



THOUGHTS by Rob Huddle



My father used to have this saying to describe silly behaviour:

Thought the window was open so it put his head through it to find out!

There was a whole series along that line.

We all need to control our thoughts and actions. This is not easy and is even more difficult under pressure, such as in sport.

Have you ever reflected on something by saying 'Why did I do that!' certainly a re-think or getting some help from a coach/friend will nearly always come up with another answer or approach?

It is a little simplistic but we can define thoughts as **POSITIVE** and **NEGATIVE**.

Here is a list of some bowls examples of each:

POSITIVE

- I feel great today
- This is a great opportunity; if I bump that bowl out I will score 4 shots

- He is a great player but I can beat him today
- I play well under pressure
- I feel relaxed and ready to win
- This green is the best green I will play on today

NEGATIVE

- How can I beat him if he keeps drawing that close?
- Damn more bad luck
- That side of the green is impossible to play
- Don't be short and block of the head for everybody
- It is so windy my bowls will be hopeless

What is that little voice inside your head saying? What reaction does it cause you before, during or after a game?

AIM FOR:

- Minimal thoughts during play
- Don't over analyse during play
- STOP negative thoughts
- MAKE positive thoughts

BOWLERS COULD APPLY THESE PRINCIPLES BY:

Thoughts for decision making

- Good decision making is a process.
- Sometimes the decision is good but the execution of the skill is not.
- Sometimes the decision is poor but the skill level is high or a lucky outcome occurs.
- Good decision making involves patience, experience, calmness, risk analysis, awareness of game situation and strategy (game plan).

Thoughts for a positive mental state for bowls

The Big Three . . .

- Confidence
- Motivation
- Concentration

Junior RollUp



Paul Mapley of Galilee Regional Catholic School tutors his group at the Junior RollUp promotion every Wednesday a 4pm till Christmas.



Mr Gary Hutchens, President of the South Melbourne Community Chest with Ms Louise Crawford, Mayor of Port Phillip present our Junior Bowls Program Manager with a cheque for \$700 to fund trophies for our inaugural inter-primary School Emerald Hill Cup to be held early 2022.

AROUND THE CLUB

NAME BADGES

If you required a name badge, please fill in the appropriate form on the noticeboard.

AND Grippo and Chalk now available from the office. Both \$7. Please see Lindsay.

FOR THE CHRISTMAS PARTY WE NEED . . .

We are looking for baskets, fancy boxes for hampers and also in-date products to fill them. We gladly accept money in lieu of product. For further information please contact Margot.

FUNCTIONS

We had the first function of the Christmas season with Crabtrees real estate. About 40 people attended from Crabtree generating over \$2000 income for the club. Thanks to all those who volunteered (John and Gerry the bar elves, Wayne, Macca, Helen and Karen for coaching and Rex for helping clean up afterwards).

HEARD AT THE CLUB RECENTLY, THE U3A UKULELE CLASS . . .



Quit while you're ahead, unless you haven't crossed the finish line yet

Albert Park Bowls Club Christmas Party

Sunday 19th December

1.30pm catered BBQ lunch by our sponsor

Come for a drink or a friendly roll and maybe win a raffle prize

Sign-up sheet on the noticeboard