

Sarangapani Club

Where variety is the spice of life

Preparing for an Event

<https://bridgepathshala.com>

Sarangapani Club is a weekend hangout of 4 budding youngsters just out management school and trying to build careers in Information Technology Mumbai. Read link for details https://drive.google.com/file/d/1eXKsYJw7BDX-pegg53Acy4k8BVb_xzK7/view?usp=sharing

Prabha was at her nervous best as she announced that she will be getting married in a couple of months, but she has full support from her fiancée to continue playing Bridge. She said she will be extremely busy preparing for the event over the next two months and all are requested to keep the dates free to attend her wedding.

Everyone congratulated Prabha and there was a discussion on her fiancée and if she needed any help in preparing for the event. Kaushik, as usual, veered the conversation to Bridge. While preparing for marriage is once in a lifetime activity, how should one prepare for every major bridge tournament.

Padma, who always liked to be the first to comment said, “I think the two key points that must be revised are bidding system with partner and suit combinations. I read in a book that this is what experts do – especially the complex bidding sequences involving relays”. Kingo always had a different take on it and said, “Just chill, don’t worry about it and relax and play your game and let the results take care of itself”

Prabha found it difficult to focus on the discussion as her mind was pre-occupied with things-to-do for her wedding. She finally gained her composure and said, “I think we should realize that Bridge is our hobby and pastime. While we must prepare and play it seriously, it is not a life and death situation. We should just enjoy the game”.

Kaushik, who was the most knowledgeable on Bridge summarized the Do’s and Don’ts by stating the following, “All the points made you are very valid. I want to share with you all some points on preparing for a bridge tournament:

- Don’t overeat before and during a bridge tournament
- Don’t discuss system with partner on the morning of the event
- Arrive at the venue 15 minutes before start time and socialize with friends
- Remove work-related/personal issues from your mind for the day - focus on the game
- Tell yourself that whatever disaster occurs at the table, you will not get upset about it
- Build mental stamina – Bridge is game which requires both physical and mental fitness

Follow these points and our results will start improving”

Everyone appreciated Kaushik’s inputs and agreed to put into practice

Tailpiece. Goofy wondered if he ever prepared for any special event. He recollected the intensive training he went through before participating in a dog race which he won. He told himself, “they must all have the killer instinct and then they will start winning instead of an also-ran”