

SCPA Vice Presidents Cup Hassi Leverett

The Southern Region presented Hassi with the VP Trophy for the promotional activities she has undertaken both nationally as part of the Women in



Petanque Group and also regionally. Hassi said "I feel honoured to have received this accolade and also very proud to be part of the SCPA who have embraced the initiatives to promote petanque to women and actively leading the way" Congratulations to Hassi.

Ranked in the Top 16 Hannah Griffin



After playing for just 3 years, Hannah Griffin is delighted to have made it in the Top 16 Women's rankings. Hannah plays at Whitnash PC in the Heart of England Region. She has enjoyed playing in the 2017 EPA qualifiers as it gave her a chance to travel across the UK, play on different terrains and make some good friends. Hannah said "... its a huge achievement for me to have made the Top 16 and I'm looking forward to seeing what happens in 2018." We wish Hannah all the very best for the future.





Toni's Top Tip!

We are delighted to welcome back Toni Gates to share another Top Tip with us. Toni is an inspirational Coach to our National Youth Squad and has done wonders to motivate and inspire our youngsters over the past few years. Previously, Toni represented the Chiltern Region at the Inter-regional championships and Champion of Champions and had qualified three times to play for England in the Home Nations. In this issue, Toni talks about:

Distractions!

Petanque is a game of confidence, and if you are confident it allows you to play better and freer with a free mind. If you do not feel confident you will get easily distracted. The goal is not to eliminate all distractions but **increase focus** and manage distractions to maximize performance.

There are two types of distractions that exist. The external ones include weather, the crowd and the competition. And the internal ones which are your responses like self-talk and the thoughts that grab your attention. Either one can lead to self-criticism, disrupt your focus and lead to poor results.

Minimising Distractions

Always play with your RAT (Routine - Aware - Trigger)

Routine: Develop routines for competitions to include the night before, the morning, pre-round and pre-shot.

Aware: Notice when you are out of your normal pre-shot routine, and *refocus*.

Trigger: Choose a trigger word or phrase to help you refocus your attention on the task at hand. Your trigger should have meaning to you or something you are working on in practice.
e.g. "Focus on the now"

Players often try to control their thoughts with an internal dialogue like "I am not going to let that person moving put me off" or "It doesn't matter that he is moving I am still going to hit this boule" or "right really focus on the boule he doesn't matter". Although these are all quite positive thoughts they are making you focus more on the distraction, bringing it further to your attention.

Learn to acknowledge a thought or distraction and then pet your **RAT**. So, if you notice a person moving - put your RAT in Action. Think **Routine** – step out of the circle, step back in, check your posture, look at the target or look at your landing spot. Become **Aware** that your routine is all correct, and if not use your **Trigger** word and pet that rat again. This will only take a few seconds, but it will totally refocus your thoughts back to the task in hand and away from the distraction

ENJOY your game!

Here are some example routines

Night before – get everything you will need for the competition ready so there is no stress on the day. Go to bed at a reasonable time so you get enough rest for the long day ahead

Morning of competition – set an alarm so you have enough time to get ready without rushing. Eat a proper breakfast that will give you slow released energy.

Pre-round – warm up your muscles, practice on the terrain you will be playing on

Pre-shot – If pointing select your landing spot, fill any pitch marks, step into circle, check stance/posture, mentally picture the throw in your mind. If shooting step into the circle check your stance/posture, focus on the target, mentally picture the shot.



Simply the Best

Chris Best - A fitting tribute

On Friday 15 September 2017, Petanque's biggest event got under way at Hayling Island as teams from across the country came to represent their Regions for the Inter-Regional Championships. However, the event was tinged with deep sadness as Chris Best, a very popular and loved player from the Northern Region was taken ill and passed away outside her chalet. Players at Hayling were in shock and there were very few dry eyes as the world of Petanque lost one of their finest and nicest players.

Chris was determined to be at Hayling even though she had had a heart operation just a few weeks before as she loved seeing all the old faces from other Regions and was watching pétanque from the side till the end. We asked Angie Gaughan to help us put together a profile and a tribute to Chris who touched the lives of so many individuals both regionally and nationally.

My Best Friend - by Angie

Chris was my sister-in-law and my best friend. She was the nicest person you could meet and didn't have a bad word to say about anyone. Chris had been playing petanque for over 25 years and although she also played badminton, tennis and table tennis, Petanque was her favourite sport. She initially started playing in the East Midlands as back then there was no Northern Region. Over the years, Chris played all the singles and doubles for the titles weekend with many different players and no matter who she played with, she loved it and was so encouraging. She particularly wanted to help the younger players and we both played with Sammy Thatcher when she was very young.



Chris, myself and Lisa Goliger played the North Sea at Cardiff in 2005 when it was Great Britain .

We had Chris as our shooter and at just 4'11", she was quite a force to be reckoned with! That same year, we again played for Team GB in the Euro Championship in Odense, Denmark. We were accompanied by our manager Phil Murray & his wife Dizzy. Later, we played for England in Baden Baden in Germany with Debbie Elcome (now Collier) and Sammy. Chris' all time Petanque hero was the legend Vanessa Webb (Nessie). Chris was so proud to play for GB and England.

Chris bought me boules for my 40th birthday and I have never looked back. She was an inspiration to the younger players in our Region, like Lisa Goliger (Hoy as she was then) - John (Chris' brother)

We have fond memories of Chris. She helped Rich settle back into Petanque when he moved North. She was always concerned for others and will be greatly missed - Sheila & Brian King

Chris was an absolutely lovely person, ever smiling and friendly - Whitnash Windmill Petanque Club

I have a fond memory of Chris as I played my very first National Singles at Exeter last year and was drawn against Chris. She was really lovely and put me at ease as she noticed I was quite nervous and also gave me some tips after our match - Hassi



Simply the Best

One of a kind - by John Thatcher

Chris was a small lady but that diminutive size never held her back in anything she did. I knew her from pétanque where she would always be welcoming and helpful to all other players, particularly those who were newcomers. We would meet at events where there might be up to 5 or 6 hundred players and I would be able to spot her in a crowd of others immediately. Her smile would make you feel at home and happy all at once. My job was to officiate at these events and there were occasions when there might be some difficult people or tasks to perform and Chris would appear beside me and any angst would disappear.

She always had a hug for me and that last weekend I turned around and there she was, right in front of me and she said "don't hug me, I have just had a heart operation!" I did hug her but very gently. There are some people you meet but then struggle to remember their name later. Chris was never one of those, her smile and support to everyone she met can never be bettered. As Frank Sinatra nearly said "She did it her way," bringing light and smiles into all our lives.



Condolences from friends across the country

The love for Chris and the esteem in which she was held by the pétanque community was shown at her funeral where friends from all over the country came to celebrate the life of a very special person. I felt very privileged to be there to represent the Management Committee. Chris will be greatly missed by everybody who knew her.

Martin Hughes, Vice President of the EPA

We would like to send our condolences for the loss of Chris. She will be remembered and missed by us all. Our love and thoughts to her family and to all her friends.

IoW Petanque Club

I would like to send condolences to Pete and his family on behalf of Bridlington Petanque Club.... I have known Chris for 15 years and she was one of the nicest people you could wish to meet.

Pete from Bridlington

On behalf of Thames Valley Petanque members, we would like to express sincere condolences to the family and Northern members on the sad loss of Chris Best

Robert Young, President of TVP

On behalf of all the members of Mirfield Pétanque Club, may I pass on our sincere condolences regarding the sad news of Chris Best, to her family and friends. Also, to her club members at Hollicars PC. She will be sadly missed.

Harry Overend

WOMEN IN PETANQUE



Out & About

Southern Counties Coaching Day



A huge thank you to Southern Counties Petanque Association for hosting a Coaching Day for Women in October 2017. The day proved a huge success with all the women who attended as they were allocated into smaller groups with a dedicated coach or two. Glenn Floyd, SCPA President said: "...our aim is to encourage more women to have the confidence to compete at regional and national competitions and this day was all about building confidence and empowering our players" In total 15 women from the Region took part along with 4 from the London Region. Regional Coach Malcolm McKenzie co-ordinated the day allowing time for a Q&A session with Sammy & Kaylee Thatcher which everyone found extremely useful.



Come & Join Us

SCPA are hosting an International weekend of petanque on 5-7 May at Worthing and would like to encourage teams from across all regions to take part. For more information and to register a team, please contact Glenn at



weekendofpetanque@aol.com



WOMEN IN PETANQUE ARE CELEBRATING INTERNATIONAL WOMEN'S DAY 2018

Women in Petanque Ambassadors will be celebrating IWD during March by hosting a special petanque event in the regions they represent.

The Southern Region are planning to host an inaugural IWD Women's Doubles Competition to be held on Saturday 10th March at Portchester Petanque Club. Please email hassi@culturaljourneys.org

Diane Greenaway has formed a sub-group of women from local clubs in the Great Western Region who will be working towards an event in March. Please contact Di@bathboules.co.uk

Our Heart of England Ambassador Teresa Bingham is setting up a working group with women from local clubs to promote a day of celebration. Please email: teresa.bingham@btopenworld.com for more details.

Giselle Whiteacre is the contact person for London Region and is looking into an event to celebrate IWD - if you would like to get involved, please contact: giselle.dubai@gmail.com

Lets Celebrate together!

Why not join us in celebrating IWD by hosting your own event during March. It can be anything from:

- A drop-in session;
- A coaching day;
- Women's Competition;
- Bring a friend;
- Fun-family day

Whatever works, you choose. And remember to let us know so we can share your news and photos in the next issue.



Out & About

Great Western Regional News

As part of their efforts to promote petanque and recruit more women to join their club, we are delighted to learn that the **Bath Grand Cru Petanque Club** are offering FREE membership to all new women members. Diane Greenaway, Vice Chair of the City of Bath Club an avid ambassador of Women in Petanque said “this is a great initiative taken by the club and an excellent way to show their support to promoting petanque to women”

Diane is also working with a team of helpers and organising an event in May for the Bath Women’s Institute. This will be a great opportunity to engage with the local WI and introduce about 35 women to the game of petanque. “We are very excited about this event which we hope will lead to new members and possibly new partnership” said Diane.

University Partnership Opportunity

Thanks to Elaine Aldersey of Muscliff Park with a bit of ‘outside the box thinking’ and approached Bournemouth University in a bid to try and recruit students to play petanque. Elaine’s initiative led the University Sports Co-ordinator to get in touch with her and set up a meeting to discuss ideas about a possible partnership.

Elaine and Chris Chubb met with the University just before Christmas and as a starting point have agreed to promote petanque to their students via the University’s website and Facebook page. If there is enough interest from the students, this could lead to the University creating a petanque terrain on site.

Elaine said “i was thrilled when they contacted me and didn’t want to miss such a great opportunity of engaging with young people”

Watch this space for further updates later in the year!



Women in Sport 2018 - Participation, Funding & Leadership

The EPA Board were represented by Hassi Leverett at the above event organised by Policy-UK. The focus on Participation, Funding & Leadership raised and highlighted a series of issues that many Sporting Bodies are currently experiencing and exploring ways of dealing with. For example, gender-equality and encouraging more girls and women into Sport; diversity in sports governance and having a representative Board; and market opportunities for sponsoring women’s sports.

There were a number of speakers with the main keynote addresses given by: Ruth Holdaway (CEO, Women in Sport), Lucy Pearson (England & Wales Cricket Board), and Gavin Makel (Head of Women’s Football, Manchester City Football Club).

Delegates came from a wide range of sporting organisations - Sport England, UK Sport, Department of Education, the Football Association, British Gymnastics, British Cycling Federation, Welsh Ruby Union, The Jockey Club, Table Tennis England, Golf Foundation and Lawn Tennis - to name just a few.

Hassi will be writing a full report for the EPC Management Committee on the key issues and it is worth noting that some of the activities being undertaken by the Women in Petanque initiative is on the right tracks as good practice.

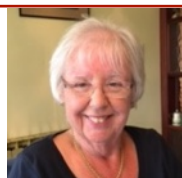


Women in Petanque Ambassadors*



Hassi Leverett (Group Coordinator)
Region: Southern Counties
Local Club: Fareham, Portchester & Cobbetts

Hassi started playing in February 2014 and fell instantly in love with the game. She loves the competitive aspect of petanque as well the social benefits and has made many friends from across the Regions. In 2017, Hassi qualified in the National Women's Top 16 Squad ranked at No. 13.
hassi@culturaljourneys.org



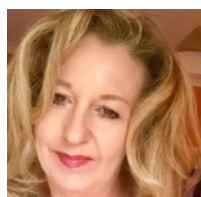
Diane Greenaway
Region: Great Western
Local Club: City of Bath

Diane is the Vice Chair and Events Manager and has travelled both home and abroad to play petanque. Petanque ticks many boxes for Diane including her love for competition. Win or Lose, Diane always enjoys the journey.
Di@bathboules.co.uk



Elaine Aldersey
Region: Southern Counties
Local Club: Muscliff Park

For Elaine, petanque is a form of retreat as having to concentrate and focus offers her an escape from the hum drum of daily routine. She also loves meeting new people and learning new skills and finds it amazing how friendly, unassuming, clever and fascinating some of the players are. Elaine qualified as a Club Coach in 2017.
Pawssoutherncounties@gmail.com



Lesley Drakatos
Region: Devon
Local Club: Honiton, Chudleigh and ISCA

Lesley loves having goals to train for, fulfilling her competitive spirit and enjoying good teamwork and playing a sport that doesn't result in visits to A&E.

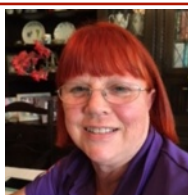
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Teresa Bingham
Region: Heart of England
Local Club: Stockton

Teresa has been playing petanque since 1994 and is a qualified Club Coach. She has played for England in the Home Nations and also travelled to France in 2017 as part of the EPA (top 16) women's squad. She is looking forward to promoting petanque to women within her Region.

teresa.bingham@btoopenworld.com



Hilary Annicchiarico
Region: Southern Counties
Local Club: Muscliff Park

Hilary enjoys the team spirit, making new friends, meeting wonderful people and visiting new places. She feels the breeze and loves sharing experience and promoting petanque as a truly social sport. In 2017, Hilary qualified as a club coach.
hilary.muscliffparkpetanque@hotmail.com



Giselle Whiteaker
Region: London
Local Club: London Petanque Club

Giselle loves the socially inclusive element of petanque - that anyone can show up, play a game, throw at least a few good boules, and meet new people while they're doing it.

* Name Change: The Group have decided to change its name to **Women in Petanque** as it is a better reflection of who we are.

Due to personal circumstances, Jackie Corp has decided to opt out of the Group but will still continue support our work whenever she is able and fly the flag for us. Many thanks to Jackie for being part of the 'Women in Petanque' group.