

When ♣K is led the *Vice* mechanism squeezes both players. West cannot discard another spade or (knowing his ace to be bare) declarer discards the low heart from dummy and plays a low spade. So West must discard a heart. Dummy discards a spade and it is East's turn. He cannot part with a heart or both dummy's hearts will cash, so he parts with a spade honour.

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

Now cash ♥A, to strip West's heart and play a spade. The spade nine is the 12th trick.

What actually happened is that Owen and I were EW and our opponents stopped in 5♣ just making, while our teammates bid a normal 1NT – 3NT for a prompt one down after a spade lead.

The Mental Game

The Annual Training Plan by Kim Frazer

Elite athletes usually have a well developed annual training plan. The annual plan for my shooting year defined the competition periods, peak training periods, rest periods, fitness training periods, experimenting periods and other key events during the year.

It also included annual goals, and goals specifically for individual competitions and training. Goals should be both score-based and technique or performance-based. It is easy to say you want to win everything you enter, but that is not always practical. For example, swimmers usually have periods of highly intensive training after which they taper off for competitions that are important to them. It would generally be unrealistic to expect a swimmer of equal ability, who was in intensive training, to win against a swimmer who has tapered for competition.

If we consider the annual bridge calendar, we note that it is quite busy with competitions, and there are many national events during the year, beginning with the Summer Festival in January, and concluding with the GNOT in late November.

For our international level players, these are important national events, whilst for those players who participate in club events, there are key events such as club championships which are just as important to them. Each player is different, and each will have events they consider to be the most important. Hence, to prepare an effective training plan, a few key steps are required. Get a one year calendar (either electronic or paper) and mark up the following on it.

- Identify the key competitions that are most important to you in the year(s) ahead. Try and pick two or three events you really want to do well at.
- Identify the periods in the year when you will have breaks (holidays, family commitments, Christmas, etc).
- Identify the periods that you may wish to use to experiment with new conventions or system changes, or to play with a different partner (note that experimenting should occur well in advance of key competitions to allow time to ensure the changes are going to be effective)
- For the key competitions, mark out any lead-up events you wish to use to gain competition practice. Identify dates/times that you and your partner will set aside to do bidding/play practice. BBO's partnership bidding facility is a super resource to use.

At the end of every year, reviewing how well your training plan worked allows you to measure how successful you were when compared to the goals you set yourself, and to identify any changes you might wish to make for the following year.

Bathurst Bridge Club

A full house of 32 tables contested the 42nd Bathurst and District Bridge Club Congress over the weekend of 30 April - 1 May.

President Teresa Martin welcomed players from near and far and thanked the work put in by Tournament Director Karin le Roux, (ably assisted by Doreen Kjeldsen) and introduced popular Congress Director Ed Barnes.



The format for Saturday was Swiss
Ed Barnes with pairs winners Tim Stewart and Rod Dunn, and Convener Karin Le-Roux and President Teresa Martin