



HUDDLE AROUND

While our usual pre-season activities are on hold due to the lockdown, our new coach, Rob Huddle, is going to run a weekly coaching program to at least get us thinking about when we get back on the green. The program will involve a weekly coaching email with notes on various topics, sent on Mondays and then followed up with a zoom coaching session based on those notes on Wednesdays. We hope to get this up and running in the next few weeks and will let you know soon.

From the Coach

PRE SEASON (when the time comes)

Clubs and players have the opportunity to get ahead of their opposition by preparing as early as possible. It takes a few games and plenty of practice to get match fit ensuring you practice on a variety of green conditions and in all sort of weather. Establishing the right attitude to practice early in the season is important as it is hard to change bad habits once the season is underway. Always practice with a purpose to develop discipline and determination.

The main aims are:

- To keep in the groove, put down lots of bowls
- To make improvements to your technique
- To practice your delivery routine
- Chance to try new bowls
- To improve bowls fitness
- Enjoy Team social benefits
- Learn the team's game plan

TECHNIQUE

Pre season is a good time to work on your technique with a coach. Check each part of your delivery to make sure it is smooth, balanced and efficient. Carefully practice your delivery routine until it becomes automatic.

What Macca's bowl is doing in isolation



Still waiting and getting more confused – where am I?

TRIAL GAMES

Coaches and selectors should mix-it-up by putting players in unusual positions, with different team mates and giving developing players a game above their level. Play half your games against other clubs and half as intra-club games to test players and teams against each other.

PLAYER MEETINGS

Conduct a couple of meetings to begin to bring all pennant players together. Emphasis that

pennant bowls is a team game and outline the expectations and goals for each side and all players. Discuss crucial elements of your Game Plan, as well as any team rules and behaviour.

Useful notes for pre-season effort

SKILL TESTS

Completing Skill Tests is a great way to get the season started. This encourages high standard play and concentration on every bowl. Test your players with the Draw Shot, Draw to Position, Running Shot and Drives. If a Lead, also complete a Rolling the Jack test. Repeat each month to compare your skill level and progress.

Rob Huddle

What the Board discussed at its last meeting:

- Pennant Team Entries – 3 sides of 16 players for Weekend, and for Midweek: 2 sides of 12 players and 1 side of 6. Plus we have offered to field 1 side of 7 (2 pairs, 1 triple) for the proposed new format on Thursdays
- Liquor Licence – application to change to a Renewable Limited Licence continues
- CoPP Council Budget – despite our clubhouse renovation project not being able to be included in this year's budget, discussions with Council continue
- First Aid Kit – an epi-pen has been purchased for use in case of allergic emergency
- BV Board Election – club to vote for 2 of the 5 standing candidates (details on BV website)
- BV Affiliation Fees – paid annual fee of \$6,494.68
- Financial Position – cash flow impact if no bowls at all this year estimated at -\$32k (ie worst case scenario), club reserves currently at \$183k, so still very solid.
- Coaching – Coach keen to begin remote coaching program
- New Members – welcomed 10 new members this month
- Membership Categories & Benefits – updated regulations approved; to be posted on the noticeboard
- Under 18s Roll Up Hub – plans being finalised and coaches accredited to hold this BV-sponsored after school training program
- Website Review – state and aims of current website under review
- Support from Members – President writing to members, recognising their support for the Club during these difficult times

AROUND THE CLUB

BV: LATEST EXPECTED PENNANT SCHEDULE

The Metropolitan Pennant Season will now be scheduled to commence on Saturday November 7 (Weekend) and Tuesday November 10 (Midweek). It will be a 14 round home and away season, rather than the usual 18, and each Division will consist of 10 sections of 8 teams (5 sections of 8 teams for Div 1), which should mean less travel. There will also be two new competitions: 6-a-side (triples) on Saturday mornings and 7-a-side (2 pairs and a triple) on Thursdays. APBC has entered a side in the 7-a-side competition, which is scheduled to start on Thursday November 5. The Victorian Open has been cancelled for this year, so there will be no break for pennant once the season starts. More details and all the dates can be found on the BV website.

INDIVIDUAL MEMBER ACCESS TO BOWSLINK

Members will soon be able to access their own information in the Bowslink system. BV has provided letters to each individual member with initial log in details and these will be sent out shortly. Once logged in, you'll be able to see all the information the system retains about you.



In the beginning there was nothing, then it exploded.



1961 the year my classroom teacher, Carlton footballer, John James won the Brownlow Medal – who am I?

SUCCULENTS



The succulents are thriving under the care of Lindsay and Rex. Pictured is the very colourful and often 'rotated' Kalanchoe blossfeldiana, also known as flaming Katy, that fellow Succoholics can enjoy when we are eventually able to hold the succulent sale! However, still need more plastics pots, empty yoghurt, dip and icecream containers, etc please.