



Christmas in July



THE PARKERS

No: 7 2015

www.albertparkbowlsclub.com.au
Newsletter of the Albert Park Bowls Club
Editor: Barendina Beedle



A great time had by all. Many thanks to all the helpers and especially to Gerard the Chef.

TERRY'S COACHING TIPS

Seven attributes that champions have in common to achieve peak performance outcomes and experiences.

1. Physical relaxation: muscles relaxed, absence of tension both mental and physical.
2. Mental Serenity: inner peace, remain quiet, tranquil, able to block out fear, doubts, anxiety and negativity.
3. The now - ability to achieve harmony of mind and body working together perfectly to the exclusion of all else.
4. Awareness - the feeling of being one with the prevailing environment with accurate sensory feedback even to the extent of predicting opposition actions at times.
5. Confidence, energy and optimism - confident no matter what the match situation may be, eager to rise to the challenge and optimistic that you are equipped for success and are energised to be your best because you are fit, happy and have trained to perform at your best.
6. Control - a feeling that because of preparation and training knowledge of what to do and how to achieve it is instinctive and as a result favourable outcomes will come as visualised and intended.
7. In the zone - negative thoughts will not enter the mind. Feel safe, confident and totally free of fear, doubt and worry.

In summary, the most important thing that sets a champion apart from the others is the 'hunger to succeed'. This is achieved by learning and practising to slow and calm brain wave patterns to improve concentration, create peace and allay fears.

Any exponent of yoga or mediation will tell you this is possible.

Have fun, stay calm and be healthy.

Terry



DIARY DATES

AUGUST

15th	Saturday	10am	Coaching with Terry	Home	All members
16th	Sunday	12-5pm	Social Bowls	Home	All members
18th	Tuesday	10am	Gold Coin	Home	Martin Pelzer
22nd	Saturday	10am	Albert Park Mentor Classic	Home	Roger Dedman
23rd	Sunday	12-5pm	Social Bowls	Home	All members
25th	Tuesday	10am	Gold Coin	Home	Martin Pelzer
29th	Saturday	1pm	Pennant Practice Match	Home	Pennant Players
30th	Sunday	12-5pm	Social Bowls	Home	All members
		1pm	Bowls Etiquette with Laurette and Laurie	Home	All members

SEPTEMBER

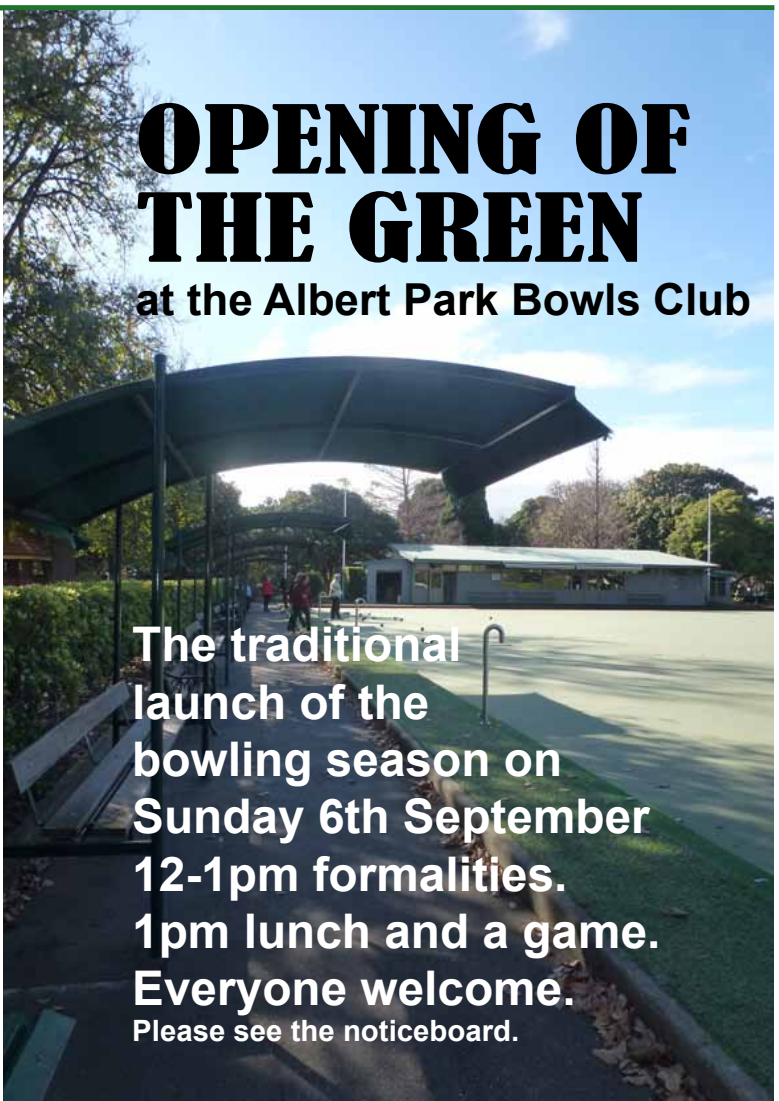
1st	Tuesday	10am	Gold Coin	Home	Sally Dobson
5th	Saturday	10am	Coaching with Terry	Home	All members
		1pm	Pennant Practice Match	tba	Pennant Players
6th	Sunday	12 noon	OPENING OF THE GREEN	Home	All members
8th	Tuesday	10am	Gold Coin	Home	Sally Dobson
12th	Saturday	1pm	Pennant Practice Match	Glen Eira McKinnon	Pennant Players
13th	Sunday	10-5pm	OPEN DAY - new member drive	Home	All members
19th	Saturday	1pm	Pennant Practice Match - Coatsville	Home	Pennant Players
20th	Sunday	12-5pm	Social Bowls	Home	All members
22nd	Tuesday	10am	Gold Coin	Home	Sally Dobson
26th	Saturday	10am	Coaching with Terry	Home	All members

Please note that dates, venues and coaching sessions can change as we get nearer the start of Pennant.

Please be sure to wear the correct bowling shoes on our green, and that of other clubs. Shoes should be flat-soled with no grooves to collect stones that then damage the surface of the green. If you are wearing the incorrect shoes, you will be asked to change shoes or leave the rink.

FROM THE BOARD

- **This coming season we will have five teams playing Saturday Pennant with two of those teams playing triples.**
- **Opening of the Green – 6th** September Members are asked to bring a plate – see noticeboard.
- **Volunteers Required –** The Club needs members to distribute our Open Day, Membership Drive flyers around the streets on Wednesday 9th September. Directions supplied. If you can help out, please place your name on list on the noticeboard.
- **If you bring a visitor into the club,** please make sure he/she signs the Visitor’s Register at the Bar. This is a regulation on our liquor licence.
- **Club Bowls –** New and Social members please note that access to club bowls from the cabinet in the shed is only temporary and they need to be available to all if required. If you are playing Pennant, it would be appreciated if you purchased your own bowls. All club bowls should not leave the Albert Park Bowls Club premises.





NEWS From Bowls Victoria

Bowls Victoria wishes to announce significant changes to the 2015-2016 Player Permit System that allows BV Affiliated Members to play Pennant for a Club other than the Club they are identified with.

Under the new process approved by the BV Board, players are free to play Pennant with another Club of their choice irrespective if their identified Clubs have sides entered in the equivalent competition or not. This innovation has been introduced to give more players the opportunity to participate.

For the avoidance of doubt here is a typical example.

A player plays with their identified club in their Club's Midweek Pennant in the Metro area but

goes away every weekend to a holiday house down the coast.

Under the recent BV Regulation changes, that player can now apply for a Player Permit which would allow them to play at the holiday home local Bowls Club in Saturday Pennant.

There are some mandatory conditions that apply under this new permit system – for more information see the new 2015-2016 BV Pennant Permit Request form available through this link <http://www.bowlsvic.org.au/Portals/7/Forms/2015-16%20Pennant%20Permit%20Request%20v2.pdf>

1. Player must be a full financial member of both clubs
2. Both clubs MUST agree to the request and counter sign the application
3. Pennant Applications MUST be received and issued PRIOR to R4 of the respective competitions. No permits will be considered or issued after R4.
4. \$25 fee MUST accompany the application
5. If a player applies and receives a BV Clearance from their nominated club during the currency of the permit it will automatically immediately lapse and a new permit will not be issued
6. Once a permit is issued then the player MUST play out the whole season with the permit club.
7. If both clubs do not agree on the Application then no permit will be issued and there can be no appeal – it must be a mutual agreement.
8. The permit system can apply to any club affiliated with Bowls Victoria
9. The Permit is not effective until the player has received written notification (letter, email or fax) confirming it is approved by Bowls Victoria. Any player who plays prematurely will be deemed an “ineligible player” and the penalty will be forfeiture of any game of match.
10. Club Championships MUST still be played with the affiliated player's identified Club and NOT the Club for which the Pennant Permit was issued – this is mandatory and not an option.

**DON'T MISS OUT,
GET A TEAM
TOGETHER
FOR THE ALBERT
PARK BOWLS CLUB**

**MENTOR
CLASSIC**

22th AUGUST

10am START

**Please complete
the form on the
noticeboard and
leave it in the folder
provided, or send
team information to
rgrddmn@gmail.com**



OPEN DAY

at the
Albert Park Bowls Club

Sunday
13th September
10am to 5pm

We are offering people in the community the opportunity to come and give bowls a try . . . there will be coaching, a sausage sizzle, a raffle and the bar will be open.

We will need volunteers.

Please check the noticeboard.

THIS IS OUR ANNUAL MEMBERSHIP DRIVE

EXCUSES HEARD ON THE GREEN

The SHOT Magazine

- The reason I was short was because the sun went behind the clouds.
- My trousers are too tight

If you have heard any excuses that can be repeated here, email apbowls@bigpond.net.au

As requested by some of our members, the Club is holding a bowls etiquette session. A good opportunity for new and more experienced bowlers to have a refresher.

**1pm on
Sunday
30th
August
in the
clubrooms
with
Laurette and
Laurie**

Please put the above date in your diaries and come with questions and queries no matter what the weather.