

Start with WHY! You are the competition

Let me start by saying what gets measured gets done.

This past month, as we start year 2019, about a dozen bowlers from all around the place have asked me the question, “Do I provide personal coaching sessions”?

Why I ask?

Not one of the dozen had goals; all but one had a degree of grievance about team selection; no one measured their game performance; and that’s because no one ever measured their delivery skill.

I have approached a handful of elite bowlers this first week of 2019 offering to guide their program toward state and national titles.

I will be asking of them the why, in this case, why do they want to achieve?

Will they have a goal, a commitment, a measure of their skill and a measure of the performance level required to acquire the respective titles?

So let’s talk about bowls performance and by default a bit about selection as a postscript to finish the column.

We’re always competing against someone else. To win, to secure a selected spot in the club pennant team, to beat someone at practice and that’s because you call that practice. Guess again on that one, mate.

We are ego driven, trying to be better than some other bowler. More the pity if you don’t think highly of that other bowler either. Hell they may take “your” spot in the selected club pennant team.

And what are they or you better at?

Comparing our bowls performance to others?

No one is going to help you.

Why? Because you might beat them. Even the coaches (who play too often for mine.)

Let’s turn the light switch on. This neon light illuminates the idea of being simply better in ourselves.

What if your goal as a bowler was to train better this week than you did the previous week. And continuing, if we were better at training (and skill competence) this month compared to our previous month’s effort.

To these bowlers seeking my coach services, or any coach, what if I said to them, hey, the next time someone asks...who is your competition, they replied, no one.

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And if the question was what makes you feel better than the competition, the player was to reply..."I may not be as capable as them at all competitions".

But you should believe and know the work as measured you are doing now to improve your bowling, is better than that measured effort you did last month, previous months and the preparation and training you shall be doing in 2019 will be better than that work you are currently doing.

And all of that is because you know you are your own competition. And, you believe that approach will take you further compared to where you were at the start of 2018 and for that matter 2019.

And all of this you can measure.

You could easily say then...I doubt the opposition bowlers I come across will have my attitude.

What gets measured gets done.

The bowler coming to me for coaching with this attitude, this level of self-motivation, I can be of help to.

When you compete against everyone else no one wants to help you, when you compete against yourself everyone wants to help you.

Being Better and Selectors

SELECTION

Selectors are akin to employers and if only some of this below was a factor in your criteria, I assume you have stated criteria:

You don't hire for skills.

You hire for attitude (character).

You can always teach skills.

Hire already motivated people and then you (can) inspire them.

Do selectors know about team dynamics to seek out the right people as skips?

There are leaders and there are those who lead.

Leaders hold a formal position of power or authority.

Those who lead inspire us.

Leading means others willingly follow (you), because they trust in your belief.

Lachlan Tighe, 2019