

## Zone Talent-Development Programme (Z-Squad)

Item	Details	
Abbreviations used	DSCC	District Standing Committees for Coaching
	EZ-Squad	Emerging players who maintain required assessment average
	LTPD	Long term player development programme
	NA	National Academy
	NSCC	National Standing Committee for Coaching
	TIs	Talent Identifiers within each district, appointed by NA
	Z-Squad	Top 12 men and 12 ladies who maintain required assessment average &
	ZCs	Zone Co-ordinators for each of the 6 zones, appointed by NA
	ZTDP	Zone Talent Development Programme – also known as “Z-Squad Program”
1.	Goals	<ul style="list-style-type: none"> <li>To develop voluntary &amp; identified players with potential, who show commitment through regular fulfilment of requirements of a coherent National programme as a feeder for National Squads</li> <li>Provide an accessible long term player development programme (LTPD) for talented, committed players – a pathway to reach their potential</li> </ul>
2.	Preamble	<p>This programme replaces the annual series of assessment ‘camps’ run by the National Standing Committee for Coaching (NSCC) for the National Academy (NA). For any queries, please contact one of the following:</p> <p>Theuns Fraser (NA)    083 454 9990    <a href="mailto:tfservices@mtnloaded.co.za">tfservices@mtnloaded.co.za</a>  Trevor Davis (Exec)    071 877 3328    <a href="mailto:tpdavis@mweb.co.za">tpdavis@mweb.co.za</a>  Dix (NSCC)    082 220 3707    <a href="mailto:dixie@nmmu.ac.za">dixie@nmmu.ac.za</a></p>
3.	Structure	<p><i>Phase 1 Feb 2017: Z-Squad:</i> Identified players who are committed and meet minimum assessment standards</p> <p><i>Phase 2 Feb 2018: EZ-Squad:</i> Emerging players who are committed and meet lower minimum talent-identification assessment requirements, but who have a desire to develop their current talents in order to contest for a spot in the Z-Squad at a future date.</p> <p><b>Personnel:</b> NA has appointed the following types of voluntary personnel for this project (see Appendix A):</p> <ul style="list-style-type: none"> <li>ZCs – 6 Zone-Co-ordinators (<i>NSCC members</i>) who will manage the implementation of Z-Squad requirements.</li> <li>TIs – 40 Talent-Identifiers (<i>top-level players within each district</i>) who will assist the ZTDP-Team in identifying potential talented &amp; committed players and who will be assisting at assessment events.</li> <li>6 National Selectors &amp; National Squad Coaches (<i>NA members</i>) who will liaise with ZCs and process the reports submitted to NA to develop and maintain a national record of these players, together with players’ record information.</li> <li><i>Local teams of Coaches appointed by ZCs, through DSCCs, to assist in managing local assessment events and TIs collate &amp; submit data to ZCs.</i></li> </ul> <p><b>Players:</b> A maximum of 12 male and 12 female players per District to be known as Z-Squads, with all costs to be carried by the players / districts as investments in their own careers.</p>
4.	Requirements	<p><b>Z Squad (Phase 1):</b>  <i>For initial entry, any current Inter-district player and/or players who participated in the 2016 Zone Camp series will be invited to commit to the Z-Squad.</i></p> <ul style="list-style-type: none"> <li>Maintain a minimum average of 50% (men) or 45% (ladies) for all <u>ZTDP-team supervised</u> assessments – maximum 12 ladies &amp; 12 men</li> <li>Show proof of <u>commitment</u> via participation in squad and individual training requirements which are recorded by ZTDP team-member.</li> <li>Movement to EZ-Squad will be determined on an annual basis <i>at 1 April</i></li> </ul> <p><b>EZ Squad (Phase 2):</b></p> <ul style="list-style-type: none"> <li>Maintain a minimum average of 40% (men) or 35% (ladies) for all controlled assessments</li> <li>Show proof of <u>commitment</u> via participation in squad and individual training requirements which are recorded by ZTDP team-member.</li> <li>Movement to Z-Squad would necessitate meeting the minimum requirements of Z-Squad, with decisions made on an annual basis <i>at 1 April</i>.</li> </ul>

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5.	Organisational Issues	<ul style="list-style-type: none"> <li>• <b>MUST HAVE:</b> 2 players per rink (4 players per mini-circuit) with a Scorer per rink – no scorer = no submission of scores! <i>Ask the Players to help you find Scorers – use anyone willing and competent in “kop hou” – coaches, TOs, other players – but ensure that a player’s Scorer never scores for that player to protect the score integrity and to protect the integrity of both the Scorer and the Player.</i></li> <li>• Make sure that all the Players have the Player Protocol extract (document 02a) before the Z-Squad Event so that they have time to get their heads around what they are committing to for the day.</li> <li>• Make sure that Scorers have the Scorer Protocol extract (document 02b) on their clip-boards on the day for quick reference and to help you mark up the greens before the start.</li> <li>• Organise Player Pairing with the Scorers and allocate per rink (a means to do this is provided per green in the Event Data sheets (documents 03 &amp; 04), but you may prefer to do your own) and publish this at the venue and provide a copy on each clip-board for easy reference. <i>Easier for the Scorers if they stay on the same starter-rink for the day, while the players move from mini-circuit to mini-circuit.</i></li> <li>• Print 9 score-sheets per rink, preferably using a colour printer (remember there is a subsidy available to help the district with these costs). You have 2 ways of printing these score sheets, depending how you like to organise them on the day – one way prints all 9 sheets for each specific rink, one at a time (document 05a); the other option is to print each exercise’s sheets, one at a time (document 05b) – your choice. Either the way, the colours provide mapping to the Event Data sheets (documents 03 &amp; 04)</li> <li>• Mark up the green(s) (see Appendix E below) for all the protocols you will be doing on the day, before 08:00 – takes 20-30 minutes to mark-up 1 green with a team of 3 – 6 people working on different elements – <i>if you use similar colours to those given, it makes it even easier for the Scorers &amp; Players to set up at the start of each protocol, but this is not necessary.</i></li> <li>• 08:00 the players should be warming up in the opposite direction.</li> <li>• 08:15 explain to the entire group of Scorers and Players how to play and score the first protocol – transparent for everyone. <i>This is especially NB the first time – once people are familiar with how all the protocols work, this need will diminish, BUT take the time the first couple of events to save time during the day!</i></li> <li>• Minimise breaks between exercises to ensure that you can complete all the protocols on the same day. <i>If, during 2017, you cannot find a full day to complete all 3 protocols, you may do each protocol (of 3 exercises) on a single day. However, in 2018, when you have official dates for Z-Squad Events on the calendar, all 3 protocols must be completed on one day, in the order provided – i.e. 20-20s, Targets then Attack – so make sure you get those dates into the district calendar ASAP.</i></li> <li>• Enter the scores in the 2 Event Data sheets (documents 03 &amp; 04), complete the Subsidy Claim (document 09) and send this UNSORTED document through to your Zone Co-ordinator (see Appendix A for names and email addresses).</li> <li>• To make the data transparent for all, save your Event Data sheets under a different name, sort from largest to smallest on the Final Avg % on the Summary sheet, create a pdf of that section and email the pdf for all the players in your Z-Squad – <i>or take a pic of the sorted data with your phone and whatsapp it to the Z-Squad group!</i></li> </ul> <p style="color: blue; font-weight: bold;"><b>If the organisers have their ducks in a row, this strenuous day becomes much more enjoyable for the players!!!</b></p>
6.	Reporting Needs	<p><b>Z Squad only:</b></p> <ul style="list-style-type: none"> <li>• Assessments: Participating districts, after each set of protocols is <u>completed</u>, submitted in a standard format to the Zone Co-ordinator (documents 03 and 04). <u>It multiple events held in sub-districts, please submit only one event data file for top players in the whole district.</u></li> <li>• The Zone Co-ordinators check data from their districts to ensure that all 9 exercises have been <u>completed</u>, check that the subsidy claim form is completed correctly and forward all the files to the National Collator at the end of each month.</li> <li>• Playing Record: Draws and results from 1<sup>st</sup> knock-out round of District competitions; All Cape, All Natal &amp; Gauteng Open or equivalent; Inter-Districts &amp; Nationals; submitted to and co-ordinated by NA Selectors arranged by each District’s TIs.</li> <li>• <u>Completed Subsidy Claim (document 09) form indicating the number of full rinks completed (maximum 6 rinks per gender) – i.e. number of completed players divided by 2 – integer only, no fractions!</u> Current subsidy is R60 per rink for getting started this year.</li> </ul>

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7.	<p>Zone Co-ordinator Teams</p> <ul style="list-style-type: none"> <li>• Zone Co-ordinator (ZC) is appointed by NA – <i>mainly NSCC members, to provide overall management ensuring each province operates in a manner consistent with all other provinces</i></li> <li>• District Talent Identifiers (TIs) appointed by NA – <i>identify committed players with potential and assist the local coaching team at District-level Z-Squad events</i></li> <li>• Zone Co-ordinators liaise with TIs to build local team of coaching assistants through DSCC – <i>to manage local Z-Squad events and collation of information per player for submission to Zone Co-ordinator every 2 months – <u>completed only!</u></i></li> </ul>
8.	<p>2-Month Assessment Cycle</p> <p>Assessments (<i>based on National Camp Protocol</i>) – mini-zone camp run once every 2 months in each district, with scorers (local coach development opportunity).</p> <ul style="list-style-type: none"> <li>• <b>Protocol:</b> <b>(can be done at properly supervised sub-district or district events -see 6,)</b> <ul style="list-style-type: none"> <li>✓ Bowls will be scored as they come to rest, but not removed for the 2 drawing protocols – bowls are only removed in the attacking protocols.</li> <li>✓ All activities set up as 2-rink mini-circuits with each drawing circuit played 6 times – once for trial (2 ends) and 5 times for scoring (10 ends). The Attacking circuits, are played three times with 2 trials bowls and 10 scoring bowls (6 ends).</li> <li>✓ <i>Note that mat-lines are changed within and across the protocols to both provide different playing lengths and protect the green, should all three protocols be played on the same day.</i></li> </ul> </li> <li>• <b>Activities:</b> <ul style="list-style-type: none"> <li>✓ All 3 activities can be completed at one event or divided into 3 shorter events.</li> <li>✓ All 3 activities can be repeated on multiple occasions during each 2-month cycle, with the proviso that ALL results are submitted to ZCs.</li> <li>✓ One or more activities may be repeated at the same event, provided the opposite side of each rink is used.</li> <li>✓ Minimum 3 x 20-20 – set up as indicated in 9.</li> <li>✓ Minimum 3 x Targets – set up as indicated in 10.</li> <li>✓ Minimum 3 x Attacking - Trail / Drive / Control, set up as indicated in 11, 12 &amp; 13.</li> <li>✓ One Trial end of 4 bowls may be played on both rinks at the start of each drawing exercise and 2 bowls each end at the start of each attacking exercise, with the Scorer providing distance information and removing the bowl from the head (trial bowls only).</li> <li>✓ In their pairs, one pair starts on the odd rinks and the other pair starts on the even rink, with each player playing one bowl alternatively.</li> <li>✓ Scorer records the score for each bowl delivered, as it comes to rest.</li> </ul> </li> </ul> <p><i>Note: Any assessments done within a month of each other will be considered to be assessments within the same cycle – part of the goal of this programme is to allow the players to develop their skills between cycles.</i></p>
9.	<p>20-20 Protocol</p> <p>See Appendix E for rink markings &amp; Appendix B for 20-20 activity's green diagram.</p> <ul style="list-style-type: none"> <li>• <b>Circles:</b> <ul style="list-style-type: none"> <li>✓ Centre 33m from rear ditch</li> <li>✓ Inner circle radius 0.5m, outer circle radius 1m</li> </ul> </li> <li>• <b>Mat-Lines:</b> <ul style="list-style-type: none"> <li>✓ Rinks 1 &amp; 2 – 5m from rear ditch (playing length 28m)</li> <li>✓ Rinks 3 &amp; 4 – 6m from rear ditch (playing length 27m)</li> <li>✓ Rinks 5 &amp; 6 – 7m from rear ditch (playing length 26m)</li> </ul> </li> <li>• <b>Scoring:</b> <ul style="list-style-type: none"> <li>✓ Touching the line of or within the 0.5m circle = 2</li> <li>✓ Touching the line of or within the 1m circle = 1</li> <li>✓ Anywhere else = 0</li> </ul> </li> <li>• Odd rinks will play to the right and even rinks to the left.</li> <li>• Players complete all 3 20-20 mini-circuits at one event.</li> </ul>

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10.	Target Protocol	<p>See Appendix E for rink markings &amp; Appendix C for Target activity's green diagram.</p> <ul style="list-style-type: none"> <li>• <b>Circles:</b> <ul style="list-style-type: none"> <li>✓ Centre 33m from rear ditch</li> <li>✓ Inner circle radius 0.5m, outer circle radius 1m</li> </ul> </li> <li>• <b>Mat-Lines:</b> <ul style="list-style-type: none"> <li>✓ Rinks 1 &amp; 2 – 4m &amp; 8m from rear ditch (playing length 29m &amp; 25m)</li> <li>✓ Rinks 3 &amp; 4 – 3m &amp; 7m from rear ditch (playing length 30m &amp; 26m)</li> <li>✓ Rinks 5 &amp; 6 – 5m &amp; 9m from rear ditch (playing length 28m &amp; 24m)</li> </ul> </li> <li>• <b>Scoring:</b> <ul style="list-style-type: none"> <li>✓ Touching the line of or within the 0.5m circle = 2</li> <li>✓ Touching the line of or within the 1m circle = 1</li> <li>✓ Anywhere else = 0</li> </ul> </li> <li>• Players play 2 bowls from the shorter mat (closer to the target) &amp; then 2 bowls from the longer mat (closer to rear ditch), with this being the only exercise where players can choose which side to play.</li> <li>• Players complete all 3 Target mini-circuits at one event.</li> </ul>
11.	Trail Protocol	<p>See Appendix E for rink markings &amp; Appendix D for Attack activity's green diagram.</p> <ul style="list-style-type: none"> <li>• <b>Target:</b> <ul style="list-style-type: none"> <li>✓ Flat mat with chalk circle (cone size) drawn in centre and jack placed in centre, with the edge closest to delivery mat at 28m from the delivery mat-line, placed landscape (length across the centre-line)</li> <li>✓ Line drawn 1.5m behind the front-edge of the target-mat (i.e edge closest to the player)</li> </ul> </li> <li>• <b>Mat-Lines:</b> <ul style="list-style-type: none"> <li>✓ Rinks 1 &amp; 2 – 3m from rear ditch</li> </ul> </li> <li>• <b>Scoring</b> (2 trial + 10 scoring bowls on each side): <ul style="list-style-type: none"> <li>✓ Through any part of the circle on the target-mat (line inclusive), resting between the target-mat and the 1.5m line (line inclusive) = 2</li> <li>✓ Over any other part of the target-mat (edge inclusive), resting between the target-mat (must be behind the target-mat) and the 1.5m line (line inclusive) = 1</li> <li>✓ Anywhere else = 0</li> </ul> </li> <li>• Odd rinks will play to the left and even rinks to the right.</li> <li>• Players complete all 3 Attack mini-circuits at one event.</li> </ul>
12.	Drive Protocol	<p>See Appendix E for rink markings &amp; Appendix D for Attack activity's green diagram.</p> <ul style="list-style-type: none"> <li>• <b>Mat-Lines:</b> <ul style="list-style-type: none"> <li>✓ Rinks 3 &amp; 4 – 5m from rear ditch</li> </ul> </li> <li>• <b>Target:</b> <ul style="list-style-type: none"> <li>✓ Flat mat with jack placed in centre, with the edge closest to delivery mat at 28m from the delivery mat-line, placed portrait (length down the centre-line)</li> </ul> </li> <li>• <b>Scoring</b> (2 trial + 10 scoring bowls on each side): <ul style="list-style-type: none"> <li>✓ Over any part of the target-mat (edge inclusive), with enough weight to hit the ditch (not dribble in) = 1</li> <li>✓ Anywhere else = 0</li> </ul> </li> <li>• Odd rinks will play to the left and even rinks to the right – total of 16 scoring bowls only.</li> <li>• Players complete all 3 Attack activity's mini-circuits at one event.</li> </ul>
13.	Control Protocol	<p>See Appendix E for rink markings &amp; Appendix D for Attack activity's green diagram.</p> <ul style="list-style-type: none"> <li>• <b>Mat-Lines:</b> <ul style="list-style-type: none"> <li>✓ Rinks 5 &amp; 6 – 2m from rear ditch</li> </ul> </li> <li>• <b>Target:</b> <ul style="list-style-type: none"> <li>✓ Flat mat with jack placed in centre, with the edge closest to delivery mat at 28m from the delivery mat-line, placed portrait (length down the centre-line)</li> <li>✓ Line drawn 2m behind the front edge of the target-mat (i.e edge closest to the player)</li> </ul> </li> <li>• <b>Scoring</b> (2 trial + 10 scoring bowls on each side): <ul style="list-style-type: none"> <li>✓ Over any part of the target-mat (edge inclusive), resting on the green beyond the 2m line (line inclusive) = 1</li> <li>✓ Anywhere else = 0</li> </ul> </li> <li>• Odd rinks will play to the left and even rinks to the right.</li> <li>• Players complete all 3 Attack activity's mini-circuits at one event.</li> </ul>

## Zone Talent-Development Programme (Z-Squad)

Item	Details
14. 2-Month Development Cycle (District-based)	<p><i>Note: The application of this aspect of ZTDP will depend on each District's current coaching capacity and structures. If capacity exists, it can be started after the first or second assessment-cycle in 2017. If not, structures should be put in place during 2017 to make this application possible in 2018.</i></p> <ul style="list-style-type: none"> <li>• District-based coaches should build in individual training programmes for Z-Squad members to provide for the periodised, 2-monthly cycle-based <b>development</b> of the players, based on their individual needs and developmental status. <i>Note: This can only be done locally within the districts, where the coaches develop a more detailed knowledge of the players, building a trust relationship over time. ZCs should be consulted and kept in the loop regarding these developmental programmes.</i></li> <li>• Skills developed should cover all 5 areas in an holistic annual programme:               <ul style="list-style-type: none"> <li>✓ Technical skills: a selected variety of skills worked on each cycle</li> <li>✓ Physical fitness: e.g. walking, gym, stamina-building</li> <li>✓ Psychological skills: individual, team, positional etc. (with Talent Identifiers)</li> <li>✓ Tactical skills: understanding of different game / level pressures and strategies to make effective tactical decisions during play</li> <li>✓ Life skills: in collaboration with organisations like SAIDS &amp; Provincial Coaching Commissions, develop understanding of, e.g. anti-doping, nutrition, etc.</li> </ul> </li> </ul>

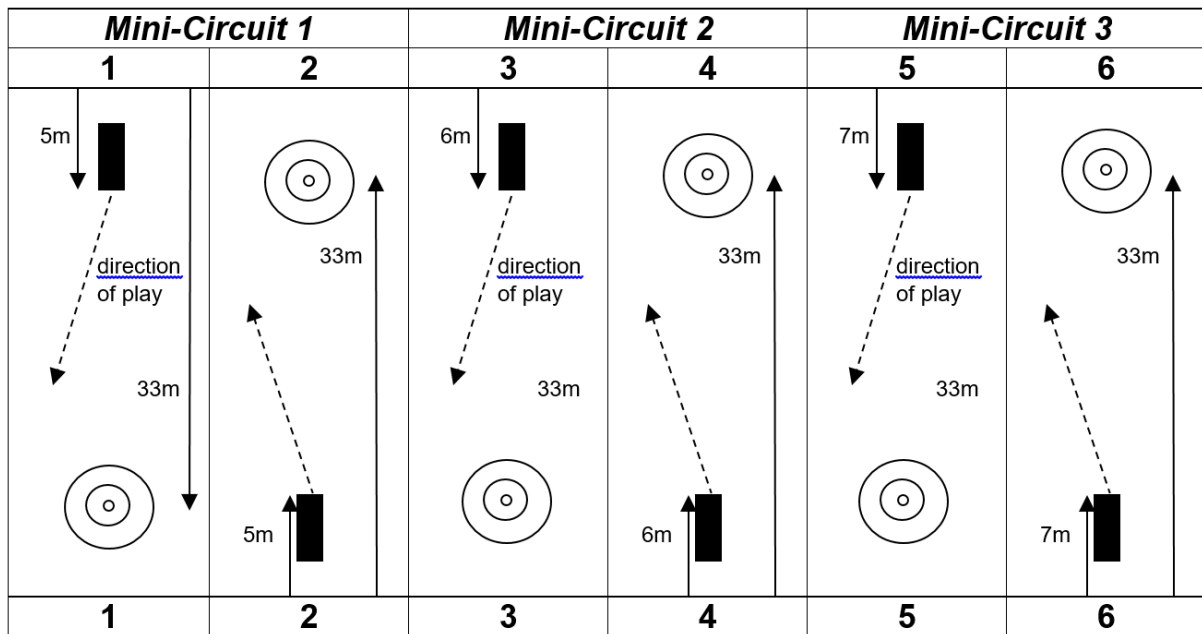
### Appendix A – Personnel Appointed by the National Academy

Zone	Nat. Coaches	Selectors	Co-Ordinator	District	Talent Identifiers
1	Jessica Henderson	Theuns Fraser <sup>1</sup> Jessica Henderson	Jill Atkinson <a href="mailto:jillatkinson@bergmail.co.za">jillatkinson@bergmail.co.za</a>	PNB	Gippo Vermeulen, Jill Hackland
				NIB	Bradley Robinson, Elna Fraser
				KZN	Theuns Fraser, Jill Atkinson (temp)
				KBA	Eddie Fann, Vacant
2		Theuns Fraser Jessica Henderson	CH Dixie (Dix) <a href="mailto:dixie@nmmu.ac.za">dixie@nmmu.ac.za</a>	EPB	Vacant, Annette Herselman
				BOR	Conrad Potgieter, Heather Boucher
3	Theuns Fraser	Bill Moseley Pam Landau	Brian Sayce <a href="mailto:sayso@sherwood.za.net">sayso@sherwood.za.net</a>	JBA	Vacant, Esme Haley
				EKB	Thinus Oelofse, Jenny Jones
				SAB	Mike Marnewick, Susan Nel
				SED	George Lotter (both)
4		Bill Moseley Pam Landau	Jerry Gertzen <a href="mailto:jerryg@owk.co.za">jerryg@owk.co.za</a>	BGN	Bernardus van der Spuy, Esme Kruger
				LIM	Christiaan van der Merwe (both)
				MPB	Vacant, Jeannette Richards
5	Theuns Fraser	Harry Meiring Maureen McLeod	CH Dixie (Dix) <a href="mailto:dixie@nmmu.ac.za">dixie@nmmu.ac.za</a>	WPB	Neels Kotze, Maggie van Zyl
				BOL	Stoffel Lampbrechts, Anneke Snyman
				EDN	Piet Robbertse, Elma Davis
6	Theuns Fraser	Harry Meiring Maureen McLeod	Susanna van Niekerk <a href="mailto:susannavn@telkomsa.net">susannavn@telkomsa.net</a>	SFS	Vacant
				NFS	Faan Stofberg, Riekie Broodryk
				NWB	Rudi Jacobs, Corrie Breitenbach
				NCB	Jacques Swanepoel (both)

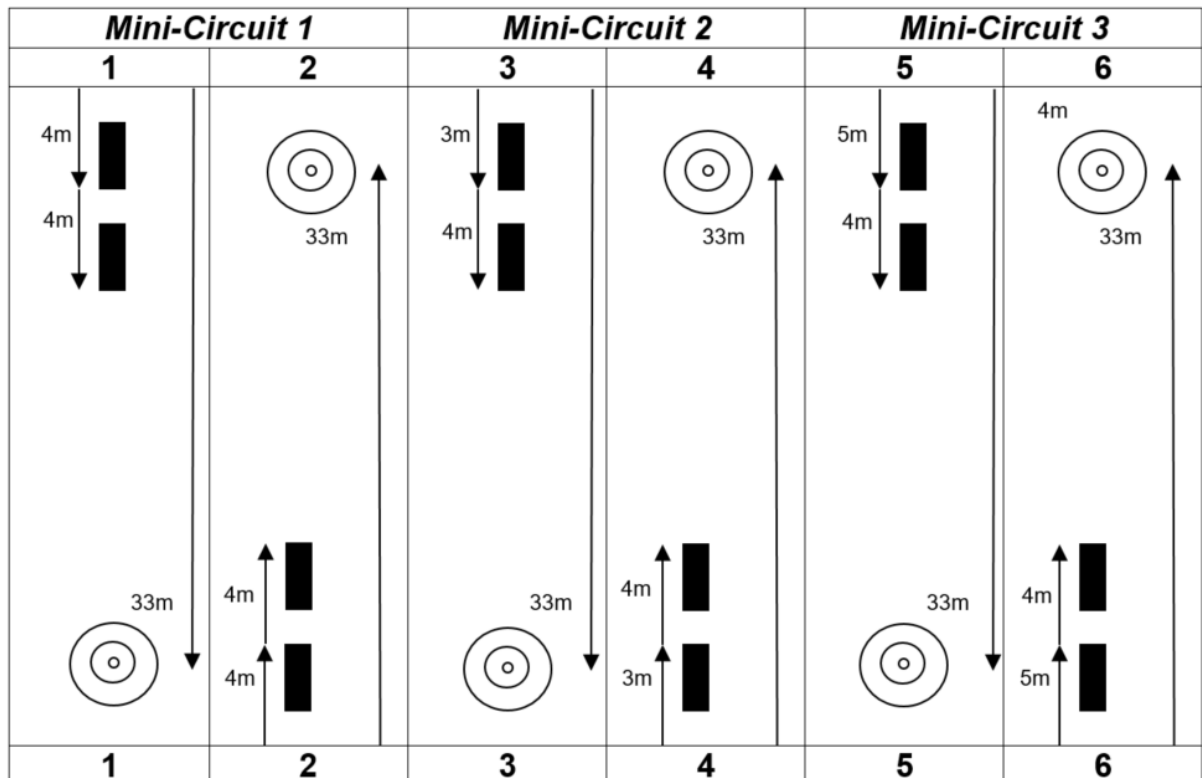
<sup>1</sup> Top name refers to personnel working with male players, with the name below working with female players – 'both' indicates TIs working with both male & female players.

# Zone Talent-Development Programme (Z-Squad)

## Appendix B – Green Set-up for 20-20 Protocol<sup>2</sup>



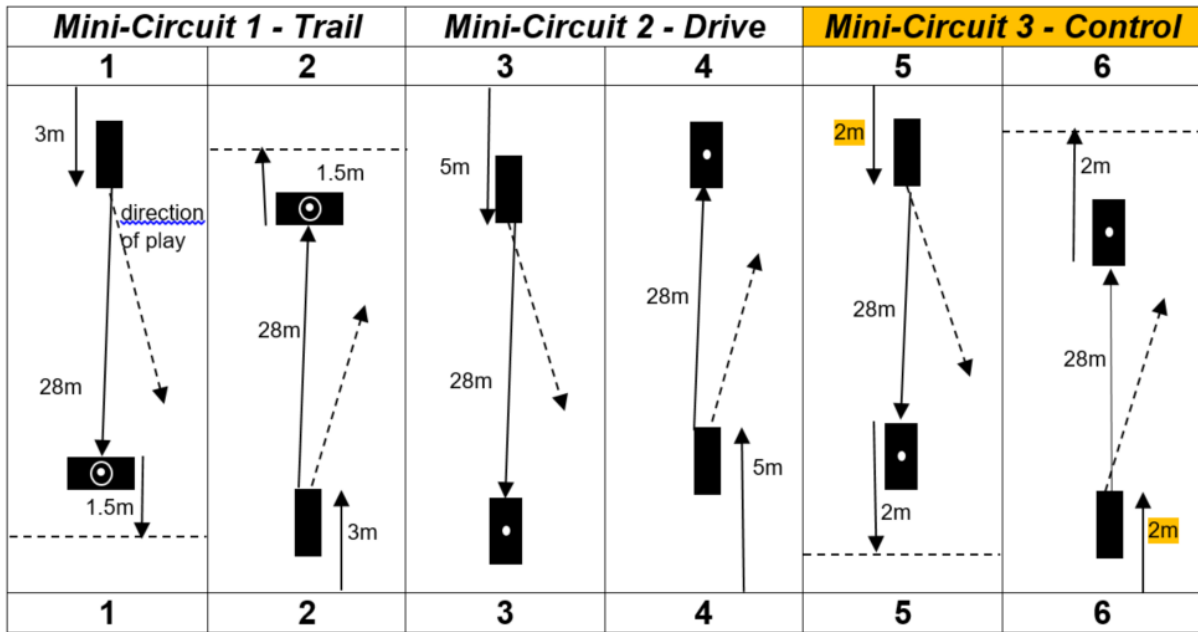
## Appendix C – Green Set-up for Target Protocol



<sup>2</sup> Inner circle radius = 0.5m; Outer circle radius = 1m for both drawing Activities

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## Appendix D – Green Set-up for Attack Protocol



## Appendix E – Measurements for Rinks for all 3 Activities

**NOTE:** Rink measurements must be marked by 08:00 to allow quick delivery-mat movements and activity set-up, so that the entire event (all 3 protocols) can be accomplished on one day, starting at 08:30, with playing and scoring instructions given to everyone together at the start of each type of exercise (very NB to ensure that scoring is done correctly). For the Attack Protocol, use FLAT mats OR mat-size felt cut-outs that are pinned down.

20-20 & Target Trail Drive Control

