

Live your bowls dream

A joy to me is hearing and seeing how some bowlers are striving to live their dream of being elite, of being a regional, state or even a national representative in bowls.

Yih Hwa Choo was my esteemed colleague coach with the Malaysian national team and in front of an audience of prospective national squad players she said, “Lachlan said to me, “Live up to your own expectations”.

In my own life, and especially within bowls, I strive to meet my own goals, aspirations, expectations and dreams, and within bowls as a coach.

I wonder if many bowlers as athletes have their own expectation? What are they...probably winning something of significance!!!

If they are pursuing representative goals are their expectations in-line with that of the relevant governing bowls body? The coaches need to find out and then nurture them.

That makes an assumption the bowler has a coach before they get to any representational level.

Certainly here in Australia elite players ending up in state sides may well find there is no state coach or that state coach is only available to them that once, at the annual representational competition.

One observation of mine is that few, if any, elite bowlers ever played another sport at similar elite level, a fact being they are still young.

An aside, I have met many (an older) bowlers who were elite in other sports and know all about elite mindset.

Bowlers who are true athletes must be allowed to be ‘themselves’ in order to let their creativity grow.

In my style of coaching I am more than happy to create a training environment which allows our squad players to explore, enjoy, initiate, be inquisitive, thrill with the new skill learning.

Some elite level bowlers still retain their (mental) weaknesses.

Two such weaknesses spring to mind: keeping statistics during games, and debriefing after games.

Siti Zalina and Safuan Said as two of the best bowlers in the world felt that keeping stats kept them more focused and they were able to concentrate better and not easily distracted.

In team events, the Malaysian team used the stats in match debriefs, which made them more objective and thus eliminated finger-pointing.

Website article
Live your bowls dream

As a goal towards improving themselves as elite bowlers, it might be worthwhile to consider the following:

Good is not good enough...especially internationally...you need to be better than good.

Excellent will be best!

Everyone is a good bowler, therefore to don the national colours you need to stand out.

Photographer Henri Cartier-Bresson

(Something I read at an exhibition in Mantua, Italy on an overseas travel in 2011).

Intuition imagination & spontaneity

Master of the instant, which in visual terms questions and decides simultaneously.

This attitude requires concentration, discipline of mind and a sense of geometry.

It is an economy of movement above all for forgetting oneself to arrive at a simplicity of expression (execution).

Boy, do I react to those words, those images, did you?????????

Lachlan Tighe, 2021.