

UPDATE ON COACHING - 'CLUB PRIDE'

FIRST SESSION

The first session of 'Club Pride' was held at Burnside on Sunday 16 October. The coaching covered on-the-green game play and tactics and was led by Graeme Rees.

There was a good turnout, with 14 club members (men and women) attending.

NEXT SESSION – THURSDAY 20 OCTOBER

It's never too late to be part of this programme, with the next session being held on **Thursday 20 October from 5.30-7pm**. This session has Andrew Maclennan (Getfastandstrong) speaking and demonstrating fitness techniques and stretching exercises.

For the general information on the programme, please see the information below:

'Club Pride' is a coach led, player focused programme for players who want to learn, practise and continue their personal development. It follows on from the recent Coaching Forum.

Venue: Burnside Bowling Club

Updated programme details:

- **Thursday 20 October, 5.30-7pm**
Guest speaker Andrew Maclennan presents on fitness.

- **(No sessions Labour Weekend 22-24 October)**
- **Thursday 27 October, 5.30-7pm**
SiliconCoach video analysis (allows delivery to be captured on video and analysed) with Cushla McGillivray. Others out on the green with Graham Tate and other coaches.
- **Sunday 30 October, 10-12pm**
John Quin (Sports Psychologist) is the guest speaker. Also, goal setting led by Vince Roper.
- **Sunday 6 November, 10-12pm**
Teaching Games For Understanding (TGFU) led by Vince Roper. This refines delivery technique and practises shot execution.

Programme may change due to the availability of guest speakers.

Cost

- One-off payment of \$20.00 per person for access to all sessions
- Pay at first session attended
- Cost covers professional guest speakers and handouts.

How to register

- Email brucefamily@clear.net.nz
- Phone Richard Bruce on (03)358-8222
- Place name on the sheet in the match rooms.