

## The Shortcut To Excellence

Is there one, a shortcut?

Developing the skills to be reasonably good, or elite, even great, takes time, purposeful training, roller coaster journeys.

If you care enough to have bowls aspirations as something important to you, you need to stay on the path and not seek the shortcuts.

Deadends, and I am not talking bowls talk here, are more likely to be found going the route of the shortcut.

Fellow club members hassling you for staying longer out on the green when they want to go in for a beer can cause you to shortcut. When all that happens at the bar is these same bowlers telling you how good they are, or were, in their own minds.

These past months I have included a few sports books in my regular reading routine and some of the great athletes anecdotes or practices that caught my eye on the subject of staying on track included:

Kept a daily diary,  
Recorded performances,  
Adhered to a sensible eating regime,  
Had regular sleep patterns,  
Balanced their life and their sport.

The list went on and on.

And why did these elite to great athletes stick to these patterns of behavior?

Simple.

Their sport, like our bowls, provided a high level of happiness. Success then in their sport enhanced that happiness.

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They lived their dream.

And the reality, not the dream, was to have no shortcuts.

In saying there is no shortcut to excellence, let's be realistic and face up to the idea that in our daily life the two resources of time and energy are limited.

In this situation, review your priorities in your use of time and choose on what not to do to allow yourself that needed time and energy for what you have or need to do to follow that bowls journey of yours.

**Lachlan Tighe, 2019**