

PREPARING FOR COMPETITION

By Ken Perks

COMPETITION is the heart and soul of the sport of bowls. There are many things a player may want to consider before putting down their first bowl in a competition. Where some players appear to simply arrive at the competition and play, the players that regularly appear at the top of the rankings or take home the prizes are most often those that have prepared the most professionally.

(THOROUGH PREPARATION, THROUGH EFFECTIVE & PURPOSEFUL PRACTICE PROGRAMS & MENTAL REHEARSAL IS THE KEY TO PEAK PERFORMANCE IN ANY SPORT.)

Before a competition, a player may ask themselves questions such as -:

- Which club am I playing at and what surface will I be playing on?
- What will the weather be on the day?
- Who is my opponent?
- What can I do to give myself and the team's best chance of succeeding?

Once you have decided that you have the best information possible, get to work on the things that you can control such as your training program. It's up to the individual to get your skipper or your coach to set a good training program up for your next competition. Remember good preparation before the competition should get you through those hard times and give you more of the good times.

Always keep in mind of the CONTROLLABLES-:

NO CONTROL- THE WEATHER- MY OPPONENTS.

INFLUENCES- THE OUTCOME OF THE GAME. MY MENTAL STATE.

TOTAL CONTROL- MY PRACTICE. MY PERFORMANCE ON GAME DAY.

Other things you should consider-: Physical-Mental-Tactical- Team Preparation-

Pre Competition- During Competition- Post Competition- Your Role In The Team- Etiquette Of The Game.

Some things I have noticed that a lot of bowlers are doing-

FOOT- FAULTING

THE RULES STATES-:21A FOOT FAULTING.

1. A player shall take the correct stance on the mat and at the moment of delivery the jack or bowl a player shall have ONE FOOT REMAINING ENTIRELY WITHIN THE CONFINES OF THE MAT. Failure to observe this law constitutes a FOOT FAULT.

2. After having been given a warning by the UMPIRE, should a player infringe this law the umpire shall have the bowl stopped and declared dead. If the bowl has disturbed the head, the opponent shall have the option of either:

(A) Replacing the head, (B) Leaving the head as altered, (C) or declaring the end DEAD.

GOOD BOWLING

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