



Bowls Queensland  
High Performance  
Program



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## High Performance Program: Athlete

### Key Presentation Responsibilities:

Bowls Queensland's High Performance Program has been established to support and assist the development of athletes and coaches across the state. It is envisaged that it will create a clear and trusting environment between Bowls Queensland, districts, clubs, coaches and athletes and assist in establishing a clear and precise pathway from grass roots through to the highest level obtainable.

To reach the highest level possible we must look forward to the future and develop a culture to deal with any situation that is presented. Working collaboratively is the only way that bowls in Queensland can achieve and maintain the very highest level.

Athlete, Coaches, Officials and Districts feedback will assist in achieving the desired outcomes

The success of any program is determined by the support and communication within the organisation

### Regional Development Camps:

The rationale behind the development camps is to build pathways for the athletes and coaches in Queensland in all areas (metropolitan / regional). The development camps held will form a model across Queensland and have standard training drills so the recorded information from athletes will form part of an athlete high performance database.

Set core training drills for athletes must be adhered thus fundamentally having a standard scoring system across the state. All athletes across the state will be scored and assessed using the criteria listed in this document.

Constant changing session plans for the camps will keep the enthusiasm with athletes, and coaches to make them more adaptable at competitions.

A bowlers ability to progress within the system is heavily reliant on the athletes coach. The design of this program will assist coaches in developing the skill set of their athletes while contributing and assisting in an overall state program.

### Core Testing Training Drills:

- 96 Bowl drill
- Beating opponents bowls drill
- Shot and off centre positional drill
- Conversion drill
- Drive drill

An athletes' level of performance needs to be recorded and the information will be analysed by the state coach, state selectors, and local coaches through a standard rating/score sheet across the state.

This resource will enable athletes to self analyse and record their own progress. Athletes should make the most of these rating/score sheets.



### Athlete Training:

Athlete training in local areas eliminates excessive travel and other expenses associated with obtaining knowledge and skill development in the sport. Athlete training assists with future success and progression, enabling athletes to increase their opportunities to be selected into state squads.

Development camps allow athletes to show their progress and can assist with inclusion into state side/s for bowls events.

Camps will cover:

- Standard recording information into a database from camps (database to be produced)
- Training drills
- Importance of individual training at own club location
- Athlete program development: reading heads, calling percentage shots, training drills etc
- Athlete training days to move toward official state training camp events
- Produce individual benchmarks for athletes in the direction of achieving a higher standard from database information
- Rehydration strategies
- Game plans

### Expectations for Representing:

Sport has principles and it is up to the representatives' actions through preparation, training programs, commitment and sportsmanship that the status of each individual is recognised.

Athletes who don't put the effort into these principles, don't perform, or are not selected, often blame other reasons and not themselves for their misfortunes.

Individuals representing must have „**PRIDE**“ in self and for the team. This is expected from each member of representing squads.

The meaning of **PRIDE** is a sense of one's own proper dignity or value; self-respect. Another meaning is pleasure or satisfaction taken in an achievement, possession, or association.

Athletes can look at **PRIDE** and give their own meaning to the word or make statements how to recognise **PRIDE** in everyday representing in sport.

There are different words that have the same meaning as Pride for example Satisfaction, Fulfillment, Appreciation, Approval.

**PRIDE** is a first class word to break down into groups of words and will assist achieving athletes' culture and success to make squads. To achieve success will take time and commitment from individuals. Nothing is achieved overnight.



Looking at the words that incorporate Pride for the individual progression in lawn bowls.

<b>P</b>	~	<b>Preparation</b>
<b>R</b>	~	<b>Respect</b>
<b>I</b>	~	<b>Integrity</b>
<b>D</b>	~	<b>Dedication</b>
<b>E</b>	~	<b>Excellence</b>

Each area is explained at length within this handbook.

### **Roles and Responsibilities:**

Bowls is a participation sport and team game. It doesn't matter what discipline you are playing or who you are representing, you belong to a team and are a participant.

Athletes in sporting teams participate as a member of a side. As part of a team it is important that members stay in communication, are compatible, all contribute, get involved, give input, and are prepared for competition.

Athletes in sides have several roles and responsibilities to maintain when representing. In the battle of competition the overall or end result is the main objective and should be taken into account in regards to these roles and responsibilities.

Bowls at every level is enjoyable, friends are made, competition, but the side or team working towards a set goal with preparation, passion, enthusiasm and desire will have the tools to achieve success knowing each member is developing skills during training, and putting in the effort to improve.

Responsibilities to the side and yourself come down to working with a coach, training, skill development, consistency, goals with the list never ending. Areas of Preparation, Respect, Integrity, Dedication, Excellence will help to reach a successful result.

### **Athlete Mindsets:**

Responding to pressure is an attribute that assists an athlete to perform well during competition. Athletes, who are able to deal with uncontrollable circumstances, focus on areas that can be controlled, have confidence and are prepared for competitions have the following attributes:

Confidence	Trust in one self and ability
Control	Control in own actions and way of thinking
Concentration	Focus on performing the set task
Competitiveness	Never surrenders
Commitment	Prepared to set time for solid work principles
Composure	Remain cool, calm and collected
Consistency	Perform to standard required

Strength, both in mind and attitude plays a big part in athlete performances both on and off the green.





### **Goal setting:**

Athletes who are victorious in their chosen field have followed through on a goal. Some athletes in some sporting fields have chased their dreams and achieved the required results by working through processes to obtain these results. They may not have followed a deliberate goal setting format but achieved the results with the desire and commitment.

Goals keep athletes focused and motivated in pursuit to achievements. Goals help see the light at the end of the tunnel and point you in the right direction through difficult stages in careers when others would give up.

### **Position disciplines:**

Each position in a side/team has roles and responsibilities and on occasions the understanding of the role may be challenged. Athletes who understand their role and that of the others within the team are less likely to alter a game plan during play therefore increasing team success.

### **Competition debriefs form:**

After competition athletes are left to their own devices to work out how they performed in competition. The debrief forms assist athletes to evaluate their performance and establish an understanding why the game unfolded as it did. Through the completion of a debrief athletes can identify strengths and weaknesses and a clear understanding why they had a loss or win.

### **Athlete Database:**

The production of athlete databases will record information assisting the state coach, individual coach, the athlete and selectors. The areas covered are:

- Training feed back
- Core training drills
- Representing feedback
- Profiles
- Individual athlete recording feedback for reference (coach report)
- Good areas
- Areas to work on
- Rink selections
- Event performance
- Standard record information sheet for all athletes

### **Selection Structure:**

Key Performance Indicators and athlete records will assist Bowls Queensland selectors with a clear direction and decision making processes when state representative squads/teams are selected.

The selection model enclosed will assist athletes" gain a clear understanding of what is required by an athlete for state squads/teams. This model will also assist selectors with assessments of athletes during competition for the selection into squads/teams.

### **Feedback from camps:**

Your feedback will ensure that camps meet the needs of the athletes and assist with the overall success of Queensland teams. High Performance programs to succeed; regular modifications need to be done and feedback will assist in this process.





Source materials:  
Bowls Queensland  
Bowls Queensland State Coach Bill Cornehlis  
Bowls Australia Inc  
Bowls Victoria  
Wide range of resources from dedicated coaches







# Expectations for Representing





## Do you want to represent!

The question „do you want to represent“ has the same answer from everyone when asked. Now in addition „how will you go about reaching your goal to represent“? This question has taken on a whole different view from answers given. Whatever your answer it normally comes down to training, skill development, preparation, consistency and the list goes on. The word PRIDE will help to reach your goal.

Playing any sport including lawn bowls should be enjoyable, even at the highest level. This should be a time when friends are made, competition experience is obtained and knowledge is gained from others or from competition. Developing skills during training on the bowling green, and setting goals you want to achieve. Should also be a high priority during this development period.

Playing the game there will be good times when achieving something special and times when it hurts and the disappointment of not reaching your goals or competition wins during your career in this sport.

Bowls like in any sport requires you to understand the laws of the game, observe the rules and conditions of play, maintain a level of ethics and all while following the event procedures that have been put in place.

Each individual should conduct themselves in a professional manner as a worthy representative and is responsible for the way they behave on and off the green. Athletes should display dedication, a desire to achieve through mind and fitness conditioning and possess the enthusiasm to perform the necessary team outcomes.

Sport has principles and it is up to the representatives“ actions through preparation, training programs, commitment and sportsmanship that the status of each individual is recognised. Athletes, who don“t put the effort into these principles, don“t perform, or not selected, often blame other reasons and not themselves for their misfortunes.

Individuals representing must have „**PRIDE**“ in self and for the team. This is expected from each member of the Bowls Queensland state squads.

The meaning of **PRIDE** is a sense of one's own dignity, value and self-respect. Another meaning is the pleasure or satisfaction taken in an achievement.

Do you have PRIDE?

You as the athlete can look at **PRIDE** and establish your own meaning and statements as to how you recognise **PRIDE** in everyday life or representing in sport. You may use different words that mean the same. eg Satisfaction, Fulfillment, Appreciation, Approval.



**PRIDE** as an acronym will assist you by means of achieving athlete culture and success to make Queensland squads and sides. To achieve success will take time and commitment from individuals. Nothing is achieved overnight.

Pride will assist individuals in their progression in bowls.

<b>P</b>	~	<b>Preparation</b>
<b>R</b>	~	<b>Respect</b>
<b>I</b>	~	<b>Integrity</b>
<b>D</b>	~	<b>Dedication</b>
<b>E</b>	~	<b>Excellence</b>

### **PREPARATION**

**Preparation of the mind:** Allows you to be prepared and focused before and during competition.

Athletes prepare psychologically in several different ways, by listening to inspirational music, sit quietly and alone, reading while other athletes are energetic and sociable.

Athletes know what excitement (adrenalin) level they need to be at to enable them to perform at their best during competition.

Before competitive play they focus on their roles or responsibilities for the upcoming competition for the team and themselves.

**YOU** choose the way you prepare for competition, however you must be ready for the competition and the final team talks with the coach prior to the start of the match.

Mind preparation will assist you to have the skill to relax between deliveries and then focus on the shot you are about to play with clear thinking when under pressure. (Athletes put themselves under pressure in competition with thoughts or preconceived winning outcomes) Prior to standing on the mat you should start the process to play the bowl at your peak of concentration to give you every opportunity to play the shot with correct line and length.

Concentration and focusing on positive outcomes will assist to eliminate situations entering the mind such as negative thoughts and emotions. Never focus on the result but focus on the bowl you are about to play. This is staying in the present when playing the bowl. (Focus on past results or future results will cloud your mind with outcomes not relevant to the bowl you are about to play)

Athletes with a strong mindset don't worry about uncontrollable circumstances such as poor weather conditions, the green, wind, or bad luck in a game. Athletes who have will power and confidence in their own ability and that of their teammates, to overcome difficulties generally succeed in any situation.

Think back to when you have played a good match. You were relaxed, enthusiastic, enjoying yourself and confident. Now think back to when you were having a bad match. You weren't relaxed, (thinking about what is going wrong), not enjoying yourself and not confident in any shot played.

You should work to stay relaxed, enthusiastic, enjoy yourself and be confident playing the game and this will give you every opportunity to perform to your ability. If you let the small things affect your game how do you expect to play well.



YOU make the choice when playing the game to feel first-class or let uncontrollable circumstances rule your game.

**Preparation on green:** Allows you to be prepared before any competition. Athletes who do the hard yards on the training green have a better chance to perform during competition than those who just expect to bowl well without on green preparation.

The more times you perform skill-training drills you become better at that drill. The drills are set to help you become more consistent in a game. Your training should be harder than competition so when you do play a match it becomes easier. (We all want things to be easier)

When training on the green, make sure this is quality training and not quantity training, as this will affect your game play. Quality training is short, sharp, challenging and a positive mindset. Quantity training is going through the motions and you will get bored. The way you train on the green will come into the way you play the game.

The purpose of practice / training is to repeat an action to improve skills. Using this principle will require repetition, repetition and repetition to enhance the development of each of the skills essential to play bowls.

Your training habits and attitude at practice can determine if you are training correctly. Training the incorrect way or even training the correct way but with incorrect technique can enhance faults, therefore all you are achieving is the development and enhancement of bad habits in your game. Entrenched faults are more difficult to correct and can have a detrimental affect on your game. By practicing / training with faults the harder it will be to improve your game which will minimise your opportunity to maximize your results.

You must obtain the services of a coach to have all aspect of the practical skills (grip, stance, step, backswing, release and follow through) monitored, this will assist in, accomplishing a silky, easy and reproduced delivery every time a bowl is played.

To achieve consistent results you must have a reliable set up and delivery. Whether drawing to the scoring zone, playing conversion shots, or driving; each shot must be trained until it is entrenched in your memory.

Setting benchmarks ensures continued adjustments once you achieve your set goal. Maintaining your practice once benchmarks are reached entrenches routines and will reduce errors to ensure consistency (no one is perfect). Remember to train your strengths to remain as a strength and practice weaknesses to improve them.

Other training skills such as drawing to the ditch, the boundary line or positioning bowls, are as important as drawing to the jack. To develop better skill level in each area, practice skills under the watchful eye of your coach.

Rolling up with teammates is okay but when working on a certain part of your game a specific skill drill is the best option on a rink by yourself.

Athletes who have a solid training program have the confidence to do well and on most occasions success is achieved.



**Preparation of the body:** Important to have some form of physical fitness so your body or mind doesn't get tired at the end of each day or after a week of competition.

You don't have to be fit enough to run a marathon but any fitness would help to have a higher level of fitness which will permit you to think better over a longer period of time. When you feel tired late in the day during competition this is when you start to fade in concentration and consistency.

Any fitness level will assist you personally when it comes to competition, healthy eating, sleeping well and waking up recharged for the next day.

You should drink water regularly to avoid dehydration, and have snacks during the game to keep your energy level up during competition.

**Preparation of equipment:** Allows you to feel good about yourself when you step onto the green for competition and knowing everything is at your fingertips if and when required.

You need to take pride in your uniform and represent yourself, club, district and state with honour when wearing the uniform. Prepare your bowls and bowls bag for any situation that may arise during competition. These items include clothing for any weather (rain jacket), bowls cloths, sunscreen, measure, pen and spare pen, chalk or spray chalk, drink, snacks or anything else you feel essential in your bag. Make sure your uniform and bowls shoes are clean and tidy. Your bowls are clean, polished and any ditch marks from missed drives are cleaned off.

Athletes in the sport should know the Laws of the Sport of Lawn Bowls say electronic devices (mobile phones) should be turned off during competition. How would you feel if you had an important shot to play and a mobile starts ringing at the same time as you are playing the important shot and it puts you off?

How many times do we see athletes who have no equipment for their position in a side?

It is your duty to have your equipment ready in your bag for competition that is required for the position you are playing in the side.

When you turn up for competition you turn up ready for action!

Failure to prepare is a recipe to failure

## RESPECT

Respect is the way we treat other people, property, bowling clubs, bowling greens and belongings that are not yours, respect is how you treat your own personal items and equipment.

Personnel whether they are managers, coaches, team members, opponents, umpires, club officials, and spectators should be treated with respect. Treat them the way you would like to be treated yourself.

Acknowledgement and good manners goes a long way to receiving respect back from others. You are on show when representing club, district, state, yourself and your family and acting in a responsible manner will help your integrity.





## **INTEGRITY**

When someone is said to be a person of integrity, this generally means that he/she is considered to have a strong honest character. Integrity is thought by many to be one of the most important qualities a person can possess.

Integrity is when we do what we say we will do.

Integrity is behaving as we say we will behave.

Integrity is keeping commitments and agreements.

Integrity is playing the game within the laws of the sport.

Integrity is not bad language, throwing bowls, cloths, mats, or kicking bowls into the ditch in disappointment.

Integrity is not applauding errors made by our opponents.

However performing in an enthusiastic and confident manner is permitted, you do not brag regarding your ability, success or standing in the sport. There is always someone endeavouring to beat you. Everyone's performance in each game can fluctuate for whatever reason from time to time. Remember you are only as good as your last game!

## **Dedication**

Dedication is devoting to a particular purpose.

Putting this into perspective athletes expect to show commitment to the skills and personal development in the sport. If you want to achieve goals or develop as a player then a high level of dedication and commitment is required to achieve your goals. Athletes commit to attend training sessions, event competition, complete training drills, recording scores and to support other athletes in a team.

The more you put into the sport the more you get back. It is easy to wait to see what happens in competition but making it happen is more satisfactory for an athlete. It gives an athlete a sense of achievement.

You are a member of the team and when everyone is dedicated then there are more opportunities to achieve the team goals. Working together eliminates any negatives and success is obtained at a higher rate.

## **EXCELLENCE**

When searching for excellence we make every effort to improve our ability in every area of the game.

Excellence will be enduring and a long term challenge. Athletes' passage is about nonstop development in the sport and any little improvement could be the difference between winning and losing a competition or medal.

Constant modifications or enhancements in your game play and preparation will see your consistency improve to keep you climbing the mountain to success. This will take time and self satisfaction is guaranteed.

No one is excellent but endeavouring to be excellent will assist each athlete to be the very best you can be.



**In the search of excellence you must:**

Believe more than others believe

Have a clear picture of what you want to achieve

Write your achievable goals down and read them every day

Prepare to take that extra step

Prepare to put in extra preparation than other competitors

Picture your success

You take **PRIDE** in all these areas

**You will achieve more than others who sit back and wait for success to happen**

We need you to have PRIDE to represent!

Do you have what it takes!

# PRIDE





## TEAM WORD

I will **NEVER** stand for anyone speaking or acting negatively about the team and team mate

I will **NEVER** give up or surrender in a game

I will **NEVER** forget to value the game and my team mates

I will **ALWAYS** dig deeper when most needed

I will **ALWAYS** give every bowl a chance

I will **ALWAYS** enjoy team and team members

I will **WORK HARD** on my skills and place importance to achieve high standards in myself and my team

Each individual brings something unique and we will **VALUE** this to help each other succeed

I will not **SHOW** fear to my opposition

## THIS IS WHAT MAKES A GREAT TEAM





# Personal Information Sheet



## HP Development Camp Personal Information Sheet

**Current Date:** \_\_\_\_\_

Please complete the following questions to assist us in setting up your personal profile, please provide as much information as possible! (please print responses)

Surname: \_\_\_\_\_ Christian name: \_\_\_\_\_

Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_  
State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Mobile number: \_\_\_\_\_

Home phone number: ( \_\_\_\_ ) \_\_\_\_\_

Best contact times: \_\_\_\_\_

Email address: \_\_\_\_\_

Do you check e-mails each night: Yes No circle one

Occupation: \_\_\_\_\_

School Student: \_\_\_\_\_

Hours of employment: \_\_\_\_\_

Marital status: \_\_\_\_\_ (include name of partner)

Children: \_\_\_\_\_

(Include names and ages of children)

Bowls: Model \_\_\_\_\_ Size \_\_\_\_\_ Heavy: \_\_\_\_\_ Dimples / Plain (circle one) Bowls

Manufacturer \_\_\_\_\_ Colour \_\_\_\_\_

**Discipline / position you prefer to play: (you may circle multiple disciplines)****Singles**

Pairs Lead Skip

Triples Lead 2nd Skip

Fours Lead 2nd 3rd Skip

**Clothing size (please circle):**

Polo shirt XS S M L XL XXL XXXL

Tracksuit pants XS S M L XL XXL XXXL





**Coach Name:** \_\_\_\_\_

**Coach Contact Number:** \_\_\_\_\_

**What would you like to achieve in Bowls?**

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**What help do you think you may need to achieve in Bowls?**

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**What might prevent you achieving your goals (e.g. finances, job, family, partner, time for training, etc)?**

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**What part of your game do you want to improve?**

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**What are you expecting from the High Performance development program/camps?**

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**Prior to the High performance program camp what questions/points would you like to be covered?**

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## Achievements in Lawn Bowls?



### Achievements in other sports?

[illegible]



# **Athlete Roles and Responsibilities**



## Athlete Roles and Responsibilities

Bowls is a participation sport and team game. It doesn't matter what discipline you are playing or who you are representing you belong to a team and are a participant.

Athletes in sporting teams participate as a member of a side. As part of a team it is important that members stay in communication, are compatible within the side, all contribute, get involved, give input, and are prepare for competition.

Athletes in sides have several roles and responsibilities to maintain when representing. In the battle of competition the overall or end result is the main objective and should be taken into account in regards to these roles and responsibilities.

Bowls at every level is enjoyable, friends are made, competition, but the side or team working towards a set goal with preparation, passion, enthusiasm and desire will have the tools to achieve success knowing each member is developing skills during training, and putting in the effort to improve.

Responsibilities to the side and yourself come down to working with a coach, training, skill development, consistency, goals with the list never ending and areas of Preparation, Respect, Integrity, Dedication, Excellence will help to reach a successful result.

Other responsibilities in the sport just like in any other sport requires the athlete to have a good understanding of the laws of the sport, the rules to be observed, the conditions of play, the procedures in place are maintained and the codes of behavior understood. Don't take this for granted but take ownership to know.

Each athlete has a role to play in a team/side depending on the position (lead, second, third, skip) the athlete is selected. The sides performance will depend on how all athletes play their role in the structure. If one, two, three or four are not performing in the structure then pressure is transferred to the next athlete to take on extra roles. The more roles to carry the less likely the structure will perform under pressure and ability to think clearly.

Under normal match conditions if anyone isn't playing well and by the side knowing the roles and having faith in the structure enables uncontrollable circumstances to be controlled. Working together as a team can assist in limiting the impact of uncontrollable circumstances during a match.

Watching, listening and understanding your opponents during play and evaluating areas of their game play can assist your game plan during the match or future matches. These observations will assist to pick up on opponents' strengths and weaknesses and help develop another area in your match play.



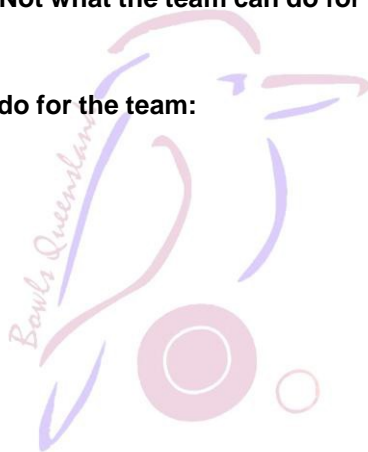
**Ask yourself**

**What you can do for the team!**

**Not what the team can do for you!**

**List items that or which you can do for the team:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.









# Athlete Mindsets

# Under Pressure





## Athlete Mindsets - Under Pressure

### Under Pressure

When do you feel under pressure during competition?

Take a moment and think about this question. You might want to write some situations down when you feel under pressure in a match.

- 1.
- 2.
- 3.
- 4.

Have you written down any of these situations?

- When you are a multiple score down on the head
- State selectors are watching you
- You expect to win a game and you are getting beat
- You worry about how you are playing
- You need to score this end to win the match
- You worry about uncontrollable situations.

Looking at your answers and the examples above is there really a concern to feel under pressure in these situations. Your answer should be no. By allowing situations to adjust your positive mindset will cloud your judgement.

Mind Preparation will assist you to have the skill to relax and think clearly when circumstances are not favourable (Athletes put themselves under pressure in competition with negative thoughts.)

Concentrating and focusing on positive outcomes will assist to eliminate negative thoughts, emotions and uncontrollable situations. Never focus on the result but focus on the bowl you are about to play. This is staying in the present. (Focusing on past results or results in future will cloud your mind with outcomes not relevant to the situation.)



Athletes with strong mind sets don't worry about uncontrollable circumstances but have the positive view of theirs and teams mates ability to perform under any circumstances. When you are clear in your mind you are relaxed and you are confident.

Believing there is no pressure will assist you to stay relaxed, be enthusiastic, enjoy yourself and be confident playing the game. This will give you every opportunity to perform to your ability. If you let the pressure build this will affect your game and how do you expect to play well in this situation.

During your regular training put yourself in pressure situations as if you were playing a match. Doing this will mirror pressure and assist you in learning techniques to deal with the situations.

A technique to deal with pressure situation is self reassurance "I CAN DO THIS".

Here are many situations when pressure arises in a game with athletes:

Negative thinking	Poor decision making	Loss of confidence
Not being in control	Anger	Over nervous
Dehydration	Muscle tenseness	Loss of concentration
Low energy levels	Poor result from shot	Tired
Weight control	Line inconsistent	Loss of rhythm
Driving in desperation	Incorrect shot selection	Bad body language
Blaming bad luck	Frustration	Wind
Green	Questioning your ability	Multiple shots down
Side not playing well	Grip not feeling right	Unhealthy feeling

Another form of pressure is stress. Prior to matches it is not un usual for athletes to feel pressure or stress for all the reasons listed and many others. Prior to a match commencing there are some techniques you can use to assist with preparation.

Going for a walk serves to clear your head and gives you time to think in a relaxed environment, it removes distractions so you can focus on the role you are about to play in the match. Extra nervous tension you may have will be reduced to a controllable level. Some nerves prior to a match are reasonable but knowing the level that allows you to play well is in each individual's control.

Prior to competition, stretches and bowling technique lunges help to warm up muscles that will be used during a match and assist in adjusting your mind set to „I am getting prepared to engage in competition“. This procedure helps you to be ready from the trial ends instead of after the match has commenced.

Controlling your breathing is a speedy and simple technique of reducing pressure or stress. This technique helps you to focus and clears your mind of unwanted pressure. Long, slow, deep breaths allows the body to gain maximum air intake and can take place prior to or during matches allowing you to relax without demonstrating any outward signs of pressure.

Visualising how you present yourself when you played well or performing to your ability is another way to reduce pressure. Seeing yourself in a relaxed state of mind will help relieve your mind in uncontrollable situations.



## BQ High Performance Program

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Be mindful when you feel uptight or feel pressure, and with some prior practice you can deal with and be in control of your actions in a match.

Emotionally your mind needs a level of enthusiasm, motivation or need to be pumped to achieve peak performance during a match. Finding the balance between too high or low levels is the key for individuals. Individuals need to know their own level when playing at their peak performance so they can mirror these levels in future competitions. Some athletes need high levels and other athletes only need low levels of excitement to perform.

Matches can become boring and athletes may find they are going through the motions or pressure is building and the negative thoughts are creeping into your play. These situations are where team support is very important to unleash a positive attitude. Cheering shots, chasing bowls within the boundary of the rules, high fives and verbal support all help to build confidence, changes in momentum and assist with increased energy levels. Concentration levels are increased and side/teams members start building side/team confidence with increased success.

Practicing these methods will give the confidence to control situations in a match or prior to a match that take you out of your comfort zone. Dealing with pressure will benefit you, your game play and the team.





# GOAL SETTING







## GOAL SETTING

Any athlete who is successful in their chosen field has deliberately followed through on a goal. Some athletes have chased their dreams and achieved the desired results by working through a process. They may not have followed a deliberate goal setting format but achieved the results with the desire and commitment.

Goals keep you focused and motivated. They help you see the light at the end of the tunnel and point you in the right direction through difficult stages or when others would give up.

A quote from **Babe Ruth** (An American baseball player who spent 22 seasons in Major League Baseball (MLB) playing for three teams (1914–1935). Known for his hitting brilliance, Ruth set career records for home runs, runs batted in, and on-base plus slugging).

***Never let the fear of striking out get in your way.***

Goal setting is a procedure with arranged segments. You should work through these segments in order. This should assist you in successfully achieving your goals.

Implementing a strategy to reach your goal is beneficial in many ways. Strategies give you a process to assist you in what you want to achieve. Basically you are designing a plan to get from point A to B.

Goal setting gets you to write down your priorities that are important, urgent, attractive, and achievable and gives you the inspiration to advance up the ladder to reach your goal. Achieving your goals gives you a sense of fulfillment, happiness, contentment, joy in your achievement. Goal setting is your way of becoming psychologically strong. Once you have the strength of mind to defeat barriers to reach your goals you will succeed. When you succeed you should reward yourself and acknowledge that success. This will indicate that you are heading towards your main goal.

There are resources available to help you with your own goal process. Established resources give you the basis for your steps and make it easier for you. At the end of your goal writing session you should have definite goals. They will develop the ladder for you to follow in your development and improvement in this sport.

Resources for your goal setting are guideline and starts the process to help you to think and get started. This guideline doesn't have to be your goal setting form but you need to start the process somewhere and you can change this to suit you.

This resource is a guide to create your goal setting passageway, and gives you assistance to understand the path towards achieving your overall goal in the sport. Once your goal is written down it becomes a reference point and reminder of how and what you are trying to achieve. .

Be prepared to adjust your goals. Situations do change and there is a need to make changes and make the change for your development.

Your goal setting page can be used to analyse where you are at present and help with the necessary changes that you need to make. Remember to constantly read your goals and focus on what you want to achieve.

A successful plan clearly indicates precisely what you want and the desired outcome. Continually setting goals will challenge you and keep you motivated for accomplishment.





Example step goal:

At training in the 96 bowl block drill I will have 60 bowls within a mat length of the jack and I will achieve this after doing the drill five times over the next five training sessions.

It is practical, precise, within your manageable situation, it is measureable and you will know whether you have achieved your goal.

Goals can be short, medium or long time phase or they can be uncomplicated or more difficult.

Goals relate to skills required to improve or develop you to reach your major goal.

<b>Specific goal:</b>	What you desire to achieve
<b>Measurable goal</b>	Measured against a starting point
<b>Achievable</b>	Should be difficult, but within reach
<b>Relevant</b>	Must be in line with your individual goals
<b>Timing</b>	Will have a time completion date or achievable date

### **Goals setting tips:**

Establish an achievable goal.

Write your achievable goal down and put it where you can see it every day.

PLAN your way to achieve your goal. (Nothing is won without a plan)

Know the steps to achieve your goal and what actions to take to achieve the steps.

Focus on your written goal as it will help you when you have bad results.

Learn from mistakes.

A short term loss can drive to the long term gain.

Don't look at past results or future results, concentrate on the present. (Today)

Simple things executed well and repeated are a solid base to good performance.

Confidence is important to your overall motivation

Take little steps to build confidence. (You have to crawl before you can walk)

Tough times, form lapses, are hurdles to break your confidence, remember your Goal steps will rebuild confidence.

Over confident is a formula for disaster, keep your confidence levels in check.



## BQ High Performance Program

Confidence will help take the opportunities when they arise.

Confidence will build when goals are achieved.

Don't misread self belief as a way to win; believing you can win comes when you have done all the hard yards on the green.

Be prepared to accept constructive criticism that is intended to steer you along the pathway to gain success

### A quote from Yogi Berra

„If you don't know where you are going, you'll end up someplace else.“





<b>GOAL SETTING TEMPLATE</b>	
What do I want to achieve in lawn bowls? GOAL (major)	Date when I achieve this goal?
Why do I want to achieve this goal?	What problems can I expect?
How will I achieve this goal? Step Goals	What are the solutions to the problems?
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
What is required to achieve goal?	How will I benefit by achieving this goal?
Do I need assistance? (Y / N )    Support from whom?	
What help required?	
How will I measure my goals?	



<b>Step Goal 1</b>	
What do I want to achieve?	Date when I achieve this goal?
Why do I want to achieve this goal?	What problems can I expect?
How will I achieve this goal?	What are the solutions to the problems?
Steps	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
What is required to achieve goal?	How will I benefit by achieving this goal?
Do I need assistance? (Y / N )      Support from whom?	
What help required?	
How will I measure my goal?	



<b>Step Goal 2</b>	
What do I want to achieve?	Date when I achieve this goal?
Why do I want to achieve this goal?	What problems can I expect?
How will I achieve this goal?	What are the solutions to the problems?
Steps	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
What is required to achieve goal?	How will I benefit by achieving this goal?
Do I need assistance? (Y / N )      Support from whom?	
What help required?	
How will I measure my goal?	



<b>Step Goal 3</b>	
What do I want to achieve?	Date when I achieve this goal?
Why do I want to achieve this goal?	What problems can I expect?
How will I achieve this goal?	What are the solutions to the problems?
Steps	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
What is required to achieve goal?	How will I benefit by achieving this goal?
Do I need assistance? (Y / N )      Support from whom?	
What help required?	
How will I measure my goal?	



<b>Step Goal 4</b>	
What do I want to achieve?	Date when I achieve this goal?
Why do I want to achieve this goal?	What problems can I expect?
How will I achieve this goal?	What are the solutions to the problems?
Steps	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
What is required to achieve goal?	How will I benefit by achieving this goal?
Do I need assistance? (Y / N )      Support from whom?	
What help required?	
How will I measure my goal?	



<b>Step Goal 5</b>	
What do I want to achieve?	Date when I achieve this goal?
Why do I want to achieve this goal?	What problems can I expect?
How will I achieve this goal?	What are the solutions to the problems?
Steps	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
What is required to achieve goal?	How will I benefit by achieving this goal?
Do I need assistance? (Y / N )      Support from whom?	
What help required?	
How will I measure my goal?	





<b>Step Goal 6</b>	
What do I want to achieve?	Date when I achieve this goal?
Why do I want to achieve this goal?	What problems can I expect?
How will I achieve this goal?	What are the solutions to the problems?
Steps	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
What is required to achieve goal?	How will I benefit by achieving this goal?
Do I need assistance? (Y / N )      Support from whom?	
What help required?	
How will I measure my goal?	



<b>Step Goal 7</b>	
What do I want to achieve?	Date when I achieve this goal?
Why do I want to achieve this goal?	What problems can I expect?
How will I achieve this goal?	What are the solutions to the problems?
Steps	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
What is required to achieve goal?	How will I benefit by achieving this goal?
Do I need assistance? (Y / N )      Support from whom?	
What help required?	
How will I measure my goal?	



<b>Step Goal 8</b>	
What do I want to achieve?	Date when I achieve this goal?
Why do I want to achieve this goal?	What problems can I expect?
How will I achieve this goal?	What are the solutions to the problems?
Steps	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
What is required to achieve goal?	How will I benefit by achieving this goal?
Do I need assistance? (Y / N )      Support from whom?	
What help required?	
How will I measure my goal?	



<b>Step Goal 9</b>	
What do I want to achieve?	Date when I achieve this goal?
Why do I want to achieve this goal?	What problems can I expect?
How will I achieve this goal?	What are the solutions to the problems?
Steps	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
What is required to achieve goal?	How will I benefit by achieving this goal?
Do I need assistance? (Y / N )      Support from whom?	
What help required?	
How will I measure my goal?	



<b>Step Goal 10</b>	
What do I want to achieve?	Date when I achieve this goal?
Why do I want to achieve this goal?	What problems can I expect?
How will I achieve this goal?	What are the solutions to the problems?
Steps	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
What is required to achieve goal?	How will I benefit by achieving this goal?
Do I need assistance? (Y / N )    Support from whom?	
What help required?	
How will I measure my goal?	



# Team Positions





## Team Positions

Each position in a side/team has roles and responsibilities and on many occasions interpretations with these positions can change for no apparent reason or personal analysis for the position.

### Lead Position:

This position in almost every match sets up the game for the players following behind. It doesn't matter at what level of the game you play the lead position can have a positive influence on the game.

Importantly when the side has control of the mat the lead places the mat and rolls the jack to a position on the rink where the skip indicates or a spot to benefit the side. This is important as this will benefit the side playing to a jack at an appropriate length for the side to get bowls into the scoring area. The delivery of the jack to an appropriate length will assist the sides' strength and not opponents.

The leads role is to attempt to deliver his or her two bowls as close as possible to the jack or at least in a scoring zone for the side regardless of whether they had control of the jack. The skip on rare occasions may ask the lead to change hands or play a position bowl depending on the opposition bowl played. Leads don't have to get touches or be on the jack every end but if the leads bowls are consistently around the scoring zone the chances are the heads will be more favorable for the side with the opportunity to score and not lose multiple scores.

Short bowls by a lead in the match transfers pressure to the second position player.

Regular training by leads to enhance their draw shot ability on both backhand and forehand over all lengths to jacks during training will only help the side and team. Training routines for leads to include the drill of rolling the jack. This will help the lead to roll a jack to a correct length for side.

The lead must remain involved in a game and help pick up bowls for other team members and shows enthusiasm and gives support to the other team members.

The lead needs to focus and take on the challenge of delivering bowls into a scoring zone and show willpower in the position.

### Second Position:

Seconds repeatedly develop into a player who has equal attributes as a lead. If the lead hasn't been able to get bowls into the scoring zone then the second must fill the role as the player to get shot or get their bowls into the scoring area.

The position also requires this player to have the ability to play positional bowls to help protect the leads good bowls or favorable heads for the side. The second on occasions maybe required to play varying weighted shots from one metre and upwards or play a weighted shot and then back to a draw shot.





Due to a second playing a variety of shots (adding shots to the scoring zone, drawing precisely to a nominated position, regaining the shot if needed) this athlete at training should concentrate on a number of different drills including draw shots, conversion shots, positional bowls, changing hands after each bowl and a weighted shot then draw shot after each bowl over all lengths.

The second should assist leads in a game by helping to pick up bowls for other team members and show enthusiasm and gives support to the other team members.

The second should be prepared to play without question, to play positional bowls which may not count in the final outcome of the head. Ability to change focus from draw bowls to weighted shots. The position is adaptable and the athlete must be adaptable.

### **Third Position:**

This pivot position in a side requires many talents, as he or she will take on many roles during competition. The athlete should have good communication skills with experience building a working relationship with the skip to form a strong partnership. The compatibility between the skip and the third will greatly increase the team's chance of success.

The third will be required to play an array of shots from draw to add, draw to save, draw to position, draw to block, play weighted shots as directed, drive, change a head to give the skip a chance to convert the head, conversion shots and the third will attempt to play all shots to the best of their ability without dispute.

This athlete will need to have knowledge of the rules, look for dangers at the head for example no back bowls; only opponents bowls, watch for verbal tactics by opponents, do not allow negative comments from lead, second or skip, measure close shots, do not go near head when opponent is in control of the mat, advise the skip if head has changed, make sure communication is loud and precise, maintain control at their end, if unsure of a situation ask skip to come and have a look at the head and do not offer advice to skip unless asked. This can vary dependent on the situation but with a sound and solid partnership between skip and third a nod of the head could mean information is required by the skip.

Good attributes of a third are to share enthusiasm and confidence amongst the side, this will eliminate negative comments and thoughts within the side. The third like other team members should follow a strong training routine to cover all the different shots he or she may be required to play during competition.

The third should be a compatible player within the team. This player is the link between all members of the side and should be prepared to do a number of tasks for the side/team.

### **Skip Position:**

Skips must have many talents and be the captain or the leadership player in the side. The skip must be a person who can get the best from his/her side in a game situation. The skip must have knowledge of their own position and must encompass knowing all positions roles and have the ability to change thinking during an end to control an unfavourable head.

The skips many talents will cover abilities such as compatibility, direction, encouragement, communication, game planning, respect, leadership, emotion control, knowledge and confidence.



## BQ High Performance Program

Expanding on the above, **Ability** is to draw to save or add, play positional bowls, a good weight player, to control players in side and able to get best from side. Have the ability to be compatible with all members/players in a side.

Skip through **direction** calling shots on percentages, avoid changing players hands too often, aim to get bowls in the scoring zone, give clear precise calls when calling a shot. Calling shots can be subjective but the skip endeavours to call the correct shot each time for the team, but each skip reads the head different from another skip.

**Encouragement** by the skip to all athletes will help to involve athletes at all times and when a member of the side is struggling the person will still feel part of the team.

**Communication** between the skip and athletes is a very important part of a team's performance and if the skip doesn't communicate then the team will not function.

A skip shows **respect** to the team athletes but shows respect to all involved in bowls and respect opposition for both skill and luck. Treat others the same as you would like to be treated.

Another important point is **leadership** in a skip who can lead by example and think clearly and perform under pressure. Capable of applying and carry out team game plans, displays positive body language, having a presence and show enthusiasm in every situation of a game.

The overall talent from a skip is **knowledge** which covers all points above but also covers knowing player strengths, weaknesses, rules, players bowls, how to build a head, reading the green, playing for the side/team and knowing when to attack the head and when not to for the overall team performance.

The skip like the third, second, and lead must have a training routine in place to cover all the different shots he/she may encounter during a match.

Skip position athletes are encouraging, determined, mentally strong, patient, work to team structures, never surrenders, calming influence on the side/team, have ability to play all shots to a consistent standard and knowledge of all side positions.

### **Side positions:**

Each position in a side/team has roles and responsibilities and on occasions the understanding of the role may be challenged. Athletes who understand their role and that of the others within the team are less likely to adjust a game plan during play therefore increasing team success.



# Training Drills





# 96 Bowl Block Drill

**The purpose of this drill is draw within a mat length to count. Recording scores forehand and backhand gives the participant a record of performance and also a score to beat**

## **First six ends played in one direction**

- First end draw four bowls to short jack on forehand
- Second end draw four bowls to medium jack on forehand
- Third end draw four bowls to long jack on forehand
- Fourth end draw four bowls to short jack on backhand
- Fifth end draw four bowls to medium jack on backhand
- Sixth end draw four bowls to long jack on backhand

**Then reverse the drill and play in direction where you delivered bowls from**

- Play the next six ends as above

**Once completed both directions play another sequence both ways**

Total number of bowls played will be 96 bowls

## **Scoring**

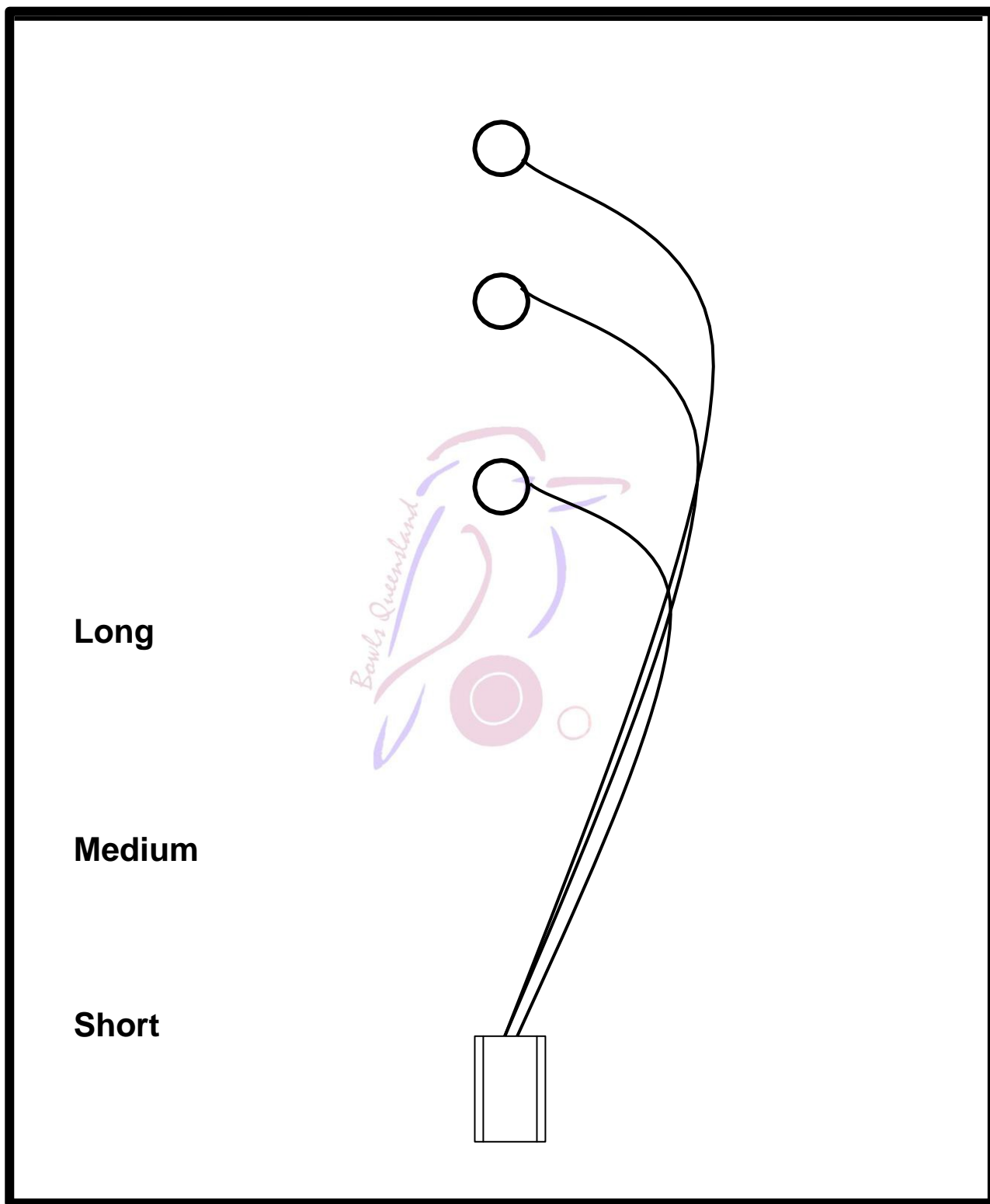
**One point for every bowl to finish within a mat length from the jack, outside this nil score is given**

## **Requirements**

3 Jacks

1 Mat

Score card



## 96 Block Drawing Drill

Training Scores  
Maximum Score 96

[illegible]



# Beating Opponents Bowls Drill

**The purpose of this drill is get bowls to count in a position behind jack but at the same time cover opposition bowls. Recording scores forehand and backhand gives the participant a record of performance and also a score to beat**

Mat is placed in front of jack so you cannot get shot narrow  
(As per picture of drill)

Set the drill up as per the diagram and the jack stays on the "T" and the delivery mat is moved over the three lengths (short, medium, long)

Move mat in front of jack to opposite side to delivery hand

Play four bowls to finish beyond jack high and counting but covering opponents" bowls to receive one point for each bowl played finishing within the scoring area

- **Perform the drill over two ends on each length (short, medium, long) on forehand**
- **Perform the drill over two ends on each length (short, medium, long) on backhand**

**Record your score on each end and once completed total forehand and backhand score to give overall score**

**Compare both hands score**

**Target area is one mat length from the jack**

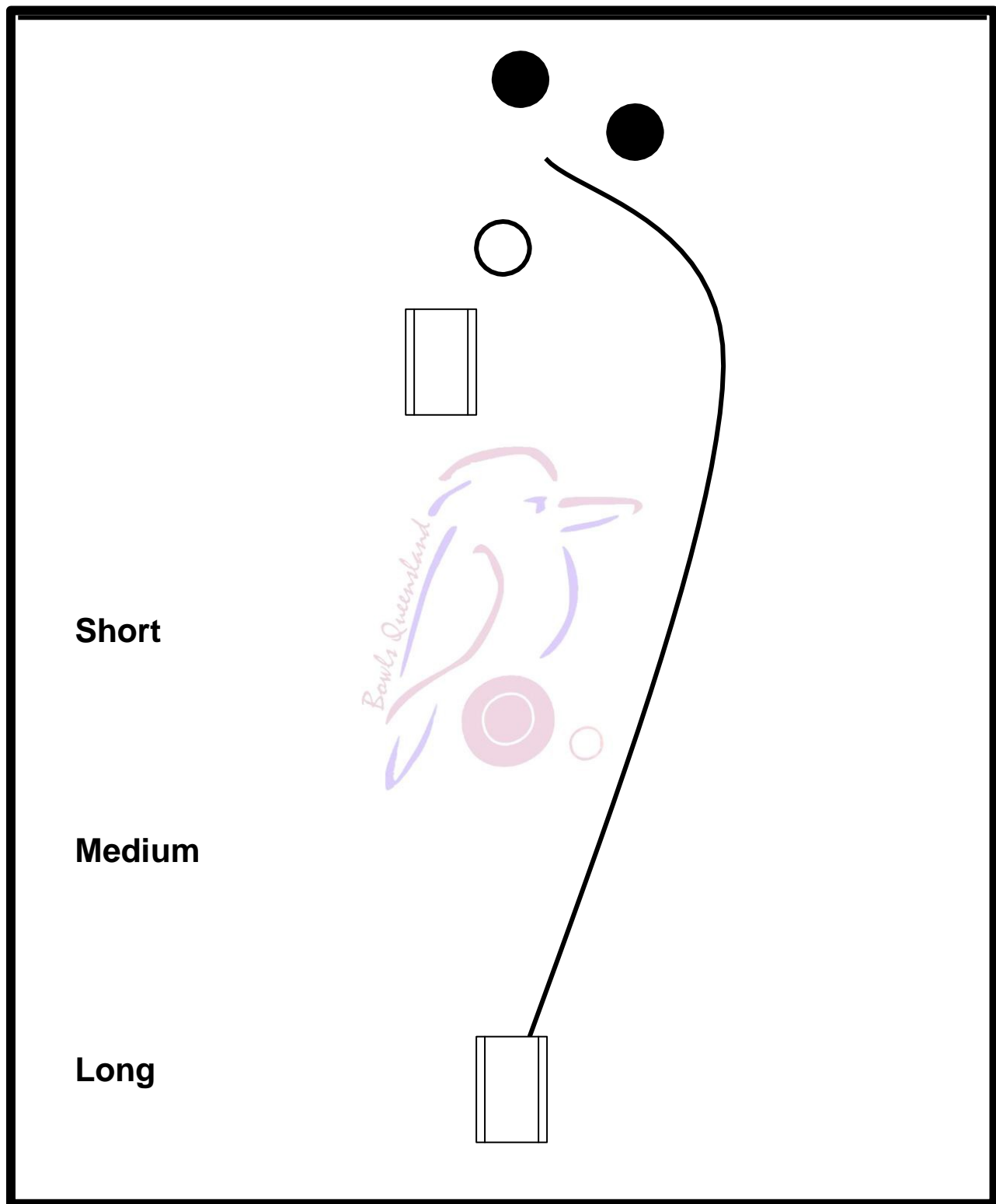
## **Requirements:**

Score card to record your score

Three mats

Two rebound disc jacks or jacks

Four rebound bowl disc or bowls







## Maximum Score 48

[illegible]



# Shot & Off Line Position Skill

The purpose of this drill is draw within a mat length to count. Recording scores forehand and backhand gives the participant a record of performance and also a score to beat

Draw close to jack then to off line positional jack

## Set up

Place one jack two (2) mat lengths to the right side of the “T”

Place second jack two (2) mats lengths to the left side of the “T”

Place third jack two (2) mat lengths short of “T”

- Draw first bowl forehand to centre jack then second bowl forehand to right jack
- Draw first backhand to centre jack then second bowl backhand to left jack
- Repeat the drill over again(two ends per length)

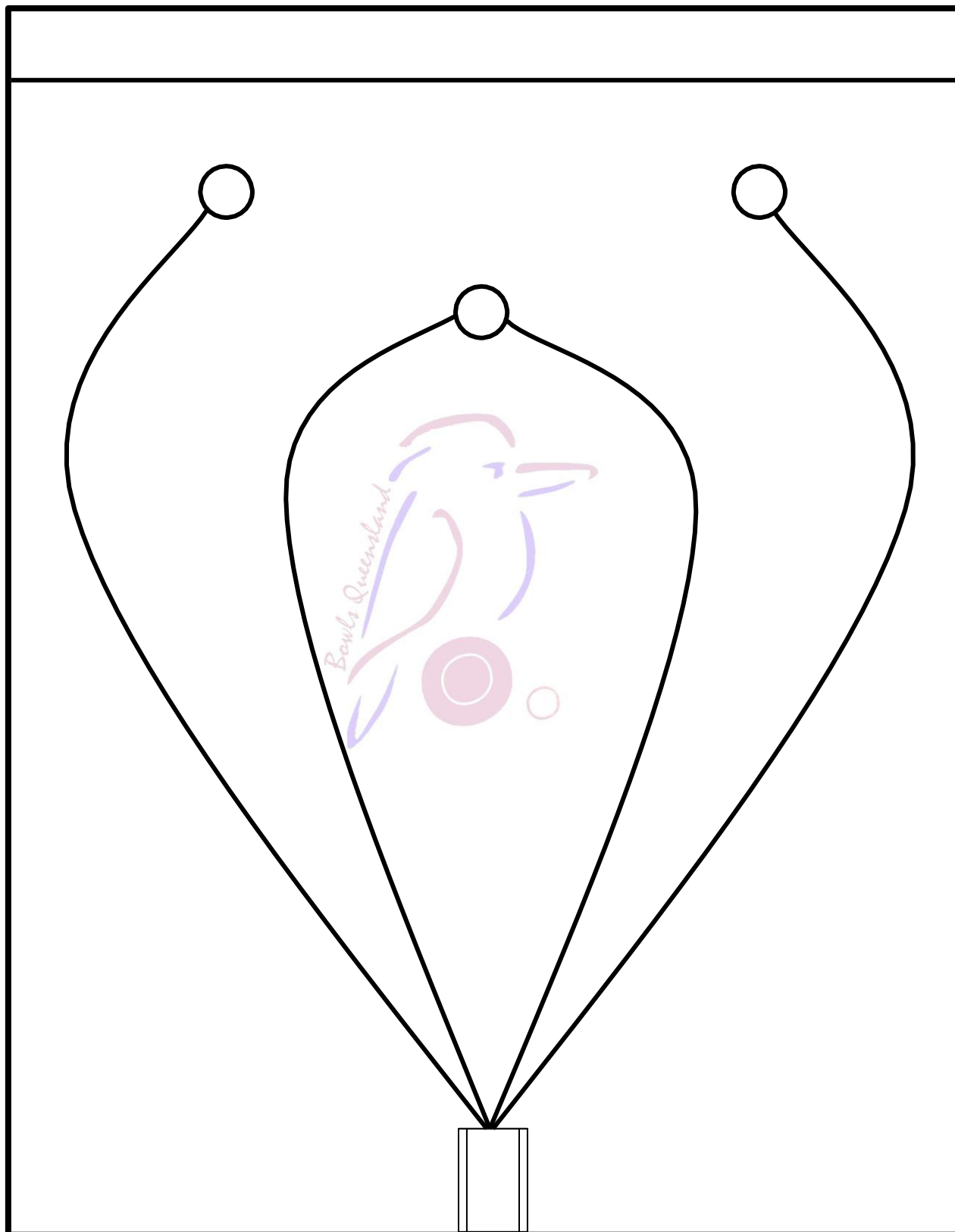
Play two (2) ends each length (short, medium, long)  
Move the mat only

## Scoring

1 point = within one mat length from jack  
0 points = finish outside one mat length from jack

## Requirements

Three (3) jacks  
6 end score card





## Training Scores

Maximum Score 24

[illegible]



# Conversion Drill

**The purpose of this drill is consistently hitting the target area using the correct weight. Recording scores forehand and backhand gives the participant a record of performance and also a score to beat**

**Play through target whilst controlling weight and remaining on the green  
Between “T” and ditch**

- Play 4 bowls forehand on short end
- Play 4 bowls forehand on medium end
- Play 4 bowls forehand on long end

## **Repeat the drill**

- Play 4 bowls backhand on short end
- Play 4 bowls backhand on medium end
- Play 4 bowls backhand on long end

## **Set up**

**Scoring target placed on “T”**

**Target area to be no wider than 1/2 mat width either side centre line**

**Place jack in middle of target area**

**Use old CD’s - Mat-Training aid to indicate target area**

**Drill is played over 6 ends (3 ends forehand and 3 ends backhand)**

Mat for first end on minimum marker (forehand)

Mat for second end half way down centre line between minimum and “T” (forehand)

Mat for third end on “T” (forehand)

Mat for fourth end on minimum marker (backhand)

Mat for fifth end half way down centre line between minimum and “T” (backhand)

Mat for sixth end on “T” (backhand)

## **Scoring:**

Three points hitting jack only

Two points hitting jack and edge target zone

One point hitting edge target zone

Bonus two points finishing between “T” and ditch

Zero points missing target or going into ditch (one point missing target & finish end zone)



**Examples:**

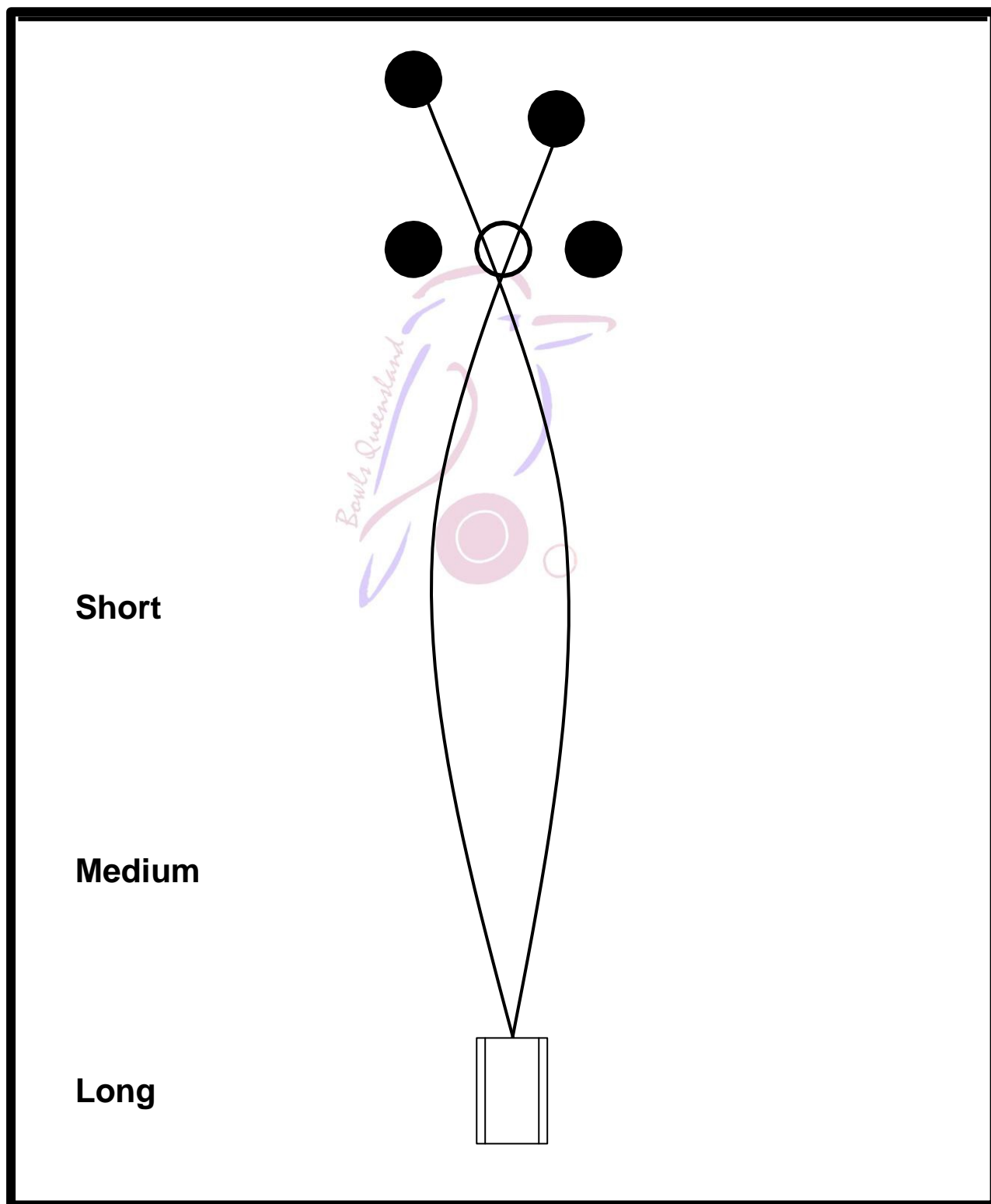
Hitting jack and finish in end zone equals **5 points**, hitting jack & edge target and finish in end zone equals **4 points**, hitting edge target and finish end zone equals **3 points**, missing target and finish in end zone equals **one point**, hitting jack and finish in ditch equals **3 points**

**Requirements:**

Four bowls

Score card

Use old CD's - Mat-Training aids to indicate target area





## Maximum Score 120

[illegible]



# Driving Drill

**The purpose of this drill is consistently hitting the target using solid weight. Recording scores forehand and backhand gives the participant a record of performance and also a score to beat**

**Develops the ability to consistently hit small targets in competitive state of mind and providing the skill to hit bigger targets in actual match competition**

**Drill to be completed over short, medium, and long ends**

- Play 4 bowls over short end on forehand
- Play 4 bowls over medium end on forehand
- Play 4 bowls over long end on forehand
- Repeat the drill
- Play 4 bowls over short end on backhand
- Play 4 bowls over medium end on backhand
- Play 4 bowls over long end on backhand

Hitting the jack and putting into ditch or out of bounds scores a point  
(Assistance with drill to replace jack)

## Scoring

One point for each jack hit and going into ditch or out of bounds

Play three (short, medium, long) ends

Forehand and Backhand

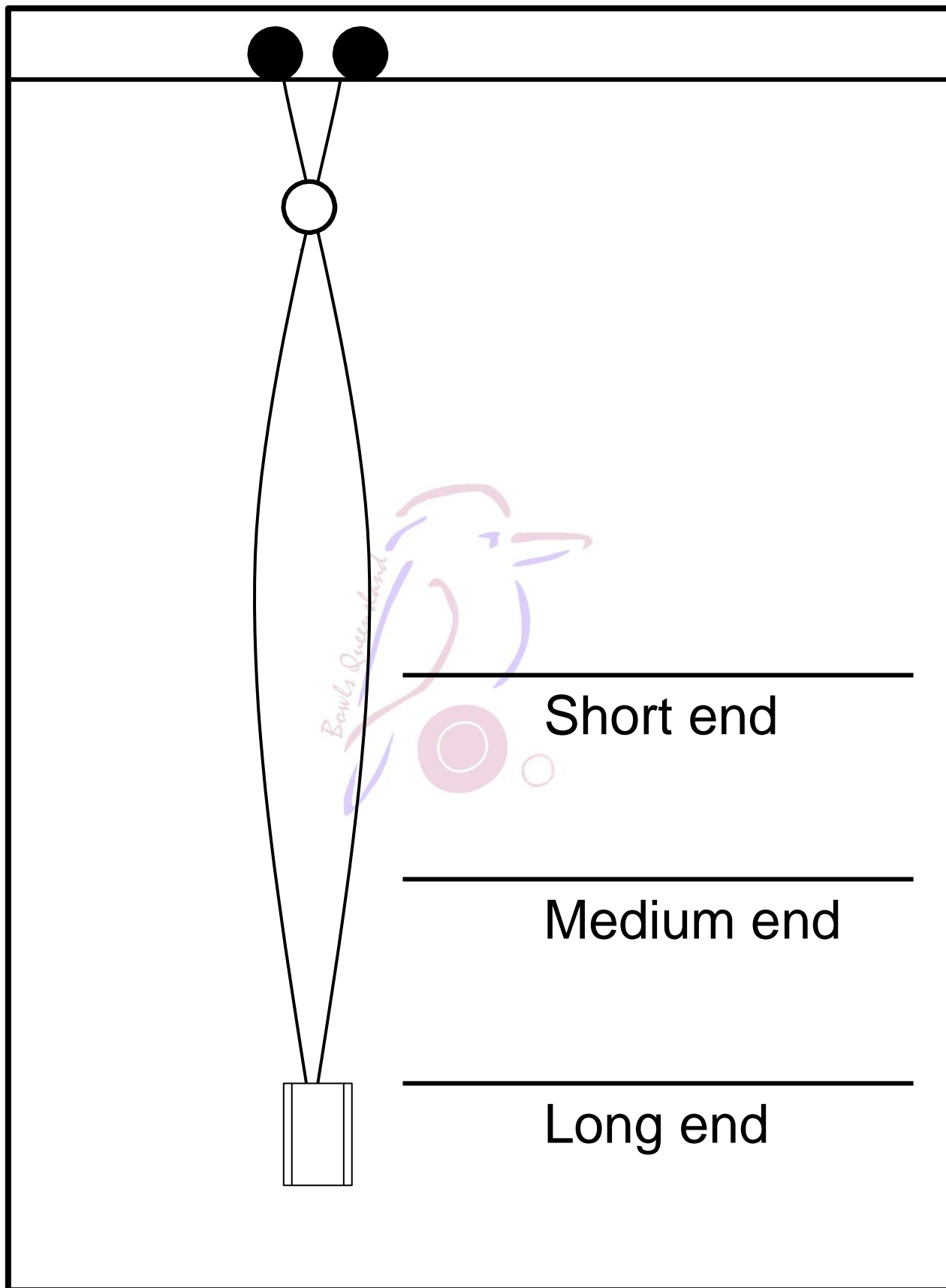
Total bowls played 24

## Requirements

Jack  
4 bowls  
Mat  
Score Card

Assistance from Coach or helper





## Driving Drill

## Training Scores

Maximum Score 24

[illegible]



# **Rating Sheet**

# **Selection Model**

# **Selection**

# **Rating Sheet**



## BQ High Performance Program

ATHLETE NAME:					
<b>MIND QUALITIES</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Comments</b>
Dealing with game situation/drills pressure					
Prepared to listen to coaches					
Body language/attitude on/off green					
Athlete Development (coached further)					
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Comments</b>
<b>ATHLETE TALENT</b>					
Lead Second <input type="checkbox"/> Third <input type="checkbox"/> Skip					
96 Draw shot					
• Forehand					
• Backhand					
Conversion shot					
• Forehand					
• Backhand					
Drive/Running Shot					
• Forehand					
• Backhand					
Beating opponents bowls					
• Forehand					
• Backhand					
Shot and off line position					
• Forehand					
• Backhand					
Other					
• Short ends					
• Medium ends					
• Long ends					
• Fast greens					
• Slow greens					
• Grouping skills					
• Ability to correct					
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Comments</b>
<b>OTHER QUALITIES</b>					
Enthusiasm on green					
Dedication to team/camp					
Willing to improve (desire)					
Special qualities eg. level for age group					



## Comments

Athlete to work on

### Score Rating:

1. = Considered amongst the top athletes in this field
2. = Able to participate against the top athletes and still require development in areas
3. = Valuable at this stage of development and still learning in the sport
4. = Establishment stage with below average ratings at present development

Development camp coach signature:

\_\_\_\_\_

Date: \_\_\_\_\_



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## Selection Model Squad/Side

---

### Athlete talent

The athlete should display dedication, a desire to achieve through mental and physical conditioning, possess enthusiasm and perform the necessary team strategies.

The athlete must conduct them self in a professional manner on and off the green to be a worthy state representative.

The athlete must:

- Be an athlete who combines with other individuals skills in exerting constant pressure on opponents with on green skill performance
- Has ability to play confidently, at a high intensity and challenge any opponent
- Has the ability to play precise draw shots, weighted shots, conversion shots, drives/running shots to a consistent standard
- Understands how matches are progressing and identifies match-changing situations and endeavours to control or take advantage of the situation during play for overall team result.
- Adjust to any circumstances and have ability to deal with uncontrollable situations
- Be committed, prepared to put extra time in with on green training, prepared to stay in communication with all relevant areas of BQ and has a desire to achieve for the state.

**Never surrenders and shows enthusiasm for the game and representing the state**

### Athlete Mind Qualities

- Think clearly and perform under pressure
- Capable of applying and carry out team game plans
- Allowed to be coached and have a desire to further develop as an athlete
- Display positive body language
- Have a presence and show enthusiasm in every situation of a game



### Physical aspects

Athletes require some form of physical conditioning and as state representatives need the ability to perform on the green over several days at competition. The athlete requirement to have some fitness to maintain concentration levels in competition.

### Other characteristics

Other characteristics athletes should have when considered:

#### Current form at events

- State events (various)
- Major events (tournaments)
- Intra squad events

#### Individual qualities processed on and off the green help build the team

- Behavioural traits
- The ability to play match turning shots.
- Deal with a variety circumstances (example) Green, opponent, environment, officials, etc
- Attitude (mind set)

#### Preparation

- On and off green principles

#### Athlete skill (relevant to position)

Team/squad individuals will possess the best attributes for each position and understand roles and responsibilities of that position:

- Lead      Second      Third      Skip

Displays and perform skills during a game the subsequent required shots for each specialised position:

**Draw shot:**                      Forehand      Backhand

**Conversion shot:**              Forehand      Backhand

**Drive/Running Shot:**          Forehand      Backhand

**Length of ends:**              Short ends      Medium ends              Long ends

**Green surface:**              Fast greens      Slow greens

**Other:**      Grouping skills              Consistency      Ability to correct              Desire to achieve



### Athlete Assessment

The assessed skills are the skill level that the coaching staff /selection panel believe are the required attributes of a state representative. Each athletes skill level has been assessed using the following scale:

**Rating 1** – considered amongst the top 5 athletes for your position in Australia  
(State side)

**Rating 2** – able to compete skillfully at state level and against the best in Australia  
(State side)

**Rating 3** – effective at state level with minor development required  
(State Squad)

**Rating 4** – effective at pennant and tough competitions but require development  
(Development/Foundation Squad)







ATHLETE NAME:					
<b>MENTAL ATTRIBUTES</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Comments</b>
Thinks decisively under pressure					
Application of game plans					
Positive body language/mindset					
Athlete Development (coached further)					
Situation control					
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Comments</b>
<b>ATHLETE ABILITY</b>					
<input type="checkbox"/> Lead <input type="checkbox"/> <input type="checkbox"/> Second <input type="checkbox"/> <input type="checkbox"/> Third <input type="checkbox"/> <input type="checkbox"/> Skip					
Draw shot					
• Forehand					
• Backhand					
Conversion shot					
• Forehand					
• Backhand					
Drive/Running Shot					
• Forehand					
• Backhand					
Other					
• Short ends					
• Medium ends					
• Long ends					
• Fast greens					
• Slow greens					
• Grouping skills, Consistency					
• Ability to correct					
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Comments</b>
<b>PHYSICAL ATTRIBUTES</b>					
Enthusiasm, Energy on green					
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Comments</b>
<b>ALL ATTRIBUTES</b>					
Special qualities eg. match turning shots					
Play under pressure					
Current playing form					
Commitment/Attitude					



## BQ High Performance Program

	1	2	3	4	Comments	Eg Singles	Eg Team
SELECTION EVENTS							
State Events (various)							
Major Events (tournaments)							
Intra squad events							

### Comments

**State Selector signature:**

\_\_\_\_\_ **Date:** \_\_\_\_\_



# Team Debrief Sheets





# SINGLES

Event:.....Opposition:..... Location.....

Date: ..... Green Speed:..... Conditions:.....

Result: WIN/LOSS (Score...../.....) Score: 1<sup>st</sup> Set..... 2<sup>nd</sup> Set..... T/B.....

Reasons for the WIN:

- |         |         |
|---------|---------|
| 1. .... | 3. .... |
| .....   | .....   |
| 2. .... | 4. .... |
| .....   | .....   |

Reasons for the LOSS:

- |         |          |
|---------|----------|
| 1. .... | 3. ....  |
| .....   | ..... 2. |
| .....   | 4. ....  |
| .....   | .....    |

1. Mat Control: Did you change length during match or kept to a set length? Length: Same Change (circle)

Why:

2. What length successful: Short Medium Long

3. What length not successful: Short Medium Long

4. Any change occurred during the game, wind, weather, momentum:

5. Did you/side show enthusiasm and have a presence on the green: Yes / No

Why:

6. What area to improve for next match?

7. Commit to take into next match:

8. Your Rating: Opposition Rating: Coach Rating:

9. Rating you want to achieve in next match:

Coach Feedback:

.....  
.....  
.....

Player Assessment Performance Guide:

1 Dismal	2 Poor	3 Fair	4 Below average	5 Par/Average	6 Good Quality
7 Very Good	8 Huge Performance	9 Excellent	10 Breath Taking		



# PAIRS

Event:.....Opposition:..... Location.....

Date: ..... Green Speed:..... Conditions:.....

Result: WIN/LOSS (Score...../.....) Score: 1<sup>st</sup> Set..... 2<sup>nd</sup> Set..... T/B.....

Reasons for the WIN:

1. ....
2. ....
3. ....
4. ....

Reasons for the LOSS:

1. ....
2. ....
3. ....
4. ....

1. Mat Control: Did you change length during match or kept to a set length? Length: Same Change (circle)  
Why:

2. What length successful: Short Medium Long

3. What length not successful: Short Medium Long

4. Any change occurred during the game, wind, weather, momentum:

5. Did you/side show enthusiasm and have a presence on the green: Yes / No  
Why:

6. What area to improve for next match?

7. Commit to take into next match:

8. Your Rating: Opposition Rating: Coach Rating:

9. Rating you want to achieve in next match:

Coach Feedback:

Player Assessment Performance Guide:

- |             |                    |             |                  |               |                |
|-------------|--------------------|-------------|------------------|---------------|----------------|
| 1 Dismal    | 2 Poor             | 3 Fair      | 4 Below average  | 5 Par/Average | 6 Good Quality |
| 7 Very Good | 8 Huge Performance | 9 Excellent | 10 Breath Taking |               |                |



# TRIPLES

Event:.....Opposition:..... Location.....

Date: ..... Green Speed:..... Conditions:.....

Result: WIN/LOSS (Score...../.....) Score: 1<sup>st</sup> Set..... 2<sup>nd</sup> Set..... T/B.....

Reasons for the WIN:

1. ....
2. ....
3. ....
4. ....

Reasons for the LOSS:

1. ....
2. ....
3. ....
4. ....

1. Mat Control: Did you change length during match or kept to a set length? Length: Same Change (circle)

Why:

2. What length successful: Short Medium Long

3. What length not successful: Short Medium Long

4. Any change occurred during the game, wind, weather, momentum:

5. Did you/side show enthusiasm and have a presence on the green: Yes / No

Why:

6. What area to improve for next match?

7. Commit to take into next match:

8. Your Rating: Opposition Rating: Coach Rating:

9. Rating you want to achieve in next match:

Coach Feedback:

Player Assessment Performance Guide:

- |             |                    |             |                  |               |                |
|-------------|--------------------|-------------|------------------|---------------|----------------|
| 1 Dismal    | 2 Poor             | 3 Fair      | 4 Below average  | 5 Par/Average | 6 Good Quality |
| 7 Very Good | 8 Huge Performance | 9 Excellent | 10 Breath Taking |               |                |



# FOURS

Event:.....Opposition:..... Location.....

Date: ..... Green Speed:..... Conditions:.....

Result: WIN/LOSS (Score...../.....) Score: 1<sup>st</sup> Set..... 2<sup>nd</sup> Set..... T/B.....

Reasons for the WIN:

1. ....
2. ....
3. ....
4. ....

Reasons for the LOSS:

1. ....
2. ....
3. ....
4. ....

1. Mat Control: Did you change length during match or kept to a set length? Length: Same Change (circle)

Why:

2. What length successful: Short Medium Long

3. What length not successful: Short Medium Long

4. Any change occurred during the game, wind, weather, momentum:

5. Did you/side show enthusiasm and have a presence on the green: Yes / No

Why:

6. What area to improve for next match?

7. Commit to take into next match:

8. Your Rating: Opposition Rating: Coach Rating:

9. Rating you want to achieve in next match:

Coach Feedback:

Player Assessment Performance Guide:

- |             |                    |             |                  |               |                |
|-------------|--------------------|-------------|------------------|---------------|----------------|
| 1 Dismal    | 2 Poor             | 3 Fair      | 4 Below average  | 5 Par/Average | 6 Good Quality |
| 7 Very Good | 8 Huge Performance | 9 Excellent | 10 Breath Taking |               |                |







# Camp Feedback Sheet





## Camp Feedback Sheet

**Date:**

**Location:**

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Please complete the following questions to assist us to keep improving HP development camps!

**Name:** \_\_\_\_\_

**What did you enjoyed about the camp?**

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**What didn't you enjoy about the camp?**

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**Were all your questions/points covered during the camp? YesNo**

**If you answered NO what questions/points need to be covered?**

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**Did you find out what part of your game is lacking or need to improve?**

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**Did you find all the assessment drills challenging?**

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**Do you have any further questions?**

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# On Green Warm Up Routine





## On Green Warm Up Routine

Having some form of warm up routine will assist your state of mind mentally but importantly warm muscles up, ready for competition.

Prior to competition, stretches and bowling technique lunges warm up muscles that will be used during a match and assist in adjusting your mind set to „I am getting prepared to engage in competition“. This procedure helps you to be ready right from the trial ends instead after the match has commenced.

Many matches have produced indifferent results just because athletes have not been ready / prepared for the early ends in competition.

Any warm up routine goes hand in hand with drinking water regularly to avoid dehydration, and having snacks during the game to keep your energy levels up during competition.

Following a quick and simple pre competition warm up routine below helps to engage the mind and body for competition:

- ➡ Walk at moderate pace
- ➡ 3 squats
- ➡ 3 lunges
- ➡ 3 leg swings on each leg
- ➡ 3 torso twists in each direction
- ➡ 3 arm swings in each direction
- ➡ 3 neck circles in each direction
- ➡ 4 practice deliveries

