

PRODUCT INFORMATION

Swing COACH II

The *Swing* COACH II is a revolutionary croquet training tool inspired by Reg Bamford, the world's most decorated croquet player and his swing trainer concept. WoodRanch Croquet Custom Shop is proud to announce the availability of the *Swing* COACH II here in America. This is a great addition to your off season training program and a valuable asset to any club and club pro program.



The purpose of the *Swing* COACH II is to condition your mind and muscles to get a repeatable correct stance and have a perfectly straight swing that results in predictably straight shots. With the *Swing* COACH II you have a frame of reference: the track for aim and the center line marks



for foot and ball position. Standing in the *Swing* COACH II aligns your body, whether you like it or not, to the direction the ball always goes because the mallet is always in line. Bamford says "practice makes permanent", not perfect. Without a frame of reference or a person watching your every swing you are bound to get it wrong, only then to make it permanent.

Consider using the *Swing* COACH II inside. There are benefits from just practicing your swing without a ball. Just having a drill of swings with the *Swing* COACH II in the garage can set you up for accurate shooting when you arrive at the court for play. You can spend time just swinging the mallet to get into a 'groove' with your swing while watching the TV or movie. If you set up in the garage you can put a ball into the shooting position and a target box in front of the *Swing* COACH II. Make sure it's well padded, old carpet or blanket, and preferably against a wall. To store or transport the *Swing* COACH II, unscrew the four wing nuts in the midsection panel and remove the legs. These two big parts can go in the trunk or back seat, or in a corner of the garage 'till your next practice.



The fully finished *Swing COACH II* is available for delivery in approximately two weeks of receipt of an order. This includes exterior grade paint on all surfaces, a rear caddy wheel and plumb line. Some minor gluing of the forward panel is required to keep size and shipping costs down.



The *Swing COACH II* is also available in **kit** form. It comes with all the wooden pieces cut and drilled, necessary custom hardware, detailed instructions required for assembly. An open smooth surface like a garage or cellar floor is best for laying out the panels. The only tools required are a wrenches or pliers to tightening the gapping nuts. The kit can be assembled into a *Swing COACH II* in two days, including gluing time. If you plan on using the *Swing COACH* outdoors, or if you are in a wet climate, we recommend two coats of exterior paint with special attention to the plywood edges and holes.

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Swing COACH II Price- **\$435.00** plus shipping. Ships in one 24" X 48" X 4" box, approximately 35 pounds.

KIT COACH II Price- **\$295.00** plus, shipping. Ships in one 24" X 48" X 4" box, approximately 35 pounds. UPS Ground shipping is approximately \$50.00

Michael Rumbin

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Swing COACH

Setup and Use

The *Swing* COACH is a revolutionary croquet training tool inspired by Reg Bamford, the world's most decorated croquet player and his swing trainer concept. WoodRanch Croquet Custom Shop is proud to announce the availability of the *Swing* COACH here in America. This is a great addition to your off season training program and a valuable asset to any club and club pro program.



The purpose of the *Swing* COACH is to condition your mind and muscles to get a repeatable correct stance and have a perfectly straight swing that results in predictably straight shots. With the *Swing* COACH you have a frame of reference: the track for aim and the center line marks for foot and ball position. Standing in the *Swing* COACH aligns your body, whether you like it or not, to the direction the ball is going because the mallet is always in line. Bamford says “practice makes permanent”, not perfect. Without a frame of reference or a person watching your every swing you are bound to get it wrong, only then to make that permanent.

When you have done 21 practice swings, stand aside and repeat your stance, foot position, ball position and swing. Your mind and muscles should have learned what to do. **Practice all your swings: full roll, ¾ roll, Pass roll, half roll, etc.** Do this again and again, and again. Reg Bamford is reported to use a swing trainer for three hours at a time. However much time you can afford to spend with your *Swing* COACH the practice sessions will give you instant feedback with each swing in the track, perfecting as you go.

Consider using the Swing COACH inside. There are benefits from just practicing your swing without a ball. Just having a drill of swings with the *Swing* COACH in the garage can set you up for accurate shooting when you arrive at the court for play. The *Swing* COACH itself is designed either to be used on a carpet or solid floor using the gapping plate. Outside on the court you can put nails into the ground to hold the feet in place and stop sideways movement of the panels.

You can spend time just swinging the mallet to get into a 'groove' with your swing while watching the TV or movie. If you set up in the garage you can put a ball into the shooting position and see where it goes. Put a target box in front of the *Swing COACH* that is well padded, old carpet or blanket, and preferably against a wall. You can hang golf ball from a string for a visual target. Move the *Swing COACH* around so that it is correctly aligned and then fire real balls for a while.



The *Swing COACH* gives you the best chance of being consistent because it makes sure that your mind and muscles remember what you should be doing. The coach track allows you to perfect the straightness and smoothness of your mallet swing. It consists of two panels of plywood, separated by a bit more than a mallet width, between which you have room to go from a back swing to a fairly high follow through. Once your muscles and mind have learned how to do this you can step outside the trainer and repeat the exercise. Using the *Swing COACH* you can aim a ball at a target and hit 90% of the time, 23 of 25 shots.

SETTING UP the *Swing COACH*

With the front and back sections assembled, set-up is simple.

1. Place the front and back panels in line with the front panels inside the back panels.
2. Align the bolts with the holes and press together. Getting one at a time is good enough.
3. When pressed through screw on the wing nuts. Leave some 'play' in the fastening until you get the legs on.
4. Bolt on the front legs. Make sure the leg plate is flush against the panel and tighten the wing nuts. At this point you can wheel the coach anywhere you want.
5. Bolt on the back legs.
6. Align with your target. Move the rear and sight, or move the target and sight.
7. Check for Plumb. Place the blue Plumb Arrow in the top gapping bolt and suspend the weight. Adjust the front legs with shims if necessary to compensate for the court.



USING the *Swing* COACH

Keep in mind your swing pivots around your arm socket. For most men that is a 4 foot radius swing. Women may be closer to a 3 and a half foot arc. Most players lean over the mallet so the shoulders are over the toes of the feet, eye over the mallet shaft.

1. When you get in the coach, use the bottom of the arc as your reference for positioning the ball and the toes of your shoes. Your relative position is not critical, but whatever it is do it consistently; same with the ball position.
2. You can use the coach with or without a ball, casting and swing, or just swing.
3. Cover your mallet with packing tape to prevent scratching. There are felt cabinet door guards or chair leg floor protectors that can be placed on the mallet head during the coaching session.



4. As you swing, notice where the mallet touches the track: forward swing, back swing, left, right. Use these sound signals as your feedback. You can start with a half inch gap on both sides of the mallet width and tighten it down as you progress. A swing without a scrape means you have move the mallet through an 8 foot arc within a tolerance of 1/2 an inch, or plus/minus 3 tenths of a degree off target! Not a bad thing to make permanent.

To store or transport the *Swing* COACH, unscrew the four wing nuts in the midsection panel and remove the legs. These two parts big parts can go in the trunk or back seat, or in a corner of the garage 'till your next practice.

The *Swing* COACH can be used either to upgrade your shooting accuracy, or used to restore reliability of good shooting if it has gone off for some reason. The *Swing* COACH will always be there to help you discover that reason for your faults and take corrective action.