

Lachlan Tighe
Bowls coach & consultant

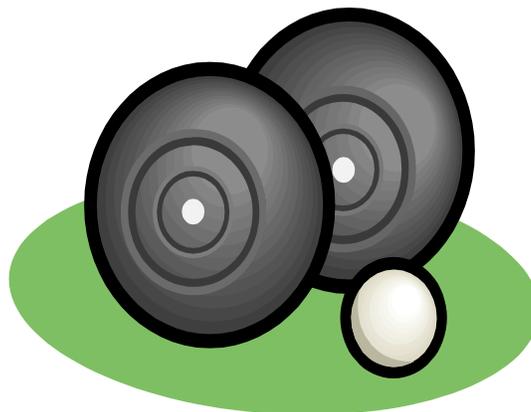
THE SERVICES

What I am able to provide, where I present myself to a club / Association and the members, is a range of FIVE services as either a:

1. Coach to a sizeable group (say 50 people) in a supervised practical program
2. Coach on a more personalized setting (limit to 16) again a practical program
3. Co-ordinator of workshop discussion to a sizeable group on any range of topics
4. Guest speaker on a chosen bowls topic offered to a large audience
5. Instructor to club coaches for their development.

From the five (5) services above, the bowls organisation chooses what service(s) they want and therein the topics in sessions for your organization to select from.

- 1 A supervised practical training program for players and team(s) which provides you with eleven (11) topics or sessions, each an hour duration, to choose from
 - measuring technical skills - an assessment session
 - tactics - a skill / knowledge session
 - mental skills - identifying and applying session
 - games - modified simulated game training (winners & losers) session
 - playing positions - training specific to role in a fours team
 - game plan training
 - skips - calls & communicating training
 - decision making - stop watch session
 - fun and games training
 - warm up training
 - team spirit - a training program to highlight effective team spirit
- 2 A small personalized supervised practical training program for players which provides you with all of the topics above with new topic 12 being 'singles event training'
- 3 Co-ordinator of discussion workshop program on any one of a range of topics with these six (6) topics having been most sought after
 - game plans for teams, or singles play
 - goals - whether for the individual bowler, the team, or the club / squad
 - pressure - illustrated examples and coping mechanisms
 - measuring competitive team performance
 - self appraisal for bowlers
 - debriefing performance - as a player, for a team
- 4 Guest speaker generally on any bowls topic of import to the organization
- 5 Instructor to assist your club coaches to contribute further to the club and players on whatever aspect of coaching you / they decide



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MY INVOLVEMENT

I would attend the club / Association and provide, as agreed, a structured set of sessions constituting a service program, which may suit either club, players, coaches, selectors, or even visiting and invited bowlers.

Sometimes, if convenient, I have a squad member with me to contribute to the sessions where practicable. Together we can act as another voice for the club / Association to help give an external view on the goals and performance of both club and players.

Additionally I encourage all to use my public website resource www.lachlantighebowls.com

THE 'COST' OR THE 'INVESTMENT'

How far you develop as either association, club, team or individual players depends on how much you want to reconsider how to better spend the current amount of time on training rather than playing bowls and seeing it as valuable practice.

Spending money on me, or any paid adviser, is wasteful if you collectively do not make a follow on commitment.

My fee is \$100 per hour attendance. Hence a session program with 3 one-hour sessions or topics equates to a fee of \$300.

A separate negotiation is required if my service requires costs for accommodation or travel intrastate / interstate. Invariably the host club has arranged for, and meets the cost, for accommodation.

A program may be as brief as a one-hour session or topic program (generally a local club near my home), or, a series of sessions / topics over a few days / nights subject to the host organisers and where the venue is in relation to where I reside.

A typical program is a 3 x one-hour session per half day, so that the attendees get a feel for a number of options to develop their bowls game. Where I head interstate a typical program is a day or more with about 5- 6 sessions for a full day.

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SUMMARY Experiences as COACH

1. Coaching appointments these past few years include:

2005-6	Malaysian national coach, including Commonwealth Games Melbourne
2005-6	Bowls Victoria state women's coach
2006-7	Auckland Bowls, NZ, head coach
2007	Bowls NZ consultant coach
2008-10	Bowls Victoria Group 13 men's coach
2009-10	Jersey UK national coach including Commonwealth Games, Delhi
2011-12	Canada national coach
2013-14	HK national squad consultant coach
2013-14	Bowls Victoria (BV) Yarra Region (men & women) coach
2013-14	BV coach education workshop co-ordinator

2. Achievements by players I coach these past few years include:

Commonwealth games gold medallists
World bowls men's singles champion
World bowls men's U.25 singles champion
World bowls cup, male & female indoor singles champions
Asia Pacific championships - women's singles; men's singles & pairs
Atlantic Rim championships - men's singles & pairs; women's singles, pairs, triples;
National champions (various events) - Australia, Jersey, Canada, Malaysia
Bowler of the year, Jersey Bowls Association (three times)

3 Lawn Bowls ORGANISATIONS that used my bowls coach Consultancy

National - Australia, NZ, HK, Jersey, Canada, India, Malaysia
State / provincial level - Victoria, NSW, South Australia, Queensland, Auckland, Ontario
Regional level - Central Coast, Yarra, Group 13, Sunshine Coast
Club level - Beachmere, Heathmont, MCC, Richmond, St Johns Park

Lachlan Tighe 30/04/2014



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