

Behaviour Of Champions

What to expect from those who gain championship status

If we as bowlers took time to realize that in any one calendar year there are among us maybe 5,000 champions within the sport of bowls.

Think about it, around 50 countries with bowls, perhaps 4,000 clubs worldwide, world titles, national titles, state / province titles, regional / zone titles, and our base, the club titles.

And with playing formats for singles, pairs, triples and fours for men and women.

Hence my 5,000 champion estimate.

In fact, there are more than 5,000 as that number is the current champion list only.

All of you bowlers with a champion tag have a responsibility to behave in a manner that makes others of us want to be that champion we see in you.

Though a champion, one should never stop learning and especially learning from those who are elite level champions.

And a champion is defined too as that person who exemplifies good sport behavior.

Years ago I wrote to one of my squad after their world title win and what I wrote as follows has pertinence to all of you champions and aspiring champions, out there.

Your Next Goal

You decide.

I suggest ...planning to be a better bowler.

Speak positively

The power of life and death is in the tongue.

Speak positively about everyone else.

Speak positively to yourself about your current performance.

Your emotions under control

As a champion you had to control your emotions to win the event, keep that in mind for all future events.

***Website column
Behaviour of champions***

Limit your event entries

Decide which events are priority as you chase your next competition goal, which requires you to leave off some events to prepare.
Be prepared to disappoint people by your refusal to enter an event.

Team expectation

Teammates know you are a champion, speak of mutual success with them.
Be alongside them not above them, attitudinally.
Use your status to build them up.
Encourage a game plan that has objectives for all of you in the team.

Measuring statistics

Use training sessions to keep record of your performance.
Record your performance in all events.
Set objectives and use the data as part of the debrief session with me.
Disregard the opinion of others on this aspect as you are the champion, not them.
Noted the difference between evaluating and justifying (emotional) a performance.

Playing is not practice

Practice different styles of play, different tactics to extend your skill set.
Set a schedule of training, and priority events, and reduce the volume of games you enter.
Experiment with game plans especially on tactic / decision making.

Act like a champion

Be modest and supportive to others.
Model yourself on a champion in sport whose manner is well regarded.
Be positive with everyone.
Be confident without being arrogant.
Humble in more victories, gracious whenever incurring a loss.

Champions make contributions

Share with others interested what you learned on the road to success.
Be a leader in the bowls community.

***Website column
Behaviour of champions***

Be assertive internally

Disregard critics who ridicule your achievement.

Resentment from others over your success is a natural hazard, deal with it.

Confound selectors who overlook you, despite the champion tag, by winning, again.

Stick with your successful approach (until someone else betters it).

Be prepared to face whatever comes with serenity in the knowledge you are a winner.

Mental skill

Experimenting (results don't count in training) is what champions are prepared to do.

Know yourself to accept behaviour that ensures better preparation.

Offset anxiety in training by use of calming approaches, coping mechanisms.

Learn to reset goals where the result is beyond doubt (either well up or unable to win).

Where your mind goes, everything else follows, so train the skill of intense focus.

Your time in the sun

Enjoy the path so few tread, the pathway of champions from club to world.

As a world champion, History ONLY recalls the names of those who were there first and you are, first.

For the rest of us bowlers, lets aspire to what those champions can inspire in us all.

Lachlan Tighe, 2021