

Winning is a Mindset (as is losing)

Winning or losing = mindset

More from me on the mindset of winning as opposed to losing.

Attitude is about the competition environment.

Cultivate a positive outlook to the conditions, note the elements that distract you and neutralize them, e.g. greens are slow (shit) to judge the speed better; windy day to play the wind assisted hand; change the story, the outlook because the conditions are there. They remain regardless, so, better for you to readjust the attitude to allow you to control by that shifted mindset.

Lee Schraner, world singles champion, said on a Zoom presentation during 2001, he says to himself this is the best rink I am playing on today. In other words, to deal with the (adverse) conditions, accept it, cope with it. Even set out to challenge it.

Doubt and belief- a clash of mental control; everyone confronts these two, the winners shift the doubt factor elsewhere during the battle.

Concentration is the ability to focus on the task and to be impervious to all outside distractions, issues.

Behaviour under pressure: how about these comments following
Doubt is mandatory.
Losing is optional.

Where the mind goes everything else follows. As Safuan Said from Malaysia was quick to adopt what I viewed as a twist... see pressure as a challenge.

Xcellence

Gained at training.

Practice makes players.

Practice has to have a purpose.

Training is to be physically and mentally tougher, more complex and more demanding than the competition.

Xcellence is a habit

Yearn to learn: wanna win OR plan to win.

‘Blinded by the light’

The light being the stark reality of the comments to follow;
Anecdotes for these five points following:

- **Committed or involved?**

Ask yourself the question above: do you know the answer if your teammate answered (for you)?

Can you honestly say to your teammates that you have done as much as possible to commit to winning on the world (bowls) stage; or are you simply good enough, did enough, and satisfied enough to represent the team / state / country.

- **The time is right for you – Manchester**

Travelling on a bus, I saw a billboard with that expression above as I was about to head off to coach one day at the Commonwealth Games.

Then my tiny brain went mad and I scribbled down these thoughts:

You use the time clock approach to register information:

clocks are precision instruments, if you are to replace clocks be equally precise with your instruction to the player.

In your case, getting the time calls right is vital, as it reflects the reliance on one another as a player and helper to succeed.

- **The visible team – players**

This is my reference to the prime focus of sport being on and about the players.

- **The “invisible” team – support group**

In this case I was referring to coaches, sports scientists, family etc., but in your case the other team players may be defined as the invisible team.

Regardless, the concept I have is that you are committed to the fullest in whatever team you are in.

- **Seeing is believing** –red alert for two mistakes.
I truly am interested in the team spirit / cohesiveness implied in your game as the other members see and the player believes, what they advise. A need for a red alert when the same mistake is made twice in the competition.

Lachlan Tighe, 2021