

## Lemons in bowls

I came across an acronym for the word 'lemon' in a similar sport context and I try and translate it for bowls.

To enjoy the juice from a lemon we need to slice it open then squeeze it to reap the benefit.

Bowls team members are all lemons. We need to squeeze each and every one of them to achieve these:

- L leadership being shared and valued
- E each team member to embrace their role, to take on their amount of shared responsibility in the position they perform within the team
- M measure and monitor; both the progress and performance be it toward overall goals, competition performance, training performance
- O oneness of we players, the coaches, the values, the commitment, the ultimate goal
- N nurture and nourish fellow teammates, always; no one, not one of us is as important as all of us.

Lachlan Tighe, 2015.