

# COACHES FORUM

**FOR THE EXCHANGE OF COACHING NEWS AND VIEWS**

**(FROM BOWLS SOUTH AFRICA COACHES STANDING COMMITTEE)**

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## **LEVEL 2 COURSE NEWS**

The Assessors have just successfully completed the first phase of the Practical Assessment of this years' upgrading course. Assessments were carried out at Margate Country Club, Kenton on Sea, Greatbrak River, Somerset West (Helderberg B.C.) and Sol Plaatjies B.C. in Kimberley. The standard of the candidates this year was high and this, coupled with the opportunity to meet with members of the respective Standing Committees made the lengthy trip extremely worthwhile. Final assessment and moderation of the candidates will take place shortly, together with the candidates in the Gauteng area, and the whole procedure will be completed as soon as possible,

Other course news comes from Border, Mpumalanga, Central Gauteng, North West, and Northern Cape. Our Standing Committees are indeed busy – thank you all.

Kingfisher has just completed a very successful Refresher Course attended by no less than 33 coaches. Border have also just completed a similar course attended by 12 coaches, and are planning another Club Coach course for early next year.

A Refresher Course will be held in Middleburg, Mpumalanga, on September 29<sup>th</sup> and all coaches are encouraged to attend for updating their information regarding recent changes in the coaching world.

A combined updating and Refresher Course will be held in North West on October 17<sup>th</sup>, probably in Potchefstroom with details still to be finalised and once again all coaches are encouraged to attend to hear the latest news regarding coaching.

Northern Cape is also planning a combined Club Course and Refresher Course, hopefully before the end of this year, with details still to be finalised.

Central Gauteng are hoping to run a Club Course later this year that could include Sedibeng, Sables and their own District with dates still to be confirmed. Please keep in touch with your respective Standing Committees.

It is hoped that the proposed upgrade course for Level 3 will be held towards the end of this year with dates and venue to be finalised and announced shortly.

Coaching is alive and well and continues to be more professional so we extend a very big thank you and well done to all concerned.

## **COACHING AND THE NATIONAL ACADEMY**

As many of you will have seen the activities of the National Academy and the National Standing Committee for Coaching have been combined in order to achieve the key objective of maximising our players potential through the implementation of coaching and training together with athlete support services.

The emphasis has now been placed on District Standing Committees to promote and further the objectives of the National Academy. We therefore need the services and support of all coaches who must ensure they are up to date with current coaching techniques. Are YOU ready ?

At this point we would like to repeat a quotation received from Debbie James in the office :

“Even if you’re on the right track ... you’ll get run over if you just sit there !”  
(Will Rogers).

To misquote someone else : “Ask not what coaching can do for you but what can you do for coaching”.

Come on coaches, let’s lead the way for the good and future of our wonderful game.

### **WHAT’S NEW ?**

Over the last few years much has been said about the size of bowl to be used. The old adage of using the biggest bowl you could handle has long since been discarded and bowlers are now “downsizing”. Although most coaches have now adopted the use of the smaller bowl many are still advising against it. But is this something new ? Here is a quote from the Bowls Encyclopaedia of 1951, 56 years ago !

“The tendency in the past has been to use the larger sizes in order to get increased weight, irrespective of the size of the hand. Any so called advantages gained are more than offset by lack of control, or the bowl slipping when being delivered. It was found that the big bowls had also definite disadvantages on heavy greens, in being easier to wick off, or dislodging the jack a greater distance because of the greater weight, the lack of control by the big bowl slipping from the hand in cold or wet weather etc.. The big bowls have ceased to be popular”.

So does this sound familiar ? The name of the game now is “comfort”. The bowl must be comfortable in your hand under all weather conditions – how else are you going to control it ?

Whilst on this subject and quoting from other works on bowls here is a quote from Julius Sergay talking about the “new generation” of bowlers. (This was in 1980).

“The older bowler and the young one, that new generation, both want to be winners, but they want it differently, and they play for it differently. The game is the same, but the players have changed, and while today this “new look” that has crept into the game has affected only a very small minority of players, nevertheless it is there, and it has, I am quite sure, come to stay”.

Would it be fair to say that the same applies to coaching ?

### **A FRIENDLY REMINDER**

A friendly reminder to all coaches - your qualification only lasts for four years. After four years you should either have taken an Upgrading Course or at least attended a Refresher Course. Remember that coaching is never static and that changes and modifications are common.

We are fast approaching the end of the year and the time when we need to update our database. Please ensure your logbooks are up to date and that the appropriate data is given to your district standing committee on the approved form. At this time it appears that only 34 percent of our coaches are active and with the future activities planned we will only be considering those coaches on the “active” list for involvement in the various projects.

### **REMEMBER**

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