



Gold Coin

We had a fabulous morning at bowls with 12 of us arriving to sunny skies and a "brisk" 7°

One can tell just how fresh it was with Lambis getting out the jacket for the first time and it didn't come off! A great game was had by all with a nice hot coffee to finish.

Kel (Midweek Gold Coin Co-ordinator)

What the Board discussed at its last meeting:

- Upcoming practice matches and inter-club competitions
- Open Day and Seniors Festival
- 150 year anniversary preparations
- Sponsorships – major contracts and smaller fixture book advertisers
- Clubhouse renovations – discussions with Council continue
- Grant opportunities – young bowlers, jump start, etc.
- Clubhouse and Green – need to spread wear of carpet; clubhouse cleaning schedule
- Update to Child Safe legislation – waiting on input from BA
- Weekend Match Committee – appointed Malcolm to replace Sue following her transfer to Brighton
- Next meeting – 11 October (contact EO for enquiries)

From the Coach



FIVE 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

Here are a few more Tips relevant to pre-season preparation.

- **Focus on your technique.** Review your delivery against the above 5 Key elements.
- **Practice your delivery** (not worry about playing a game)
- **Practice or create a Shot Routine** (what you do every time prior to delivering your bowl) until your Shot Routine is automated. ie It happens without thinking.
- **Get as many bowls down as possible.** Practice with 4 bowls rather than 2 bowls.
- **Practice both hands** and various lengths and Jack positions.

AROUND THE CLUB

BOWLING NEWS

Pre-season 9s practice competition has started well. With a good surplus of players over the small number of spots, we're also running bankers matches on Saturday mornings as well as gold coin for those not registered for the 9s. Be there by 11.30am for a 12noon start for both. Contact Bob Adler with any questions.

Pre-season practice matches – three have been organised and sign-up sheets are on the noticeboard:

- Tuesday 27 September: vs RMGC (at home)
- Saturday 1 October: vs St Kilda (away on grass)
- Saturday 8 October: vs Elsternwick Park (away on grass)

Juniors Program – restarting on Wednesday, 7 September (4-5pm), hoping last year's juniors to return and to be joined by enthusiastic new starters.

OPEN DAY

Again this year we'll be holding our membership drive Open Day to coincide with the Victorian Seniors Festival – on Sunday, 16 October. To get the word out, we'll be doing a letter box drop to surrounding neighbourhoods from 2 weeks in advance. Contact Simon if you're able to help with distributing the flyers.



CASUAL PRACTICE

To help even the wear on the green, it would be appreciated if those coming for a casual roll were to use the rinks further from the clubhouse (6-8) when possible.

VCA FILMING

On Friday and Sunday past, the club hosted a group of VCA film students, who asked to use the clubhouse as a set for their new creative project. The plot centres on a Year 6 end of year graduation dance and the clubroom was decked out accordingly (photo attached). The students were very professional and displayed strong team work. The club was pleased to support these up and coming new filmmakers and we hope to hold a screening of the work when it's ready.

FUNCTIONS SEASON

The season for corporate bowling events is quickly

approaching and we are already booking a number of end-of-year corporates. Contact Peter if you're able to help out at these (eg set up, coaching, bar, take down).

JUST A REMINDER

The time for the Bankers/Gold coin games will be changed for the next 2 Saturdays, 10th September and 17th September, ONLY.

If you are not selected in the pre-season 9-a-side game and would like to play in bankers or gold coin please be at the club by 11.45am to allow for allocation of teams and a 12noon start.

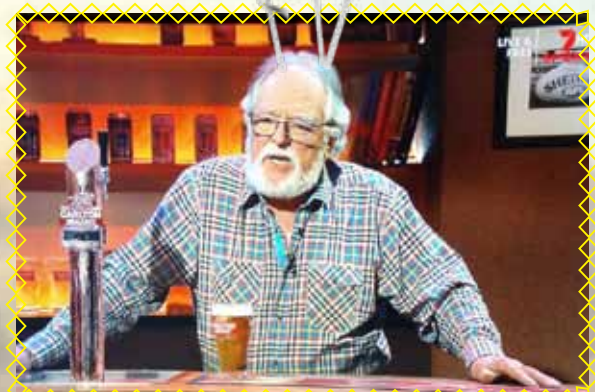
To emphasise, this is for the next two Saturdays ONLY. After that bankers will revert to the normal time of 12.45pm for a 1pm start.

Another beautiful Melbourne day – hail





Ross Oakley
is in town for his
80th birthday
and would love
to buy
you a
drink!



Please drop by the Club on
Friday 30th September
for a celebratory libation
from 4pm until 6pm

Christine and
Ross Oakley OAM (Old Angry Man)

Please put your name on the sign-up sheet on the Club noticeboard by
Friday 23 September for catering purposes

2022-3 CALENDAR

SEPTEMBER

Friday	2	Friday Social from 4.30pm
Saturday	3	Pre-season 9s Round 1 Gold Coin 12.45pm
Sunday	4	Father's Day
Monday	5	Training 4.30pm
Tuesday	6	Pre-season 9s Round 1 Gold Coin 9.45am
Wednesday	7	Mahjong 1-3.30pm
Thursday	8	Training 4.30pm
Friday	2	Friday Social from 4.30pm
Saturday	10	Pre-season 9s Round 2 Gold Coin 11.45pm
Monday	12	Training 4.30pm
Tuesday	13	Pre-season 9s Round 2 Gold Coin 9.45am
Wednesday	14	Mahjong 1-3.30pm
Thursday	15	Training 4.30pm
Friday	16	Friday Social from 4.30pm
Saturday	17	Pre-season 9s Round 3 Gold Coin 11.45pm
Monday	19	Training 4.30pm
Tuesday	20	Pre-season 9s Round 3 Gold Coin 9.45am
Wednesday	21	Mahjong 1-3.30pm
Thursday	22	Training 4.30pm
Friday	23	Muriel Powe Tournament
Saturday	24	Gold Coin 12.45pm
Monday	26	Training 4.30pm
Tuesday	27	Pre-season match against Royal Melbourne at home
Wednesday	28	Mahjong 1-3.30pm
Thursday	29	Training 4.30pm
Friday	30	Friday Social from 4.30pm Ross's Birthday Party 4-6pm

OCTOBER

Saturday	1	Pre-season vs St Kilda at St Kilda Gold Coin 12.45pm
Monday	3	Training 4.30pm
Tuesday	4	Gold Coin 9.45am
Wednesday		Mahjong 1-3.30pm
Thursday	6	Training 4.30pm
Friday	7	Friday Social from 4.30pm

Saturday	8	Pre-season match vs Elsternwick Club at Elsternwick
Sunday	9	Port Phillip Shield
Monday	10	Training 4.30pm
Tuesday	11	Midweek Pennant R1
Wednesday	12	Mahjong 1-3.30pm
Thursday	13	Training 4.30pm
Friday	14	Friday Social from 4.30pm
Saturday	15	Weekend Pennant R1
Sunday	16	Open Day Seniors Festival
Monday	17	Training 4.30pm
Tuesday	18	Midweek Pennant R2
Wednesday	19	Mahjong 1-3.30pm
Thursday	20	Training 4.30pm
Friday	21	Friday Social from 4.30pm
Saturday	22	Weekend Pennant R2
Monday	24	Training 4.30pm
Tuesday	25	Midweek Pennant R3
Wednesday	26	Mahjong 1-3.30pm
Thursday	27	Training 4.30pm
Friday	28	Friday Social from 4.30pm
Saturday	29	Weekend Pennant R3
Monday	31	Training 4.30pm

NOVEMBER

Tuesday	1	Melbourne Cup
Wednesday	2	Midweek Pennant R4 Mahjong 1-3.30pm
Thursday	3	Training 4.30pm
Friday	4	Friday Social from 4.30pm
Saturday	5	Weekend Pennant R4
Monday	7	Training 4.30pm
Tuesday	8	Midweek Pennant R5
Wednesday	9	Mahjong 1-3.30pm
Thursday	10	Training 4.30pm
Friday	11	Friday Social from 4.30pm
Saturday	12	Weekend Pennant R5
Monday	14	Training 4.30pm
Tuesday	15	Midweek Pennant R6
Wednesday	16	Mahjong 1-3.30pm
Thursday	17	Training 4.30pm
Friday	18	Friday Social from 4.30pm
Saturday	19-25	Henselite Vic Open – no Pennant