

Winners' Mindset 2021

**Practice like you've never won.
Perform like you've never lost.**

Those two sentences exude elite mindset, come from credible elite sports men and women.

Practice, for the great majority of bowlers, including the elite, is playing competition games during the week, sometimes as much as four or five times in a week.

Practice might well be joining three other mates at a rink to roll together and in fact having a pairs contest for which they enjoy, sledge, compete, relax, be frivolous and for the boys to fuel their testosterone.

Practice is rarely skills and or team game related training.

Practice is boring no doubt if it is the coach setting up flap jacks in a circuit and you the player go around the green completing a circuit of drills. And more often than not the coach is either doing the circuit too or inside, rarely if ever wandering around to reinforce things.

Practice has to be intense, challenging, game related, purposeful, enjoyable, varied, performance measured, and suited to a person's playing position in the fours team.

And, coach supervised.

'Practice like you've never won,' should imply every ounce of energy and skill is expended on the training track.

'Practice like you've never lost,' is about doing the drills, routine, exercises, fruitless times until it is 'second nature successful' and you gain total self confidence, self belief in yourself, the bowler.

The source of the wisdom in those two sentences above:
Kate Carriage, former Australian player, AO winner and a member of our current bowls squad, pBus.

Lachlan Tighe, 2021