From the President

With pleasure, I offer a warm welcome to all members for the season 2009/2010. I hope you are all refreshed after holidays; or simply after a break from bowls.

To all new members, welcome to our club that is now your club also. I am sure you will enjoy the quality greens and our companionship. I look forward to meeting with you at the presentation dinner on September 18th.

How special it will be for the club this season to have all bowlers in green pants!

Your Board has been proactive during the winter break, with the appointment of Simon Dorr as Club Captain; and Gary Miles as the ladies captain. Both of these men will work closely with the coaches in the club to assist us all with our skill development.

The Board structure has changed, retired from last year is Val Davis and David Hards. As I said at the AGM, we have been very lucky to have had both people prepared to work so hard for your club.

I welcome Pat Willats, Tom Ellis and Bill Price to the Board. Following David Hards retirement, Brian Ballard has accepted the challenge of Club Secretary.

Welcome again to the new season, and I hope all members will enjoy their year of bowls and the fellowship within the club atmosphere.

Wayne Prosser (President)

Editorial

Another season has come to a close. The Club Presentation night was a great success this year and was well attended. Congratulations must go to all the winners and thanks to Marie Roberts for organizing the catering. Bad luck to all those who missed out and make sure you try to make it next year.

Thank you to all the volunteers, committee members, selectors etc who have helped make this year another success for the club.

The new season will kick off shortly so please refer to the diary dates attached and I hope to see you all at the events.

We have lost our chef Traci for our Friday night dinners and if anyone has any suggestions or wishes to volunteer a proposal to the board, we will be only too happy to consider them. The dinners have been a great social success and we want and need the dinners to continue, so please put forward your suggestions.

Josie Holford (Communications Officer)

Payneham Players in Queensland

Gary Miles was Paynehams’ only member to participate in the Queensland Open. He had a very tough draw in the singles qualifying round, playing two WA State Players. Gary performed well and only just lost on the final tie break end, thus not making it to the main draw.

Our new and youngest club member, Breeanna Dixon, was invited by Bowls Australia to participate in the Junior Golden Nuggett, held at the indoor complex at Tweed Heads. Bree, very capably matched her opponents from other states just missing out on going through to the semi-final round.
Men’s Bowls:
Hi there from your new Men’s Bowling Committee and V. P. Bill Price.
During our brief bowling recess committee men have been busy organizing for the forthcoming season.
Doug Macrae has arranged dates for re-commencing the Triples and Pairs, these being Wednesday 19th August, Friday 21st and Saturday 22nd, then continuing (weather permitting) until we begin pennant trials.
These will be held on Saturday 19th September and Wednesday 23rd.
Doug has also proposed selectors for each pennant side for the 2009/10 season. These being………..

SATURDAY
PREMIER 1 – Wayne Prosser and Colin Smith
PREMIER 2 – Col Roberts and Mel Green
METRO DIV 1 E – Chris Stegmeyer
METRO DIV 1 N – Les Langdon
METRO DIV 3 E – Ian Larcombe
METRO DIV 3 – Claudio Disante
METRO DIV 4 – Ken Sired

WEDNESDAY
PREMIER 1 – Wayne Prosser and Colin Smith
METRO DIV 1 – John Sims
METRO DIV 2 – Les Langdon
METRO DIV 2 – Ian Larcombe
METRO Div 3 – Ken Sired

Meanwhile Mark Sexton has been organizing dates and details for the 2009/10 Season Club Tournaments, which run from Sunday 11th October until Friday 5th March. Details and entry forms are available at the club, so get them in early.
The Night Owls Managers, Ellis Loughhead, John Radloff and John Cook have been sorting out their calendars, as with our State and Club Tournament Managers. Details will be posted on the various notice boards. In fact it’s all go on all fronts.
All of the above dates and proposals have been ratified by the appropriate authorities so we’re on the way towards what should be a great season for our Club. We only need you, the members, to join in and make it work. So let’s get cracking guys, and have a season to remember.

Bill Price—Vice President

Ladies Bowls:
As we prepare for the new season, the ladies welcome at least four new members, which means we will have three full sides for Thursday and probably two sides again for Saturday competition. The change to green pants will happen this year, we are waiting on the final style to be sent to us & when we are happy with that we will have samples for the ladies to try before we order, should happen in the next few weeks.
The club has appointed Simon Dorr as club coach & Gary Miles as manager/coach for the ladies. Gary will be in helping in developing & improving skills, will help organize drills & practice and have input into selection. Even after a premiership last year for our third side, & the creditable performance of the other 2 sides, I think many of us realize that we need to work harder and have consistent & organized practice and feedback from a coach. With the enthusiasm of so many ladies buying new bowls & a willingness to embrace hard work, I am sure the club is moving in the right direction & we look forward to a successful season.

Marie Roberts (Ladies VP)

CLUB PROFILE - ONE YEAR ON – NEW CLUB MEMBERS.
Robyn and Alan Darby joined our club from Trinity Gardens at the start of the 2008/09 season and we asked them how they have enjoyed their first year with us. Even though they have only been bowling for three years. They left Trinity Gardens to come to a bigger club with more opportunities, and have been impressed with the way everything is more organised at PBC. At Trinity Gardens Robyn and Alan helped organise most of their social events of which there were many. If they miss anything, it is that, in the smaller club the social side was extremely strong. Robyn was in the Ladies Metropolitan 2 team and the Triples East Red team which both won pennants last season. They have one wish next season for the selectors to ensure that they take a second look at new members. Alan is an accomplished photographer and took the photos of the pennant sides which are on the board and the St Peters photo which was in the last newsletter. We all know how “crafty” Robyn is with her table decorations. A favourite being the pennant flags with the bowls on the green. They are both happy to continue at PBC next season and we are glad to have them and all the other bowlers who joined us in 2008/09.
Coaches Corner  -  Practice, practice and more practice!

Probably the most frequently asked question by the club bowler is, "how can I improve my game?" The answer is really simple... practice, practice and more practice.

So what should I practice you ask?
Unfortunately the club bowler thinks that a roll up with a friend is practice.

However, while this may provide you with some exercise, it does very little to provide you with those elements that are always present in the top bowlers game, but missing from yours.

The missing element is consistency and this only comes with PURPOSEFUL practice.

Top athletes have a personal coach but, in the main, bowlers seem to think the use of a personal coach is something that is not needed in the game of bowls.

The personal coach is able to watch the performance of his/her athlete and thus create the PURPOSE necessary to make practice purposeful.

One of the ways that a coach can create this purposeful atmosphere in training is to observe the bowler in action and then to set up heads designed to improve their consistency in a particular area.

To do this successfully you must create a situation as close as possible to that of an actual game.

Two examples of how to achieve this are......

You are four down with the toucher in the ditch.
You are playing the last bowl of the end, however it is still early in the match so dropping one shot is not a big concern.
Your objective is to draw to save.
Unfortunately many bowlers will try to draw the shot and consequently lose their bowl in the ditch.

Move the mat each time you play this shot to gain experience at all distances.
In training programs the same head should be set up on the adjacent rink, bowling in the opposite direction.
In the second illustration you are practicing drawing to a jack in the ditch.
The jack may be placed anywhere in the ditch, however in this case it has been placed under the rink indicator.
Place a mat across the T so that the edge of the mat furthest from the bowler is on the T.
Now practice bowling to the jack in the ditch, alternating the forehand and the backhand after each shot.
The goal is to have your bowl within one metre of the jack and not touching the mat in course.

Brian Ballard: National Coach (Level One)

Quarterly Joke

A skip was having a hard time from the other three in his team who had failed to contribute anything throughout the game.

At the last end the third walked down to the mat to play his first bowl and pausing, shouted back up the rink. "Where's our nearest bowl?".

"In yer ******* hand!", answered the skip.
Special thanks to Volunteers
A very special thanks from the Board to the members of Max Thornton’s ‘Green’ team. Who throughout the closed season have not missed a beat in keeping the area well looked after. One area in particular deserves a mention, that of ‘A’ green where the board have sanctioned the plinth area surrounding the green have the deteriorating rubber surround replaced by artificial green. This was done by outside contractors, but a massive preparation was needed by the ‘Green’ Team beforehand. Well Done guys, a great job.

And the final word.....
Trials for Pennant Season
Club Trials for the 2009/10 Pennant Season will commence on Saturday 19th September 2009 and Wednesday 23rd September 2009.

The list for Pennant Players will be up in the club prior to these dates so PLEASE notify us of your availability / unavailability for the Trial Dates.

Winners in Port Augusta
On the June long weekend, two rinks from Payneham travelled to the Port Augusta Bowls Club for their annual Poinsettia Carnival. Brian Ballard, Roger Kairl, Greg Zebierski, & John Radloff from Payneham and Gary Kairl (Grange), Bronte Smallcombe & Dean Clohessy (Lockleys) & Ginge Cooper (Adelaide) made up the group.

The trip was extremely successful and enjoyable due to the good weather, greens, accommodation and companionship. As an added bonus, Greg and John won the pairs competition and Dean, Greg, John and Bronte came third in the fours. Our plan is to establish an inter club association with Port Augusta and make this an annual event.

Great weekend and the social side was also enjoyed by all, particularly one member of the group who stayed out until the early hours on the Saturday night. Quite a sight on Sunday morning he was, use your imagination on this one.

Just a Thought:
“If you think you can or you think you can’t.....You’re Right.”

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