



## THE GRACE SKINS DAY

A fabulous day was had by all who took part in THE GRACE SKINS DAY at the club on Sunday. The event was well patronised by 30 members who were selected by ballot into 10 teams, playing 2 bowl triples format over two ends then swapping rinks so everyone played each other. Points being awarded for a win and a draw plus team shots. Winning teams shared in the \$600 prize pool which was provided by our club sponsor, THE GRACE, was shared amongst the top five teams. Our appreciation goes to Martine Vance who represented THE GRACE on the day and a special thanks to Malcolm who organised the selection and scoring. Also thank you to everyone who provided a plate for the delicious afternoon tea.

Congratulations to the successful teams:  
Winners: Graham Atkins, Macca and Norm.  
Runner up: Sue, Rob F and Joan. Third: Barendina, Bryan and Karen. Fourth: Malcolm, Martin and Roger. Fifth: Wayne, Rex and Gerry.



# AROUND THE CLUB

## ANNUAL GENERAL MEETING

It's time to think about it. All Board positions are open and if you are interested, or would like to talk to someone about what is involved, please contact a current Board member.

## CLUB MEMBER OF THE YEAR

At this time of the year it is time for all members to think about who they would like to see nominated as *Club Member of the Year*. Basically, for our newer members understanding, this means we are looking as a club to acknowledge and thank those unseen workers at the Club – the people who just get in there and do what needs doing each week so that the club bubbles successfully along allowing all of us to simply enjoy our bowling.

If you have noticed a member who fits this criteria, PLEASE send the name of your nomination to the secretary@albertparkbowls.com.au.

We can assure you that your Committee will appreciate the thought and effort you put into this process as it is what keeps our club healthy.

## Tournaments at other Clubs

Please note that flyers are on noticeboard in the ladies locker room. Check these for more information ie prize money, entry fees, food etc.

February	27	<b>Cranbourne Bowling Club</b> – 3-bowl Triples
March	13	<b>Tocumwal Golf &amp; BC</b> – Medley fours
		<b>Caulfield Park Alma</b> – 2-bowl Triples
	14	<b>Keysborough Bowls Club</b> – Open Triples
	25	Mulgrave Country Club Lendlease 2-bowl Triples
April	10	Alphington Bowls Club Centennial Year Tournament – Open Fours
	23-4	<b>Edithvale Bowls Club</b> – 2-day Carnival Men's/Ladies/Mixed Triples
May	6-7	Numurkah Golf and Bowls Club – Men's 2-bowl Triples

# TWILIGHT LEAGUE

Wednesday saw 14 players sign up for the first round of this year's Twilight League. Four randomly selected pairs and two triples teams played three competitive 12 end matches. Dick and Sue came out on top with a decisive 17 shot victory over Peter and Gerry.

With six rounds to go, there is plenty of opportunity for members to sign up and play for a very worthwhile prize pot, so come along and enjoy a friendly but competitive game followed by a quiet drink watching the sun go down over the gardens.

## LEAGUE TABLE AFTER RND. 1

Position	Name	Points
1	Dick Swift	20
1	Sue Macca	20
3	David Huggins	10
3	Andy Owens	10
5	Ken Bunning	5
5	Tim Smith	5
5	Jenny Condon	5
8	Sally Rushbrook	-5
8	Jan Brooksbank	-5
8	Lindsay Chaloner	-5
11	Graeme Macca	-10
11	Dot Olive	-10
13	Peter Lee	-20
13	Gerry Smith	-20

When your dreams turn to dust, vacuum

**For further info,  
please contact Tim on  
(tim.c.smith.463@gmail.  
com or mobile 0401 645 805  
or just turn up at 5:45pm on  
Wednesday**



# From the Coach



We have all heard of the saying:  
*Practice doesn't make perfect . . .  
 perfect practice does.*

## BE OBJECTIVE; BE HAPPY; BE PROGRESSIVE; BE DEDICATED

- 2-3 sessions per week. 45 minutes to 1 hour
- Understand the purpose and benefits of your practice.
- Define the objectives for the practice session.
- Aim for practice session to improve your CONFIDENCE
- Aim for consistency and fine tuning repetition is needed for improvement
- Rehearse the basics and learn the more advanced shots.
- Always practice your shot routine until automatic
- Evaluate and score your practice for motivation and interest measure your percentage success rate
- Practice games with higher skilled and like-minded players if possible
- To improve technique and consistency keep mat and jack in same position
- Play 4 bowls same hand, fine tuning delivery each bowl to achieve 4 great bowls.
- To develop touch and weight control start on short ends then move to longer ends
- Set up *Game Situation* heads to practice and occasionally have competitive games as practice.
- Always practice some weighted shots on both hands at different lengths.
- After you get your draw game going add target bowls to out draw or sit out for a conversion
- To develop touch, play ends shorter than the minimum 21 metres.

**20 bowl test – 10 bowls short end and 10 bowls long 2pts <1 mat; 1pt 1-2 mats; -1=>2mats**

To help with your training please printout the below test sheet to use it next time you bowl. There will be some forms available on the noticeboard.

Bowl	Short End	Long End	Name: ' _____
1			<b>Short End results 10 bowls</b> ..... POINTS
2			.....No. <1 mat = % bowls
3			.....No. <2 mat = % bowls
4			<b>LONG End results....10 bowls</b> ..... POINTS
5			.....No. <1 mat = % bowls
6			.....No. <2 mat = % bowls
7			
8			<b>Total results 20 bowls</b> ..... POINTS
9			.....No. <1 mat = % bowls
10			.....No. <2 mat = % bowls
Total Points			

# 2022 CALENDAR

## FEBRUARY

Sunday	20	Grace Skins Members Day 1pm
Monday	21	TRAINING
Wednesday	23	Junior Bowls 4-5pm Twilight League 5.45pm
Thursday	24	TRAINING
Friday	25	Social Bowls 4.30pm
Sunday	27	Seniors Festival Open Day 1pm
Monday	28	TRAINING

## MARCH

Wednesday	2	Junior Bowls 4-5pm Twilight League 5.45pm
Thursday	3	TRAINING
Friday	4	Mixed Pairs to be completed Galilee College Junior Bowls 12-1pm Social Bowls 4.30pm
Saturday	5	Last Weekend Pennant Game
Monday	7	TRAINING
Tuesday	8	Last Midweek Pennant Game
Wednesday	9	Junior Bowls 4-5pm Twilight League 5.45pm

Finals:  
**Saturday**  
March 12, 19 and 26  
**Midweek**  
March 15, 22 and 29  
**Thursday**  
March 17 and 24

Friday	11	Social Bowls 4.30pm
Wednesday	16	Junior Bowls 4-5pm Twilight League 5.45pm
Friday	18	Social Bowls 4.30pm
Sunday	20	Entries close for Champion of Champion singles competitions
Wednesday	23	Junior Bowls 4-5pm Twilight League 5.45pm
Friday	25	Club Presentation Night
Monday	28	The Emerald Hill Cup – annual inter-school competition
Wednesday	30	Twilight League 5.45pm

## APRIL

Thursday	7-10	Melbourne Grand Prix
Friday	15-18	Easter Holiday
Saturday	30	Rob Fairweather Invitation Fours

## MAY

Sunday	8	Mother's Day
Sunday	15	Annual General Meeting

## SEPTEMBER

Sunday	4	Father's Day
Friday	23	Muriel Powe Tournament

## MERCHANDISE

- White club jackets are back in stock at \$50
- Hat bands are \$12 each
- Caps \$15 each
- Grippo \$7
- Spray Chalk \$7
- Chocks for measuring \$5 each (ideal for Thirds)

Please see Lindsay if you wish to purchase any of the above.



### The importance of measuring

Monday Training Sessions will continue to include a measuring class with Wayne . . . bowls are often not as close, or as far away, as you think they are. . . be surprised . . .