



Hitting Your Target

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Bowls Australia – National Team
Assistant Coach 2011*

THERE ARE A LOT OF SIMILARITIES BETWEEN LAWN BOWLS AND ARCHERY

The goal of a world-class archer is to hit the center of the target with each arrow shot.

He trains himself to find the middle of the middle, to see only one centre. In this state of full concentration he could be anywhere in the world and distractions would be eliminated. He shoots each arrow as a separate achievement concentrating fully for the short period required to fire that shot. The periods between should always be relaxation periods where all tension, muscular and mental, is dissipated and the mind freed from the last arrow in preparation for the next one-arrow effort.

One world champion archer described focusing as 'blocking out everything in my world, except me and my target. The bow becomes an extension of me. All attention is focused on lining up my pin (sight) with the center of the target. At this point in time, that is all I see, hear, or feel. With the bow drawn and sight on target, a quick body scan can tell me if anything is 'off.' If everything feels right, I hold focus and simply let the arrow fly. It will find the target. If something feels off I lower the bow and draw again.'

Once a person has trained his muscles and nervous system to shoot an arrow

Club event for members and friends



COMMEMORATING THE 100th ANNIVERSARY OF THE BATTLE OF FROMELLES

*Presentation by
Lambis Englezos AM*

The Missing of Fromelles

**At the Clubhouse
FRIDAY JULY 1st
6.30pm for 7pm**

Please bring a plate.

There will also be a raffle.

SIGN-UP SHEET ON CLUB NOTICEBOARD



Australian War Memorial

GREEN CLOSURE

Please note that the green will be closed from noon on Wednesday 15 June to noon on Thursday 16 June for further fungal treatment.

into the middle of a target, theoretically he should be able to put it into the center every time.

What prevents him from doing this?

- Fatigue – sometimes but not on the first few rounds.
- Wind – sometimes but not on a calm day.

What then?

- He doesn't know what to do.
- He doesn't know how to do it.
- He doesn't have the ability or skills to do it.
- He doesn't want to do it.

The Board and Members would like to express their appreciation to our Life Members for their generous donation of a new wireless microphone system to the club.



Like most other athletes, archers are prevented from achieving total accuracy by worry, by distracting thoughts, by over activation, by a loss of focus, or by a lack of connection with the target. They have the program in their brain to perform the skill flawlessly. They can do it without thinking. Their challenge, like yours as a bowler, is to free the body and mind to connect totally with the immediate objective at hand.

What the world's best archers and shooters seek, and must perfect, is a relaxed focus. It's allowing the mind to be cleared of irrelevant thoughts, the body to be cleared of irrelevant tensions, and the focus to be centered only on what is important at that moment for executing the skill which you have practiced and perfected for so long, to execute.

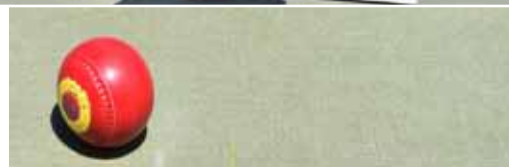
The body is relaxed but ready, and the mind calm but focused. Outside thoughts and unwanted tension are absent. The focus is centered on a specific target.

The target may be the image of the perfect shot, a total connection with one's own body, or the center of the target that is waiting to receive the shot. Relaxed focusing often follows a sequence, from mind (mental imagery) to body, from target to performance. Each step eliminates nonessentials so that the single focus or vision can fully absorb the performer's awareness. Developing an ability to direct focus to critical performance cues and hold it there until the body is free to follow the visions of the mind is crucial to high-level performance.

Relaxed focusing is a learned skill that must be practiced, to be perfected.

Lawn bowls is a game of milliseconds and heartbeats; it requires you to think in this present moment.

Think and concentrate in the now, not what has happened in the past or may happen in the future.



SUMMER PENNANT

If you are interested in playing summer pennant please make sure you have let the selectors know – email apbowls@bigpond.net.au – team numbers have to be in by the end of June.

FOR SALE

New Men's Bowls Australia Trousers
size: 34"/86cm
bottle green

\$20

contact:

Kel 0411546045

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GARFIELD

