



And in case you haven't heard . . .

Albert Park defends Port Phillip Shield

Albert Park successfully retained the Port Phillip Shield against stiff opposition from Port Melbourne, Middle Park and St Kilda in perfect weather conditions at the Port Melbourne Club on Sunday 27th September.

Considering that our side included only 4 players from last year's winning team it was a highly commendable win. Both Middle Park and St Kilda fielded strong sides led by their respective player/coaches. Skips Steve Mooney, Stuart Kollmorgen and Rob Nethercote got the best from their teams and also contributed well to the winning effort.

Albert Park and the home side of Port Melbourne were equal on points for rink wins at the end using their scoring system but Albert Park had a superior "shots up" result to clinch the shield. On a normal pennant scoring system Albert Park with three match wins were clear winners.



As footnote it is worth mentioning that the shield had been erroneously engraved with APBC shown as both 2014 and 2015 winners. We therefore faced the embarrassment of removing our name from the shield if we had not won, but winning it was a better option!

Malcolm Stevenson

DON'T FORGET . . . Daylight saving will start on Sunday, 4 October 2015, when clocks will GO FORWARD ONE HOUR at 2am.

TWILIGHTS

On **Monday October 5th**, taking immediate advantage of the clocks changing, APBC will be restarting twilight bowls for novice bowlers. This will be a weekly casual but mildly competitive bowling session for newer bowlers, which will begin at 5:30pm and will run until about 7pm. Bowls Victoria defines novice bowlers as those with 4 years or less bowling experience. Beginners will be especially welcome. More experienced bowlers are also welcome to attend in order to offer help and guidance.

Scriu

SUNDAY SOCIAL BOWLS continues except on the occasion when pennant games or club tournaments are being played. There is also limited access when functions are booked on the day. Check the notice board.



Our trip to Aberfeldie



On the bus (and Helen's preferred photographic angle)



Our appreciation goes to Rob for driving the bus and to Mooney for organising the evening tournament.



The money was won by Helen's team – Lomond, Frank and Scriv. A great day, bowling under lights a first for some.



A DATE FOR THE DIARY

Melbourne Cup Day

Our popular Melbourne Cup Day function at Albert Park Bowls Club is on again

Enjoy the afternoon with friends

- Glass of champagne on arrival
- Enter the Sweeps, enjoy a lovely lunch and play a game of bowls
- Afternoon Tea and Dessert
- Watch ***the race that stops a Nation***
- Wear whatever you wish, but a stand out 'Race Day' hat may just win you a prize.

Date: **TUESDAY, 3 NOVEMBER**

Time: Arrive 12pm to organise your Sweep tickets (priced at either \$1, \$2 or \$5)
Sit down lunch will be about 12:30pm

WARNING: First come, first served and no, you can't choose your horse!

Cost: \$10 for the day

PLEASE BRING EITHER A SALAD OR A DESSERT TO SHARE – This keeps prices down, and always results in a yummy selection of salads and sweets

Keep an eye on the notice board for a sign-up sheet.



KIESER TRAINING IN SOUTH MELBOURNE

have offered to conduct a short clinic to coincide with skills/development practice at 5 pm on Wednesday 14 October. They have analysed a video of Don Churchill's bowling action and broken it down in to a series of biometric actions and will provide advice on how to improve strength and coordination specific to bowls. Two physical scientists/instructors from Kieser will attend and all members are welcome.



In an effort to improve on our current wines choices in the bar, we will be tasting some of Angoves wines after the match on

Angoves Skins Day on 25th October

– tell us which one you like best.

Have you checked the club website recently. Changes and additions are on the go. No pass word needed for the members section. Latest results and news from our bowling community.

albertparkbowlsclub.com.au



From the coach

THE LEAD

The Lead will be expert in accurately delivering the jack to the length specified by the skip which may not necessarily be the one most favoured by the Lead.

Leading demands excellence in line and pace control and the ability to consistently put bowls near the jack. The Lead must be conscious that it is their responsibility to provide the foundation upon which the Skip will build the head and will no niggle at the head if the opposing Lead is closer to the jack but remain totally dedicated to delivering bowls as close as possible to the jack.

Temperamentally the Lead will not be distracted by either being out bowled by the opposing player or by having their good bowls removed from the head as the end progresses, confident that they have played the role for the team.

The Lead will NEVER change hand unless asked to by the Skip remaining totally focused on line and length.

The Lead will at all times indicate confidence to the opposition, remaining relaxed and in control, unmoved either the scoreboard or a run of bad luck.

Once bowls have been delivered, the Lead will encourage teammates, never criticise the Skip or tactics but follow the strategy and tactics devised pre-game.

The Lead who can tick these boxes is invaluable

and the most important player on the rink.

THE TWO OR SECOND

Key strengths of the super second are that they be an immaculate draw bowler and be capable of drawing to imaginary jacks to provide position bowls for the Skip.

The Two is the specialist of the rink and has the responsibility to provide a foundation for the end if it has not been provided by the Lead, with that in mind Two will never niggle at the head unless directed, sure in the knowledge that bowls should be consistently close behind the jack.

If the team is holding shot, Two's mindset should be to draw fractionally wide of the jack and within a mat length behind. If the team is not holding shot the focus will be to draw within one mat length of the jack as close as possible to the line of the jack.

Two's role along with the Lead, is to create a solid foundation for the Third and Skip to build upon.

The Second's bowls will usually be past the jack but never too far away (within one metre ideally).

The Second must be versatile, adaptable and capable of changing hands when required, therefore being able to play all the shots.

Two will be supportive and uncritical of teammates, have a good working relationship with the Lead and be capable of withstanding pressure and this is why Two is considered to be the

most important player in the rink.

THE THIRD

The Third is an all-rounder capable of playing all the shots. The Third can draw accurately, draw to offset bowls, provided position bowls and will have a fast accurate drive.

The Third will be the communicator on the rink and will thrive on pressure situations, not get frustrated by not drawing to the head if the Skip requests position bowls and will foster calm when pressure prevails.

Third has the responsibility to support the Skip and be encouraging to the front end teammates if they are struggling. The objective will be to give the Skip an easy ride and leave the head in the very best shape the team can.

The Third will be unselfish, always putting the needs of the team before self and will be inclusive of teammates.

Third's expertise will include reading heads, providing accurate information to the Skip and measuring.

Third will offer advice to the Skip only when asked or if the head is altered significantly after an opposition bowl.

It is no wonder that the Third is considered to be the most important player in the rink.

THE SKIP

The Skip is as the name suggests, the Captain, and Statesman of the rink who will be a very good communicator and will lead by example and

an expert in all shots. The Skip will display confidence in and respect for teammates whilst showing empathy to those down on form. Despite this empathy, the Skip will be firm and resolute in urging them to be their best.

The Skip will be skilled at building and reading a head, a noteworthy tactician, capable of performing well under pressure and able to control his ego under all circumstances.

A Skip also knows the percentage shots and applies caution when it is called for.

A Skip will be intolerant of unconstructive criticism, bad sportsmanship and negativity, whilst still being approachable to the team, appreciating that all members of the team are open to learning more about and developing their game, including his own.

The Skip will display humility in success and defeat and share the credit of winning equally with his players.

The Skip is the director of the head, acting positively, confidently and taking full responsibility of outcomes despite the performance of the team.

The Skip will instill confidence with good body language and is the first and last person to be called upon to save shots or convert to improve score counts.

A good Skip is invaluable to the welfare and conduct of the rink.

Terry



Volunteers Needed!

Several functions have been confirmed at the club over the next couple of months. If you have time, please support your club's efforts in maintaining the financial support these functions bring to the club . . .ie keeps fees down, drinks cheap, maintains the green and building and employs professional coaches. Please fill in form below and return to the office or email to functions@albertparkbowlsclub.com.au

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: