

TRAINING FOR COMPETITION BOWLS 2016-17

1. The Competition Panel has chosen the Forty-Eight Bowls Drill to use as our starting point for creating a database of each bowler's skills. The database will assist the Panel to:
 - decide which Grades the club should apply to enter for Pennants in 2017;
 - analyse each player's skills and make suggestions about his coaching needs;
 - decide the position that each player will take in the teams.

What does this mean?

- To be in a Pennant team a player will have to commence training now. It will be expected that players will continue to train throughout the Pennant season.
 - Failure to engage in training may affect a player's selection in a Pennant team.
 - No position in any team has been decided. Every player will commence with a nil score in the database.
2. The following points will be considered when deciding teams.
 - Database Score
 - Team Management
 - Compatibility.
 3. The drill is designed for you to do on an ongoing basis and to use it as a guide as to improve your bowls.
 4. Your first attempt at the drill will be under supervision of a panel member to ensure that we all apply the same criteria to the drill. You will then be able to do the drill as often as you would like.
 5. On completion of each drill, the scoring sheet should be given to a member of the Competition Panel or placed in the letterbox in the bowls office. Your results will be recorded in the data base. Your scoring sheet will be given back to you.
 6. Each bowler should hand in at least five (the more, the better) drill scoring sheets to the Panel by 2 January 2017.
 7. The greatest benefit of doing the drill is that it highlights to you where you may have a weakness. It is then up to you to use this information to improve your game.
 8. The club coaches will be available if you feel you need some assistance. They will design a specific drill to assist you in correcting any aspect of your game.
 9. In addition, we will be running training sessions each Tuesday PM, Thursday PM and Saturday AM. Specific drills and exercises will be set up for different positions and gradings.

This will not be coaching. They will be training sessions that will improve our overall skill level and hopefully enable us to be more competitive in Pennants in 2017.

10. In late February, we will invite some top level players to talk to all of us about the positions that they play in teams. They will suggest strategies that we can use during our matches.

All bowlers who wish to play Pennants in 2017 will need to take part in this training so it's over to you to help this succeed.

What to do next?

As soon as possible, put your name on the roster in the Sports Room to book a session for your first Forty/Forty-Eight Bowls Drill. Session times will be either for Thursday PM or Saturday AM for this first sessions. Please allow an hour to do the drill at your first session.

Competition Panel:

M Schwarcz, R Iredale, M Quinlan, R Fitzpatrick