

COACHES FORUM

FOR THE EXCHANGE OF COACHING NEWS AND VIEWS

(FROM BOWLS SOUTH AFRICA COACHES STANDING COMMITTEE)

No. 17 FEBRUARY 2008

COURSE UPDATE

The recent Level 3 Academy Coach course held at the beginning of February in Bloemfontein was attended by 17 coaches two of whom undertook the course as a Refresher Course.

The course was run under the auspices of the National Academy with presentations made by Sports Scientists from the High Performance Centre in Pretoria as well as members of the National Standing Committee. The candidates still have to complete their Post Course projects but it is expected that all candidates will be declared "competent".

The feedback received from both the candidates and members of the National Academy indicate that the course was well worth while and contained a lot of new and valuable information regarding coaching. It is intended that the Level 3 course will be held on an annual basis similar to the Level 2 course.

The Level 2 course for 2008 is under way but the response from some districts has been poor. So far only five of our 20 districts have sent in nominations but it is expected that there will be several late applications. We also encourage all those candidates who did not complete last years course, to complete their Portfolios and submit them to Bowls South Africa by May 31st.

Several districts have been running, or will soon run, Refresher Courses and it is pleasing to note that at some of them, previous "old wave" coaches were upgrading to the new system. Other courses planned so far include a Refresher Course in Natal Inland on March 24th and Bowls Gauteng North is running a Club Coach course from March 31st to April 3rd. Anyone wishing to

attend these courses should approach the relevant District Standing Committee.

One of the biggest challenges we face in coaching is the acceptance by the average bowler of the benefits of coaching.

Just because you know how to play the game and are relaxed and enjoying the sport does not mean that there is no room for improvement. You can also increase your enjoyment by fine tuning your delivery with the aid of a qualified coach. Don't be shy. You may well experience a dramatic change of fortune !

It is worth repeating here some comments from Kallie Haupt, the Executive Member charged with the responsibility of coaching. In his closing remarks at the recent course in Bloemfontein he reminded the candidates that "Coaching is not a "HOW TO" taken out of a Manual; it is not about following a set of rules or directions – IT IS ALL ABOUT PEOPLE and people demand to be treated with respect.

The role of the coach is to listen to the diversity and interpret all the signals in order to produce the best possible outcome for the person being coached".

He went on to add "You must lead by example. To be able to demonstrate effectively you must be fit and look after your own lifestyle".

Comments we should all take note of !

DATABASE

Once again we are at the end of February and very few Districts have submitted their annual returns for their coaches. PLEASE try to help us help you and submit your returns NOW. Remember we also have to report to SASCO in this regard. If your data is not in you are automatically placed on the redundant list

and will not be considered for future events or upgrading.

Once again we remind all coaches that their qualification is only valid for four years, at the end of which time you are required to either upgrade or attend a Refresher Course run by your District.

Please remember that coaching is never static and new techniques, equipment, and programs are constantly introduced so PLEASE KEEP UP TO DATE.

DISTRICT COACH MANUAL

As this Manual contains a lot of new material that will be of benefit to ALL coaches it has been decided to make it available at R 50 per copy.

The Manual contains up to date information on topics such as Psychological Skills Training, Motivation, Nutrition for bowlers, Video Analysis, and much more.

All coaches interested in obtaining a copy, please contact Bowls South Africa with your request.

SOME MORE BOWLS TRIVIA

It is always surprising to note how bowlers look after, or rather fail to look after, their bowls.

When you consider that a set of bowls is a major investment for your continued relaxation and enjoyment, one should look after that investment.

Many bowlers at the end of a game just toss their bowls into the bag with no thought being given to grit or sand still adhering to the surface. Many bowlers also place bowls with the logo facing down and then wonder why the logos get worn away and you can not determine the size of a bowl because all the engraving is worn away.

At the end of a game make a point of wiping each bowl and be careful how you place it in the bag. Another tip is to use old socks to protect your bowls from scratches whilst in the bag. Very few bowlers to our knowledge clean out their bowls bag on a regular basis. It is surprising how quickly sand, grass cuttings and other debris collect at the bottom of bags.

Did you know that the practice of marking the centre line of the rink goes back to 1928. It was started in Australia (where else !) as an aid for laying the mat on the centre line of the rink and has subsequently been adopted throughout bowls playing countries.

COACHES FORUM

When the first Forum was circulated in February 2003 we intended this Newsletter to be, as stated in the heading, “for the exchange of coaching news and views”. With very few exceptions this has not happened. All the information is one way and some of that is not reaching the people it is intended for.

In the last issue we again highlighted the problem we have with communication. Please don't just leave it for someone else to do ! Let's hear from the coaches with tips, problems, solutions, you name it – please talk to us. Help us to help you. What do you want to read about ?

REMEMBER

**LETS WEAR OUR BADGE AND
PLAY THE GAME WITH PRIDE**