

# Farewell 2018

Hello fellow bowlers around the world.

As you were keen enough to buy my bowls book WINNING BECOMES YOU in recent year, and or, you refer to my website as a resource, and or, you have made contact with me direct, I thought I would update you on what I have been involving myself in with our sport, bowls, since the release of that book, November 2013 to this year end 2018.

## 1. Website

From 2014, in conjunction with Terry O'Neil from Canada managing the site, we have a bowls website named [www.lachlantighebowls.com](http://www.lachlantighebowls.com) with us compiling in excess of 500 articles on the site by the end of 2018, 530 to be precise.

The 10 menu titles are: What's New, Tactics, Teams, Mental Skill, Tools To Perform, Q&As With Coach Tighe, Games Are FUN Training, Coaches' Corner, Training Sessions, Facts / Measures / Knowledge

The 'What's New' menu is where the recent two to three months of weekly columns remain prior to their redistribution to the other relevant website menu groups.

The fun I get providing my insight on bowls performance to any bowler or coach interested has been so satisfying.

## 2. YouTube Coaching Videos

In 2016 we produced two YouTube videos featuring ten (10) film clips on coaching, one in Victoria, the other in Canada with emphasis on a novel approach to coaching bowlers. The Albert Park club here in Melbourne and the Royal Bowls Club in Edmonton provided the venue and backdrop for the two series. That Royal has to be one of the best located venues in bowls worldwide.

Mid-year 2018 we did another series of bowls coaching videos. One video series includes eight (8) film clips of a practical nature on the green. The second video series also has eight (8) film clips and features a panel of nine elite bowlers / coaches airing their views on questions I pose to them.

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By the end of 2018 these videos have amassed 135,497 viewings, a number that has astounded me. Numerous people have wandered over to me saying they have watched and enjoyed the clips.

Thanks to Danny and Deno especially for their invaluable contributions conducting three of the practicals on show.

### **3. Overseas Bowls Coaching**

Over the past few years from 2014 I have warmly accepted invitations to (either) coach, consult, advise or present to:

HKLBA, 2014 - I went to HK for a week and their squad came here to Melbourne for a month;

Tring club England, 2015 - I did a presentation seminar while I was travelling in UK.

Alberta Canada LBA, 2016 - I went there for six weeks as their provincial coach at the Canadian national championships;

Auckland NZ, 2017 - I did a presentation seminar in Auckland and an invitation to appear again mid-2019 was sent to me this month.

Thailand 2017 & 2018 – training a national squad member for a week in Melbourne.

### **4 Australian Based Elite Bowls Coaching**

Over the past few years from 2014 I have conducted coaching programs for:

Central Coast zone NSW, 2014

Willunga Club SA, 2014

Bowls Victoria Yarra Region male & female representative squads, 2014

Enoggera club, 2018 - premier league program

Coaching select talented individuals 2014-2018 - preparing for state, national or international representation or individual events.

### **5. Clubs Bowls Coaching**

I was the MCC bowls club inaugural head coach in 2014 and what a great experience.

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Even whilst holding that position I still went to other clubs on request to provide practical programs for the benefit of their particular club. I venture to guess I visited 50 clubs within Victoria in that time.

This year, 2018, the three head coaches at MCC used me to initiate a 15-week program for the club Development squad comprising new bowlers. I was chuffed to think I am the first coach these players have experienced in their brief bowls life. That assumes they enjoyed my weird way of coaching.

## **6. 'Coaching The Coaches' At Clubs**

In 2015 a club sought me to conduct a 'coach their coaches' series of sessions. Each year since a new club has asked for that service, hence I now have four clubs who have experience in using their coaches more beneficially as a consequence of these series.

The 2018 program at City of Melbourne bowls club (CoMBC) for seven months is an extension of those experiences and a contemporary approach to allow clubs to acknowledge the investment in their own coaches.

My legacy is I make myself redundant because those six coaches at CoMBC have confidence in conducting club coaching after my departure.

## **7. Bowls Consulting**

Another interesting experience for me is being asked to sit and meet and advise various club committees on these four aspects of bowls:

Selection criteria,

Measuring player performance in pennant,

Planning the future,

What to seek in a coach for their club.

A benefit of these experiences is that I can write about them for the website and thus maybe more clubs can gain insights from my experiences.

## **8. Bowls Victoria (BV) Coaching Committee**

In 2014 our state body BV invited me onto the coaching committee and asked me to plan, coordinate, promote and conduct programs for coaches and clubs. Six such programs ran that year with maybe 300 bowlers

exposed to the series and we had the national coach and a handful of international players appear to give credence to the programs. Demand and attendance was high for these development and educational sessions over the period I was involved.

Our state body does good work accrediting coaches, but the format does not provide practical tools to coach and there is no ongoing coach development sessions to assist coaches once they secure the title, coach.

## **9. Networks For Coaches**

Last year, 2017, I decided to initiate programs given the demise of the BV committee programs to enable bowlers and coaches to continue their network. The three programs attracted nearly 200 bowlers / coaches from 59 clubs showing again the need and demand.

## **10. Podcast Series**

An interesting approach was made to me recently by Big Jimmy Anderson from Brisbane, Qld., him wanting me to be a guest on his media bowls show on Podcast, which I have done twice for Jimmy. Have been surprised how many people tune in to his initiative and then how many reacted to my appearances as shown by emails back to me from these bowlers.

I wonder if our bowls associations tap Jimmy's initiative.

## **Finally:**

Attended the BA coaches conference held in the Gold Coast late October and for those of us who attended the sessions in Queensland, what a great initiative from BA, what a valuable experience, and an opportunity to be amongst peer coaches, specialist experts, national HP coaching staff and extend our knowledge.

A big thank you to my mate in arms in all this stuff I do, Terry O'Neil, who liaises with me from the other end of the world in Halifax, Nova Scotia, Canada to get all my stuff out on the internet for you to read or view (videos). My partner in crime is he, thanks mate.

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I raise a glass (of red obviously) to honour and congratulate the Hensell family, specifically Bruce and Mark, who as a family have been running Henselite bowls manufacturing for 100 years, this their centenary year.

And finally, the passing of Chris O'Meagher (BEAR) 11/9/2018 from us in the bowls world, at too young an age, and the unfortunate time he departed as my wife and bub were all in Italy the day he died.

Personally it was a time to remember as Chris was an inaugural member of the bowls squad I formed in 2000, *Elbows*. We shall miss your presence my friend, but never the memory.

Regards everyone signing off for 2018 and hopefully welcoming you to a new period of life and my bowls stuff in 2019.

**Lachlan Tighe, 2018**