

Coaches Chatter

A newsletter designed specifically for Bowls Coaches in the South Island.

December 2014



Important Dates

Bowls New Zealand Under 18 Talent Camp's

North East Valley Bowling Club, Dunedin 7th and 8th December 2014

St. Martins Bowling Club, Christchurch 9th and 10th December 2014

Heartland Bank National Open Championships– Auckland 28 December 2014 - 9 January 2015

North v South Island Tournament - Wellington 21 and 22 February 2015

Congratulations

Congratulations to recently accredited Bowls New Zealand Coaches

Greg Trewhitt, (Riccarton Racecourse BC)

Denis Smith (Lincoln BC)

Bev Morel (Elmwood BC)

Congratulations to Bowls New Zealand Coach of the Year

Vince Roper (Stoke BC)



A Time to Adapt and Change

Bowling Arm Extension

When introduced to bowls a number of years ago in England, I was advised to find the correct line when delivering the bowl, from a mark at the end of the green, as this was easier to alter when the mat position changed. Using a spot on the green a few yards ahead, makes for a smoother and easier delivery, as the head is much lower, but finding this spot consistently, particularly on an artificial green is difficult.

With advancing years, getting down low enough to deliver the bowl smoothly, whilst at the same time making eye contact with the line marker was proving more difficult without losing my balance. Using a spot on the green a few metres ahead did not help.

The problem of bowlers dumping their bowls on delivery was becoming a talking point in clubs generally and not just at Stoke. When winter bowling at Richmond BC this year, the same problem was being discussed and it was an embarrassment to be told that I was a potential dumper, unless I got down lower. Richmond BC had an arm extension and encouraged members to borrow the arm and practice on the green. Knowing that in years to come my difficulty would only increase, so in early August I practiced on my own with the bowling arm and quickly found that with basic instructions, a degree of accuracy was readily achieved. Not only that, but I had greater confidence in myself and enjoyed bowling much more. I purchased an arm extension through Richmond BC in early August and picked it up on returning from a two weeks holiday at Mooloolaba on the Sunshine Coast. It was interesting to observe at the Mooloolaba BC, which has 2 artificial greens under cover, that when 8 lanes on a rink were in operation, there could be up to 6 bowlers using arm extensions - the degree of accuracy achieved was encouraging.

I am now a convert to the bowling arm extension and after using it since September, I am now often reaching the same level of competency as previously. For the first time in 2 years I played in an all day game – Haddock Trophy – and found that at the end I was not physically tired as on previous occasions.

Dumping of bowls is becoming a major concern at all bowling clubs as the damage to the green is extensive, time consuming and costly to repair. Whilst not so pronounced, the same concerns are also applicable to artificial greens.

In conclusion, I would advise anyone who has difficulty bending down, suffering from arthritis or maintaining balance to consider using an arm extension. It will give you more confidence, extend the years playing this wonderful game and at the same time retain your level of competency.

Forget your pride – give it a try – enjoy your bowling longer.

Richard Hood 9 October, 2014.

Bowls New Zealand Coaching Plan 2014 - 2017

This new plan was recently sent to all coaches personally by email and is on the Bowls NZ website.

It links to the Strategic Plan and details the way forward for

- Bowls Community Sport Plan
- Bowls Coaching Plan
- High Performance Plan

It outlines the coaching communities and stages of player development.

Progression targets note the formulation of the Foundation course which can be delivered through Coach Enablers (formerly Coach Trainers) and Community Development Officers.

Two new modules will be developed during 2015 being

- Team coaching module
- Selection module.

Further enhancements to the plan will be developed in 2016 and 2017.

Bowls Canterbury has established a Coaching Committee which is developing plans to assist coaches and athletes. For more information on this please feel free to contact Cushla McGillivray .



Hello Graeme Rees

Graeme Rees is currently leading the coaching group at Burnside Bowling Club, Christchurch and is a former Prime Ministers Scholarship Winner.

CC - What have been your previous roles in coaching?

GR - Canterbury Men's and Women's Coach; NZ Under 25 Coach; NZ Assistant Coach @ World Bowls, Christchurch; NZ Assistant Coach @ Commonwealth Games, New Delhi.

CC - You were awarded a Prime Minister's Scholarship to develop your coaching - what did that entail?

GR - I completed my Prime Ministers Scholarship in 2007. The objective of the Scholarship was to develop as the National Assistant Coach and in doing so provide opportunities to create world leading Lawn Bowlers.

A Key area of my development was:

Personal Professional Development

I spent 12 days in Malaysia in the company of Dave Edwards (NZ Coach) and Janice McKenna (Assistant NZ Coach) to learn about how Malaysia became one of the leading countries in World Bowls. *(The visit to Malaysia coincided with the 6th Asian Lawn Bowls Championships, and following that their build up to a major international event, Asia v Europe).*

Outcomes from the visit were:

- Understanding the Malaysian bowls culture and their Academy sports science program
- Observing the specific skills and drills used by the Malaysian Team in their build up to an international competition
- To observe Athlete and Coach relationships, and the measures in place to gauge player improvement during training
- Networking opportunities with Malaysian and European Team Coaches and Officials

GR - I also spent 5 days at the Australian Cricket Academy in Brisbane.

The visit to AIS Cricket provided me the opportunity to observe and absorb World Class Coaching practices. I observed professional coaches who demanded their athletes achieve and maintain maximum performance.

It was a fantastic week spent in a High Performance environment; I came away with greater knowledge about the profession of coaching.

We would like to hear from you

If you have any queries relating to Bowls Coaching or this newsletter please contact: Cushla McGillivray Cell: 021 112 5810

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