

Elbows
bowls columns

Level of Preparation.... wins

I chatted with an Elbows squad player about his club team winning the pennant final.

I was fascinated to hear him say that he had an arrangement as the team second to join with the lead and go off and compete as a pair in an event a week before the pennant final, to better know how they as a front end of the club fours team, can work better together.

What they agreed to do in the pairs event was to compete in all games that day at the one length, maximum. They chose to do this because in the semi-final they both struggled as front end players, to perform effectively at the maximum length.

So, they used a game to practice with a purpose for the higher priority event, the team pennant final.

Come the final, they played all lengths well enough for their rink to be the best performed of the four rinks competing for the club. The club won the pennant final.

Leigh Matthews, the undisputed champion footballer and coach, recalled the level of preparation Debbie Flintoff went to in her endeavor to prepare for her 400m track event, which she won and hauled in a gold medal. Flintoff took a case of her own food to the Olympics to ensure her diet and regular food was a part of her preparation.

Our two bowlers show there is food for thought in success.

Note, being confident of victory is shared between both opposing teams. Sensing or believing you cannot win is disastrous. Avoid that mindset by preparing so well you believe the effort will be justified by the result.

Coincidentally since drafting this column I read about two elite footballers, Chris Judd and Gary Ablett (acknowledged as the best of the best) and both ventured that their level of preparation was what gave them their best chance to excel.

Eat your heart out you disbelievers in bowls.

www.lachlantighebowls.com

Lachlan Tighe, 2014