

## **Questionnaire for aspiring elite bowlers**

What prompts me to write this column is a reaction to discussions had with a handful of premier league bowlers and a few just below that level again. And some coaches too.

Some players actually were in the recent elite events such as the national teams / sides championships or the Commonwealth Games 2018 and one coach performed at the Games.

I am amazed at the limited view of players who say they have national representative ambitions, yet do not know what objective their national body might have for players performance and I felt that objective would, even should be, something like this: *'...to maximize the potential of elite and aspiring national bowlers to enable the nation to be acknowledged as a leading country internationally in Lawn Bowls competition.'*

Now take a step backward as an aspiring bowler and work through how and what you might do to seemingly be in the mix as a representative bowler. My questionnaire is meant to get you thinking about your process to be better.

### **PLAYER QUESTIONNAIRE      NAME.....**

- Why should the regional / state / national bowls body include you in their squad?
- State your personal bowls goals – last year; this year; next year.
- Record your performances at elite level the past two years, describing the events, playing positions, teammates names, result.
- Your regular playing position in elite teams.
- Your preferred playing position in a team.
- Explain your regular training program.
- What hinders your capacity to commit (further)?
- What mental skills training do you include in your sessions?
- Describe your current technical skill level.
- How well developed is your tactical skill knowledge and options?
- Explain what is included in your yearly calendar of bowls commitments?
- Describe your game plans for singles / fours.
- Describe the objectives you set within your game plan for an event.
- Describe your debriefing of such an event.
- How do you (not) record performance in training, games.
- How committed are you in the opinion of your coach?
- Explain your leadership and team spirit attributes.
- Tell us a bit about yourself as a person (away from bowls).

*Website menu: facts, knowledge, measurement*  
*Question player motivation*

One bowler who approached me about coaching him for elite performance soon went on the defensive when I suggested they need to 'walk the talk' as I could not see them doing any more than saying they were good (apparently no one else seems to have noticed).

They could benefit from taking the time to respond to this questionnaire as a start to further progress as a bowler.

**Lachlan Tighe, 2018**