

Nardella: knows no age barrier to learn, succeed

No Barriers To Success For Nardella

I am amazed at times with bowls, bowlers specifically, what a hoot it can be.

In these past weeks I have experienced indications of a desire from bowlers to strive. I have had two emails from +50 year old bowlers expressing how much they have developed simply applying stuff brought to their attention after years in bowls.

A selector told me how much the sharing of views has enhanced his elevated view on the way the game might be played.

A head coach told me his fellow coaches have gained so much simply observing and chatting with me about the way we can each coach to suit our own style.

I have had a young gun bowler seek my services to learn as much as possible on his journey to the ultimate elite level.

Another state player has delighted me with his readiness now to set goals for events, implement game plans for his teams and set objectives when he is in a fours team. And all this when he is already an acknowledged champion elite level bowler.

How much of a buzz is that to be around!

The regional fours and pairs champions committed to a 12-week training program with me in an endeavour to be better than they ever were before.

And a new bowler, all of one year, has staggered me with his understanding of what 'it' takes to be good at sport, bowls, when he has joined us training.

Do I get pumped up by all this exposure to players striving?
You bloody well betcha!!!

And what I like is these people are all age groups, both male and female. Which leads me to reproduce a snippet from my bowls book on one Judy Nardella, who I recently bumped into at the state championships, and her example of a bowler willing to learn to exhaust every ounce of talent she had by sheer determination to commit to being good.

No alter that, real good.

So straight to the extract from the book.

Nardella: knows no age barrier to learn, succeed

Story time # addition

A time I am so proud of, a typical example of the bond between a person I coach and me as a coach.

Nardella: Spirit of Australia

AN OPEN LETTER TO JUDY NARDELLA

Dear Jude:

Viva Nardella, Aussie champ 2006, congrats to you and also to 'FOS' (Tony), your own champ.

I was sitting in the airport lounge here in Auckland, N.Z. damn early 5.30 a.m. Sunday after your win back at Tweed Heads, Queensland, thinking of a title for this epistle to you; coming up with 'Nardella now noticed', no I said, so 'Nardella never beaten,' no again, so 'Knowing Nardella, note Nardella'. That was until on boarding the 7 a.m Qantas flight the screen kept beaming in front of me their call sign '...spirit of Australia. That was the heading, you the spirit of we Aussie bowlers.

Jude, that is you, epitomized, and you are going to be our spirit of Australia when you head to the world titles in April 2007 to strive to be the CHAMPION OF THE WORLD. Think it, dream it, Jude.

I want to refresh your memory of our 'history' together and why you are a ripper little blonde bombshell champ and as one of us 'Elbows' squad, our little ol' mate.

(For those of you in Auckland who were part of the HP coaching program, and our state squad VLBA gals, take note; this lady of mature age is everyone's role model – for those 'wanting it badly enough').

Jude, we first met early 2003 when I went to Newport where the Victorian side trained to experiment with the new video analysis computer equipment with the gals I was then coaching – Sandy, Anna, Jessie, Maryanne and young Victoria, all of whom have been at some stage in the Australian squad.

Sandy asked me if it was OK for this petite blond lady to watch what we were doing and I got you to join in and see yourself on video with the other six gals. Boy can you remember that delivery style of 2003. 'Fos' I bet you can, yuk!

Anyway as you were so bloody keen and Sandy was so supportive, I invited you to train with my squad, ***Elbows***. Those five ladies together with

Nardella: knows no age barrier to learn, succeed

Elbows boys – Chris (Bear), Daz (Chicken legs), Rowan (Pappa) joined you at Southern Indoor to prepare you for the very first tilt at the Victorian Indoor. Can you recall us filming and the laughter when I think you said if you felt an upper part of your body (you poor old soul) you knew you were extending well enough to what was it...extend the hand to 'collect the cheque'.

At East Malvern RSL with poor old 'Fos' as the ultra nervous husband watching, but hemmed in with us ***Elbows***, gal you took the Indoor and the first trip to the Aussie Championships.

You repeated the dose again 2004. Jessie was our star performer in 2004 with her prominence in the Aussie squad, but Jude 2004 was your breakthrough year, not specifically in results, where you were the runner up in the prestigious Golden Nugget, but in your improved attitude.

After SA walloped the state side at Darebin when Craig and I had worked with the SA coach, Gags, you came to me and said you had to change your action / technique if you were to go further as a bowler, as a result of you reviewing your own performance.

That day Jude, that day, in my mind, you became the champion. That willingness to change, to improve, wow girl you made my role as coach a joy, sheer ecstasy.

You may remember on one Friday of filming with Rowan (Pappa), Maryanne and Daz (Chicken), Clark McEvoy joined in and I asked him to give you some feedback on what he observed of your approach and action. His input was so valuable and so reinforced what you were moving onto.

2005 looms and this time our final preparation for the Victorian Indoor was at Greythorn with again Pappa and Chicken Legs supporting you in pressure game situations. No surprise to see you win for the third consecutive and go off thus to Australian championships.

All our ***Elbow*** program training paid dividends to that point in 2005 although we did not get you any further at the Australian championships. However Maryanne and yourself had benefited from the regular diligent program as she secured a berth in the Australian squad.

Nardella: knows no age barrier to learn, succeed

Of course the other buzz was that the 'Fos' was regularly attending our training to better understand how we were preparing you to succeed

Jude 2005 was a fascinating year for us, you and I, because I moved from being your personal coach, now to your state coach, and because of the Malaysian coaching appointment you and ***Elbows*** became my Malaysian training support team and in some case their teammates in tournaments.

As we often laugh, you could not move without me being there, in spirit if not in person. Likewise for Maryanne and Jess as your fellow ***Elbows*** girls. Even if you were 2000 km away ... I had my eye on all three of you. Because of all these environments, you stopped ...mixing with less competitive turkeys and started to show you could soar with the other eagles.

Sometimes with doubt though girl! Remember how you felt playing against Lina in my organized game for you just weeks prior to the Games 2006. She went on to win first ever back to back female Commonwealth Games gold medals. You soared often with that eagle.

But Jude the more we were training with the Malaysians, helping Maryanne clamber towards Games selection, using Burwood tournaments for special set play practice, the more your standard crept higher, comfort level rose, expectation to succeed and be an eagle was becoming reality.

Your choice, together with Maryanne, to join we ***Elbows*** at Richmond men pennant again advanced your skill and indicated your superior attitude. Being around Bear, Deno, Pappa and Chicken Legs helped you get used to the idea of game plans, objectives, feedback, team support, game appraisal all was taking you another rung of performance.

And you decided to do all that. We merely were the providers of the resource.

The 2005 grand prix events were another series to remind you that you are a permanent fixture in the big league. Joining Sarah and Mary to compete in triples was great value. These two came runners up in the grand prix pairs against national and international players. So all around you as teammates are achievers. And see how Sarah in 2006 now has the grand prix singles title and you can look over to her and say I am her teammate, I must be a big leaguer too. (Incidentally

Nardella: knows no age barrier to learn, succeed

Jude, Sarah is coming down from NSW Wednesday to join us in the trip to the Barham grand prix so we will catch up Sunday).

Year 2006 is in full flight. You know your training is that suitable high standard because you accompanied the Malaysians these past months and look what they did. It is the same ***Elbows*** approach after all. And here we go again the mighty Jude succeeding for the fourth consecutive year to win here to represent Victoria in the Australian Indoor championships.

Doesn't it seem ages ago that I was watching you at Coburg for the earlier rounds of this event this year. Was that only last April / May? It was a cold dog of a day, no wonder there were no other spectators.

Yet Jude, like all bowlers you can't be up every time out there on the competitive green. Such as the women's round robin national teams championships where crap happens. But you and Maryanne too, move on, live and learn for a higher level of performance.

Then we get to last week and your call to me the night before playing Karen for the Aussie title. There was joy, sheer joy in your voice at the thrill of the challenge. I felt so excited for you, and Tony too.

(For the bowlers reading this, especially those who do not accept bowlers need coaches, you bowlers obviously don't see, don't feel how strong a bond is forged between we the player (in this case Jude) and the coach, here it is me).

I had to fly to NZ in my role as High Performance coach of Auckland while you contested the title Jude, as you know, but when Annabelle spoke to me Saturday night and told me you won it, national champ, my eyes watered, for you, for me, for 'Fos', and for our ***Elbows*** mates who worked these four years with you.

Jude you defeated Karen, herself a Games gold medallist, a renowned champion, a true performer.

We talked about the fun, the joy of the upcoming challenge, the expected pressure, the butterflies in the tummy, the prospect of being in sudden death playoffs, and we trained that way. You were assured that you could relax enough in this heat of battle to do your best.

Well, champ, yes champ, I am now publicly telling you this. You take thatspirit of Australia, which is YOU, and enjoy the thrill of striving to be the CHAMPION OF THE WORLD.

Nardella: knows no age barrier to learn, succeed

If at anytime over the next eight months, while we prepare you for this fabulous experience in your life, may I remind you of how in the past 18 months you have been around and comfortable in the (training) company of these people:
Lina _ dual Commonwealth Games gold medallist,
Safuan _ world indoor u25 champion,
Yanni _ world women's champion of champion.
Like you my friend they are eagles soaring at the top of the world.

For your sake, and the thrill it would give Tony ('Fos') and I, I hope all of us ***Elbows*** desperadoes have to bow and genuflect to the new reigning queen bowler of the world in 2007.

Jude, in my eyes you are and were already a champ.
Thank you for letting us, and me personally, share your journey.

Regards,
'Tiger'

History: records that Judy Nardella won the world singles championship in 200, Australia's first female open age world champion.

Bowlers, if you read this far take a leaf out of Judy's book, 'Spirit'.

Lachlan Tighe, 2019