

## Legacy of a legend

Ten years back, in February 2010, Danny (Simmons) wrote and told me about his chat with Alan Jeans, AFL Hall of Fame football sporting legend, on the subject of mental skill and its impact on performance after he had just competed in the AO qualifiers.

Accordingly, Danny scribbled what he could remember from the chat with Alan and shared it with me then.

To you dear reader I repeat what Danny noted from Alan:

The level of commitment must be the same for every match whether you are playing an Australian player or a low-level pennant player.

Your skill will be greater on some days more than others; your aim needs to be to reduce the lows as much as possible and to understand that it isn't natural to be able to perform at the absolute level all the time.

There are no shortcuts to high performance, no shortcuts, no gambling.

You are only a failure when you blame others.

Morale belief in what you are trying to achieve and the talent to do it.

Concentration - complete application of mind and body to one particular endeavor to the exclusion of everything else that isn't relevant.

Confidence - you are confident when you are in control of the situation. Regain confidence by lowering your immediate goals (just win an end, maybe the next end).

Why people don't persevere - lack of definition and belief in the plan.

Danny went on to say at the time: looking back at my recent AO sets play competition it's easy to see where some of this applied directly to some of the teams we played. The number of teams who took their foot off our throat, after beating us in the first set, was amazing. When we applied some pressure in the second set they cracked and we usually won the tiebreaker easily. Not the best way to go about it, but we did it 4/6 times including a win against the English team out here.

**Website column**  
**Legacy of a legend**

Danny went on to say he heard two players discussing the impact of their respective losses. One player was a top state player, the other pushing for national selection. The state player was accepting and prepared to move on; the Australian prospect was devastated, which to me shows the one is content, the second is hungry for further success.

It is now 2020 a decade later. In that ten years how many in bowls-management, selection, players, coaches - have heeded the legendary Alan Jeans approach?

I am pleased to say Danny and I have each continued to draw lessons from the great man's legacy and we endeavor to provide those lessons those experiences through our membership of our bowls squad, pBus.

**Lachlan Tighe, 2020**