

AGM & NSCC News

The main news regarding coaching that was handled at the Bowls SA AGM at the end of August, was the SASCOC-managed establishment of the Coaching Association of South Africa (CASA) and the proposed structure. Many years of work have gone in to attempting to have a 'professional' structure for registered coaches, not only to allow a long-term performance pathway for coaches within the various sporting codes, but also as a means of protecting the public who participate in sport. Bowls SA is getting feet its wet slowly as many issues are still unclear. However, as the process progresses, information will be shared with everyone.

The other topic discussed was encouraging all districts to ensure that a DSCC is in place to manage the coaching structure and needs within each district. The responsibilities of such a committee were discussed with the delegates in attempt to provide insight into the needs to appoint an active team within each one of the 20 districts.

Should anyone be interested in viewing the slides of the coaches' contribution, each delegate (usually the District President) has a copy of all the slide files or check the *Coaches Info* cloud space in the *Bowls Newsletter* folder.

NSCC members have been very busy since June – all around the country!

WPB Coaches' Day

On 9 July, 46 coaches gathered at WPCC. Dix hosted, what she hopes (☺) was, a fruitful day, with more discussions pending on a number of issues,



to network in local groups. The discussions were numerous and at times vociferous – but everyone seemed to leave with a smile on their faces, motivated to do more.

One of the big successes for Dix was that WPB now has a new SCC up and running and we wish them every success in their endeavours in the future.

Eden Level 1 Course



17 candidates participated in this course in July, with Dix assisting the local facilitators over 2 week-ends. A lovely group of new coaches for Eden!

10 badges will soon be ordered, with the remaining 7 hoping to complete before the end of the year.

Middle T-t-T Course

We struggled to find a date for the final T-t-T of the 2015 series, which was also the roll-out of the updated Level 1 course material. Eventually, we managed to hold this course in August at Ruimsig BC in Roodepoort, with Jill Atkinson, Brian Sayce and Dix there to share and develop facilitation skills and knowledge of the course materials.

8 candidates from BGN, NFS, North West & Sables attended. Now that the series has been completed,



Jill is waiting with bated breath for notifications of Level 1 (and Level A) courses

around the country. Well done BGN (completed) and Sables (December) for getting straight on with the job!!

NOTE: The 2017 series will be scheduled soon, so watch out for a Bowls SA circular, early in the New Year, inviting new facilitators (via their DSCC) to join the team!

North Level 2 Course

16 Coaches had their work cut out for them at Edenvale BC at the end of August. It was great to have Protea and Inter District players (current and past) at the course, who will hopefully spread the word about players not only relying on their talent to achieve success, but also to rely on coaches to achieve their potential!



All are currently busy with their post-course projects and hopefully we will be able to request their certification by the end of the year.

Eden Coaches' Days

Sedgefield and Hartenbos BCs allowed Dix to host Coach-2-Coach Days at their clubs in September, where 28 coaches (16 & 12 respectively) participated. Topics of interest to the coaches were discussed with ideas shared and plans made.

Now that Eden has a DSCC team to manage the coaching structure and tasks at district level, no doubt the coaches will go from strength to strength in the future.

BGN Level 1 Course

Brian Sayce and Graham Mackenzie assisted at this course in September – 8 candidates were in attendance. Hopefully all of them will enjoy their new task in bowls and qualify before the end of the year! Kudos to BGN DSCC for getting on with the job so soon after they attended T-t-T! Another good thing was limiting the number of candidates to match the number of available facilitators – **Rule-of-Thumb: 1 facilitator needed per max 3 candidates for all the green work (1:2 is better!), otherwise the candidates lose out!**

Kingfisher Coaches' Day

Jill Atkinson hosted a Coach-2-Coach Day, at the Bell BC in September, for 18 coaches. Many issues were covered in fruitful discussions. Hopefully those 18 coaches feel even more inspired to get out onto the greens to do their coaching and help many players in their area.

Kingfisher Level 1 Course

Kingfisher SCC hosted their annual Level 1 Course at the Bell BC in September.



Jill Atkinson assisted and was impressed with the candidates' engagement at the course. We wish them happy coaching and every success in getting their post-course projects done and their qualifications issued.

Our Protea Player-Coaches

Rudi Jacobs (N West), Elma Davis (Eden) & Susan Nel (Sables) achieved Gold at the recent African States held in Zimbabwe [from left]. The Exec October newsletter referred to the Men's & Ladies' teams as the Golden Boys & Girls!



Rudi is currently completing his Level 2 post-course project and Elma & Susan are scheduled to attend

the Level 3 course in January. Much coach-related networking was also accomplished on this trip with the possibilities of closer coaching ties with our neighbouring countries.

All three are part of our Protea team to compete at World Bowls in New Zealand later this year AND Rudi will be representing South Africa at the International Champion of Champions just prior to this event. We wish the three of you and the whole team all the success in the world!!

Frequently Asked Questions

1. What should a coach do about a player who twists the wrist on the back-swing?

- The bowl may be too big for the player – check that first.
- If they are successful (e.g. Wayne Perry who does that because he started playing with bowls too big for his hand, as a child) then let them be! They have mastered that movement. Don't Fix Wot Ain't Broke!!
- If they are not successful – usually line is all over the place – offer to help, explain WHY, and then it is up to them!

2. What is the effect of standing in the sandy ditch when accessing your bag or writing on the scoreboard? Some players even kneel on the edge of the bank to do this tasks!

- The primary problem with walking around / standing in the ditch is that sand collects on sole of the shoe (especially in the grooves, but also on smooth soles) and is transferred onto the carefully built green. This badly affects the mower blades, blunting them much quicker than usual and therefore necessitating more frequent changes and sharpening.
- In addition, after many years of sand being deposited close to the edge of the green, the soil is affected, turning the edge of the green into a sand-pit rather than an equally well manicured section of the green.
- Another problem is, when you make foot prints in the soft sand, your (team's) touchers landing in the ditch could fall into one of those 'pot-holes', landing the team in a worse position than if there were none!
- The sand can also become compacted, causing the jack / bowl to roll instead of staying where it fell into the ditch – Murphey's Law, it will roll the wrong way for you!
- Kneeling on the top corner of the grass banks, especially every time a score is written up, breaks down these carefully tended areas, causing major headaches for the ground-staff – they are very difficult to restore once damaged.

Share these WHY's with all players – new and existing! Help your green keepers – they need support from the members to keep the facilities in tip-top condition.

Getting into the Bubble (04) – Skip

This is the fourth of a series of 6 articles that focus on the TEAM aspects of PST – psychological skills training – which coaches could use to help individual players and / or develop clinics focused on the various Team positions individually and the Team as a whole. CH Dixie & E Davis

The Skip's mental presence sets the tone for the rest of the team's mental state – which is a huge responsibility! If the Skip goes into his/her shell or constantly frowns, this can make the team very jittery and tense, not playing with the relaxed, confident flow needed to perform at their best. Skips need to act like crazy if they need to, but the importance of creating a positive, confident, relaxed environment for the team is vital for success.

Like the Third, the Skip needs to be able to play a number of roles for the team, while still being able to play all the different types of shots with good tactical expertise – an even tougher task mentally & technically as the buck stops with the Skip, whereas the Third has the Skip as back-up. As Jenson (2016) describes, the duty of the Skip is “To build a scoring head using the tactical fundamentals of defence [sic], attack and recovery through the employment of the team member's individual delivery skills to play any of the required shots of the game.”

Knowledge about the team's individual strengths and weaknesses (including own!) and bias-track of each players' bowls (effected by model and delivery) is very important for tactical decision-making – the thinking about what shot to request from the player on the mat – this is a vital element of setting the team-member up for success, both for individual confidence and team glory.

Remembering the strategic plan and turning this into a tactic for the current situation takes discipline, especially in pressure situations – ingenuity and creativity is great, as long as the team is on board. When the Skip ignores team strategies that have been agreed to collectively, this can alienate the team, leading to loss of confidence in calls, unnecessarily tension and fracturing the one-for-all and all-for-one team spirit.

All of the above psychological skills of the Skip are manifested for the team's good through verbal and non-verbal communication skills:

- “Ensuring the team understands the game plan,
- Carrying out debriefings and constructing the game plan,

- Ascertaining appropriate hand signals with the team,
- Being positive with instructions,
- Keeping directions short, simple and indicate correctly.” (Jenson 2016)

A Skip who often stands on the bank smoking, breaks these coherent lines of communication and is not being mindful of the cohesive needs of the team.

Without the strengths of noble goals, empathy & emotional self-awareness; the ability to recognise patterns; and taking the 6 seconds needed to activate good choices to navigate emotions with intrinsic motivation, using consequential thinking with optimism (6Seconds, 2016) ... none of the above can be sustainably successful!!!

In addition to the above psychological skills, Skips should be at least Level 1 Technical Officials with a thorough knowledge of the Laws of the game. They should model excellent etiquette within the team, towards the opposition and towards the technical officials & tournament committee.

Something that can drive team-members crazy is if the Skip does not know how far 1m is, in order to give correct information to the player on the mat!

Ask 10 Skips to show with their hands distance to required final position and you will get 10 different lengths! The ability to provide accurate length information is vital for the player on the mat to make the appropriate mental adjustment for success.

“The Skip should be a competent bowler playing every shot in the book and some that haven't been contemplated yet. He needs to be a motivator, a good psychologist and an analyst. ... Being a Skip is not easy, but with good management and a relaxed demeanour it can be a very rewarding task.” (RNSWBA 2016).

THE SKIP

'Getting into the Zone' Bubble

MY JOB: To Build or Save as required:

- Walk briskly around the green to get blood flowing, relate the green to one played well on & establish wind direction
- Warm-up delivery-routine (body) and mind (get into the bubble) before the game so as to start contributing from bowl 1
 - Learn as much as from trial ends as possible
 - Note types of bowls used by own team & opposition
 - Prepared B4 so play with confidence
- Every bowl delivered with the same delivery-routine – keep it SLOW!
 - Draw to position in the head on either hand:
 - ✓ Could be a draw to the jack in the centre, to the side or in the ditch
 - ✓ Could be a draw through the head to trail the jack; wrest a bowl out; touch a front bowl in; etc. (rather up, never short)
 - ✓ Could be to draw strongly through the head (medium drive) to open it up to allow the draw with the 2nd bowl
 - ✓ Could be to draw to a particular position away from the jack
 - ✓ On limited occasions, could be required to drive
 - Be Loyal to & trust team-mates, keeping the Third in the loop
 - Watch every bowl delivered to lead the team in tactical decision-making & discussions – if not 100% sure, discuss
 - Build a complete mental picture of the head to be aware of what to play or call
 - Give accurate distance information
 - Be decisive with tactical, % shot-calling – **not do this OR that!**

Jensen, M. (2016) *Playing your Part as the Team Skip* http://www.como.bowls.com.au/customdata/index.cfm?fuseaction=Display_Image_Listing&CategoryID=24030&OrgID=16545 Accessed 2016-05-21.

6Seconds (2013) *Emotional Intelligence Model* <http://www.6seconds.org> Accessed 2013-01-13.

RNSWBA (2016) *Lawn Bowls Playing as a Team* http://assets.imgstg.com/assets/console/document/documents/Playing_As_A_Team1.pdf Accessed 2016-10-12.

Around & About

2016 Level 1 Courses Registered

If your district is not planning on running Level 1 course this year, you may like to join a course in a neighbouring district. Contact the relevant NSCC district liaison member for information.

District	Venue	Dates
EP	Port Alfred	7 – 11/11/2016
Sables	Ruimsig	3-4/12 & 10-11/12/2016

Hopefully DSCCs are busy with the planning for all the 2017 Level A and Level 1 courses – *please remember to inform Jill Atkinson well in advance of dates, before you advertise them, to ensure the NSCC support is available – the earlier you get your applications in, the better chance we have of accepting your dates!*

Coaches Achieving as Players

Some of our non-Protea coaches who have achieved as players:

- Pam Wolstenholme, who qualified as a Level 1 Coach in January 2015, did her Northlands BC proud by winning the Port Natal Senior Masters Singles in July.
- ??



Ed Note: We can't brag about you if you don't send in the info!! Please send a brief description of your achievement(s) and (a) picture(s) to dixie@nmmu.ac.za.

Youth Shows Potential at KZN CoC

A school boy out-bowls his whole section to reach the semi-finals of the KZN Country Champion of Champions tournament.



13 year-old Khanyisile Ntshalintshali from Estcourt Bowling Club, shown with his proud father Vivien, played in the CoC tournament at Klipbank Bowling Club in September. He astounded everybody by getting to the

semi-finals. He out-bowled all his section consisting of many senior men who have bowled longer than this child has been alive.

He was beaten in the semi-final by 21-13. One of our up and coming bowlers. *Well done Khanyisile!!*

Intense Week at The Nest

Theuns Fraser – National Head Coach & resident coach at The Nest – assisted by NSCC's Jill Atkinson (*extreme right*) had a very busy week recently running a clinic for new / existing players.



The players came from all over – North West, Kimberley, Bloemfontein, Pretoria and the Cape. One of the ladies brought 19 people from Pretoria with her.

Every morning they did exercises on the green, then it was many different skills. In the afternoon, they played 2-4-2 pairs. giving the front rank a chance to be able to read heads – tactical skills training.

There were some who had never held a bowl in their hands before and by the Wednesday, they were bowling on the jack. They were so thrilled that they are going to pursue their bowling and will contact a coach at their local clubs.

Coaches Info shared space (click on link)
<https://goo.gl/LgKeiB>
NOTE: to access the space, create a Google account first, and then sign-in
 Email additions for shared space to
dixie@nmmu.ac.za

Coaches Forum is the official publication of Bowls SA's NSCC
 Please email your stories to johnjill@telkomsa.net

NSCC Member	District Liaison Responsibility	Cell phone	Email
Trevor Davis	Bowls SA Executive Liaison to NSCC	071 877 3338	tpdavis@mweb.co.za
Brian Sayce (convenor)	BGN, EKB, Mpumalanga, Limpopo	082 570 5884	sayso@sherwood.za.net
Jill Atkinson	Kingfisher, Port Natal, Natal Inland, KZN Country	079 030 7418	jillatkinson@bergmail.co.za
John Busschau	JBA, Sedibeng, N West, Sables	082 967 7740	johnjill@telkomsa.net
CH Dixie (Dix)	Boland, Border, Eden, WP	082 220 3707	dixie@nmmu.ac.za
Graham Mackenzie	BGN, EKB, Mpumalanga, Limpopo	082 948 9262	~
Susanna van Niekerk	N Cape, NFS, SFS, EP	082 926 7078	susannavn@telkomsa.net