

Website column

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Mind On The Job – Lesson To Be Learned

The 2020 Yallourn Energy Singles Tournament, is the second most prestigious singles event in Victoria.

I take pride in making sure that I adequately prepare myself in things I do. Always at the airport at least an hour before check-in, regardless of flight. Same when attending the MCG for a football match.

Set up training drills well in advance of scheduled training. At Heathmont would set up from 10 a.m. for official training starting at 2 p.m.. For pennant arrive at club by 10.30 for a half hour train and then assist the club getting mats etc. out and helping prepare the club for competition.

I religiously get everything ready for competition in advance, including walking the green and doing exercises.

For the Yallourn singles I was on the road by 5:45 a.m. on both days for the 160k trip, arriving at Newborough before anyone else by 8 a.m. You could say a creature of habit. Maybe this is a throwback to my younger days, when as a paper boy through rain, hail or shine, I delivered the morning paper on push bike, Monday to Saturday prior to going to school and playing sport.

Come day two playing an elimination game. I have done everything as planned. Then the sidetrack. I misplace my phone, which also holds all my cards and personal details. I backtrack for the next 15 minutes checking bag, toilets, clubroom to no avail.

By now my opponent Nathan Bush is waiting for me on Rink 1. My preparation is out the window. I hastily get my bowls out, quick polish, no exercises and into the roll-up. My mind is elsewhere. Drop a four the first end, three the third and by end seven, trailing 3-13.

At this point, a chap on the bank calls out, "Have you lost your phone. That will cost you a stubbie".

My effective bowls are running at 7/28, 25%. I manage to compose myself and get my **mind back on the job**. But the horse has bolted. Nathan has momentum and confidence. I am playing catch-up. My only hope is that Nathan becomes somewhat complacent. Not to be. I raise my remaining effective bowls

to 52% going down in the finish 15-25, the 10-shot margin I relinquished in the first 7 ends. Nathan Bush won the tournament.

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