

Welcome to this (monthly) edition of the coaching column titled '...On Line Delivery' on Henselite's website with this theme ... Attributes of elite bowlers.

I am constantly approached from local bowlers to international bowlers for advice on what and how to become elite, or to succeed at elite level. Let me say what I demand of anyway who wants me to coach them to be an elite bowler ... we move beyond your previous skill level gained over a few years in bowls to the five elite levels which are to me in rung order :

the top domestic club pennant competition level,
Group/Zone/District championship level,
state squad/team level
national squad level
international team representative level.

The *personal attributes* that I prefer they possess (note the subjectivity) to propel this bowler onward toward the top (international) tier elite level is:

- Highly motivated person
- Understands, and is committed to, personal bowls priority to be elite
- Has a coach capable of servicing their goal to achieve
- Trusts the contribution and honesty of the coach to evaluate their progress
- Train regularly, and, with a purpose
- Challenged to learn, to experiment
- Has inherent ball (sporting) skill
- Instinctive competitiveness/ killer instinct
- Acceptance that mistakes/ losses will occur
- Has a goal(s) that is written down as a reference
- Works hard in training and in competition
- Know their current technical skill and the skill required to be at various levels of elite
- Works at improving 'pb' in technical delivery skill
- Applies training to mental and tactical skill development
- Applies game plans based on training
- Disciplined in practice to practice
- Disciplined to avoid social games in lieu of prioritising events
- Selected in teams, capacity to be a strong character for/ within the team
- Has a calendar of events scheduled and to aim for
- Honest in analyzing their competition performance
- Honest in acknowledging/ hearing what else he needs do to be at elite level
- Honest in self analysis of their skill, performance, progress, their personality
- Contented, happy personality

Henselite sponsors a stable of bowlers who are amongst the elite. Be interesting for them as name bowlers to check their approach to mine,
Enjoy the read.

Lachlan Tighe, 2009