

*Website column- facts menu
alphabetic guide to success*

Alphabetic Guide To Success

In 2014 I penned a column on the ‘alphabet to success’ for players.
In 2015 I wrote a website column called the ‘alphabet guide to coaching’.

Well now a slight change of words using the alphabet to look at reasons for success.

I had my own squad members, pBus, in mind when doing this column.

A bit of fun, a bit of pumping to kick start the year again post lockdown, 2021.

My alphabetic guide for success, 2021

A Attitude

- All about practicing habits; your attitude level will determine your / our success; your attitude is like a business card / credit card, you take it everywhere.

B Balance in Lifestyle

- Bowls can take over your life and it can be a downer if we / you don’t win; so keep the game in a sense of balance. I coach people who enjoy playing bowls, not bowlers.

C Communication and Feedback

- Lets agree we all have biases; you don’t have to like me, I don’t have to like you, but...I want you to have an accurate, reasonably immediate feedback system; we can do it in a game with my game segments approach; we can do it after a game as a debrief of performance; if you want to improve and I want you to improve, you must have a realistic view of what your skill and performance is TODAY, not yesterday, not tomorrow; and you need to feel comfortable in also giving me feedback be it good, bad or indifferent.

D Developing Improvement as a continuum

- In any elite sport, bowls is no exception, if you do what you did last time, last year, then don’t be surprised to not winning; why? Because someone else, some other team, has used your previous success and added to it to
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- - be better; as coach I need to be constantly looking to improve you and improvement requires change.
- E Experience
- Charlesworth, dual Olympic gold medal hockey coach, Australian Coach of the century said.....experience is overrated, it is how quickly you learn, not how many games you played.
- F Fun
- I want to enjoy it so lets ensure every day one we enjoy, we have fun; everyone tries, no one dies; now apply this word FUNdamental.
- G Goals
- I can only assist you if you set your own goals, then as a squad know everyone else has set goals. I see this as your top priority; of interest / importance is whether you and I have the same view or expectation on your stated goals.
- H Honesty
- I will be upfront in my dealings with every one of you and in doing that I also acknowledge that means giving news that some won't like and at times being wrong; I shall acknowledge my errors; I expect the same honesty from every one of you.
- I Inspiration
- Inspiration is brief and short lived and only helps to kick start the process; inspiration never replaces perspiration.
- J Just do it
- You joined the Bus so just get on and do it (all that you require is to chase a new pb).
- K Kindred spirits
- This squad revels in the knowledge we are among kindred spirits.
- L Leadership
- Yours not mine; this is important. I want you to set your direction; successful teams / squads always have a strong leadership individual or group within the team / squad who want to take ownership over the processes of the team / squad; be that person within our squad.

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M Motivation

- Motivation is within you, not me, as you decide the importance of your goal; motivation provides for the required perseverance. As coach I need motivated bowlers to succeed as it is only then that I can assist you to achieve.

N No limits

- Glamour never won gold. Grit, effort and goals win gold. No limits to these traits.

O Objective Measures

- Objective measures are the only measures; we will have skill ratings, we will have peer discussions, we will have game objectives, we will have self appraisals; all of these are tools to give you an idea of current progress or performance.

P Plans

- Planning is the key to success. Dave Parkin, AFL football coaching legend, maintained it was in an hours ratio of approximately 3 plan, 2 prepare, 1 perform and we shall operate on a variation of that.

Q Quest

- Your aspiration, your commitment, but, you should not compete in numerous sub standard events. Get up and realize you are elite, not turkeys.

R Repetition

- We won't do mindless drills, repetitive skill measures, or excessive and unnecessary exercise.
But what we will do is repetitive drills to enhance the standards required at elite level.
- Resilience might be worth an addition given the vast majority of we bowlers needed that quality to contend with the Covid-19 virus and its disruption to our lives.

S Simulating game training

- I want to have you reproduce your excellent training on the battlefield; and the way we do that is focus on the game through simulated game

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training to hone your tactical and mental skill. It is not pressure, it is a challenge so enjoy it.

T Team

- The winning team has members who want to make the extra effort for their team. What I will do with and for you is create the best training and competitive team environment that has / attracts the people willing to do extra for the winning team. So select your teammates well.

U Unity in teams with Individuals

- I see my role as accommodating all individuals and merging them, uniting them into team. I have to coach individual people who make up a team. it requires a recognition that you are / will be different. I may do that well, I may be abysmal, but I will be trying my best. We are a team and in my mind each member is the equal (worth) of any other member.

V Values

- As a squad member value what we have, what we do, who we are and show your support for that by being a strong contributor / supporter to fellow members of this unique squad.

W Winning is a mindset

- Walk the talk and your mind will be in sync. Walk the talk with your actions, contributions.

X Excellence

- Never has and never will go out of fashion.

Y Yell Yippee

- Yell out loud and proud of being a member of this squad of kindred spirits from around the world.

Z Z in Conclusion

- I cannot guarantee success. I believe in my approach and am totally committed to (enjoying) success with you, because like you, I want to be the best (coach) I can possibly be. Let's individually and collectively go out and make an impact in the bowls world, 2021 and beyond.

Lachlan Tighe, 2021