



## *REDBILL WARBLER*

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Editor Doug Pannell

### **GR8'S & SUPERBOWL**

This Saturday we can finally get our teeth into what we all should be looking forward to: the start of 2024 competition bowls!

The GR8's teams, Beta Four Glory and Mixed Silver Glory are kicking off at 1pm, both at Graceville. On paper the teams look great and we hope to see a successful start on the Ladder.

We have the Cockatoos at Durack and the Redbills at Wellers Hill, both commencing 1pm. Some terrific combinations in both squads, can't see us losing! Managers should make sure transport is organized for meeting at the Club and we can assure you all that the drinks will be cold upon your return after the games.

### **THURSDAY BOWLS (25 Jan)**

Tuesday bowls were again cancelled due to rain, but thankfully the weather held off long enough to allow play to take place on Thursday. The results were:

**WoW:** Bill Mills, Maz Richards & Vic Jones +1

**WoL:** Gordon Early, Karl Dodd & Juan Kloostra +7

### **GBC SOCIAL BOWLS REPORT**

Unfortunately, last Saturday bowls had to be cancelled due to the excessive heat. This means we have lost three playing days this month, which of course, was unavoidable, but it does mean a considerable loss of income by the Club; income we need. It would help the Club's finances if we could replace that lost income. I put forward following suggestions, I would stress that these are only my ideas proposed for discussion :

#### **Suggestion 1**

Doing a rough sum, if Tuesday, Thursday, Saturday have a total of 80 players, we may be able to silently recover the loss if members could **volunteer** to pay a one-off "green fee" of, say, \$30. If 80 players volunteer to pay this amount the Club would recover \$2,400 to help the cash flow.

## **Suggestion 2**

We know the Management Committee are willing to return money to bowlers in form of a much-needed front-of-club shade awning, and consequently perhaps we could put a money box on the bar for general donations.

I think it is time players were slugged for wrong-bias bowls. Say, a dollar a time. If you are called out you would be expected to pay up. I would happy to announce the "donors" in the Warbler.

Any small change in your pocket would also find a happy home in the money box. The box would even have space for notes!!!

I would reiterate that these suggestions are my ideas only, put up for people to consider and discuss

## **COACHING CORNER**

Last week David Schonfeld brought to your notice that practice score cards were available for people to record their bowling skills progress. A sheet will be pinned on the board showing the exercises to be completed. Please ask for help to clarify any aspects.

A good start is the 40 Bowl Accuracy Test! This is ten ends of 4 bowls so allow about 1 hour. Also required is a mat, measuring stick and some discs (probably better than using bowls that move). If you have a partner you can make it competitive, loser buys a drink?

**Dad Joke of the Week** – You should know, the painting was by a female, Sue Janson. All complaints to her, please!



## **The Last Say**

It was only a matter of time, first hybrids then electric and now vegan.



I have scanned a Shot Routine that you may get some good pointers from (sorry about the quality). This is from the Bowls Australia Competition Module Handbook. You will find it on the last two pages. Good luck!

**SEE YOU ON THE GREEN**

## PRE PRE-SHOT ROUTINE

Pre pre-shot routines vary greatly from player to player. Your pre pre-shot routine is everything you do before you pick up your bowl. It may include things like always adjusting your hat, having a sip of your drink, looking at the head from behind the mat etc. It is not critical that your pre pre-shot routine is the same every single bowl, but you need to be aware of what you do to determine where your pre-shot routine starts.

## PRE-SHOT ROUTINE

A pre-shot routine is the consistent physical movement and mental preparation, from the time you pick up your bowl to the release of the bowl.

Regardless of how long your bowls career spans, you may have either used or heard of others using visualisation to improve the delivery of a bowl. To excel in the game you must visualise appropriately, yet it isn't about just seeing. It is more of a feeling with your eyes. During the pre-shot stage, most players determine the shot to play and then visualise the bowl trajectory to successfully play the shot. You will often hear the term visualise the arc. This is when a player can imagine their bowls trajectory on the mat before delivering the bowl.

The pre-shot routine also include, how you take your stance on the mat, how, when and where you determine the hand to play and the shot to play.

## DELIVERY

Simply deliver the bowl. Your delivery should contain your trigger word and remember to breathe. Your trigger word may be thinking "concentrate" repeatedly over in your head while delivering the bowl or visualising the word "jack" or your team name in your head as you step on to the mat. Whatever the word, it should 'trigger' you to remember your routine. Remembering to breathe seems fairly obvious, but this is often the first thing that changes in pressure situations, players forget to breathe.

## AFTER SHOT HABIT

After shot habits will also vary from player to player. For example, most players will step forward (keeping momentum with weight going forward) and keep their delivery hand elevated while watching their bowl. Many players after hitting their line when delivering the bowl, will tap their foot on the mat. Note that whatever the after shot habit is, it doesn't affect the delivery itself. It is worth noting however that many players have one positive ASH and one negative ASH. This may not be a good thing. Potentially it tells your opponent what is going on in your head!

## SWITCH OFF

After you have played your bowl and it is the oppositions turn, this is the time to switch off, look around, talk to team mates, get a drink, etc. Make sure that you are in position to witness the result of the oppositions bowl and if not ask your skip to look at the head and provide feedback.



## FURTHER ASSISTANCE

- Be ready to bowl when it's your turn and collect your thoughts.
- Develop a pre-shot routine in practice and then stick to it. Make decisions and be confident in them. If it becomes a mistake, turn it into a lesson for the future.
- Take a deep breath in and out before you start your approach. This will help you to relax and make better shots and decisions.
- Listen to your self-talk while bowling. Eliminate all negative words and thoughts. Positive words and thoughts will increase your confidence level.
- Focus on the good, not the bad. Try to find that space between physically relaxed and mentally focused.
- Don't limit yourself by setting a score as a goal. Think about making good shots, one at a time. If you keep making good shots, the good scores will follow. Over attention to results can create fear-based bowling.
- Mental toughness can be described as having the ability to focus more on your performance rather than the results.
- Keep your mind in the "now" only. Thinking about the future or the past may increase pressure and decrease your focus. You can't control the future and you certainly can't control the past.
- Frustration is usually a sign that you are not letting go of previous bad results. After a bad result, learn what you can and let the rest go.
- Assume your opponent is going to make that great shot.
- To be successful, your mind and body must work together. Your mind is the most important part of this because your mind controls your body.