

## ‘...No limits’

Let me introduce you to what I think is the true element of excellence. Read this precise article from a sailing coach and then I’ll summarise my applications to bowls.

The quote:

‘...against all the traditional lore of not taking risks early in a series, Arthur Brett went on to win the world championship, his worst placing a third and without having to start in the last race.

Brett has with coach Lex Bertrand trained to a philosophy that there are no boundaries to what a sailor can accomplish.

People said he (Brett, and to an extent Bertrand) was obsessed and different. His training did not entail conventional training drills. He was constantly pushing the boundaries of what he was able to achieve.

People remarked that Brett appeared to struggle in training and he agreed. The main thing was that he was struggling with the ‘**no limits**’ philosophy and not with the standard tacking and gybing (in bowls read as getting the shot). Philosophy is his passion. The result does not matter so long as he performed to his maximum.

Bertrand noted that Brett did less formal training and more confrontation exercises making him more independent in the decision making in competition. He continued to say that Brett has changed his ideas on the whole scene of risk management and risk assessment (in competition)’.

The application to bowls:

I once had Craig Fox, sports hypnotherapist, speak at a seminar to the ‘Elbows’ bowls squad and other talented and interested bowlers regarding the power of the mind (in sport) and amongst other things the challenge of change.

Bowlers and bowls coaches have a quantum leap to make to reach the ‘**no limits**’ mindset. Having watched a tournament final in Melbourne and other premier league bowlers practice this past season I am even more convinced of the hindrance facing us with the fixed mindsets held by good bowlers.

Change is not on their agenda.

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**'No limits'**

However I noted with interest that a few attendees at the seminar were other premier league club representatives trying to gain insight in how to improve the performances of the good bowlers at their club. That change should lead to improvement.

Mind you their initial discussion centred around player pennant score cards, players faltering under pressure in pennant and the paying of players and coaches. I dismiss these as high priorities as the development of a culture of success in a bowls club is the first priority and these tools only support the culture. They are not the culture.

For me the answer for improved development is instilling a culture (via leadership) that embraces the attitude of practicing successful habits.....moving to Lex Bertrand's stratospheric zone of **NO LIMITS**.

I hope one day to finally, finally meet you in Brett & Lex Bertrand's zone.

**Lachlan Tighe, February 2002.**

I wrote this article, my favourite one ever, about attitude and about the poor approach of the better bowlers, and, in coming across it all these years later still feel the same way. 2022