



AROUND THE CLUB

UNIFORM PRICING

Despite a recent substantial increase in cost, we have decided to continue providing club shirts at the current price (\$40 for short sleeve, \$45 for long sleeve) in recognition of members' continued loyalty to the club during this difficult year of lockdowns and limitations.

ALBERT PARK TRAVEL DAY

Unfortunately, we won't be able to hold our traditional Albert Park Travel Day this season, but we look forward to its return next year.

SUCCULENTS SALE REMINDER

Don't forget to tell your friends and family about our upcoming Succulents Sale on Sunday, 7 March from 10am. In previous years we've held this in conjunction with a new members open day, but this year the Sale will be standing on its own. The Open Day will be held in its usual October timeframe.

RETURN TO BOWLS (again)

BV has recently confirmed that club can reopen from Thursday 18 Feb and all pennant competitions will resume from that date as well. Masks will not be required while playing as long as you can maintain the usual 1.5m social distancing. However, masks will remain mandatory inside clubhouses (except when eating or drinking), so be sure to carry a mask with you at home or away. And always remember to use the QR code check in, or the manual register if you're unable to use QR. Attendance recording is automatic for players during pennant matches (through Bowslink records), but all non-playing members and other visitors to the club during a pennant match must sign in via one of the above methods.



*Lost your bowl?
Its in the club kitchen.*

What the Board discussed at its last meeting:

- Renewal of corporate sponsorships – Board members contacting sponsors re continuing support: CBA, Cayzer and Angoves already re-signed, others being sought
- Australian Blind Bowlers Association – club donating \$100 to support this important association
- External Tournaments – flyers posted on the Tournament News board in the mixed locker room
- Financial Position – club remains in strong financial position despite challenges of this year's lockdowns and limitations
- Green fees during finals – Board confirms members playing post sectional finals will not need to pay green fees for those matches
- Club Championships – 5 competitions completed; some delays caused by recent lockdown, but all remaining competitions well on track
- Markers & Measurers Training – 5 members have completed Markers course – congratulations Gerry, Tim, Lindsay, Rex and Macca. They are currently taking the Measures module
- Wine Night – despite limitations on numbers allowed inside, will continue with this club social event this year (16 April)
- Corporate Bowling Events – all Fridays in February now booked, with interest emerging for dates in March
- New Membership Approvals – welcome to John Picot, Kerry Shipley and Gary and Shiona Brown
- SuperVet Recognition – Members over 80 years to receive badges/certificates
- Schools Program – underway again this semester (Fridays from 9-10.15am)
- Under 18s Roll-Up Hub – to be held on Wednesdays from 4.30 to 5.30pm, commencing 3 March (BV assisting with promotion and delivery)
- Clubhouse Maintenance - minor repairs and improvements continuing
- Club Security – working to specify requirements and investigating system options

From the Coach

Rob Huddle

Position Play

LEADS

Need to roll the jack accurately. Skip should decide the length and hand Lead should play. Leads not to swap sides/hand without consulting with the Skip. Draw as close as possible and be behind the jack. Help the Second and be supportive of all team mates.

SECONDS

Need an accurate draw shot. Responsible for scorecard and scoreboard. Most important position? and vital to the success of the front end and the Team. Work together with the Lead and draw as many bowls < 1 meter as possible. Sets up the game and provides conversion opportunities.

THIRDS

Skills needed are draw both hands to the Jack and to position. Ability to play a good weighted shot. Responsible to measure and ensure that measuring is done accurately and fairly. Stand up for yourself. Communicate with Skip and point out danger situations, however stick with Skip's call and play for the Team.

SKIPS

Be able to draw close even if head is blocked. Competent at all shots and be decisive when making shot selection. Work and communicate with Third. Be confident and show good body language. Get the best out of your Team. Call players on the 'Good' hand whenever possible to get BITH (bowls in the head). Be able to tough out the bad ends and enjoy the good ends.



Tim stopped bowling after three (including a toucher)!



COACHING TIP # 25

Practice with a purpose. Always set some small goals or targets at a practice, rather than just play pairs. Practice different shots, count your good bowls etc.

COACHING TIP # 26

Drive with control. Trying to drive too fast is a common mistake. Play with a smooth fast delivery. If it is not smooth then you are putting too much muscle into the drive and not enough swing.

COACHING TIP # 27

Relax, stay cool. Anxiety is a big negative in competitive situations. It's OK to feel nervous but remain calm and in control. If you feel anxious or worried then change your thoughts into positive ones and breathe deeply to relax.

COACHING TIP #28

Slow Greens. Adjust your delivery technique for slow greens. Still deliver with smooth backswing and forward swing but add momentum to the bowl by increased size of swing and rotation of the bowl.

CALENDAR

February

- 19 Function 1.30-4pm
- 26 Function noon to 4pm

March

- 7 Succulent Sale
- 26 Presentation Night

April

- 10 Rob Fairweather Tournament
- 16 Wine Tasting Night

May

- 16 Annual General Meeting

COACHING

Mondays – open to all members

- 4.30-5.30pm roll-up and technique
- 5.30-6.30pm practice drills

Thursdays

- 3.30-4.45pm individual coaching
- 5.45-6pm Pennant team coaching
- 6pm-7pm Pennant team practice

I tried daydreaming but my mind kept wandering.