

## WHY YOU ARE TRAINING

To you readers, I could have had my bowls squad members, pBus, in mind had the squad existed in January 2019 when I typed this column. The story never dates.

And here we are late 2021 as a pBus squad with Leanne, Jamie, Samantha, Nathan, Ali and Robbie all podium winners at the pinnacle elite championship level since January 2019. And in team formats, Simon as a lead in the victorious state pennant champions.

Think sheer hours and sheer kilometres given over to chase the bowls' dream.

Given a set of written goals to ensure the dream is recalled, progress checked out.

Jamie goes as far as far north Queensland in his quest, somewhere in the order of 2000km.

Leanne comes over from New Zealand to Australia to secure the AO championship as well as her own national singles title.

Alison drives roundtrip about 250km each time she trains and competes and over the year, how many thousands would that be.

And one rain soaked occasion I said to Robbie, hell I hope you do well in the world titles given he and I were out in the cold wet miserable conditions all in the belief this level of persistence and training holds him in good stead.

Again readers, these squad members above live the Ericsson principle.

I truly hope my fellow squad members can join these above in attitude, if not in tangible result.

Keep striving and sharing as you go, and keep enjoying the journey and the bus ride, pBus.

## **THE ARTICLE**

January 2019

Research (the best or most widely regarded is by Anders Ericsson, USA) has shown talent is nowhere near as vital to gaining a standard of excellence / expertise as is the quantity / quality of purposeful practice.

Elite performers devote '000s of hours to become the BEST.

Ericsson found there were NO exceptions to this pattern: nobody who first reached elite level did so without copious practice sessions and nobody who worked their arse off (my words) failed to excel.

Purposeful practice / training was the sole factor distinguishing those who excel from the utter champion.

When the research findings were made, Ericsson and his research crew were aghast: like all of us, they thought talent was the fundamental factor.

Now they advocate that the reason for elite performance is due to prolonged persistent deliberate effort to improve.

You may read occasionally an expert is described as one who has accumulated 10,000 hours of application, or sometimes, 10 years of dedicated practice.

I keep a log summarizing what I do as a coach and all these years on I reckon I have accumulated 000s of hours of experience hence, slowly but surely, I am moving toward that zone of "expert". Yet I find the more I know, the less I know. Hence the necessity to keep striving.

Early 2019 I said to a few players who as champions at Regional group level agreed to have me direct their preparation, your coaching, your training, one final word on attitude,

Attitude is all about practicing habits.

**pBus 2021**  
**why you are training**

To everyone I come in contact with as bowlers if wanting to do far better, **Have attitude.**

Enjoy the ride on the bus with me, fellow squad members, I shall.

**Lachlan Tighe, January. 2019, updated 26/10/2021**