



Club Manager

Australia's largest bridge club seeks the services of a Club Manager. North Shore Bridge Club leads the way in bridge technology, and we will expect the successful applicant to continue with innovative ideas to maintain the level of bridge enjoyment for all our members.

The Club Manager will be required to oversee and manage 250+ tables per week, currently comprising 17 sessions at two venues. We have over 1300 members and we like to do everything possible to ensure that their bridge is conducted in an atmosphere of total satisfaction. To assist in achieving our goals, the Club Manager is supported by four administrative staff and eight session directors. The successful applicant will report directly to the President of the committee, and will work closely with the Treasurer on all financial matters, including budgeting and actual results.

In summary, the successful applicant must have management experience and be a good "people person" with a hands-on approach. He or she will have sound computer skills and will be likeable, personable and entrepreneurial.

If interested, please contact the club Manager, Bruce Minchinton either by email to manager@bridgeclub.com.au or by phone on 0434 192 035.

Board 44, West deals, NS vulnerable

♠ Q 4 2	
♥ 9 8 4 2	
♦ 6 3	
♣ J 9 5 4	
♠ K 10	♠ 9 2
♥ A Q J 7 5	♥ K 10 6 3
♦ J 4 2	♦ K Q 10 9 7
♣ K 8 3	♣ Q 2
♠ A J 8 7 6 5	
♥ ---	
♦ A 8 5	
♣ A 10 7 6	

Women's final: Australia 4♥ +420, Indonesia 4♥ doubled +590. +5 IMPs. To beat 4♥ North must lead a diamond and South must duck (or spade to the ace and a low diamond from South). If West draws trumps, South must duck the next diamond. If West fails to draw trumps, South can give North a diamond ruff.

Open final: Singapore 4♥ doubled +590, +10 IMPs, vs Indonesia 3♥ +140. Playoff for third: Australia 4♥ +420, +11 IMPs, vs Japan 3NT -150. Seniors' final: Indonesia +14 IMPs for 3♥ W +170 and 4♠ S doubled, +790.

On Board 45, Indonesia Women bid a laydown slam, missed by Australia. Over the last five boards, Indonesia scored 34 IMPs to 0 to win the final by 126-103. In the playoff for third China defeated Japan by 123-86.

Singapore won the Open final, defeating Indonesia by 135-70. Japan beat Australia by 117-82 in the playoff for third.

Indonesia defeated Australia in the Seniors' final by 142-96. China beat Japan Diamond 106-94 in the playoff for third.

Juniors: 1. China, 2. Chinese Taipei, 3. China Hong Kong. Youngsters: 1. Singapore, 2. Chinese Taipei, 3. China Hong Kong. Girls: 1. China, 2. China Hong Kong. The Junior Swiss Pairs was won by Jamie Thompson – Stephen Williams (Australia). Open datums overall: 1. Andrew Peake – Ron Klinger.

The Mental Game

by Kim Frazer

Relaxation

Many players have told me that they have trouble sleeping after playing bridge, particularly when they play at night, because their mind keeps replaying the hands, dwelling on a bid they made or didn't make, or a signal from partner they missed.



This concern is not uncommon to athletes, who may struggle to sleep properly on the night before a match due to pre-match excitement. Learning how to relax the body and clear the mind in order to get a decent night's sleep, particularly in a multi-day competition, is a skill that can be learned, just like any other skill associated with playing bridge.

However, more importantly, developing the ability to relax can help you reduce anxiety in a match simply by taking a couple of deep breaths - a skill that athletes use in competition to great effect. Relaxation is also used as a preparatory step for mental rehearsal, which I will cover in my next article.

There are many different relaxation methodologies available, such as progressive relaxation, breathing techniques, meditation and so on. Everyone has their own preferred method. The technique that I liked to use when I was competing, and which is widely used at high level sport, is known as autogenic training.

A methodology for this process, which is too long to reprint here, can be found at <http://www.guidetopsychology.com/autogen.htm>; or you can email me at kim.frazer@bigpond.com and I will send you a script.

Over 3,000 clinical studies have shown Autogenics, which originated in Germany in 1932 by Dr Johannes Schultz, to be effective in many areas including:

- enhancing performance
- assisting memory and focus
- inducing a feeling of well being and confidence
- improving the quality of sleep

It takes at least two to three months to become accustomed to the autogenic training technique, but spending 15 minutes on this every night until it becomes second nature will assist you in the long run.

For those of you who want something simpler that you can start straight away, I have outlined below a simple relaxation technique to use.

The following script can be put on to a tape or learnt and then followed (proceed slowly allowing at least five to 10 minutes for the relaxation exercise).

- Settle yourself into a comfortable seated position; adjust your posture so that the chair is completely supporting your weight. Close your eyes and begin by taking three long, slow breaths, focusing on the feeling of relaxation each time as you breathe out. Notice with each breath you take that there is a moment of relief with the exhalation of each breath.
- Continue to breathe slowly, enjoying the feeling of relaxation, and as you do, try to associate that pleasant feeling with an increasing heaviness in each muscle group within your body.
- Let that feeling begin in the muscles around your forehead and face and then let it spread very slowly down through your neck and shoulders (continue the spread of relaxation, taking at least two minutes to spread it down through your whole body).
- When you have relaxed each and every muscle group within your body take two more deep breaths and then enjoy the feeling of relaxation.
- When you wish to “re-awaken” count slowly backwards from five to one, stretching your muscles as you do so. You will then feel refreshed and rested.” (Naturally you will skip this step if you are doing this at night in bed and want to fall asleep).

It takes a little time for your body to learn to respond to the relaxation procedure to the point where you can relax quickly, but with daily practise you will eventually be able to achieve a level of relaxation by simply taking a few deep breaths.

Relaxation techniques such as this can be combined immediately with mental rehearsal so that 5-10 minutes is spent on relaxation, followed by 10-20 minutes for the rehearsal. I will cover this topic in my next article.

For more information on this topic, Google “autogenic training sport psychology” or “relaxation training” on the internet.

Masterpoint session awards explained

by David Anderson

The late Dr David Askew, the originator of the modern Masterpoint scheme, had a strong preference for the teams format, and it shows in the session award rates: for a similar number of tables the duplicate session awards are less than 70% of that for teams!



This bias was in part redressed for club green point sessions when the duplicate award rates were increased by 50% some 20 years ago, however, the imbalance has continued for all higher rated competitions.

Further, in a duplicate session, the winners get the lion's share, while those lower down get just a fraction. This is best illustrated by referring to the Gold Coast Congress, where a pair winning one 14-board match out of two in a session will get 1.12 gold points each, whereas a score of 50% in a session of the Open Pairs Qualifying will gain them very little at all.

With this in mind, the following alternative method of masterpointing congresses, state and national match-point duplicate events has been introduced, effective from October 1 2014:

For a session score in excess of 45%, a player will receive:

$[2 * (\text{score less } 45.00, \text{ rounded down}) * W] / 100$ (W is the Masterpoint Weighting for the Competition.)

This is much more in line with the teams masterpointing approach, since pairs will get masterpoints based on their score, rather than their placing. Furthermore, if they get 46% or more, they will be guaranteed of some reward for their efforts.

Some Examples:

Gold Coast Congress, W = 10, a 46% score earns 0.20, 50% score 1.00, 60% 3.00

State Pairs Championship, W = 5, 46% is worth 0.10, 50% earns 0.50, 60% 1.50

Congress (B4) Pairs Championship, W = 2.5, 46% will get you 0.05, 50% 0.25, 60% 0.75

Final placing awards will remain the same, and shall continue to go to the top half of the field, rounded down.

Please note that the new system is optional, with competition convenors having the option of continuing to follow the old methods.

Finally, should you have any queries about the above, please contact your State Masterpoint Secretary, or else you can write to me at revokel@live.com

ABF Masterpoint Unit