

## Cycling Goals, The Wheel Of Fortune

Probably, apart from some of the international elite bowlers, the rest of the bowls fraternity have a reluctance or ignorance about setting goals, measuring progress and performance.

Well as our famous soccer star Matilda Sam Kerr said out loud, ...suck on it, you bowlers who reckon it is all crap.

Let me quote a 15-year-old cyclist on his preparation for his future:

“... I have a plan to ride hard in training and I rate my training today a 4 of 5. I write my scores into the little notebook next to my bed. It's a simple book with lined pages. It's my training notebook. I write in it every day because at 15 I have become my own psychologist and motivator.

“Some times I haven't written in my diary by the time I go to bed, but I remember every detail and do it first up in the morning. The diary formalizes my regimen and helps me prioritize everything in my daily life. And it creates my mindset.

“Over time I develop discipline and motivation. Every day I ask myself what did I learn today? What could I do better tomorrow? It helps me become a disciplined, determined, efficient and effective athlete.”

I have created (another) bowls squad a few weeks back and we will take a leaf out of this 15-year-old cyclist's book and all 20 squad members will set goals so as to know their direction. They will measure performance and their progress and foster the development of fellow squad members by their own example.

Oh, by the way you bowls readers, that 15-year-old cyclist was Cadel Evans, the one and only Australian winner of the Tour de France.

Let's stop accepting mediocre ways instilled into bowlers, even by other supposed good bowlers.

Let's spread the message: bowls is a serious competitive sport to be enjoyed whilst in pursuit of your goals.

**Lachlan Tighe, 2019**