

## Showing Up

My Elbows squad mate, Danny Simmons, is back in Melbourne for a week before returning to Thailand as their national bowls coach.

We were chatting about the terms ‘commitment’ and ‘involvement’.

Woody Allen, famous Hollywood director, once said “80% of success in life is showing up”.

Not sure about that.

Many representative bowlers do what is required of them in public or formal sessions to retain their position in their squad / team. I call that approach involvement: a minimum requirement to satisfy the terms of squad obligation.

But commitment: now we are talking.

We show up.

We show up on time.

We show up to train with the intensity demanded to succeed.

We show up to hone the skill for our selected position, our role.

We show up to foster team spirit, team connectedness.

We show up to take on challenges set by the coach.

We show up to learn more than we did before we arrived this session.

We show up to continue the level of effort we know succeeds.

We show up wanting to improve what we do.

We show up as we know, elsewhere with opponents not everyone shows up, or if they do it is because they are required to.

Any coach in any sport, any hotshot athlete, will tell you effort is everything.

Showing up at times takes effort.

Show up, show to yourself and everyone else showing up that you belong.

**Lachlan Tighe, 2019**