



AROUND THE CLUB

PLEASE NOTE THAT THE CLUB IS CURRENTLY CLOSED – NO BOWLING ALLOWED

BUT, WHEN WE DO BOWL?

Physical recreation

- 80% single vax (forecast 26 Sept)
- Outdoor facilities open for contactless recreation (TBC for Bowling)
- Same rules as for picnics
- Public gathering of 5 people from 2 households if all persons aged 18 or older are fully vaccinated
- NB club house and change rooms closed

Community Sport

- 70% Double Vax (forecast 26 Oct)
- Community sport permitted outdoors only for training (up to 50 fully vax'd DQ4)
- 80 % Double Vax (forecast 7 Nov)
- Community sport permitted indoors and outdoors with minimum number required, fully vax'd DQ4

Density quotient (DQ)
 DW 4 = 4 square meters per person
 So club house is 100 sq mtr so 25 in the club house at DQ 4

Club House

- 70% Double Vax (forecast 26 Oct)
- Fully vaccinated: Outdoor only, DQ4 50 cap ie club house closed
- 80% Double Vax (forecast 7 Nov)
- Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 500 cap i.e. 25 max inside

DISCOUNTS?

When the bar reopens, look out for discount beer!



OPENING PLASTIC BAGS IN THE VEGGY SECTION DURING LOCK-DOWN

ARE YOU OK?

Lockdown can be very difficult especially as it seems to drag on, if you are on your own and would like a phone chat, or a chat over the fence if close by, please contact a committee member, we're here to help.

GET YOUR CAMERA READY . . .

We thought that a photo competition might be a good idea as we are all walking, the weather is better and spring has sprung so if your are interested please submit your Covid Lockdown Photo to barendina@netspace.net.au. [The prize, I promise, is not discounted beer.]

STOP PRESS: the club has been vandalised again. Police aware and hopefully Council cleaners will be able to clean up the mess. Please do not touch anything until investigation complete.



Just two examples

ALL TOURNAMENTS HAVE BEEN POSTPONED UNTIL FURTHER NOTICE – INCLUDING SANDBELT



From the Coach

WHOEVER SAID BOWLS WAS EASY!

5 THINGS TO GET RIGHT and 40 POSSIBLE ERRORS

5 things to get right in bowls delivery – it's a simple skill!!!

1. Down and forward movement – low and slow
2. Smooth rhythmic pendulum swing
3. Body alignment and delivery along aiming line
4. Eye and mental focus on line and arc
5. Finger tip weight control

40 potential errors in bowls delivery – that's a lot of things that can go wrong in a simple skill!!!

1. Narrow on back hand
2. Pulling across line on forehand
3. Wide with weight on Tift greens
4. Drive too fast on slow greens
5. Head down during delivery
6. Starting with arm bent
7. Finishing with arm bent
8. Thumb down side of bowl
9. Fingers crooked on bowl
10. Stepping too early before back swing finished
11. Up down movement
12. Sideways movements
13. Rotating bowl on back swing
14. No back swing – pushing bowl
15. Fixed stance
16. Using bowls that are too straight
17. Stepping in towards centre line on backhand
18. Inconsistent line
19. Inconsistent weight
20. Too wide when down at head

21. Too narrow when holding in head
22. Step too big
23. Inside – out delivery swing
24. Outside – in delivery swing
25. Back swing too quick
26. Hand turns over at release (flick)
27. Follow through across body
28. Not focusing on line and arc
29. Feet position not angled on mat
30. Legs straight
31. Shoulders hunched
32. Squatting to low to get down
33. Weight 50-50 on left and right feet and not 70-30 favoring anchor foot
34. Stepping too far out on forehand
35. Releasing too high and bowl bounces
36. Releasing too steep and bowl bounces
37. Back swing too fast for length needed
38. Fast step forward when backswing starts
39. Closing eyes during delivery! Even for a moment
40. All of the above!!

If you do 1 or more of the things that go wrong, SEE A COACH!

Rob Huddle

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What the Board discussed at its last meeting:

- New uniform suppliers
- Replacement awning over bench (and grant)
- Discussion re badges replacing trophies for Club Championships - samples sought
- Muriel Powe postponed
- Open Day/Seniors Week postponed. Council advised that grant to be kept by Club
- The sponsorship of Albert Park Travel has been lost
- Lockers still a work in progress
- An issue has arisen over hats. If a bowler is wearing a hat with the Bowls logo no problem. However, own hat must have the official APBC hat band around the crown. Awaiting Bowls Victoria advice. Consideration also to Legionnaires style cap.
- Surveillance camers now operating at the Club - thanks to Martin P.
- Search for webmaster continues
- Tim Smith has volunteered to take on the task of the Twilight League
- Member support during lockdown

The Board of Management have decided to remove the Ladies Proportional from the Club Championships. Everyone is encouraged to consider entering the handicapped Club Proportional and other Club Championships including those highlighted on the next page

New Bowlers and the Club Championships

Each year the club offers a range of competitions for members that suit both those with more experience and those newer to the game. There are singles, pairs and triples formats and new bowlers are encouraged to enter all of them. Some are especially designed with the less experienced player in mind.

Club Novice

This is a singles competition (first to 25), open to members who have less than two years' bowling experience, which we measure from 1 September each year. So, for this year's comp, if you started bowling on or after 1 September 2019, you'll be eligible to enter. This is an ideal starting point for newer bowlers to try out the competitive game.

Club Minor

Also a singles competition (first to 25), open to members who have not previously won a singles competition (i.e. any of the six singles comps that we offer: Club or Ladies' Singles, Club Novice, Club Minor, Club Proportional or President's Handicap. So, if you're keen to get that first competition win under your belt, this is the comp for you.

Club Proportional

This is a handicapped singles competition where the four bowls nearest the jack each end earn 4, 3, 2 & 1 points progressively. So, 10 points are awarded each end and having

bowls close to the jack earns you points, even if you're not the closest. The first player to reach 100 wins the game. The handicapping system is designed to level out differences between differently experienced players. Each bowler's starting points are based on their previous year's playing position:

- Side 1 Skips -30
- Side 1 players -25
- Side 2 Skips -20
- Side 2 players -15
- Side 3&4 Skips -10
- Side 3&4 players -5
- New Bowlers 0

So for example, a new bowler playing a side 2 skip, would start on 0, while their opponent would start on -20. The first one to reach 100 points would win. Over time, this method has proven itself to often deliver very close outcomes and so allow players of all experience levels to have a competitive chance no matter the level of their opposition on the day.

President's Handicap

This is also a handicapped singles competition, although

the scoring is traditional and the first to reach 25 wins. Handicaps are 40% of those in the Club Proportional. So the experience weightings are:

- Side 1 Skips -6
- Side 1 players -5
- Side 2 Skips -4
- Side 2 players -3
- Sides 3&4 Skips -2
- Side 3&4 players -1
- New Bowlers 0

All of these competition formats are offered with newer, less experienced bowlers in mind. The first two restrict entries based on experience, while the last two feature deliberate handicapping to disadvantage more experienced players. We encourage you to choose whichever formats you find interesting (or all of them if you like). You can be sure to have an enjoyable time in any case. We look forward to announcing entry deadlines once the detailed return to bowls plan is announced.

Any questions – please contact Wayne.

When you have exhausted all other options, read the instructions



We have a camera that we allows us to capture images of things happening. Look what goes on when we can't use the club. These folk aren't on the green so it's not an issue from a club perspective but it is "interesting" what CoVid compliance means to folk. Remember to sanitise if you touch club door handles. Some sweaty person may have been close.