



Building the Head

- First Report of Progress Against the Plan

It's six months now since the AGM, where we set the PBC Strategic Plan, "Building the Head" in motion. This would seem an appropriate time to review initial progress and report how we are tracking against the many initiatives that come out of the plan. It is early days - six months into a three year plan - but I am happy to say that we have already made a dent in some of the key areas that we have decided are important to focus on.

Of the 38 initiatives we have commenced, 1 is complete - "2a Improve Winter Bowls Outdoor Season". The 2007 winter bowls was highly successful thanks mainly to the efforts of Doug Macrae and Bill Price. It has established our winter bowls and created the expectation that it will be a regular feature of our events calendar.

Another 11 initiatives have seen significant progress - in areas such as greens management, merchandising, night owls, liaison with local government, planning for re-development of our facilities and general communication.

Another 18 initiatives have been started, leaving only 8 that have yet to start. Some of these are lower priorities and a number are dependent on the completion of other initiatives

All in all, a very good first report card for the plan. Thanks to all who have put in a great deal of work to ensure we get some mileage and prove that our plan can be realised. The key thing will be to ensure we maintain momentum for the rest of the year and into next year.

A large (A3) checklist showing all of the initiatives and their status has been posted on the notice board. Please have a look - it should give you a good overview of our progress.



Peter Marshall

Life member retires from Bowling

Life Member Fran Arthur has announced her retirement from active bowling after 36 years loyal service. Fran joined Payneham in 1971 and two years later she became Secretary of the women's division, retiring from this position in 2002. In 1985 she was granted Life Membership of the Club and awarded a Commonwealth Ministerial Sports award, She has served on SAWABA committees for over 12 years. Indeed a splendid performance.



We applaud Fran for her dedication to Payneham BC and top Lawn Bowls and sincerely hope she does not become a stranger to the Club.

Flowers: Have you noticed the terrific flower arrangements that have appeared on the bar each week? You should because they look superb. Our thanks for this delight goes to Rose Miles, who picks these blooms from her garden and then arranges them into a great display for our benefit. **Full marks Rose**, hope your garden can keep the supply going.

BIG BLACK MARK though to the person who **STOLE** the last display for their own use. Bad Form, that person, please leave the arrangements for us all to enjoy.

Editorial

How do we attract younger people to play bowls at Payneham?

Lawn bowls is experiencing a twenty-year decline in membership yet participation is at an all time high. There is a belief strict rules and regulations are stopping social bowlers from taking the next step.

Researches of people that weren't lawn bowlers have shown one of the things they said was, bowls seemed a very strict sport, the dress code was strict, the rules and regulations were strict and 76% of them said that by relaxing the dress regulations they would consider becoming involved in the sport.

Previous dress regulations were very strict. Here's an example ladies dresses had to be white, with a collar and a 5 cm hem from the crease at the back of the knee. The regulations have been fairly prescriptive even down to measurements on your sleeve, to measurements of your shorts to the colour of your underwear in some states

It was only in the 1990's that stockings were rolled off for good and

replaced with socks for lady bowlers, a welcome relief for those in the tropics.

The new dress code embraced by Bowls Australia should create a kaleidoscope of colour on the greens.

The game needs a bit of a razz up with the uniforms, and the direction towards this is with the National Indoor game which has the National colours for their uniforms. (Check out the Lawn Bowls programs on the ABC and Foxtel.) So why not at Payneham?

A short survey with the top two sides asked if they would be in favour of a move to green pants. All but two surveyed agreed the Club should consider it strongly and were prepared to pay for green pants.

If you play ladies bowls at Tranmere, you wear blue pants, if you play pennant bowls at Adelaide and Millswood, you wear blue pants, and now Hope Valley Ladies will be wearing purple pants, why not have green pants at Payneham?



Those who support the colourful changes believe it won't take away from the traditions of the game.

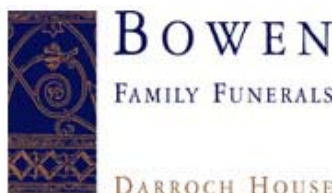
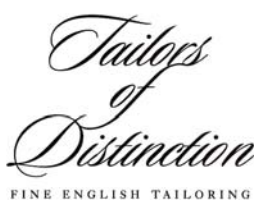
Another area where we could attract younger people is to give them a chance to be more competitive. That is, give them opportunities in the higher grade sides. Don't select sides full of old friends, have them mixed with new potential bowlers and build the competition for places. Young people want competition and want to win, we need to create a winning thinking in all pennant activates.

We saw a terrific attitude in mixing during the close season triples. All members mixed with the selection by 'draw' for these games, more people became aware of who was who and what their capabilities were. This is terrific for understanding and helps with communication within the membership.

There are so many rules and traditions involved that I think there is room for change and we need to encourage more people into the game and shake that stereotype that it's an old person's game.

Sponsors:

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Coaches Corner **How can sport psychology help you perform better?**

The question you should ask yourself is this:

“Am I performing up to my capability?”

You all know some fellow bowlers who have “great talent” or physical skills, but haven’t played up to their potential.

One of the myths bowlers buy into is that you first must develop “perfect” technique or knowledge about ones sport before you can work on the so-called mental game.

Really you cannot separate the mental from the physical when it comes to motor skills. Decisions, thoughts, images, and feelings set up each action you take.

This is the basis of Sports Psychology and will help bowlers develop confidence and focusing skills as they master the technical aspects of the game.

Bowlers often ask this question: “How do I know when a poor performance or error is a physical or a mental problem?”

Here are a few hints that it may be a mental breakdown:

You perform much better in practice than during competition

You have a tough time performing well when others are watching you

You maintain many doubts about your sport before or during games

You feel anxious or scared when you perform in competition

You are not sure why you play your sport or what motivates you

You only participate in sports to feel better about yourself as a person

You lose focus or have mental lapses during critical times of the game

You can’t perform the way you did

pre-injury, but are physically 100%

Everything is fine, but you just want to improve your mental attitude

Sports Psychology sometimes gets a bad reputation because of the association of psychology with pathology. That is why we should do mental game coaching or mental training, which you as bowlers understand. Mental game coaching is for bowlers who want to improve upon their current performance and take their games to the next level with the help of a mental coaching.

But most bowlers, unfortunately, do not consider mental coaching, it often becomes the last resort after bowlers have tried other means to get beyond performance slumps, bowlers wait until some part of their game needs to be “fixed” and they have exhausted all other resources before they commit to mental coaching.

Here is the most obvious list:

1. Improve focus and deal with distractions.
2. Build your confidence and reduce your doubts.
3. Develop coping skills to deal with setbacks and errors.
4. Find the right zone of intensity for your bowls.
5. Teams should develop communication skills and cohesion.
6. Instil a healthy belief system and weed out irrational thoughts.
7. Improve and balance motivation for optimal performance.

Sport psychology may not be for every single bowler. Not everyone involved in the sport wants to “improve performance.”

Sport psychology is probably not for recreation bowlers who just like the social component of sport.

Hopefully, most of Pennant bowlers

at Payneham are committed to excellence and seeing how far you can go. You love competition and testing yourselves against the best in your sport. You want every possible advantage that you can learn including the mental edge over the competition.

Learn the above 7 mental skills and use them before and during games and your performance as a player and team member should improve.

“Help the Club save some money on communications, send your email address to bsquared@brougham.com.au”



The Panther’s Den Friday Night Bistro

MENU

November 2007

16 Nov - BBQ Chicken & Salad

23 Nov - Schnitzel & Salad

30 Nov - Fish, Chips & Salad

December 2007

7 Dec - Schnitzel & Salad

14 Dec - Xmas Dinner -

Roast Turkey Breast with Cranberry Sauce & Plum pudding for dessert.

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What a Skipper says to his/her team!

One often hears a skipper say some weird and wonderful things, here are just a few for your amusement.....

Come and have a look at it	Come in here
You must be up	I want you up
I want it here	I want a long one
Give it a touch	Sit on Jack
I like it	Push it in
Do you want a roll?	You're too thin
Tell me what you want	Have another go
Take it off	A bit harder this time

The Last Word

"ALOHA" from Dori & Paddy Cross

Over the years both Dori and I have travelled extensively, and for quite some time we have wanted to go to Hawaii, so last may we finally decided to go.

Our hotel in Hawaii was a two room apartment called The Waikiki Banyon, a very comfortable place and reasonably priced, we stayed there before and after our cruise.

The main reason for our holiday was to take a seven day cruise, where we could have a relaxing and casual time, and then have a further ten days exploring Oahu's places of interest such as Pearl Harbour, the battleship USS Arizona's Memorial, and to tour the battleship USS Missouri where the Japanese signed the surrender documents to end World War Two.

Our cruise ship was "The Pride of Hawaii" which is freestyle meaning it is very casual and relaxing, the crew are all American, and are very friendly and helpful, during the cruise there are opportunities for shore excursions, we visited the various islands of Hawaii:

MAUI with the 10,000ft Hakeakala Crater where we travelled by coach to see the magnificent views of the island, The Maui Ocean centre and aquarium.

KAUAI with its waterfalls and volcanic cliffs.

HAWAII (The Big Island) with Hilo Bay, Kalus Volcano National Park, The Kona Coast, The Plantation with the pineapple and coffee farms (the Kona coffee was really delicious)

KIAUEA (the Active Volcano), where we went on a Hollywood Movie tour and visited The Palm Resort which was almost totally destroyed by a cyclone, plus we visited the beach where part of the movie South Pacific was made.

The cruise experience and the shore excursions were all we expected, and we can highly recommend them to anyone who is looking for a good and relaxing holiday.

After the cruise we decided to explore Oahu, and first on the list was naturally Pearl Harbour, the USS Arizona Memorial, which was a moving experience the other memorials, the USS Missouri and the museum.

We visited The Royal Palace we saw the changing of The Royal Guard which is carried out at 6pm daily. At the Military Museum we saw many of the old Hawaii weapons, and many photos of personnel who died in the Japanese attack. We spent ten days around Waikiki area and found it to be very lively, it never stops and there are more people around at midnight than there are during the day with the shops open very late especially the ADC shops which sell just about everything. Also there are usually stage performances regularly in the parks, and on the Waikiki beach, plus a large beach cinema, so there is always something to keep you occupied.

Prior to our cruise we visited the huge Alla Moana Shopping Centre, and where we experienced Hula Dancing by the various age groups from toddlers to adults, it was fascinating to watch.

We really enjoyed our holiday, and hope to go there again in the not too distant future.

