

All About Being Better

Of late, mid-2019, I formed another bowls squad, pBus. We have a squad member contending for the world indoor singles title in April 2020. In January 2020 I was invited to meet the BV coaching staff about coaching in general.

In both situations I reinforce the view that all of us in the sport, or certainly those of us who steer coaching in our little corner of the world, should be trying to develop bowlers / coaches to being better.

In my historical computer records, I came across some relevant material used to assist Olympic athletes and coaches in their quest for being better. As Rowan our squad member said the Olympics motto never mentions winning, only higher, faster, stronger or simply more a challenge towards a pb.

The thrust of that pre-Olympic program was to shift these athletes / coaches to a higher attitudinal level by using a series of quotes / clichés from former champions as a discussion point in workshops.

Years on some of the statements readily apply to those bowlers and those coaches, who are hungry to be better.

The best athletes (we should read here bowlers) might well be those:

- Who write themselves notes to focus on facets of their game and training that require improvement to motivate them further,
- Who believe in the classic of hard work in the knowledge it generally produces the desired result,
- Who are never self-satisfied,
- Who are constantly on about continual improvement,
- Working on every aspect of their skill,
- Who have the inner confidence to challenge themselves further,
- Who always display professionalism, by that I mean they have detailed planning sessions, set personal sport goals, work on tactical and mental skill development, aspire to better game analysis systems,
- Who know it is a sacrifice to be good.

Now for all that, I also believe the coaches can, no should, reach out for constant improvement. If the players excel they need coaches who want to excel (in their coaching craft also). A coach not up to the speed of the player is quite honestly a hindrance. Might I say I hold strong to the view if the player is not motivated enough, I no longer want to coach them as their motivation is in fact my catalyst to be better.

How often has an audience of bowlers heard me say, “I am not here to entertain you”.

In other industries it is referred to as professional development.

Lachlan Tighe
Website Column- all about being better

Again to borrow from the information from my Olympics folder

The best coaches might well be those:

- Who have a thorough focus on their players' goals,
- Who plan well,
- With a quality training program and a competition program to give the player best chance of success,
- Working at and succeed with team goals with players,
- Who have a good network with other coaches,
- Who use and listen to experts who may include champion players, past or present,
- Who share their goals, dreams, plans and in so doing help educate more to the 'cause' of their coaching,
- With a training environment that is welcomed by the players as it mirrors the level of competition and combines intensity with fun with skill acquisition,
- Who can get players to move more to self coach.

I was once told years ago by an eminent person in Australian sport, “**If you are not known, you are not professional.**” Never any mention made of having to get money to be regarded as professional.

Lachlan Tighe, 2019