



## SKILLS & TECHNIQUE

# HOLDEM UP

**Poker champion PETER EASTGATE shares some of the secrets to his success at the table**

**A**t 23, Peter Eastgate is a multimillionaire, thanks to his win at the 2008 World Series of Poker main event. The young Dane made it all the way to the final table to claim almost \$10 million and reckons it'll take him just two years on the pro tour to win as much again. Here are the fundamentals that helped him on the road to riches.

### START ONLINE FOR FREE

People need to learn about the game and I would recommend they start off playing for free. When you're getting the hang of the game, invest some of your own money. Don't play with more than you're willing to lose.

### KNOW THE ODDS

Learn the fundamentals, including the pot odds, but you don't need to be a maths whizz and work them all out. You need to know what kind of hand can pay from what position. Memorise the odds.

### LEARN THE PATTERNS

Focus on the betting patterns of your opponents, like how often they play a hand and what their usual betting sizes are. A small bet means they're weak. Figure out possible situations and take advantage of what they're doing.

### PRACTICE

The best way to get better at the game is to play a lot of hands. The good thing about playing online is that you can play multiple tables, up to 100 hands an hour.

### KEEP YOUR HEAD CLEAR

Keeping your head clear improves your chances of winning. There is very little room for emotion in poker. It's about making the right decisions, not getting the right result.

### IT'S ALL IN THE MIND

Poker is a very entertaining mind game. You've got to get into your opponent's head but understand that they also have an idea about how you're playing.

### KNOW WHAT YOU CAN AFFORD

In every game you're playing it's important not to risk more than five per cent of your total bankroll. If you could lose more than 20 to 30 per cent – and probably before that – lower the stakes.

### FIND YOUR LEVEL

The higher the stakes, the more difficult the games get because there are a higher number of pros.

**“Don't play with more than you're willing to lose.”**

### DON'T OUTSMART YOURSELF

If you're playing against complete amateurs (like your mates), assume they have no idea what they're doing so you can't always interpret their behaviour correctly. It's hard to make assumptions.

### GIVE NOTHING AWAY

Keep composed whether you're bluffing or have a strong hand.

### KEEP YOUR FOCUS

It's a good idea to quit when you're tired. Eat well, exercise and drink plenty of water before a tournament because you can't buy in again.

### DON'T WORRY ABOUT LUCK

Luck does play its part but poker is a game of skill and you have to focus on making the right decisions. Discuss critical situations with poker friends, don't pick out bad-luck stories. Over time those situations will even out.



**Million Dollar Baby:** Dane Peter Eastgate, 23, has made a fortune from poker.

78 ALPHA

## MENTAL STRENGTH

# Out of the Game

**Defender SIMON COLOSIMO on spending months out injured at Sydney FC**

### How long were you out?

From August to January. Osteitis pubis is one of those injuries where you can sit out for six months and it may settle down and you'll be fine or you'll go in and they'll say, "Twelve weeks and you go under the knife," which is more likely to work.

### Did you keep playing on it?

Yeah and it got to the point where I couldn't pass the ball 10 metres. Then I sat down with [Sydney coach] John Kosmina and we decided I'd carried on too long.

### How did you feel facing a long spell out of the game?

To be honest I was quite relieved, knowing that I was going to get it fixed. I was in quite a lot of pain and my performances were starting to show it. It was just getting worse and worse. No matter what I did, who I saw or what I tried, it didn't work.

### How did it feel not being part of the team?

Sydney have got a good set-up. When I was at Perth Glory, the gym was separated from the training pitch, but at Macquarie Uni you've got everything there. I turn up at the same time as the boys, get ready with them and start my training at the same time. Obviously I can't do the warm-up and kick the ball around and that's the part that I miss. But in terms of team bonding and camaraderie, it's still there. You go and have lunch together after training, and

I plan my day so I don't miss out on all that.

### How would you cope without that support?

Being around the club has helped me. If I didn't have someone saying, "Slow down a little bit, don't get too far ahead of yourself," I'd probably have broken down by now. It's good having someone there to say, "An extra week now isn't going to kill you. We're looking long-term as a club."

### Have you experienced that in the past?

Yeah, I think everyone does. When you're away from the team you rush things; you want to be in the change room, you want to be part of that banter. These are the reasons you play sport.

### What can you take away from the season?

I know that I made only a handful of appearances for Sydney and I wasn't anywhere near 100-per-cent fit for most of them. I've come to a new club and as disappointing as it was, it was just good to be kicking a ball in a match again towards the end of the season.

### What's your attitude to rehabilitation?

I work hardest when the chips are down. Being at Sydney, your back's always to the wall. At this club you've got to win every single game; the pressure is on.



### Can you enjoy rehab?

Being in a team sport, I try to do everything around the team. I also didn't really put a date on my comeback. You're going to have setbacks; it's normal. If you go into any sort of rehab, pre-season program or any kind of fitness program thinking it's all going to be roses, you've got another thing coming. But if you prepare yourself for setbacks, you'll be fine. At some moments you're ahead of schedule but you know somewhere along the line you're going to have a setback. You know there's a process you have to go through in order to get fit, get strong, and you believe in it. Rushing things will only complicate things in the long-term. If you start taking short cuts, you might be helping one area but you'll hurt your body somewhere else.

PHOTOGRAPHY: CHRIS NEWTON (EASTGATE); CARLOS FURTADO (COLOSIMO).

## INNOVATION

### SOLE MATE

**WHAT** K-Swiss miSOLE DEFIER (Tennis) and miSOLE Run One (Running)

**PRICE** \$220

**THEY SAY** "K-Swiss ([www.kswiss.com.au](http://www.kswiss.com.au)) will set a new bar in performance footwear [tennis and running], eliminating the need for athletes to purchase and maintain multiple shoes for demands of all levels of training. The first ever modular-individualised sole system engineered for customised performance."

**WE SAY** One shoe, two soles – it's a clever and effective idea. If they save us money and space in our gym bag, we're sold.

