

pBus Bowls Training Squad

Recently I appeared on a zoom presentation to explain what my new squad of bowlers was all about, this being the pBus squad.

My interviewer posed the questions that follow with my response for each.

What is the pBus squad?

Pbus is a select squad of bowlers who network together to pursue a better approach to the development of their specific performance, and to the competitive element of bowls as a sport.

Our mantra is NO LIMITS as that is what a pb is. We are unique in the sport of bowls.

Why did you form the squad?

I was coaching a few premier level players here in Melbourne in 2018.

Out of the blue, Jamie Anderson, the Queensland champion, approached me in April 2018 to be on his bowls podcast and that led to his asking to be able to seek advice from me in the future.

In fact I went to Queensland late 2018 to coach him and Neil, now squad members, for a weekend together with their premier league team mates.

Around that time I attended the BA national coaches conference also in Queensland and I left believing there was a vacuum in elite player and elite coach development.

How to address it personally remained a question for me?

Then an opportunity arose in early 2019 to also coach the regional fours and regional pairs champion teams for the Victorian state titles being held in April 2019.

I loved that heightened level of intensity required for the titles preparation, which I had also experienced with Jamie and Neil Peach in Queensland, late 2018.

Motto: no limits

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**The pBus bowls squad
Zoom presentation, 2020**

At that time, early 2019, together with Danny Simmons and Dan Mars, I conducted a three-evening series of coaching sessions attracting in excess of 100 coaches.

Two months later in June two things happened, one, I had a coaching stint in Auckland, NZ, which fired me up further, then second, Leanne Poulson a BNZ player, but playing in the AO, asked if she could have a coaching session with me.

She asked while in Queensland, me I am in NZ, ironic!

It all added up to a ...why not another squad in the footprints of the Elbows squad.

Why not this squad to complete my personal desire to do something about that elite player and coach vacuum.

June 24 2019 I hit the email button to send off the invites to form the pBus squad.

Who got an invite into the squad?

People I knew and related to as kindred spirits,
People who approached me either via the website, as my bowls book buyers, had emailed me, and other networks and who I thought, yeah why not sound them out,
People I reached out to,
People who were in Elbows and still active in bowls,
Three coaches who attended that BA national coach conference.

Who are the squad members?

There are 41 of us.
We come from six countries - Australia, Canada, Jersey, NZ, South Africa, USA.
We have international players / coaches / umpires.
We have national champions.
We have a mix of male and female members.
We have relatively new bowlers as members untainted by old hackneyed ways.

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What does the squad do?

Train as a squad for those of us Victorian based.
Share / exchange programs, performances, ideas, queries, articles, challenges, for each of us to value, reflect on, apply to develop where necessary.
Add to the website I have (www.lachlantighebowls.com).
Design and conduct workshops for bowlers and coaches.
Support and feedback to any of the squad involved in an important competition.
Enthuse one another.
Laugh with and at one another.

And in the latter part of 2020 our squad members added two more championship titles to the inventory, and five of the squad competed for state champion titles in January 2021. One state title was snared by our gal Alison.

And we still have the Australian indoor singles champion contest for the world indoor event at a date to be set.

And a final note of triumph is the endorsement of our squad journey from Club Sunbury here in Victoria agreeing to be our official squad sponsor.

Thank you CLUB SUNBURY.

Lachlan Tighe, 2021

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