



Opening of the Green 2017

On a typical Melbourne day we had our traditional Opening of the Green. Among the guests were the Hon Mr Martin Foley and the Mayor Cr Bernadene Voss who, after some coaching from President Ross Oakley, rolled the first bowl of the day.

After the Spider (won by Malcolm), speeches and lunch, it was the members turn to roll their first bowls of the season.



KEL & JAKI PRODUCTIONS
presents a

'Crackerjack'

of a night!

**Come and join in the fun
after training on
Thursday 5 October
at 7pm**

We'll watch the iconic Australian movie
on the big screen, have a quiz, and
devour the 'wheel of cheese' with soup,
member contributions, beer and wine

- \$5 per person – please bring a plate
(sign-up sheet for event and food on the noticeboard)
- Classic bowls attire – 1960s-70s would
be most suitable
- Prizes for best dressed and quiz

INTERESTED IN LEARNING SOME BASIC FIRST AID SKILLS? The City of Port Phillip is holding a Level 1 Course on 23 October 2017 (6-9.30pm at the St Kilda Town Hall). This course is for those people wishing to acquire skills and knowledge to perform emergency First Aid in the first few minutes after a life threatening incident. The course will be delivered by Onsite First Aid (<https://www.onsitefirstaid.com.au/first-aid-level-one>) and is a fully accredited course. Our Club has been allocated two spots for interested members to attend. **Names must be in by Friday this week, so let Wayne know as soon as possible. First come, first served.**

What is Mental Toughness?

Paul Harragon, an Australian rugby League Captain said, *'after self analysis of my own performances, reading and researching numerous books and articles about how athletes prepared themselves psychologically for competition, it total reinforced to me how the mental build-up was just as important, if not more than, any physical preparation'*.

One of the lessons learnt was the need to take pressure off the playing competitor. Players rarely perform better when they feel burdened by pressure. They perform well by their ability to take the pressure off themselves and concentrate on the moment or the present.

The sign of any great competitor is how they respond emotionally to problems and crises that can arise. They become challenged, inspired and more determined to succeed. Transforming adversity into an opportunity starts and ends in your head.

That's what makes a competitor. That's what makes a champion. Mental toughness controls the ideal performance state, so just how will you perform depends on how successful you are at maintaining the right mental climate within yourself. The goal is not triumph over your opponent but to obtain control over yourself.

Mistakes are not the issue – but what you do about them is.

Everyone makes mistakes somewhere, sometime. They are part of life. But whenever you make mistakes, consider using the 'three them's' – **fix them, learn from them and forget them.**

Succeeding in sport is becoming the best you can be, and that carries with it a substantial price

tag. Time, money, dedication, commitment, personal sacrifice, and frustration, all combine to challenge your will and there will inevitably be disappointments and doubt of your ability.

To a lot of players the sacrifices involved are not worth the potential rewards, usually nothing easy ever captures our imagination or interest for very long. The attraction is trying to master something that at times seems to be almost impossible.

Arthur Ashe, the late, great American tennis star once said that it was all about focusing on the moment rather than anything threat might have happened in the past or was yet to happen. The following is an excerpt from Arthur Ashe's personal journey:

As long as what I'm physically doing at that moment is what I am mentally doing at that same moment, everything happens naturally. I don't have to try to get psyched-up or try to concentrate or try to perform well. I just do. And when I am there, I have excess energy and I am mentally on target. My mind and body seem to click. I am no longer fighting with myself. I understand what flowing with the current rather than against it means. The price I paid to reach this point has been high, I wonder if it was all necessary. As I reflect back on the years of struggle, the frustrations, the doubt, the self-condemnation, the agony of knowing what I could have achieved against what I did achieve, I feel a genuine sadness. Professional or not, my eyes begin to swell as I relive those years/ The price was great. Why was it so hard? What made the whole thing so damned difficult?

The answer is painfully clear – I did! I kept getting in the way. I was bound and determined to succeed, and I wanted to win at all costs. Nothing would stand in my way. I wanted to prove to myself and everybody else that I could do it. My answer was simple: try harder and be stronger.

No one ever told me that trying softer, not harder, might be the key, or that inner calmness would bring strength.

I used to worry about my opponent, I understand now that it's me, not him that I should be concerned with. By comparison, he's easy. Savouring the moment gives me a big advantage. It does two things: it brings me back to doing what I'm doing, and it suddenly makes it fun again. Playing my best always seems to happen when I'm feeling a particular way. I feel pumped up, positive, confident and invincible. Keeping those feelings for any length of time used to be a problem. Something would happen, even something little, and suddenly they would be gone. All that was left was to try harder, so I did. When I stay with the moment, the feelings are much easier to keep.

I used to think those feelings came only when I played well. I had it backwards. I played well because I got the feelings, and that's the big difference. When I feel right, I perform right – and when I don't I struggle to perform well no matter how hard I try. I will live in the hope that one day others like me will find in every moment, the ultimate answer to the ultimate challenge.

Coach Cashy

AROUND THE CLUB

GOLD COIN

Tuesdays 9.50am until Tuesday Pennant starts

TRAINING

Mondays 4pm – Skills Development

Thursdays for Pennant Team Practice

Please note that ALL members can attend both of these coaching sessions.

STATE CHAMPIONSHIPS

On Sunday, 10 December 2017 Albert Park will host matches in the first two rounds of Men's Singles in the Sandbelt Region of the Victorian State Championships. As a host club, we will provide umpires for the day and markers for the first round (losers in the first round are required to mark for the second round). Members will be welcome to come along and watch these early matches in one of the flagship competitions leading up to the State Championships.

MIDWEEK PENNANT

Due to a high number of recent withdrawals of members from Midweek Pennant, the Club has been forced to withdraw our Division 5 side from the competition. In its place, we will be holding a regular pennant format teams competition on Tuesdays from 10am at the club. Members who are not selected in a pennant side, or those non-pennant playing members who would like a regular roll in a structured format, are welcome to join this in-house alternative. Detailed arrangements will be finalised over the coming weeks.

THE WINE EVENT

The Board would like to pass on their appreciation to everyone who supported and or attended the wine night last Saturday. Another successful Albert Park Bowls Club Event.

GREEN INSPECTION

The Club will have its annual pre-pennant green inspection by the Sandbelt Greens Committee on Monday, 18 September 2017. The inspectors will visit from around 12.30pm and we'll be looking to have our surface approved again this year as in the past.

SANDBELT GREENS COMMITTEE

The Sandbelt Greens Committee is looking for two new volunteers (training provided), so if you're interested in all things green, please let Wayne know.

DO YOU KNOW WHO THIS IS?

Will let you know next week.



Club Calendar 2017-2018

SEPTEMBER

- 16 Saturday Practice Match – Elsternwick Club or home
- 19 Tuesday Royal Melbourne Golf Club
- 23 Saturday Practice Match – Elsternwick Park
- 26 Tuesday Midweek Pennant Starts
- 29 Friday Practice Match – City of Melbourne

OCTOBER

05 Thursday CrackerJack Night Sign-up sheet on noticeboard

- 07 Saturday Pennant Starts
- 08 Sunday Closing date for Club Competitions Port Phillip Shield

11 Wednesday SENIORS' DAY

15 October NEW MEMBERS DAY

NOVEMBER

DECEMBER

- 10 Sunday Sandbelt Men's Singles Rounds 1-2
- 16 Saturday Saturday Pennant break
- 19 Tuesday Midweek Pennant break Christmas Event

JANUARY 2018

- 06 Saturday Princes Park Shield
- 13 Saturday Pennant recommences
- 16 Tuesday Midweek Pennant recommences (Australia Day)
- 26 Friday Angove Skins Day
- 28 Sunday

FEBRUARY

18 Sunday Albert Park Travel Day

MARCH

23 Friday Presentation Night

30 Friday Good Friday

APRIL

- 01 Sunday Easter Sunday
- 08 Sunday Rob Fairweather Invitational Fours

MAY

- 13 Sunday Mother's Day
- 20 Sunday AGM