



Newsletter Edition 16  
April 2013

## District stars meet expectations

As predicted all the Perfect Delivery/BowlsSA Interdistricts Tournaments produced thrilling competition ... hats off to Sables' Open men who snatched victory (after squeaking home in their section over JBA) from Gauteng North and to JBA's start-studded women's octet who reversed last year's final with a gallant WP.

The Open, held in PE saw the holders Port Natal, who last year defeated Johannesburg Bowls Association (Sables and EP took bronze) never on full song; JBA's skips Gerry Baker and Bobby Donnelly, at their best, top men in South Africa, had to be satisfied with bronze.

With a round of qualifying to go hosts EP held sway, but a tough match saw them fade into oblivion.

Congratulations to the experienced Geoff Gowar, an EP skip and Sables skip Gaylyn Bedford-Owen, voted players of the tournament.

Thanks to Peter Wildman for his support.

The B event, held in Gauteng, with Morningside as HQ, saw keen competition, with again everything going to the wire.; WP's men fought to retain their title, but in the end JBA prevailed with Port Natal earning bronze. The WP women played superbly to see off Eastern Gauteng with JBA grabbing a bronze medal.

As usual, Rob Zimmerman produced the goods for the newsletter.

A magnificently run Seniors event in Cape Town, with Glen (voted best by players) WP Cricket, Constantia and HQ Durbanville offering great greens, saw the unfortunate loss of form in holders Boland and a triumphant clean sweep for the home teams. JBA were close as silver medallists with Port Natal in third spot; the WP women were hot from the start and comfortably saw off a gallant NW, followed by EP.

Thanks to the fantastic Celia Gouws, WP president Doreen de Power, WP executive Jan Venter and to Robert Maginly for support and pictures respectively.

Many of Johannesburg's top women bowlers took part in the Warwick/ Sheila Fox Charity Day Fours at Johannesburg Old Parktonians. It was a glorious day, although thunder and rain threatened ... but soon disappeared, reports Fonny Meyerdricks. The event began on a beautiful Highveld afternoon with a carnival atmosphere; several businesses putting up stalls in front of the clubhouse and selling a variety of goods – all profits going to charity.

By Alan Simmonds, Media Officer,  
Bowls South Africa



**TOP MEN:** Sables after lifting the interdistricts open men's trophy; manager Mervyn Lynn sen holds the trophy



**ONE BETTER:** Silver last year; gold this for the JBA women in the Open

## B Section Winners



**HOT STUFF:** WP women too good in B districts; manager Fay Hughes holds the trophy



**TOO STRONG:** Manager Anselm McLean, 3rd from left, smiles as Gavin Erasmus holds the trophy won by the JBA B side

## Senior Section Winners



**CHAMPIONS'S ROW:** The WP women's senior champions



**SENIOR SMILES:** WP's winning senior men with manager Maurice Moyles and the trophy; left: sponsor's MD, GC Swanepoel

## Warwick help to chase the rain away

Many of Johannesburg's top women bowlers took part in the Warwick/Sheila Fox Charity Day Fours at Johannesburg Old Parktonians. It was a glorious day, although thunder and rain threatened ... but soon disappeared, reports Fonny Meyerdricks. The event began on a beautiful Highveld afternoon with a carnival



**BRIGHT SCENE:** Bustle, hustle and bowls at Old Parks



**Deserved winners** were a Ferndale Bowls Club quartet, seen with Fonny, from left: Irmela Richardson, Maureen Snashall, Tina Straw, Maureen Adams.

atmosphere; several businesses putting up stalls in front of the clubhouse and selling a variety of goods – all profits going to charity.

## From the President's Desk: Please! Do not write off the interdistricts

In a weekly column in *The Citizen*, a veteran, dedicated bowls writer expressed strong criticism of the format, value and justification of the interdistricts tournaments. Using emotive words and expressions in critical mode such as "viability", "value," "futility," "economics," "imbalances," "irksome," "hammered" and "far-flung destinations," he fired home his point, yet offered only a vague "zoned" solution; alas tried and found impractical, unloved and eventually discarded.

BowlsSA is always keen to listen to any suggestion that might streamline and cost-save, but vitally, without impairing the expected and sought-for competitive spirit of the events, so I am disappointed the writer did not take his argument further than ideas he had before proffered - on more than one occasion.

Moreover, the writer's views, to which he is entitled, are unlikely to find favour with a majority of district players. His disdain of the B event is unfounded; the proud seniors consider themselves more than being seen, as the writer suggests, merely as "festival" participants, while a view that imbalances exist at top level because of district size does not hold water. Cost, however, remains one area we all agree remains a problem.

In reply to the correspondent's assertion the interdistricts has for all reasons exceeded its "sell-by date" may I point out:

- For the first time in years selectors attended the Open and identified new talent. Apart from the TID programme this is also a "recognition route" for Protea hopefuls;
- restrictions placed on the B event ensures its use as a nursery – the faces of winning players from previously disadvantaged

communities bear testimony to that;

- medal winners were not confined to the larger districts only; I watched with satisfaction a marked narrowing of playing standards between smaller and larger districts than seen five years ago;

- It was pleasing to observe an influx of younger players; well done to districts taking this vital step;

- The Seniors is a skilful, competitive championship and permits districts a chance to accommodate their stars at 60, thus opening the door to play youth in the B and then Open events. Seniors do not want a "festival of bowls" but the international competition (Namibia and others to come) they enjoyed earlier in their careers;

- Zoning might well prove extra expensive for those qualifying for the finals and,

- The U-25 and U-19 tournaments take place early in April. The U-19s have maintained their entry volume, but the U-25s are slightly lower. And indeed we do need to try to grow this area. This year 26% of the U-19s are from the previously disadvantaged community but we would like to see this at 50% in the future. I appeal to all districts to pay full attention to youth development ... bowls' future depends on it.



**Alan Freeman**  
President, Bowls SA  
March 2013

## Editorial: Juniors are the key to the future of bowls

Bowls SA has a superb lengthy document on its website entitled *Bowls Development Guideline*; no stone is left unturned. Researched and written by top academics, also bowls coaches, it makes interesting and satisfying reading.

Basically it explores the entire process of development from grass roots to international level ... players, administrators, club officials, districts executives, even higher, fall under the spotlight. Development, it declares, is an "entire" process, not just the finding of some youngsters and hoping they evolve after some coaching, into life-long players.

The media, in an irritating head-in-the-sand attitude remains happy to perceive the sport for mature adults; indeed the average age of SA's 29 000 registered players does remain at a worrying 60+.

Nevertheless worldwide, thousands of juniors in Under-19 and Under-25 categories participate in lawn bowls.

Throughout South Africa dedicated coaches and helpers labour, often at their own expense, to take bowls to the young and wannabes ... through such unflinching dedication bowls has a chance to survive this century. BowlsSA is dedicated to that end, its president, Allan Freeman, is vocal in that direction.

Bowls Australia, the world's most liberal, best (government) funded bowls organisation, need look no further than world champion Kelsey Cottrell, a mere 15 when inducted into the Australian national

squad. Moreover, there is a mixture of dedicated junior competitions and mainstream lawn bowls competitions which include juniors in various areas of Australia. To be fair, South Africa is doing great things in a similar direction ... Pierre Breitenbach and Stacey-Lee Botha, both Protea "veterans" are not yet 25.

Money, willing hands, time made available, clothing, venues, scheduling, equipment and patience remain key areas ... there is a list of wonderful people ensuring our development programme, in spite of the economic gloom, continues unhindered ... all power to them and to others in the wings.

It is, therefore, surprising and perplexing to learn that the excellent Western Province (SA's largest and arguably most efficiently run district) executive have, in their wisdom, after lengthy consideration and repeated dissident lobbying from interested parties, has decided to scrap the eagerly awaited annual WP Development Masters.

To debate the virtues of both sides' arguments is irrelevant here; suffice to say it seems a pity?

South Africa's bowls scene needs all the development assistance it can drum up.

By Alan Simmonds, Media Officer, Bowls South Africa

## Thanks Mooinooi – you were awesome

Gauteng North juniors experienced a weekend to remember as guests of Mooinooi near Brits,

with all the club's members turning out to on a Saturday to welcome Bowls Gauteng North executives and their charges, reports Lynne Nightingale, president Bowls Gauteng North.

Let Lynne tell the tale:

"The under 19s, families, manager, coach, friends and my husband Douglas arrived for lunch and then, although designed simply as a practice, the juniors were keen to demonstrate their skills.

After the day's play we all went back to the well known game lodge for an enjoyable evening; fires were burning and soon all enjoyed braaivleis, salad and pap.

The youngsters were taken on a game drive on the farm, later beefed up their skills around a few games of table tennis, before moving to the beat of their favourite songs. After a long day, we needed sleep; some members sleeping in tents, caravans, chalets; others in a big dormitory.

On Sunday morning, a 6.30am start was



**GOOD FOOD: Lunchtime at Mooinooi**

met by a kettle bubbling on the coals, thanks to staff there to see to our needs for coffee and rusks, before we headed off for the morning game.

Arriving at the club, the U-19s took to the greens like ducks to water; soon they were 10-0 up against the home side. But after fighting hard on the green, peels seemed a fair result.

We all sat down to a lovely lunch, known as "build a burger", which satisfied the by then hungry tummies. It was now time to move on home, so with lots of hugs and kisses (and some tears), we took the road back to Pretoria.

As president of bowls, I don't think that I have ever experienced something like this in the form of club members (Mooinooi) going the extra to accept the juniors and to assist them financially and mentally in a growing process that will one day be to their great advantage.

No wonder the members are so keen on our youngsters as they blossomed with huge amounts of discipline and respect on and off the green.

It was an awesome privilege to be with this U-19 team and I wish them well for the rest of their bowls careers."



**TAKE GRASS: An U-19 word from the skip**



**LOOK MUM: Awards for great effort**



**HOT STUFF: Braai time at Mooinooi**

## Strong SA disabled sides named

Princess Schroeder (Jaggers), directed by Graham Ward (Jaggers, WP) and Stephen Coleman (Plumstead, WP) directed by Johan Du Toit (MPL) will represent SA at the World Blind Bowls World championships at Worthing on England's south coast in July; 11 Countries have entered.

South Africa are reigning silver medalists, having narrowly lost their crown to Australia in 2009.

Next year, SA will send a team of 15

bowlers to the Commonwealth Games, including a visually impaired pairs side and a physically disabled trips.

Then, three South African physically disabled bowlers plus the Proteas bowlers compete in an eight-nation tournament at the Commonwealth Games venue in Aberdeen, Scotland in August.

The disabled trio will be announced their after their national championships in Bloemfontein from April 21-17 to which Peninsula Blind Bowlers are

sending seven bowlers and directors; WP three.

In Bloemfontein, 44 blind/visually impaired and 36 physically disabled bowlers have entered the week-long tournament which includes pairs and singles.

\* See Coaches Forum, this newsletter, re disabled coaching notes

## Vermeulen proud to be a Protea

**BowlsSA's enthusiastically received guest speaker at their pre-Warwick Wealth Masters dinner was Radio Today's ace presenter of Sportsfire (see logo under this article) Graeme Joffe. The knowledgeable sports writer then interviewed Port Natal's Protea Gippo Vermeulen radio after the Natalian had retained his champion's crown.**

**Here is that interview:**

**GRAEME JOFFE:** On a lighter note, our first guest on the show tonight, well he is not a light boy either, that I can assure you, but it was the Warwick BSA Masters Tournament at the weekend. We're talking about bowls. I was fortunate enough to be at their opening dinner on the Thursday night, Valentines Day. Thanks for the invite Bowls South Africa. Anyway we're chatting to Gidion Vermuelen ... Gidion good evening, my brother.

**GIDEON VERMUELEN:** How are you Graeme? Thank you for the call.

**GRAEME JOFFE:** Wow you know we joked around about it on Thursday night. Gerry Baker was telling me how I must come on the Sunday because I will be able to sit in the stands with you guys and watch him in the final. It didn't happen.

**GIDEON VERMUELEN:** Yes, well I had my place on the stand, but unfortunately he didn't come so there were two places open.

**GRAEME JOFFE:** Gippo what a great tournament. I mean you're the defending champion, and they always say, it is always harder to repeat.

**GIDEON VERMUELEN:** You know after Friday I was very frustrated. I didn't try as well as I could and not to take away from the guys who beat me on the Friday, but they were better than me. And my head coach Theuns Fraser called me in on Friday night, and he said to me 'Gippo you are not yourself, you look unhappy, why so unhappy?' I said ... look I have been working hard, I just can't get rhythm going and he just said to me ... you put too much pressure on yourself, so just go out Saturday and enjoy it. And that is what I did Graeme, and you know what ... I had a bit of luck on my side. Jason beating Clinton in the last round and Bobby and I had a phenomenal game with the last round to be concluded. And you know what ... I made it to the final and that is all what (sic) counts.

**GRAEME JOFFE:** You beat Sable's Nick Rusling 21-14 in the final, but I guess that is the great thing about the round robin format; at least if you're off for one or two games, there is still a chance to get to that final.



**CHAMPION: Gippo Vermeulen with the Warwick/BowlsSA Masters trophy**  
Picture: GEORGE BESTER

**GIDEON VERMUELEN:** Ya you know, Nick was awesome. I mean he was a bit unlucky in the beginning ... I really played well and when I got like 18-7 up I thought I'd put him under a lot of pressure and then he took some really great shots to get him back into the game where the score was 21-14. And when he was on 14, he'd got a 3 from 11 to go to 14, and I could see that 20 August is in the back of my mind here, but I actually pulled it off and I was grateful.

**GRAEME JOFFE:** The toughest match of the tournament, was that against Bobby then, in the earlier rounds?

**GIDEON VERMUELEN:** I tell you ... that was ... maybe the gamble of my tournament. Against Jason on Saturday morning I beat him 21-18 - it could have gone either way. It was a magnificent game. I really played well on Saturday. To beat Dudley 21-2 he was unlucky, he was a bit under pressure and I really started coming through on my game, and then to play the younger, Shaun van Vuuren, I beat him 21-19. We were both on 19 and I must say it was one of the best games of the weekend, but for me to conclude the day on Saturday, win all three, and to play Bobby the next day, you know mounts the pressure. And Clinton had to beat Jason the next morning; if Clinton had won that game he would have been through to the final, but there are 16 great guys playing in this competition and you have to work on it and I was just lucky.

**GRAEME JOFFE:** Ya and that is what the Masters Bowls does, it brings the cream of South African bowlers together; it looked

like a fantastic tournament, and then I mean to win this back to back, how does it rank up there with your Commonwealth gold?

**GIDEON VERMUELEN:** Look just to be part of this 16-man squad, you know, there are great bowlers from South Africa, I don't give away anything to any player in South Africa. We have such a nice group, the gold squad and then you've got the silver squad, or whatever, but I am just saying ... just to play in this ... it is a huge privilege and to be in the final, I mean that is a huge bonus and I just want to say to all my mates ... there can only be one winner and thank you very much for the support.

**GRAEME JOFFE:** You talk about your mates; I want to know something here. You're a full-time prison warder ... are the guys in prison, are those your mates now, are they listening or have you taught them to play bowls yet?

**GIDEON VERMUELEN:** This is very confidential; we can't talk about the prison life. Life is hard enough out there. I might be out of work tomorrow.

**GRAEME JOFFE:** Okay no more questions on that Gippo. (Laughter).

**GIDEON VERMUELEN:** Thanks.

**GRAEME JOFFE:** And how did you get into bowls?

**GIDEON VERMUELEN:** Well I wasn't too bad a rugby or cricketer player. I was quite quick. I played wing and centre and my best bowling figures ... I think it was 7 for 4 at high school. So you know what, coming from a boertjie school, I am a Dutchman, I don't think my English is too ... in Natal is bad, so they ask me always to speak Afrikaans, so I might turn to Afrikaans now. (Laughter).

**GRAEME JOFFE:** Then I've got problems if you change (laughter).

**GIDEON VERMUELEN:** Ya, well anyway ... I got injured while I was young, I was 20 years old and I injured a knee so I couldn't use my leg for like 2.5 years, and a major asked me to play bowls, and I said no major, you're out of your mind, this is for old people. And you know he kept on for like three weeks and then he actually forced me onto the bowl-

ing green, and then he couldn't get me off for four years.

**GRAEME JOFFE:** Fantastic.

**GIDEON VERMUELEN:** So that is how I started.

**GRAEME JOFFE:** And I mean that dinner last week, I was amazed at how many young people ... I mean the old myth about it being an old man's marbles, I mean that can go right out the window. There were some young girls and guys there as well. It is a sport for everyone.

**GIDEON VERMUELEN:** Ya it is for a long time not an old man marbles (sic) game. I must say there are a lot of guys coming through and if you look at the countries where they play ... they get paid to play. I mean Australia, Scotland, Malaysia, England, they are all 21, 22, 23 ... I mean in South Africa you have to work a bit and then maybe use it as like a ... just to enjoy yourself, and I think we do very well on the circuit, not being paid like a salary to play the sport, and I mean I am very proud to be a prison warder (sic). I know that things are tough. I know I can't say too much about corruption in our government, but I am a very proud prison warder.

**GRAEME JOFFE:** Gee that is fantastic. Gippo and the rest of the year for you, your calendar, what does that look like?

**GIDEON VERMUELEN:** Well I am going to play for South Africa ... I have been selected to play in the

World Cup singles where I will be representing South Africa in Australia again. I don't know ... you know ... I don't know if my head coach Theuns or Jessica Henderson is going with, but if I get my head right ... I might surprise a few guys. I get the backup. I mean my work always gives me special leave to represent the country and you know what ... I am very grateful for that.

**GRAEME JOFFE:** What is your message to Gerry Baker after last week's bit of riddle?

**GIDEON VERMUELEN:** I just want to say to Gerry ... you know Gerry ... Gerry with a few 'R's because he says I can't pronounce the R nicely, so I always have to talk to him like Gerry ... but Gerry, you know what you put me on the block and it is going to be hard to get me off the block. Those seats are still open up there, but I have looked a few times out there, and he was never watching my game and that actually hurt me hey.

**GRAEME JOFFE:** (Laughter).

**GIDEON VERMUELEN:** You know I need a phone call from him where he should phone me and just apologise.

**GRAEME JOFFE:** 100%. And the problem is that he was probably drinking with his good mate Dave Atkinson.

**GIDEON VERMUELEN:** No, he did (laughter).

**GRAEME JOFFE:** And that is my message to Dave Atkinson ... his company, I mean they're making bombs, how about they also sponsor bowls in this country to the tune of a few million?

**GIDEON VERMUELEN:** You know what Graeme, I am just so privileged that you called me tonight. I just want to say that for the (inaudible) we've got such good players in South Africa and it is not just the top 16 in South Africa but there are other great players around, all the markers and whatever, it is an awesome sport. And even Jason to beat Clinton ... I mean I felt for Clinton. If Clinton had won that game he'd be in the final and it just shows you that the sport ... I don't know what to say.

**GRAEME JOFFE:** It certainly surprises. Well Gippo it has been great chatting to you. Congrats on winning back to back titles as well in the Masters. It is great to see that Warwick are putting their weight behind bowls in South Africa again and all the best to you and good luck for the rest of the year.

**GIDEON VERMUELEN:** Graeme thank you very much, and tell Gerry that he mustn't be too hard on me. I need a new set of bowls because these ones are too good.

**GRAEME JOFFE:** (Laughter). Cheers Gippo.

**GIDEON VERMUELEN:** Bye.



## Students shine in class and on the green

Two CPUT students achieved honors at the recently held Warwick Wealth/Bowls South African Masters Singles Championships in Johannesburg. Both Anneke Snyman, studying Dental Technology at the Tygerberg Campus and Ezile Fourie, also a first year, studying Education at Wellington Campus, were part of a group of invited players that participated in this annual and highly prestigious event.

At the trophy and medal ceremony at the close of play, Ezile received bronze and Anneke the title of Gold Medalist 2013.

The women's junior section showcased 12 players that have shown merit, some of them have already been selected for both their districts and even Bowls South Africa's

Silver Squad. Only selected players may participate in the SA Masters. This year the SA Masters was held on February 15-17 at the Wanderers Club.

Fourie, of Bredasdorp, has achieved various accolades over the past four years, representing her district at the under-25s, where the team received gold and being selected for the Boland B Inter Districts during 2012.











Anneke Snyman, also Bredasdorp, had a successful 2012 Bowls season. As skip of the team that received gold at the under-25s, she went on to being selected for the Boland Open Masters and the Boland Open Inter Districts- she won silver in the Boland Open Singles.



**BRIGHT GIRLS:** Anneke Snyman, left and Ezile Fourie

**THE CLINIC DELIVERY**

To complete the last part of this series see page 7.7 of Lawns Bowls Coaching, the level one part of which was published by Bowls South Africa in 2011.

	The Right-Hander	Explanation	The Left Hander
10.		<ul style="list-style-type: none"> <li>• Keep the wrist locked; allow gravity to swing the bowling-arm straight back until it is just past the body – controlled backswing.</li> <li>• As the arm straightens, the elbow is locked straight and remains locked until follow-through is completed (see 13 below).</li> <li>• Keep the rest of the body still, with the eyes still focussed on PoA.</li> </ul>	
11.		<ul style="list-style-type: none"> <li>• As the arm passes behind the anchor-foot knee, take a normal walking-length step towards PoA with the stepping-foot.</li> <li>• The arm continues the backswing until the stepping-foot is planted.</li> <li>• Keep the eyes on PoA.</li> </ul>	
12.		<ul style="list-style-type: none"> <li>• As soon as the stepping-foot is planted, commence the forward swing of the arm, transferring the body-weight from the anchor-foot to the stepping-foot. (<i>Play the line</i>)</li> <li>• Simultaneously, bend the knees, keeping the back reasonably straight and slide the other hand down the thigh to rest <i>lightly</i> on the stepping-foot knee.</li> <li>• Keeping the eyes focussed on PoA, release the bowl just in front of the toes of the stepping-foot on the delivery-line, rolling it off the tips of the fingers.</li> </ul>	
13.		<ul style="list-style-type: none"> <li>• Follow through, palm up, with the bowling-arm along the delivery line, keeping the elbow and wrist straight and locked.</li> <li>• Hold this position, watching the bowl travel along the chosen line, until it is at least 10m away.</li> </ul>	
14.		<ul style="list-style-type: none"> <li>• Stand up onto the stepping-foot, bringing the anchor-foot alongside.</li> <li>• Watch the bowl until it comes to rest.</li> <li>• Turn sideways and walk around the mat to the back.</li> </ul>	

*"What you cannot enforce, do not command."  
Sophocles*

*"Remember, success is not measured by heights attained but by obstacles overcome. We're going to pass through many obstacles in our lives: good days, bad days. But the successful person will overcome those obstacles and constantly move forward."*

*Bruce Jenner, American Olympian*

### Graham Mackenzie's Coaching Corner:

I thought it expedient (seeing that we are featuring the Clinic Delivery on the front page) to give coaches some tips on the coaching delivery process.

- 1 Demonstrate the process of how to deliver correctly, while explaining *why* it is necessary to follow each step in order *to play the line* and *what* to do to achieve a delivery technique that can be used consistently for both forehand and backhand.
- 2 The elbow and wrist must be locked and straight, with operating from the shoulder – otherwise weight control will be destroyed.
- 3 Explain that the player should allow gravity to do the work in the controlled backswing. It is essential that both the backswing and forward swing are controlled to avoid a push action.
- 4 The swing should be straight over the delivery-line and close to the body.
- 5 Check that the head and shoulder remain level and balanced throughout the delivery motion.
- 6 The length of the (walking-size) step should allow the player to maintain the delivery-line, balance and posture of the delivery.
- 7 If the anchor-foot leg is not bent sufficiently, suggest to the player the s/he tucks in the buttocks – this forces the back straighter and the anchor-foot knee to bend, otherwise the player cannot reach the ground at the point of delivery.
- 8 Standing up on the anchor-foot may cause back injury and stepping backwards off the mat is not only dangerous to the players but also poor etiquette as the next player should be waiting 2m behind the mat.
- 9 Make sure that the players follow the *routine* steps outlined on the first page when completing the delivery.

**(These tips are from *Lawn Bowls Coaching, 2011. Page 7-8.*)**

### OFF TO BOWLS!

It was the highlight of Mitzie's day when she could go to bowls with her owner, David Faifers of RDLI Bowling Club in Durban. She had her own seat belt, goggles and helmet. They were once stopped by a traffic officer who checked that Mitzie was wearing her safety belt. While David was either playing or taking photographs, Mitzie would patiently wait for her owner at the side of the green. David has become the unofficial photographer of Port Natal Bowls and the pair was a common sight at bowls clubs in and around Durban. Sadly, Mitzie passed away last year and has recently been replaced by Brandy, a SPCA "special". David feels that she will follow in the footsteps of Mitzie.



### Courses planned for this year:

#### Level 1 Courses

Eastern Gauteng: 20 & 21, 27 & 28 April  
Kwa Zulu Natal: 16 - 19 May  
Border: September (to be confirmed)

#### Level 2

November 2013

#### Train-the-Trainer

Southern Districts: George, 31 May - 2 June; Northern Districts: Newcastle, 28 - 30 June

#### Zone Camps

Cape Town, Durban, Bloemfontein, Pretoria: 28 - 29 June

#### Level 3

2014 - watch this space!

## COACHING PLAYERS WITH DISABILITIES

Althea Page

Lawn bowls is possibly one of the few sports that can be played by the disabled, no matter what the disability, alongside the able-bodied, with no distinctions.

There are many with disabilities, impairments, both mental and physical, or injuries able to enjoy lawn bowls. In many instances they benefit not only from the activities, but from the positive impact on their lifestyle that gives them renewed confidence and social interaction; all, however, require specialised coaching.

“Disabled” includes the blind, deaf, amputees, people in wheelchairs, people with cerebral palsy / Downs Syndrome / and the mentally impaired. There are also health-related issues, such as asthma, diabetes, etc. which must be accommodated while injuries might include all, or some joints, arthritis, strokes, and also permanent / non-permanent injuries from accidents and the loss of limbs.

A basic fact to remember when coaching a person with any form of disability is that although they might be hampered, they are an individual, and must be considered as such. Never assume they ‘need help;’ rather ask if they require assistance before trying anything - they are usually fiercely independent.

Pupils should be introduced to club members, who need to be made aware of their condition (but **not** treat them as handicapped).

Care must be taken at all times to ensure that pupils, especially the blind, are aware of the ditches, banks, strings, etc. to avoid accidents. To avoid damage to the green care must also be taken with wheelchair pupils, with the tyres of the wheelchair deflated slightly to provide a larger tread; possibly using more than one mat to protect the green. They must also have access to all club facilities.



Sit on a chair on the green, and try bowling to get an idea of what a wheelchair player feels like.

The coach must be fully aware of any injuries and any possible side issues. As with any pupil the coach must note any medication required, and ensure records are made and kept of medical/doctors' contact details. There could be the need, possibly, of adapting or changing the grip/stance as an injury heals. Pupils with joint replacements sometimes need to change their stance to ensure no strain is put on new joints. At all times the pupil must feel comfortable. The coach must assess their ability and also ensure they are fully aware of pupils' limitations, if any. Care must be taken to ensure a pupil is not put into any situation outside their ‘comfort zone’ and coaching/exercises worked out to ensure the sessions meet their specific requirements and expectations.

Cerebral palsy/Downs Syndrome/mentally impaired pupils are seldom able to handle more than one instruction at a time - which must be repeated frequently and mastered before continuing to the next step. A good idea is to write down each lesson/instruction and give it to the pupil so they can revise it in their own time.

Over the years many aids have been developed which can assist and aid the disabled to better enjoy the game, such as lifting aids, the bowling arm, etc. – See also Forum 29.

Before taking on the coaching of pupils with disabilities do make sure you have the time available, as in some cases a lot more time, commitment and dedication is required than coaching those who have no disabilities.

*(Althea is a candidate level 3 coach and this article is based on her report and presentation given at the level 3 course in January 2013. As so little is known about coaching the disabled the editor thought it would be of interest to readers that this article be included.)*

**Seen at the Level 1 Courses in KZN during 2012**



**Kingfisher**



**Port Natal**



**Natal Inland**



**Level 3 Course held at Edenvale January, 2013. (This proved to be a successful and enjoyable course. The candidates are busy with their post-course projects.)**

<b>NSCC Member</b>	<b>District Liaison Responsibility</b>	<b>Cell phone</b>	<b>Email</b>
Brian Sayce (Convenor)	BGN, EGB, JBA, Mpumalanga, Limpopo, Sables, Sedibeng	082 570 5884	<a href="mailto:sayso@sherwood.za.net">sayso@sherwood.za.net</a>
Jill Atkinson	All KZN districts	079 030 7418	<a href="mailto:jillatkinson@bergmail.co.za">jillatkinson@bergmail.co.za</a>
Heather Boucher	SFS, N Cape	083 310 0797	<a href="mailto:hbouch@gmail.com">hbouch@gmail.com</a>
CH Dixie (Dix)	EP, WP	082 220 3707	<a href="mailto:dixie@nmmu.ac.za">dixie@nmmu.ac.za</a>
Graham Mackenzie	NFS, North West	082 948 9262	<a href="mailto:gailmacwhite@gmail.com">gailmacwhite@gmail.com</a>
Merle v d Berg	Border, Boland, S Cape		Vacant
Kallie Haupt	Bowls SA Executive	082 927 3625	<a href="mailto:haupt4@telkomsa.net">haupt4@telkomsa.net</a>

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## Four-year-old is lawn bowls' next big thing

A four-year-old has been upstaging some of Australia's best lawn bowlers in Bendigo.

While his father, Todd, and half-brother, Dylan Fisher, have been playing for Victoria against South Australia, it's Jett Simmons who has been one of the talking points of the Interstate Test Series.

The youngster has wowed onlookers at the Bendigo Bowls Club by rolling full-size bowls with amazing accuracy.

But Jett isn't too sure what all the fuss is about – after all, it's something he's been

doing for years.

"He was born basically down at the bowls green; he's been playing bowls since he was two," Jett's mother Holly said.

"We've never ever coached him – it's a hand-eye thing, you can tell. He just loves it, he loves the sport."

There's plenty of pedigree in Jett's family to explain his natural talent.

His father Todd skips for Victoria and has represented Australia. Jett's ability at such a young age suggests he could one day be following in his dad's footsteps, although

Mrs Simmons wants her youngest son to play other sports, too.

"Bowls for a young person is brilliant to learn the etiquette, learn the wide variety of age groups and to respect your elders," she said.

"But in the early days I'm going to steer him to group sports like cricket and footy."

The family's involvement in bowls extends beyond the greens, too.

Full story at [www.bendigoadvertiser.com.au](http://www.bendigoadvertiser.com.au)

## Bowls SA Roundup

### TDI goes to town

The Talent Identification Programme [TID] was introduced to open doors for bowlers around the country and to ensure the selection process for national honours was transparent. Seven exercises were introduced with the top performers advancing to national levels via area, zone and gold squad camps.

But because of a non-availability of funds the process of area and zone camps were temporarily postponed.

However, new research worldwide suggests that TID is not the magic bullet but that talent development and the rate of improvement over an 18-month cycle, is the best predictor of talent.

Bowls South Africa is continuously looking for new talent in pursuit of its objective of being a world beater and the Executive, therefore, approved the following TD system:

- Players wishing to participate in this programme must commit themselves to a 18-month cycle and have represented their district in one of the following inter-district sides: Open, Senior, B, Under-25;
- only exercise No 1 [20x20 draw] and No 3 [draw to two jacks] of the recent TID programme will form part of this project and assessment results to be submitted every six weeks and,
- for this project to be professionally administered a data capturing programme has been developed and districts are requested to appoint a co-ordinator to assist with effective implementation.

The functions of this co-ordinator who must be computer literate are:

- To ensure players adhere to the schedule;
- results are true and correct and,



**STYLE: SA four skip Bobby Donnelly show superb form on the way to a hard fought silver medal in the World Bowls final against Australia**  
Picture: BOWLS AUSTRALIA

- directly enter assessment results into the system.

To ensure the data capturing system is up and running districts should nominate their co-ordinator immediately. The following details are to be submitted to Mike Cann at [mikecann@bowlssa.co.za](mailto:mikecann@bowlssa.co.za) with the following details: Name and BSA number of co-ordinator, capacity and e-mail address. Details about the programme will be made available inquiries can be directed to Kallie Haupt.

### Workshop and AGM

Districts are advised that the workshop and AGM are at Bowls SA HQ in Dunkeld West (formally Rosebank BC) on Saturday August 24 at midday and Sunday, each at 10.30am respectively.

### Invitation to coaching train-the-trainer (t-t-t) course

NSCC invites coaches involved in training Level 1 coaches and who have not yet attended the T-t-T course, to attend one of two T-t-T courses on offer. According to a 2012 survey a number of districts registered interest (see below); however, NSCC requires confirmation at this time. Districts which did not submit names in 2012 may also take this opportunity to submit registration forms. All registration forms should be sent to Brian Sayce (NSCC Convenor); e-mail: [sayso@sherwood.za.net](mailto:sayso@sherwood.za.net) or fax: 086 572 2884.

NSCC request facilitators at a District's Level 1 course should have attended the T-t-T course to ensure that similar content and training standard are maintained nationally. Future trainers are not necessarily currently on DSCC, but may be capable and willing to contribute to the training courses in the district and may also be willing to serve. The minimum requirement for attending a T-t-T course is qualified Level 1 coach, with experience. NSCC require any trainers attending the T-t-T course to commit to being part of the facilitation team at the next two Level 1 courses in their districts.

The course will start at 2pm on Friday and end by 1pm on Sunday. The dates and venues::

- Southern Districts in George: May 31-2 June and,
- Northern District in Newcastle: June 28 -30 June.

Registration cost per trainer is R300. NSCC will provide accommodation, meals and the travelling costs of one car per district (at R1.50/km) to the closest course. Each trainer will receive a complete set of Level 1 course material and either a copy of Lawn Bowls Coaching or updates to their current version.

### **Nominations for election to the executive**

In terms of Clause 5 of the Constitution, districts are invited to nominate persons for the executive committee.

The relevant clauses of the constitution are:

#### 5.1 Composition:

5.1.1 The Executive shall consist of six persons.

#### 5.2 Nomination for election:

5.2.1 Each year the executive and every district shall have the opportunity of nominating one person to each of the following positions, with no more than two (2) persons from one district serving on the Bowls South Africa executive.

5.2.1.1 President.

5.2.1.2 Vice-president.

5.2.1.3 Executive member.

5.2.2 The same person may be nominated for each position but shall not be elected to more than one position.

5.2.2.1 The person(s) nominated for the position of president must have served at least two (2) years on the current executive. Where no candidate (s) are available, Council can prevail upon the incumbent to remain for a further period of not more than (1) year at a time.

5.2.2.2 The person (s) nominated for the position of vice-president must have served at least one (1) year on the current executive. Where no candidate(s) are available council can prevail upon the incumbent to remain for a further period of not more than one (1) year at a time.

5.2.2.3 The term of office for a president to be no longer than three (3) consecutive years. Where no candidate(s) are available, council can prevail upon the incumbent to remain for a further period of not more than one (1) year at a time.

5.2.3 Nominations for election to the executive shall be made on the official Bowls SA form which must be accompanied by the nominee's CV. Nominations must be in within 90 days before the AGM.

5.2.4 A list of nominations for each position, together with a copy of each nominee's CV, shall be sent to each district 45 before the AGM (10 July).

5.2.5 The names of the nominee's shall be on the agenda for

the AGM concerned.

### **Notices of motion and resolutions**

In terms of clause 13.1 of the constitution "Any motions to be moved at a meeting of council shall be submitted in the full exact form at which it is intended it shall be adopted and shall be in the hands of Bowls SA not later than 90 days before the date of the meeting.

### **General**

1. It should be noted that the current executive are prepared to stand for a further term. The only exception is Isabel Smith who is not seeking re-election.

2. Districts are requested to let Bowls SA have any items they wish placed on the Workshop agenda for discussion on or before May 24.

### **Green woes**

BowlsSA find it necessary to address the circumstances of an incident which occurred during a match between two district teams. The incident involved Law 37.1.7.1 and Law 37.1.9 which deals with the skip maintaining the score card and the score board and recording the shots scored during a game. Bowls South Africa is not tasked with the responsibility of drawing up the rules of the sport. This task is the business of World Bowls who are also the custodians of the Laws of The Sport of Bowls, Crystal Mark Second Edition. BSA has applied to World Bowls for a ruling in respect of the laws mentioned and our appeal was unfortunately unsuccessful. We are, therefore, required to apply the laws strictly in accordance with those published; teams taking part in competitive events are requested to observe and respect them as published and circulated.

• Districts are requested to bring the contents of this circular to the attention of their respective district teams. Tournament convenors at BowlsSA events are requested to deal with this matter at their managers' meetings.

### **Skort is okay**

Bowls South Africa has approved the skort as acceptable apparel for female bowlers. This approval is subject to it being a branded garment; homemade and tennis skorts remain unacceptable.

### **Their tabs are always in**

Janice Schmidt, a former president of Mpumalanga Bowls Association has died; condolences to family and friends and to those of Tessa Crawford, an executive of the former SAWBA has passed on.. She was correspondent with The Natal Witness, a task she assumed from her husband in the early Eighties.

**Articles, information and pictures (jpegs of 250psi or better) for this newsletter may be sent to [john@bowlssa.co.za](mailto:john@bowlssa.co.za) or to me at [simmondsa@cybersmart.co.za](mailto:simmondsa@cybersmart.co.za)**

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