

Copy Cat

Reflect on this. You are the current champion (or champion team) from last season going into the new season.

People take heed of what you did to succeed last season. Whatever it is we did at the time there will be copy cats in bowls aiming to do what you did, better.

If you do what you always did last season you end up being behind.

So you won't be doing that again next season, will you?

Debrief your season on skill ratings so as to be able to know what part of your performance can (slightly) improve. Results only testify to performance. Go beyond the results.

Use a coach to work on your improvement.

Keep being that player, that team, others have to copy as you continue to be out front on your road to ongoing success.

If you work hard you are equal to the others, now you need to be the first to go to another level of training intensity, performance in competition.

The challenge for teams who were top last season is getting ALL current players to take the next step upward rather than resting on laurels. You did that, acknowledging your success, at the post game celebrations.

Now is the time you, the team collectively, get on that 'treadmill' and start pounding away to find your next level of bowls performance.

At a recent Zoom webinar I sat in on I heard the expression...train smarter not harder.

Wise words.

Lachlan Tighe, 2020