

The Profile of an Ideal Team



Outstanding technical expertise, physical ability, fitness and stamina, and the discipline and commitment of a balanced lifestyle are all taken as a given.

Psychological Skills: The main difference between the ideal singles player and the ideal team-player is that whereas the singles player normally places the individual above the team, the ideal team-player must and is capable of putting *the team above self*. At top-level bowls, all the individuals are probably skips in their clubs, but like actors they have to sublimate their own personality into the role of lead, second or third. There is no place in a team for the individual who says '*two of the three shots in this end were mine*'. The team must build the head together. The second might have to play two inglorious positional bowls to counteract the opposition bowls. The third might have to open the head to enable the skip to draw.

The team is a unit above the individuals in it – not just the sum of its parts. Group dynamics (see 13.6.1) – the way one entity of the team influences and is influenced by each individual – brings a particular pattern of behaviour in the team, i.e. a particular team takes on its own particular characteristics, values and behaviour. If a member of the team is changed, the group dynamics will be different.

Too much has been said about compatibility of teams. Team members do not have to like each other! They must, however, respect each other on and off the green. By playing and practicing constantly together as a team, greater understanding and empathy for each other develops and the respect may evolve into liking. This *esprit de corps*, team spirit, harmony and mutual understanding amongst members is fundamental to success. To sum up, ideal team members respect each other and support each other when necessary. This is unlike the singles game, as the singles player does not have to deal with group dynamics.

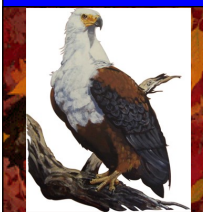
Ideal team-players praise rather than criticise each other. They provide a caring, on-the-spot support system rather than the coach or manager who is on the bank. If one member does not play well in one end the other three do not collapse. There is the confidence amongst team members that one of them will do it. The members who failed should never wallow in self-criticism as this leads to a lack of self-confidence. All players should put any bad shots or end behind them, refocus, concentrate, thus creating the environment where they will get back on track as

quickly as possible. The will to win and to fight back is essential – all four might have to do it when the team score is in deficit.

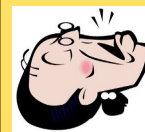
Factors such as communication skills, both verbal and non-verbal, (see 4.1) are essential. Ideal team members display their loyalty by talking to each other – and never *about* each other. The skip consults with the third and vice versa. In decision-making situations, the opinion of the front-rank is equally important as they are part of the same team and rise or fall together. If there are clear communication channels established as soon as the team is selected, then the front-rank feel included in the team and the best decisions will hopefully result – four heads are better than two or one!

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60 Edition

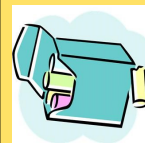


RICHARDSBAAI ROLBAL NUUS/RICHARDS BAY BOWLS NEWS



CHALK AND TALK

April 2014



Richards Bay Stars

Barry



Ronell

Congratulations for winning the SpecSavers Pro 10.



Dionne



Anita



Jane



Essel

Congratulations for winning the 2014 Zululand Women Open Fours

Birthdays / Verjaarsdae

April 2014

Enjoy the day and everything of the best for the coming year !!!!!!!

04 - Pat Stockwell 07 - Tish Cresswell-George

07 - Anne O'Conner 10 - Dianne Bosch

Geniet die dag en mag daar vele seën wees gedurende die nuwe jaar !!!!!!!



ZULULAND
BOWLING SUPPLIES

Gloria 082 898 2844
E-mail; gloriag@telkomsa.net



Authorised Supplier of Drakes Pride and Thomas Taylor Bowls and equipment, which include clothing, shoes, hats, measures, grip aids etc.

Also contact Dirk at 076 795 1566



Executive Committee

2013/14

President: Hans van Koert

Cell 083 775 6291

Vice-President Vlekkie Visser

Cell 083 286 0688

Secretary Dirk Norval

Cell 083 748 3818

Treasurer Joey Evans

083 273 0983

Comp. Secretary Phil Berridge

Cell 083 440 6545

Social Members Representative

Dot King

Cell 083 653 7640

Catering Convener Myra Currie

Cell 083 236 0260

**Do not hesitate to call on any of the
above if you got a problem / suggestion,
please.**

Bowls... the sport for all ages

The sport of bowls is a healthy activity which caters for all ages both young and old. It creates a fun environment for the social player as well as an atmosphere for the competitive sports person.

The sport in South Africa complies to international standards and Bowls SA is the governing body for the sport in South Africa.

Newcomers to the sport are encouraged and guided by qualified coaches and introduced to the club system.



CELLULAR PHONES, ALCOHOL AND SMOKING

The use of cellular phones and the consumption of alcoholic beverages by players on the greens during any playing session are prohibited at all times. All cellular phones must be switched off whilst play is in progress. Smoking will not be permitted on the green or within two meters from the green.

Extract – Bye-Laws Richards Bay Bowls Club



THE PROFILE OF AN IDEAL THIRD - continue

The third should have exceptional interpersonal relations and communication skills as s/he is the link between the front rank and the skip, keeping the peace when necessary and ensuring loyalty amongst team members and to the skip. It is a good communication skill to know when to keep quiet and when not to offer advice.

The third is the motivator of all the players, even of the skip when necessary, keeping spirits up when all seems to be lost. This entails having a positive attitude at all times, being confident, mentally tough and able to cope with pressure. Good play must always be recognised and acknowledged to ensure that enthusiasm does not flag. The third must recognise stress in others and reassure team members when necessary, thereby lessening anxiety. The third must have a good relationship with and faith in the skip – in fact if this is not so, the team is almost certainly doomed to failure.

Psychologically, the third takes the lead in advocating the team above the individual and, by being unhesitant and decisive, instils confidence in the rest of the team.

When requested, the ideal third gives clear, logical, and concise directions to ensure that the skip knows exactly what is expected of him/her, allowing purposeful play – providing options often leads to muddled thoughts which result in a muddled delivery. The ideal third never appears to hesitate when a decision must be communicated or a shot called. A third should continue communicating with the skip, no matter what is happening, otherwise s/he will feel isolated and lose concentration because s/he feel that the team have lost confidence in him/her or do not care about the game anymore. Once the shot count has been decided, the ideal third indicates the number of shots to the skip (card) and the second (board).

5. Personal Life Style Skills

The ideal third demonstrates total commitment, honours the contract with the governing body in all respects, practices regularly according to the prescribed schedule, and develops routines for before, during and after play.

Rules for Stretching

- Before stretching, warm up the muscles aerobically – e.g. walk briskly around the green, swinging the arms and do the first two stretches (aerobic).
- Stretch before and within 10 minutes of every bowling session.
- Move slowly to the edge of discomfort, but not to the point of pain – no jerking or bouncing to increase the range of motion as this may easily cause injury.
- Hold the stretch for 30 seconds – work happens while the stretch is held.
- Breathe normally while stretching.
- Repeat each exercise as many times as is appropriate for the purpose – e.g. for warm-up or cool-down, only 1 – 3 times; for fitness, 5-10 times, holding the stretch for increasingly longer periods of time.
- Work both sides of the body equally – front/back; left/right.
- Relax and shake the muscles loose between repetitions.



THE PROFILE OF AN IDEAL THIRD



1. Technical Skills

The ideal third is a master of all the shots from the draw to the drive, and should be technically knowledgeable in all areas of the rules – preferably at least a Level 1 Technical Official – measuring, etiquette and other aspects of the game.

The ideal third carefully watches the performance of the front-rank's and the opponent's bowls, from behind the head or behind the mat, to learn more about the performance of the green, but follows his/her own line.

When it is the third's turn to play, s/he must either open the head up if the team is down, making it easier for the skip to play, or if the team is holding, provide further shots or positional bowls where they might be needed.

2. Tactical Skills

A skip should discuss the game plan, the strategy of how to achieve it and the tactical building of the head with the third. The ideal third is thus tactically alert and an observant person.

The ideal third carefully watches the performance of the front-rank's and the opponent's bowls, from behind the head or behind the mat, to learn more about the performance of the players and their bowls, to assist with tactical decision-making.

The third should be a shrewd head-reader and tactically aware when a coup can be made. S/he analyses the opposition's strengths and weaknesses and points out opportunities to the skip. The third should also be a master in observing changing conditions and communicate this to the rest of the team.

The third must demonstrate and lead by example, especially when the team is under pressure. In fours, with only two bowls to play, each bowl must count tactically – although not necessarily in the shot-count.

The ideal third of the last winning end will always place the skip's bowl next to the mat before walking back to the head – this is good etiquette and also provides a check as to which side should play first.

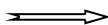
3. Physical Skills

A top-level third is physically fit and able and has the stamina to complete a rigorous training programme to build up reserves, which can be tapped during the playing of important games. A high level of fitness is of vital importance to a third as s/he does twice as much walking as any other player during the course of a game and is required to bend and rise frequently during measuring.

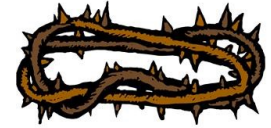
4. Psychological Skills

Memory is one of the prime required skills for a third who must always know the team's bowls, who is holding first, second and third shots, whether there are back bowls, whether the opposition's bowls are matched – for example: to avoid giving multiple shots away. Memory requires concentration.

Continue on the next page



MEDITATION



Thought for the month -

Before the Passover Celebration

Before the Passover celebration, Jesus knew that His hour had come to leave this world and return to His Father (John 13:1).

We like celebrating great events and honoring special people with formal ceremonies. We like ceremonies where wreaths are placed at the foot of statues to honor those who died in wars. A mother's eyes are filled with tears of longing when she looks at a photograph of the son who never returned from the war. A widow will wipe a tear from her eye when looking at the photo of the man she hoped to grow old with. These things can happen any time.

Jerusalem was packed with pilgrims who had come to celebrate Passover and to commemorate the liberation of the Israelites from Egypt some twelve or thirteen hundred years earlier. But behind the scenes, something much more sensational was happening. In a secluded room, Jesus was unobtrusively preparing for death.

He was preparing the disciples for the trauma awaiting them. He gathered them together in the upper room and certain sacred things took place. He spoke to them, shared a meal with them, washed their feet and prayed. Today, no one knows anything about the Passover that was celebrated that day – only about the crucifixion, death and resurrection of Jesus Christ.

It is good to celebrate the important Christian feasts, but it is even better to allow God to break through to you and speak to you in a moment of silence or during an ordinary, everyday event. He is not bound to the great festivities only – He can come to you any day and at any moment. He could be trying to get through to you today.

Holy Father, come to me now in the awe of this moment. Amen.

GEDAGTE VIR DIE MAAND



Almal!

Wanneer Ek van die aarde af aan die kruis verhoog word, sal Ek almal na My toe trek. (Joh. 12:32)

Jesus is die Redder van alle mense. In die Bybelse tye het sommige Jode na Hom toe gedraai en ook baie heidene. Spoedig het die Grieke in Hom begin glo, en so ook die Romeine. Een van die vroeë kerkvaders was Augustinus, en hy was van Afrika. Columba, 'n ander vrome kerkvader was van Ierland, maar hy het die boodskap van Jesus na die eiland Iona aan die kus van Skotland geneem en dit as 'n basis gebruik om Jesus voor te

Die evangelie van Jesus Christus kan slegte mense goed maak en goeie mense beter omdat dit die verhaal is van 'n Persoon wat die Waarheid is.
~ Alexander Maclaren ~

stel aan die hele noordelike deel van Brittanje. Vandag glo miljoene mense in Hom en Hy word aanbid van Fidji tot in Finland, van Chili tot in China, van Namibië tot in Nieu-Seeland.

Christus is universeel en het die liefde van God verpersoonlik aan alle mense. Hy het vir die hele mensdom gesterf. Sy kruis is veel meer as 'n versiering. Dit is liewer 'n proklamasie; 'n simbool van lewe deur die dood. Dit is God se woord aan 'n stryd-moë wêreld van geweld en boosheid. Dit sien vooruit na 'n toekomstige hoop en verklaar dat God liefhet, vergewe en verlos.

Indien jy nog altyd in Hom geglo het, wy jouself by vernuwing aan Hom toe. As jy nog nooit in Hom geglo het nie, gee jouself aan die Man van Golgota en aan God. Laat Christus se sterwensbloed jou hart binnevloei totdat dit oorloop van barmhartigheid aan alle mense. En laat daardie liefde, sy liefde, die rede wees waarom jy lewe en die glorie wees van jou sterwe.

Here Jesus, gee my die geloof om na alle mense uit te reik met u verlossingsboodskap.

Competition News continue



Etiquette.

On certain Saturdays at a suitable time before play a session of half an hour will be set aside to remind fellow bowlers on the etiquette of play or to discuss a set of rules. This will be taken from the book on etiquette or rules and is about reminding all of the finer points of bowls which when acted upon in an unobtrusive way makes the game that much more enjoyable for all.

Business league.

A small committee is being established to arrange a "league" around the businesses in our City to encourage friendly competition between like trades with the ultimate goal of getting new members. For example lawyers vs lawyers, panel beaters vs panel beaters and so on. To arrange this on a Tuesday or Thursday. Further details to follow. Suggestions will be most welcome

Suggestions

This is a request for you the member to get involved in your club and there are still a few who need to fill in the questionnaire handed out to you all. The suggestions or ideas which we take from your input will be discussed and acted upon. I am also asking you to participate more fully by volunteering your time or assets. For example we need more bar persons, but there are many other activities where help is needed.

Thanks once again for your entries and until next time

Yours in bowls

Phil
Competition Secretary.



You don't have to wait for the plane to pass over

Our "BAR" is always open on 'bowls' days as well as Fridays for your convenience. Thank you for your support it is highly appreciated. Additional funds generated this way strengthen our club financially.

A wide variety of non alcoholic beverages is also available as well as various snacks and sweets to still that crave for something to nibble on.

Remember if no Barman is available in the bar - it becomes a honesty bar - make a note on the list provided and pay later.

Please drink responsibly - do not drink and drive!!!!!!



Up-coming Events

26/27 April 2014
Club Handicap Singles

3/4 May 2014
Zululand Senior Fours

11 May; 9/10/24/31 August 2014
Haigs Zululand League

Please also keep an eye on the notice boards!!!!!!



COMPETITION NEWS



Greetings and thank you for the participation and goodwill that you the bowlers have generated over the last three months.

Competition News / Results.

- SpecSavers Pro 10

The Spec Savers Pro 10 was played on the 16 March 2014. With the format of two bowls and a different scoring system was really enjoyed by all and will be repeated in our own competitions in the future. Barry and Ronell walk away with the honours with Yvonne and Dion being the runners up.



- St Lucia Inter Club

A number of our members visited the St Lucia competition and it was great to see Lukas and his team had a successful farewell.

- Open Fours – Men and Ladies held at Mtunzini – 29/30 March 2014

Again Richards Bay was well represented and the Ladies won in the form of Dionnes team. The men represented by Barry and Dion got to the playoffs. Dion played Barry and went through and was beaten by EBC who had also won last year. The other teams enjoyed the day and were grateful for the improved condition of the greens.

- Zululand Haigs League 2014

Please note there has been a change to the League dates and the new dates are posted on the notice board

Social Bowls / TAB's in

Easter Weekend 18/21 April 2014 - games and get togethers to be arranged in conjunction with the members.



Tabs in Saturdays

It was decided that once a month there will be a club competition with some form of prizes and possible different format of play. See your diary or you will be reminded in future. Members are requested to come forward to assist in organising small sponsorships for these Saturday competitions. A letter can furnished to members who wish to approach businesses they know who could sponsor prizes.

Starting Times of Social Bowls

Starting times for social bowls on Wednesdays and Saturdays have revert back to the normal time slot namely 13h30 TAB'S in and 14h00 starting time

Continue on next page



PRESIDENT'S CORNER

Well at last very good news for the club is that we have received the finances to start our project to build our new workshop and store room and have the space available in our building where the old workshop is located at present. I have contacted a consultant engineer to start with the drawing up of plans and to obtain permission from our local municipality, however we are in need of the help for this project, should you have skills and is prepared to help or know of someone who can help and save on the cost of the building this will be great, we need the general building materials, bricks, sand, cement, concrete, roof timber and whatever still needed for building material. Also require assistance with labour to manage the project and should you have any skills in the building trade please let me know, as I would like to schedule a meeting with interested parties to be able to put together a small project team for completing the project as cost effective without compromising quality and appearance.

Thanks for the wonderful support we had selling the bricks in the bar, however this seems to be slowing down so please let us give it a push and come forward with your R100.00 so we can get the wall full of memories. Please also sell some bricks to friends and family as is not only open to our members.

We have noticed that the payment due date of our sub has passed and we still have some members that are due and have made no arrangements for payment and will now leave us with no other choice that to refer back to the club constitution and you will not be able to partake in any competitions or any play, so please come forward and pay or make arrangement to pay with Joey.

We have said goodbye to Lukas, Annette, Tienie, Annemarie, Gail and Jackie last month and will miss their input at our club and trust they will be very happy in their new home and club, however let this be a challenge to introduce new members to this wonderful vibrant club of ours.

Congratulations to our winners for all the competitions we had last month, we are proud of you all and also to all the members that took part in the competitions, you are all winners in your own way by just being part of the competition

Yours in Bowls

Hans

Yours in Bowls

Hans

WANTED - PLEASE

Bottles - large "mayonnaise" size and or smaller sizes.

Drop it off at the Club. also prepared to collect it anywhere.



Much Appreciated

Dionne 083 601 3285



BOWLS SA NEW MEMBERSHIP DRIVE

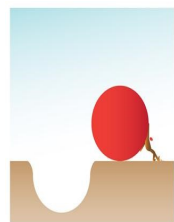
Congratulations to Bowls SA for introducing this incentive scheme to encourage members to introduce bowls to non-bowlers!

The Council of Bowls South Africa approved this incentive scheme at the recent Annual General Meeting. The reason for the introduction is two-fold – firstly to gain new first time bowlers to the sport and secondly to offer, at least some relief to existing members, who introduce new members to the sport.

Basic Idea : A member introduces a new (first time bowler) member to a club. Provided that all procedures are followed and the new member is fully paid up and registered, the current member will not pay Bowls SA Affiliation Fees the following year. Where a member introduces more than one new member in a calendar year he will only receive exemption once. However should he once again introduce a new member the following year he will naturally receive the exemption the next year.

For full details see Bowls SA Circular 41/2013 - please discuss with the Secretary.

CHALLENGE TO ALL MEMBERS



We have set ourselves a goal to have 100 registered members. We were just about there but has lately slacked down a bit, so come on members bring along your friends and family and introduce them to the wonderful game of bowls.

Let us all help to push the ball into the hole.



From the Editor

If you have any **new article/s** at home - big or small - that you have no use for and can be used as prizes in club competitions, it will be appreciated if it can be donated to the club.

This is your 'News Letter' also and therefore feel free to submit any article/s of note that can be published

Editor Cell. 076 795 1566



Bone of Contention for the month of April 2014 POSSESSION OF THE RINK

Extract from the Laws of the Sport of Bowls³⁵.

- 35.1 Possession of the rink will belong to the player or team whose bowl is being played.
- 35.2 As soon as each bowl comes to rest, possession of the rink will transfer to the opposing player or team after allowing time for marking a toucher as soon as it comes to rest.

Extract from "The Etiquette of Bowls"

- 8.4 Once the bowls has come to rest, **no further instructions may be given, nor remarks made.** Skips may only talk to their player while their team is in possession of the rink. As soon as each bowl has come to rest, possession of the rink is transferred to the opposing team.



COLOURED BOWLS

It really brightens up
the greens at our club -
don't you think so?



OPEN CLUB "FRIDAY BOWLS"

Friday Twi-light bowls are on the go and receiving good support from club members.

This is an opportunity for you as a CLUB MEMBER to promote our club in the area where you operate and drum up support to get non-bowlers / friends / family to get to know the game of bowls and to view the facilities available.

SNACKS WILL BE ON SALE AFTER THE BOWLS.

