

Coaches Newsletter

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Tamworth Indoor Bowls Club
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Level 1 EBSC Coach*

Welcome.....

.....to our second Coaches Newsletter bringing you details of our Coaching programme, articles, tips and general information.

Changes to the coaching team has taken place.

Ken Richmond has stepped down as Head Coach and will act as an advisor to the team. We wish him well and thank him for the contribution he has made in setting up coaching within our Club. Ray Smith is only providing special one 2 one coaching.

Our team now comprises:- John Rogers, Head Coach; Norman Ardin; Mick McDonnell; Alan Tarpey; Felicity Williams and Colin Wood.

Coaching Programme

Saturday 9.30 to 11.30 am - new bowlers to indoor bowls.

First 3 lessons are free then standard rink fees apply.

Sunday 9.30 to 11.30 am - Juniors only, minimum age 7.

Fee £2.00

Tuesday 4.30 to 6.30 pm - General coaching clinic, available to everyone.

If you and or your team require help, speak to any coaching team member and we will arrange a time to suit your requirements.

Watch our Notice Board for specific coaching clinics.

The System

System is practised in almost all sports and, most certainly, should be in order to become proficient. No game calls for systematic procedure more than bowls.

For instance, it is quite useless getting the right bowl to suit the hand if you do not hold it correctly, and by the same rule, what is the use of holding it correctly if your stance and balance are faulty.

The System that must be used is based on the following:-

- The bowl must be held in a certain way every time.
- The stance on the mat must be exactly the same every time.
- The action of delivery must be the same every time.
- The line bowled along must be the same every time.

But, and it is a big but, none of the above are written in stone, the only things that really matter are that you bowl the wood along the correct line and on its running surface, how you obtain this is a matter for you to sort out.

The reason that these things are not written in stone is because we have to allow for the human element. Even two people using the same make and size of bowls can get results that differ by quite a margin.

The "SYSTEM" must be applied at all times.

CONTROL THE CONTROLLABLE

WHY DO WE HAVE COACHES?

Q. What is a coach?

- A. 1. A comfortably equipped single decker bus used for long journeys!
2. Someone whose job is to teach people to improve at a sport, skill or subject
3. Someone whose job is to train and organise a sports team

In our case, both answers 2 and 3 are correct.

Our coaching team is set up to teach new people, to our sport, the **System** of bowling. To understand the importance of selecting the correct size of bowl and how it should be held. The stance on the mat. The delivery action and follow through. Establishing line (also known as green or land) and weight control. Once they have an understanding, we shall progress them through the various elements of our wonderful game allowing them to integrate and progress with knowledge.

We are also available, for any member of our Club, who feels they need some help. At sometime or other, everyone loses form, and thinks "What am I doing wrong?", ring any bells? Yes, I thought so. It is amazing what you see when replaying a video of your set up, stance on the mat, delivery action and follow through. We can help.

Our Junior Section has effectively disappeared because of our youngsters progressing in their lives to university, work etc.. Behind the scenes, we are actively targeting various avenues to re-introduce youngsters to our Club and re-establish a Junior Section.

Any help, advice, sons, daughters, grandchildren, nephews, nieces, friends that you can direct our way would be greatly appreciated. Please speak to Alan Tarpey (Project Lead) or John Rogers if you can help.

Top left: World No 1 demonstrating the follow through, what do you notice about Greg's hand!