



# Albert Park Bowls Club welcomes our Development Coach

**TERRY CASHMORE** ran the first coaching session at the club on Saturday morning. Nearly 20 members braved the cold and icy weather to meet our new Development Coach.

We're starting with the basics, he said. For those who didn't venture out into the weather, he wrote out the following:

1. Roll bowl onto middle finger rings parallel to forearm.
2. Step onto the mat on delivery line ensuring foot is angled to delivery line and visualise path and result of the bowl you are about to deliver.
3. Deliver bowl smoothly keeping head still, eyes on the grass line and with pendulum swing directed at target line and over the middle diamond cutout on the mat
4. Breathe consciously.
5. Do not be afraid to congratulate yourself inwardly and 'feel' a good bowl – self criticism is destructive.
6. Have fun. If you don't enjoy the game, give it away.

**NEXT SESSION ON SATURDAY 18TH JULY AT 10AM**

## YOUR COMMITTEE AT WORK

### SMOKING BAN

A resolution was passed at Tuesday's Board Meeting that smoking not be permitted on our leased premises and that obvious smoking areas be indicated.

So, if you are a smoker please be aware of the new signage over the next week or so.

The only areas available for smoking are on the grass next to the council gardeners shed and outside the hedge around the green.

[albertparkbowlsclub.com.au](http://albertparkbowlsclub.com.au) or a note under the office door.

### WELFARE OFFICER

We are sad to hear that Pat Churchill is seriously ill. Our thoughts and best wishes go to Pat and Don.

If you know any member who is unwell please let Margot know so that she can follow it through in her role as Welfare Officer.

### THE WEBSITE

A new and updated club website is under construction. There will be a members section as well as the areas for the public.

### DETAILS FOR THE FIXTURES BOOKLET

Over the next weeks we will be compiling the 2015-2016 Fixtures Booklet. Please check your details in the current one and let the Secretary know if any of the detail is incorrect via email [secretary@](mailto:secretary@albertparkbowlsclub.com.au)

### DIARY DATES

DIARY DATES		JULY
Sunday 12th	noon	Social Bowls
Tuesday 14th	10am	Gold coin
Saturday 18th	10am	Coaching with Terry
	1pm	Gold coin
	11.30am	Winter Working Bee
Sunday 19th	11.30am	Winter Working Bee
Tuesday 21st	10am	Gold coin
Saturday 25th	10am	Coaching with Terry
	1pm	Gold coin
Sunday 26th	12.30pm	Christmas in July
Tuesday 28th	10am	Gold Coin

**HAVE YOU RENEWED YOUR MEMBERSHIP?**  
Please note that you will not be selected to play pennant or be able to use club facilities if you are not financial by the 30th of July.



# Christmas in July

... it's certainly cold enough

The Albert Park Bowls Club is having a early Christmas celebration on Sunday 26th July at 12.30pm. For \$20 per person, the traditional two-course lunch includes a welcome drink and entertainment. Please place your name on the list on the noticeboard next time you're at the Club – booking is essential for catering.

**let's make it a great day – bring family and friends**

## Singles League open to all members

**This idea has been mooted for a while and now it's live, at least in a trial phase.**

Yes it's the (Sunday) Singles League and it kicked off recently by 4 intrepid bowlers. Since then Bob T has won another game and surged to the top of the table! So if want in on the action and are up for a regular game of singles, just go to our website [www.albertparkbowlsclub.com.au](http://www.albertparkbowlsclub.com.au) and join the league. Before you do though, please take a look at the key features and brief rules below.

### Key Features

- 1 This is a trial phase that will continue through the chillier months and probably be wound up just before summer pennant in September.
- 2 You don't have to play on a Sunday but it's highly encouraged as it fits in with the convivial Sunday Social Scene. In addition, if you find yourself having to respond to a formal challenge to play, then you will have to be available to play on a Sunday.
- 3 The league will be managed via email and website so expect to share your email with the organisers and other participants.

- 4 It's singles. If you're keen to have a singles game a couple of times a month or more please join in. If you're not sure then sit it out for a while and watch our progress.
- 5 Even though we'll all be in one big division you'll not be expected to play opponents ranked significantly above or below you - so look forward to enjoyably competitive matches.
- 6 There will be an accolade (though probably not a prize in the trial phase) for whoever finishes at the top of the pile. There will also be regular plaudits for those who climb the most places in, say, a given month and that is likely to favour the lower-ranked players. So there's something in it for everyone.

### Structure and Rules in Brief

- League matches are 4-bowl singles over 15 ends, with a deciding end if necessary. Each is likely to last about 1.5 hours.
- Toss a coin to decide who gets the mat for the first end. Take two 2 bowl trial ends. No dead ends - jacks replaced 2m from the front ditch, either 1.5m from the centre line in the direction exited if they exited laterally or on the T if they exited forward or back.
- Players will all be in one big division ranked according to a points system. Everyone will

begin on the same number of points, namely 200. After each singles match the winner will acquire 10% of their opponent's ranking points. Players with more ranking points stand to lose more than those with fewer.

- Mostly you choose who and when to play - just make an informal arrangement to play someone else in the league. Players with similar ranking points should be keen to play each other but those far apart might be more reluctant and that's fine. There's no need for novices to play hotshots.
- However, if you do find that someone close to you in the rankings doesn't wish to play then you can issue a formal challenge to force a match or at least a forfeit. It's in the rules. It's tedious. It's just in case!
- Once a match is finished all you need to do is forward the result to the organisers. Send the name of the winner, name of the opponent, shots scored and the date and time the match was completed to [skip@bowl-movements.com](mailto:skip@bowl-movements.com) All the point transfers and revised standings will be calculated by the organisers.

I hope many will enjoy.

*Scriu*



**WINTER  
WORKING  
BEE at the  
club on  
Saturday  
18th and  
Sunday  
19th July  
at 11.30am  
with BBQ  
at 5pm**

## **SOME OF THE THINGS THAT NEED DOING:**

- A stock take of kitties, bowls, pegs, etc
- All storage spaces need to be re-organised to use the space more effectively

### **Maintenance checks**

- Ladies, gents and disabled toilets, kitchen and bar area, office and Clubroom

### **Memorabilia**

- Go through all the photos, organise framing where necessary.

- Re-arrange the photos on the walls

### **Outline any up-grades**

- Organise what needs painting, are the furnishings sufficient, what can we do to create ambience

## **OR JUST THE MOP AND BUCKET TO GIVE THE PLACE A CLEAN**

*Please write or name on the list on the club noticeboard.*

## **FUNCTIONS AT THE ALBERT PARK BOWLS CLUB**

**It's that time of year again to seek your interest in helping around the club in the coming bowls season.**

Volunteers are the core foundation of our ability to survive and prosper as an active social and competitive club. Many of you have helped wonderfully in previous years. For those who are new, or new to volunteering, here is a bit of background.

There are two general areas where your help would be appreciated: with club events and external functions that we host to support our financial position, and with maintenance of the green, surrounds and clubhouse.

With external functions, we need members to help manage the events, to set up the rinks,

provide coaching for visitors new to bowls, work in the bar (if you have a current RSA certificate) or kitchen, and to help clean up afterwards. These functions are held on weekdays or weekends and typically require 4-6 people across the various jobs, usually for 1-4 hours. If we can get enough members involved, we try to limit the ask to 3 or 4 functions during the year. With maintenance, our Green

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proud history of  
volunteering**

Director, Ken Gray, needs help to prepare the green on Fridays and Mondays in readiness for pennant play on Saturdays and Tuesdays. This typically requires

an hour or two for 3-4 people. In past years, we've had incredible support from a dedicated regular group. A few more hands to spread the load a bit and fill in during absences would really help a lot.

If you're interested to help with any of these activities, please let me know. You can mark your particular interests on the form on the next page and place it in the folder provided on the noticeboard, or you can email [functions@albertparkbowlsclub.com.au](mailto:functions@albertparkbowlsclub.com.au) and tell me how you'd like to help in your own words. Any and all help will be greatly appreciated. I will try to share out the load as evenly as possible. Our club has a long and proud history of volunteering that I hope we can extend again into this coming year.

*Wayne*



Please print out this page, complete and either email back or place in folder on the noticeboard.

ALBERT PARK BOWLS CLUB INC  
**FUNCTIONS MANAGEMENT & MAINTENANCE**  
**Volunteer Commitment – 2015-2016**

Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

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

**FUNCTIONS**

I am prepared to commit, as best as I can, to helping with 3 or 4 functions this year, as follows:

	Weekdays	Weekends	RSA
Assist with function management and coordinate volunteers on the day	<input type="checkbox"/>	<input type="checkbox"/>	
Assist on the Green (set up rinks, bowls tuition, close up rinks)	<input type="checkbox"/>	<input type="checkbox"/>	
Bar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kitchen	<input type="checkbox"/>	<input type="checkbox"/>	
Clean Up (Green surrounds, clubhouse, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	

**Notes:**

- Function season is typically between September and March, with December and March the busiest in recent years
- Functions generally run for 4-6 hours, typically from mid-day onwards
- Bowls tuition generally required for 1-2 hours, either at the start or part-way through
- A current RSA certificate is required to work on the bar

**MAINTENANCE**

I am prepared to help with maintenance of the green, surrounds and clubhouse, as follows:

	Fridays	Mondays
Assist the Green Director with preparation of the green and maintenance of the surrounds and clubhouse	<input type="checkbox"/>	<input type="checkbox"/>

**Notes:**

- Assistance typically involves removal of leaves, etc from green and general clean-up of surrounds, requiring 1-2 hours
- Other general maintenance activities may be involved from time to time and need to be done on other days (eg mornings of competitions)

**UNAVAILABILITY**

Periods that I know I won't be available to help as marked above include: