

COACHES FORUM

FOR THE EXCHANGE OF COACHING NEWS AND VIEWS

(FROM the national **STANDING COMMITTEE** for coaching)

No. 20

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NSCC FEEDBACK

This Forum has long been used as a medium for passing on news of courses and events in our many districts but we have neglected to keep our many active coaches aware of what is happening at National level.

Members of the National Standing Committee for Coaching are constantly researching and investigating coaching matters with all the different bowls playing nations (some 44 at the last count). Most recently we have obtained information from Canada and the United Kingdom and some of the information is worth passing on via this Forum.

In Canada they have a program called “Canadian Sport for Life” that is split into seven basic stages aimed basically at athletes whilst keeping all people healthy. These seven stages are Active Start – ages 0 to 6, FUNdamentals – 6 to 9, (note the emphasis on FUN), Learning to Train – 9 to 12, Training to Train – 12 to 16, Training to Compete – 16 to 23, Training to Win – 19 upwards and Active for Life for all ages.

The Canadians have training and coaching programs for all these groups and we believe it is a system that should be adopted by all South Africans irrespective of the sport played. The program is actually part of their Long Term Athlete Development aimed at a healthy nation from start to finish and surely we should aim at something similar.

From the UK the news is more specific and related to bowls. A statement by John Price, who has won many World Championships, in connection with playing with the right bowls, says “to be a successful bowler, it is important to choose the right set of bowls,

particularly the correct size”. He goes on to say that he estimates that forty percent of bowlers are playing with the wrong size bowl ! This is something that the NSCC has been emphasising for many years. Only now are bowlers beginning to recognise how their game improves by playing with a bowl that is comfortable to hold under all weather conditions. Unfortunately too many bowlers start to play with bowls that have been given to them by a family member or on bad advice from another bowler. Remember, the smaller the bowl the easier it is to control. The UK are now starting to put a lot more into coaching and training in an effort to catch up with countries like South Africa and Australia.

Other activities of the NSCC involve specific research projects and the results and findings of these will be made available as they are completed. A major undertaking at present is the complete review and updating of all our training material in line with International Standards. It is hoped that much of this material will be re-issued in the early part of 2009.

In order to ensure our District Standing Committees are up to date we recently requested that the names and **CONTACT DETAILS** of all committee members be forwarded to Bowls South Africa. Unfortunately not all districts have complied, with the result that some districts will not receive the new information. Please assist us in keeping you informed. Once again the subject of communication is foremost in our problems. Maybe we should just say that a “problem” is really just an “opportunity” to get something right !

COURSE UPDATE

Several successful courses have been held recently and we look forward to welcoming the new coaches into our fold.

A Circular has just gone out to all Districts in connection with the 2009 Upgrading and Refresher Course for Level 2 with a closing date for applications of February 13th and it should be noted that there will be no extension to this date.

COACHES DATABASE

Once again it is that time of year when all districts are required to submit their coaches database returns. PLEASE help us to help you by getting these returns in on time, complete and in the official format requested. Please remember this is not just for Bowls South Africa but also for our annual return to SASCO.

Whilst talking about SASCO we wish to advise you that they are in the process of setting up a Coaches Association, covering all sports, and their current Mission Statement says :

“To enhance sport development in South Africa by building, supporting and publishing sound coaching principles and through the promotion of coaching excellence”.

There is even a possibility that they will introduce some form of “licence” that will need to be renewed on a periodic basis. We will do our best to keep you all informed on developments within this area.

SOME BOWLS TRIVIA

The English Bowls Coaching Scheme was established in 1984 and by May 1985 some 2000 Instructors had been nationally certificated and there were 427 fully qualified coaches.

The youngest competitor in an English Bowling Association tournament was Ian Mayne who entered the Kodak under 25 tournament in 1985, at the age of 11..

We wonder who is the youngest competitor in South Africa's National Tournaments ?

The youngest winner of an EBA title was David Cutler who won the Singles in 1979 at the age of 25.

We are sure South Africa can beat some of these !

As you can see we are once again encouraging readers to give us feedback !

Bowls took root in Zimbabwe in 1899 when Cecil Rhodes turned the first sod on the green of The Bulawayo Bowling Club, the fifth bowling club to be formed in Southern Africa.

One of the highest scores recorded in bowls was when Swaziland defeated Japan by 63 shots to 1 during the World Championships held in Melbourne, Australia in January 1980.

We wonder if coaching had anything to do with some of these results !!

A CLOSING NOTE

For all those people travelling over the forthcoming holiday period please drive carefully and return home safe, and well rested, for another year of good bowling in your area.

REMEMBER

LETS WEAR OUR BADGE AND PLAY THE GAME WITH PRIDE