

## A Simple Tease

One of the beauties of forming this new bowls squad pBus is the innate curiosity of the members.

Recently at squad training we discussed the competitive topics of a 'performance mask' and 'arousal' after one squad member had read Ian Schuback's excellent bowls book.

Incidentally that member was Robbie Briglia who a week later went on to win the 2019 Australian indoor singles championship. His tilt at the world title April 2020 has been knocked over by this global Corona virus and its social disruption causing numerous fatalities, unfortunately.

Fortunately BA has endorsed him to be the 2021 representative for that world title.

The squad has endeavoured to display examples of both competitive topics in training.

Let me share a definition of the word 'tease' with you. It could be an acronym to describe: Talent- effort- achievement- skill- expectation.

If I, as a layman, were to describe those elements of TEASE it would read thus:

Talent = How quickly your skill improves.

Effort = Is that time and application you give to the talent.

Achievement = Is your use of the skills in events, not necessarily winning the event.

Skill= Develops because of your effort, and effort or training makes your skill productive

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**TOPIC: a simple tease**

Expectation = to be an elite level skilled bowler you have to extend yourself, not physically, attitudinally; and maybe even over extend yourself; don't expect elevated achievement without accompanying effort given over to your talent.

Tease yourself to take your game of bowls to another level of performance.

Robbie Briglia did and look what happened: wins the national indoor singles title.

You will relish your advancement.

**Lachlan Tighe, 2021.**