

## Olympics 2021, What To Learn

May I indulge you, poor reader, and fellow bowlers.

With the Olympics in Brisbane in 2032, the heavies in bowls administration are collectively working on the politics of bowls getting admission into the 'big time'.

The two weeks (Tokyo Olympics) are over.

You fellow bowlers, the elite bowlers and fellow coaches, a question. What did you grasp from this international sports spectacle?

As I don't know who you are (as collective readers) may I tell you the five things that grabbed me, as a human being, as a coach.

### As a HUMAN BEING

(1) Cedric Dubler an Australian who came last in the final of the men's decathlon.

Cedric Dubler came first in the hearts of those who understand team spirit, selfless behavior, comradeship, working together in adversity, absence of envy, persistence.

Cedric Dubler was that bloke SCREAMING in the ear of his mate Ashley Moloney, running beside him for as long as he could, screaming to Ashley to .....fucking keep going you bastard onto a bronze medal.

Oh, incidentally, Cedric Dubler incurred a hamstring injury mid race, but continued long enough to exhort his Aussie mate to persist and win the first ever medal in decathlon for Australia.

We all won that day, that race.

(2) That madly ecstatic, emotional male Italian high jumper (Gianmarco Tamberi) when told he was equal with his Qatar opponent (M Barshim) on gold medal lead pegging, met with, and agreed with, his Qatar opponent to share the glory, the spoils, the history of gold medal fame.

That Italian was so joyous when his opponent agreed and the vibe was enormous. I normally bend to having an outright winner, not a shared medal. This time I wept watching this live on TV. What human spirit, bondage in the knowledge of the endeavor required to get here, magnanimous spirit. Fuck the nationalism, fuck the jingoism, you fucken beauty you two blokes.

## As a COACH

(1) Nicola McDermott, the Aussie female high jumper, writing notes after every attempt, successful or otherwise, maybe as a distraction, maybe as a debrief of each jump.

As it turns out, when reading a later article, her coach, Matt Horsnell, devised the strategy of her taking notes in a notepad between jump attempts to occupy her mind, to ensure she was not distracted by her opponents, even the competition environment (being a field event while track events can occur concurrently).

For me it reinforces what I subscribe to with bowlers keeping a record / tabs on their performance in the heat of battle. When my two squad members defeated the national players in the national indoor titles there were many a bowler who were aghast that both my squad members recorded their performances after each end to keep tabs on their progress toward pb. One went on to win that national event, never stopping the process of recording his performance each end.

Back to Nicola, if she can do it (write her notes) in the intense heat of the biggest sporting event / spectacle in the world, you bowlers have no justification not to do likewise.

Bowlers who scoff and won't do it, forget it, you are not in that elite league whenever any of you say you can't keep a score / stats during your performance.

And what a delight to see this enthused animated lady secure a well deserved silver medal.

I bet Horsnell was chuffed too to see his work, his charge, out on display.

Delighted when I got a text at 10.53 p.m. that Saturday from my squad member Simon saying .....are you watching the high jump event? Meaning are you also noting what Nicola is doing!!! Hey we do that, sort of reaction. Love it to know a squad member sees the strategy applied in profile elite sport.

(2) Nearly all those who contested events in these Olympics had to make excessive efforts, commitment to be there, to overcome adversity, to confront selection, to rise again to get a gig, let alone medal. With the volume of countries involved, the numbers of competitors, those who succeed reflect all that effort, that commitment, and, might I say the coaching. I love coaching anyone who simply strives to be the best they can

be. No guarantees, no assurance of medals. It is a buzz complementing by coaching someone so motivated.

(3) The Olympic motto is not winning. The motto is “citius, altius, fortius” which says “faster, higher, stronger”.

Numerous competitors did just that in their events in comparing performances to previous standards, previous pbs.

My stance on coaching (bowlers) most so with my squad, pBus, is all about chasing their pb. Of course in bowls players have no idea of their performance levels. Our squad members do; either as a pb of skill standard, or, a required effective % level to be competitive in an event or to win an event.

The rest of bowls fraternity simply say winning.

But for me pbs are simply winning, winning against yourself, against your previous best.

I hope by 2032 the elite in bowls and the coaches of elite in 2032 move toward these approaches seen regularly in Olympic sport.

An interesting fortnight these Olympics.

**Lachlan Tighe, 2021**