

## Facing Pennant Relegation

### Question:

With a month to go in the season our club has all our competition teams facing relegation unless there is a marked change in results, hence performance. Can you meet us to provide advice on what might be done to address this issue?

### RESPONSE:

Rest assured you are not alone addressing the pennant competition position issue facing your teams. Only last week I know one club held a special meeting by their coach to address:

- Selection, coaching, practice, attitude, culture

**So to all of you in attendance tonight I ask....What could / would YOU do now:**

**As a team member of valued character;**

**As a selector, to counter our feeling of despair, demise, losing trend, relegation and to influence the acceptable successful standards and behaviours of a winning team?**

Now, let's move to history, a history that had success taking you from division two to division one.

What did we do well as that team?

What did you do well individually in and for that team?

Heading that we are 4 rounds to go.

What have you seen as good in this team this year?

What have you done well in this team?

Honesty here. What is a specific deficiency you have as a competitor that you could address for the benefit of the rink and team.

What have you done over and above the 2015 success to justify a division one place?

Having concluded that discussion session may I add these to the list of things affecting success.

### ***Selection & Teams***

Attitude has an affect on teams. It is observed in the moan, the body language, the energy level. One negative trait is enough to influence (morale

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of) the team. Selectors need to identify this, to negate or eliminate it, as consequences are brutal.

Team spirit ??? A team is a unit, with a collective task, that no one individual can do alone. Teams can achieve success even if their members have no / little liking for one another. Fulfilling the task of the team is the drive and satisfaction to successful teams. Working together the team can succeed.

We feel stronger because of who is around us in the team. And, when it all goes pear shaped everyone knows you are the one who gets us all (attitudinally) back on the bike. Be that team member who reminds us what we need to do to get back to winning. (3)

***Winning is a Mindset (as is losing)***

Attitude about the competition environment – cultivate a positive outlook to the conditions, note the elements that distract you and neutralize them e.g. greens are slow (shit) to judge the speed better; windy day to play the wind assisted hand; change the story the outlook because the conditions are there, they remain so better for you to readjust the attitude to allow you control by that shifted mindset.

Doubt & belief - a clash of mental control;

Concentration is the ability to focus on the task and to be impervious to all outside distractions.

Behaviour under pressure - Doubt is mandatory. Losing is optional.

Where the mind goes everything else follows. As Safuan and I did, see pressure as a challenge.

May I summarise the session overall-

Can you be an energizer rather than an energy sapper in our team?

If others falter in the game will you step up to support them, us.

Will you be invested positively Saturday in the team at all times?

It is smart to invest ***yourself*** in making the team better.

Lower the boom on false expectations, let the statistics tell you what to achieve to succeed.

Plan to succeed, practice makes the player, makes the team.

Oh practice that has a purpose.

Which is, what is our target with four rounds to go?

**Lachlan Tighe, 2017**

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