

## Self Appraisal By Bowler 2019

*Specifically for Members of elite squads and teams (pBus)  
Part of an overall plan for self improvement as a capable bowler*

Self appraisal guide for .....(bowlers name)			
Rate yourself by referring to column on the right that fits you now / today	Demands improvement Rating 1-3	Fair to Good Rating 4-6	Very good - Excellent Rating 7-10
<b>TECHNICAL Skill</b>			
Delivery action consistency- backhand - forehand			
Draw bowling skill competency at Maximum length Minimum length			
Drive skill competency at Maximum length Minimum length			
Jack rolling skill competency at Maximum length Minimum length			
Skill ratings for these All FH delivery weight options All BH delivery weight options			
Skill consistency transferred into competition			
<b>MENTAL Skill</b>			
Pre delivery routine, as a constant ritual			
Personal rituals done when bowling well			
Mental toughness: remain in control despite Losing scoreboard Distractions Anxiety Anger Luck (perceived as bad) Poor form - yours/ours			
Composure under pressure			

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Keep a level of positivity Retain confidence Maintain competitive energy for the team Concentration factor TCUP - thinking carefully under pressure			
Situation awareness in game, Thinking hard, hardly thinking Using all senses to keep aware			
Sensory awareness My delivery action My teammates delivery action(s) Behaviours of fellow teammates			
<b><i>TACTICAL Skill</i></b>			
Decision making, when team <b>skip</b> (fours) Prompt, purposeful Aware of playable (winning) hand Aware of winning playing length Aware & Use of team member delivery skills Game plan team detailed, known, applied			
Awareness that expectations excessive today			
Mat knowledge for deliveries			
Aware of technical ability of 4s team members			
Aware of preferences of 4s team members			
Aware of options for deliveries 4-6 in 4s team			
Singles - Decision making			
Single s- Game plan detailed			

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<b>TEAM Skills</b>			
Team membership, you in the team: How responsible are you to your role What level is your focus during game How supportive are you to each player How honest are you with fellow members Team training attendance & application Asserting yourself to improve the team mindset Are you an energizer (a sapper rates lowly) Do you accept and apply your role in game plan			
What rating would you give yourself as an elite level Lead Second Third Skip			
<b>COMMUNICATION Skill</b>			
Communication when skip is Clear & precise instructions Positive, audible Supportive verbally Supportive body language			
Communication in team when NOT skip Listening to instructions Accepting instructions in trust Supportive verbally Supportive body language			

*Self appraisal by bowler, 2019*

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<i><b>FITNESS Skill</b></i>			
Exercises minimum 5 times weekly Has healthy, balanced weekly diet Keeps alcohol drinking moderate Physical warm up/toning pre event Has a regular balanced sleep pattern non smoker			
<i><b>ATTITUDINAL attribute s/ skills</b></i>			
To Health, diet & fitness			
Motivation to develop as a bowler Annual schedule of priority events I can readily state my bowls strengths I know what I need to do to improve Documented set of goals overall Documented set of competition goals Documented set of skill goals Sought a coach to service my goals			
Commitment: factors to ask yourself Could you measure it, or, describe it (to others) Willingness to learn, even to change Doing this self appraisal form annually Training done with intensity Purpose in every training session Scheduled a structured monthly training Goals set now applied & monitored			
Event /game performance debriefing: Record my game performance statistically How well do you do detail the debrief How well do you discuss it in teams			

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How honest are you with your own game			
Pre game preparation			

### **Rating Players**

(Rate yourself in a column above out of a score of 10 in a range as follows)

9-10 excellent; 7-8 very good; 6 good; 5 average; 4 fair to average; 3 poor; 1-2 ghastly; 0- yuk

**ACTION** if I was your coach

Rating 0 need immediate consultation to question their/ our desire to continue.

Ratings 1-3 need advice, assistance, training and if pattern continues then ejection.

Ratings 4-6 need encouragement to strive for the higher scores, avoid mediocrity.

Rated 7-10 need to be nurtured as they are the foundation to strive for success.

The revised template, first written and featured on my website January 2014, intends to allow you to reflect honestly (with your coach) on where you are as a bowler, and what you might see doing to reach your level of aspiration in bowls.

**Lachlan Tighe, 2019**