

# CLUB GUIDE TO JUNIORS

"THE WILL TO WIN IS IMPORTANT, BUT THE WILL TO PREPARE IS VITAL."  
-JOE PATERNO



### ***WHERE TO START***

The first step is to form a junior working group. This group will act as mentors for recruits and new junior members, and organise & run promotion / recruitment junior days and events.

### ***MEMBERS OF A WORKING GROUP NEED TO BE***

Enthusiastic, hard working, capable, energetic men and women who can “get things done,” good management types with a “can do” attitude, and of course must enjoy working with children.

### ***IT IS HELPFUL TO ADD THE FOLLOWING TO YOUR WORKING GROUP***

- Club coach
- Director
- Past juniors
- School teacher
- Member with experience in junior sport

### ***THIS WORKING GROUP IS RESPONSIBLE FOR***

- Developing a junior membership recruitment program
- Implementation of this program
- Promotion
- Organising/ Planning
- Event appraisal
- Evaluations
- Coaching of juniors
- Education
- Creating opportunities
- Budgets

Without the best people, you are unlikely to be successful.

## ***JUNIOR SQUAD GUIDELINES***

The aim of establishing a junior squad is to ***provide opportunities*** for junior bowlers (both male and female) to:

- Improve their bowling ability
- Interact with other junior bowlers
- Experience higher levels of competition within their club, district, zone, state or country
- Receive coaching
- Receive instruction to assist them in their “off green life”

## ***SQUAD ACTIVITIES***

The nominated junior coaches should ***organise activities*** for the squad on a regular basis.

### ***Activities may include***

- Organised training sessions with coaching aids,
- Skill testing drills
- Matches against other sides (e.g. club Vs club)
- Tournaments
- Information seminars
- Simulated match environments
- Practice matches

Purposeful practice should be applied during training. Getting a squad together to have a roll up is not considered to be a productive activity. The development team at Bowls NSW provide a purposeful practice seminar, showing bowlers how to approach a training session. To find out more information contact the development team on 1300 286 392.

## ***TIPS FOR LEARNING***

Juniors optimise learning by repetition of a skill combined with a fun activity. Use the **Bowls Activity Guide** when training with juniors.

People learn in different ways, and the old way of sitting someone down and talking them through it will only work for some people.

**VAR**K is a good thing to remember, as it represents the four ways people learn. **V**isual, **A**uditory, **R**eadng, and **K**inaesthetic (the doing of something). Be sure to have these things in mind when coaching juniors.

Reference Introductory Coach Manual for more information on coaching techniques.

## ***SCHOOL BOWLS***

Clubs are strongly encouraged to develop a close relationship with the schools in their local area, as this is the best means of attracting junior bowlers to the club.

They may also be the fresh image that your club has been looking for.

Brett Duprez, Karen Murphy and Kevin Walsh, have graduated from School Sports Programs conducted by bowling clubs in conjunction with local secondary schools. It has been proven that schools are well equipped and prepared to co-operate fully with bowling clubs by maintaining discipline and conformity with the requirements for using the greens, thus allowing the bowling club instructors to impart their knowledge. The bowling instructors concentrate on teaching the students how to play bowls, whilst the school teachers see that the student's behaviour meets both school requirements and those of the bowling club.

"The 45 minute session" is an excellent resource when teaching schools for the first time.

Make sure you keep a **FUN** element in all of your sessions, as kids generally respond better with a structured skill and then a fun activity to back it up. Keep in mind if the kids enjoy what they are doing they will continue to come back time and time again. It is vital that you co-opt the teachers into your program, make them feel part of the program. Students and teachers are a large niche market that can benefit each club.

***Juniors are the future of our sport so we must put in the effort to make them feel welcome and wanted.***



**TEMPLATE LETTER TO SEND**

**TO YOUR LOCAL SCHOOLS**

Principal

Sports Coordinator

##/ ##/ #####

Dear

Did you know that the sport of bowls has changed, lawn bowls really is a sport for all ages. Bowls can be played from a very young age, it has changed in regards to playing attire, equipment, etiquette, competition and playing opportunities. Coloured uniforms and coloured bowls are now a regular site at clubs, casual or barefoot bowls has also become very popular. Clubs are more junior friendly and are very keen to have school groups come and play bowls.

I am writing to introduce our bowling club to the school and also to introduce the school to the great game of bowls. Bowls is a non-contact sport that is also low cost, very inclusive and great for building social skills and networks. It is really is an ideal sport choice for both girls and boys.

Our club has accredited club coaches that would be happy to assist with the sessions. We are located at XXXX, within walking distance or short bus ride (Map supplied).

The ideal way to be introduced to the sport would be for your staff to come along to an informal bowls session at our club. This session would also be a great opportunity to meet our coaches and discuss the way that Lawn Bowls could be introduced to your school as a sport choice.

I will call you later in the week to discuss the offer further.

Kind Regards

## **SCHOOL BOWLS – TIPS FOR MAKING IT SUCCESSFUL**

The success of Bowls as a school sport is strongly influenced by:

- The **teacher's enthusiasm**, organisational skills, rapport with the students and their experience
- The **sports program** – how the students select or are allocated to the sport, travel and cost of the sport
- Bowling Clubs – allocation of members or coach to help out. The **attitude of the bowling club towards the student** (i.e. encouraging, accepting or critical, causing an inconvenience or irritation)

### **SUGGESTIONS:**

- Make bowls **fun, challenging, competitive and rewarding**
- Bowling Clubs should liaise with teachers/ sports organiser to set down some **simple guidelines for behaviour** on the green and around the club. E.g. Running, jumping, wearing incorrect footwear, sitting on banks, dropping bowls may cause long term damage to the clubs most valuable resource.
- Reinforce that Coaches/ volunteers are there to help learn and enjoy the game of bowls. Please make their efforts enjoyable and rewarding by listening and cooperating and treating them with respect.
- Have a **structured session plan**
- Have the **teachers input** on the students attitudes
- Provide an **After Schools Program** – this will encourage interested students

### **THE 45 MINUTE SESSION**

Put the students into pairs teams and play short three end games. Then play winners Vs winners and losers Vs losers etc.

#### **Weekly session:**

Each week a different round robin system perhaps singles one week pairs the next with progressive scores ending up with a Term winner.

### **WORKING WITH JUNIORS**

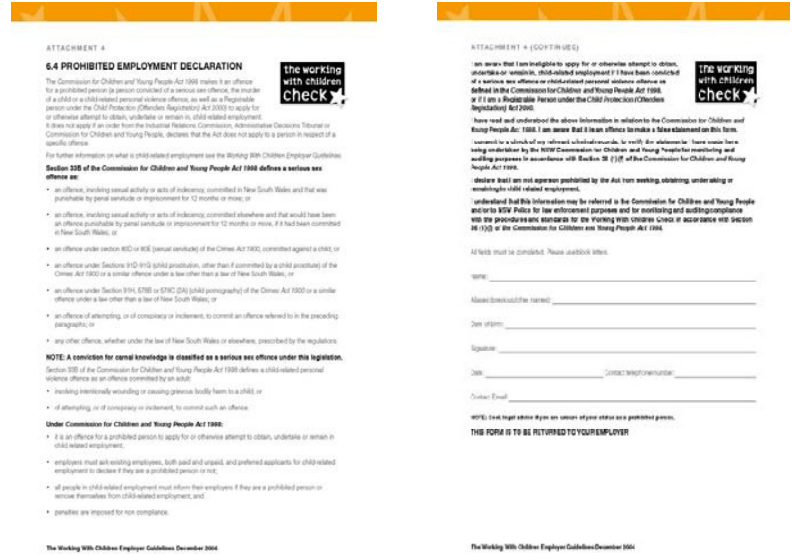
Those involved in junior sport have a **legal and moral obligation** to protect the children under their care. All persons involved in the activities of the squads should complete a **"Prohibited Employment Declaration Form"**, the form should be collected and kept on file for at least two years after the junior finishes with the club.

It is a good idea that the club secretary views this form and writes the licence number of the person on the form. This is a way of checking you have the right person signing the form. For the purpose of the relevant acts voluntary work is regarded as employment, and **volunteers are required to complete this form.**

There are additional requirements if the person completing the form is to be paid as an employee for their work with children.  
 If you are a paid employee of the club and are working directly with juniors you will need to complete a more thorough process. We can put you in touch with the right authorities.  
 If you are employing someone to work with children you should ensure that you comply with the relevant legislation.

**PROHIBITED EMPLOYMENT DECLARATION FORM:**

Go to [www.kids.nsw.gov.au](http://www.kids.nsw.gov.au) and Download these forms



**VARIOUS CLUBS IDEAS**

**School Sport Afternoons**

- One hour each week.
- Thursday Sport Day – 22+ students attend.
- These students choose bowls as their school sport option.
- Basic coaching and then games.
- Triples – after each end they change position (approx 10-12 ends).
- Pairs – 2-4-2 (approx 12 ends).
- Ensure you place similar abilities together.

**COMPETITIONS / EVENTS**

**Club Competitions**

- *Men's Championships – Juniors stay playing together when possible.*
- *Women's Championships – Juniors stay playing together.*
- *Junior Championships – Singles and Pairs.*
- *Mixed Competitions – Junior girl and boy together.*
- *Reference junior program for tournaments and other events.*

### ***ZONE JUNIOR PENNANT***

- Whatever night suits from 5:30 – 8:00pm + finger food afterwards.
- 6 week competition – Round Robin with Points allocated to each rink win and overall win.
- 3 Rinks of Triples with an Overall Master board.
- Fun team names and colours.
- Juniors submit their names to a zone secretary.
- An elected head coach selects the teams to play together.
- The teams are a mixture from juniors from various clubs.
- At the end of the season medals are awarded – Gold, Silver and Bronze.

### **IDEA**

- Head Coach approaches the local schools.
- Interested students come to the club to take part in a talent identification process for the Combined High Schools Championships 9 (CHS).
- Contact Bowls NSW, if you have more than 20 kids. We may be able to assist in some way.
- Ask students if they know how a bowl works. Show them, and then tell them that they have to get as close as they can to the jack.
- Set up the green with mats and jacks and have students roll up and down.
- Keep in mind students with good movements and delivery.
- Ask all students back.
- The extremely good students are offered a scholarship for the CHS training and NSW state Championships.
- In the weekly sessions, reference the fun activity guide.

### ***THINGS TO REMEMBER***

- Maintain strict guidelines / etiquette.
- Find a separate area in the club for the students to sit.
- Find out about Bowls NSW small bowls loan program.
- Each week offer Club Giveaways – pizza, chips, drinks, bowls cloths etc.
- Follow up with email, text or facebook message.
- Approach a local school.
- The last week of term, then the following term.
- This process is where you establish coordinated, interested and talented kids.
- Make a short list of names you would like to see at the next trial day.
- Monitor an coordinate movement skills, along with attitude, commitment and talent.
- Now your club junior program is ready to commence.



### ***AFTER SCHOOL BOWLS PROGRAM***

Depending on the time of the year and your clubs facilities, this program may best suit a weekday afternoon (4 – 5pm) or a weekend morning (9:30 – 10:30am)

This program should have ***one person in charge***, that plans each weeks activities.

#### ***Activities may include:***

- Organised training sessions
- Matches against other sides (e.g. club Vs club)
- Tournaments
- Information seminar
- Instruction sessions
- Practice matches
- Training aids

***Each week there should be a specific goal in mind.***

### ***COACHING PROGRAM FOR BEGINNERS***

- How to hold and bowl, refer to your Introductory/Club coach manual for diagrams and instructions.
- Too much talk/ instruction too early is boring for students.
- Rewards for success, simple competitions and activities not necessarily related to an actual game of bowls.
- Elimination Game - In groups of 8-10 per rink, one bowl each, the furthest bowl away is eliminated.

### ***COACHING PROGRAM FOR INTERMEDIATE***

- Learning the game, playing singles, pairs, triples
- Short games – 4 ends
- Skills Competitions

### ***COACHING PROGRAM FOR ADVANCED***

- Play short concise games – sets play
- Structured coaching
- Skills competitions
- Snake Drills

### ***ZONE JUNIOR BOWLS SQUAD***

The ***elite players*** from each clubs Junior Program have the opportunity to join the zone squad. Players that perform well at this level may be offered sponsorship/ scholarship opportunities. An appropriate advanced junior coach will be required.

This squad may get together once per month.

## **PARENTS IN SPORT AND RECREATION**

*Information obtained from the department of sport a recreation.*

Parents are pivotal in their children's physical development. Participation in sport and physical activity is fundamental to the health and development of our children and youth.

It provides the foundation for a healthy lifestyle and is associated with a range of benefits throughout life including social interaction, increased attentiveness, confidence, health and overall wellbeing. At the same time, we know that being inactive is a cause of many health problems such as obesity and diabetes which have increased in recent years.



Without parental encouragement and a willingness to become involved in recreational activities at various levels, children will not receive adequate exposure to activities that can enhance their lives, both in the short and long term.

Just as research has shown children whose parents take an active interest in their education (e.g. encouraging reading) have a better chance of academic achievement, children whose parents encourage physical activity will be more inclined to lead healthy, active lives.

US studies have shown parents have the most influence on whether or not their children will participate in inclusive recreation and leisure. Parents are usually the "strongest allies" to recreation professionals and play a key role in promoting inclusive recreation and leisure.

There are many areas which parents can become involved with to help encourage their children. This page offers some suggestions on how this can be achieved



Play by the Rules provides information and online learning about how to prevent and deal with discrimination, harassment and child abuse for the sport and recreation industry.

***Find out who will be coaching your child.*** Has the club run background checks on the coaches? Sadly, in these times the person you least expect could be a predator. Trust, but verify. Is the coach an encourager or a screamer? Does the coach focus primarily on winning or on participation and teamwork? Does he or she let everyone participate? Does he or she allow team members to play different positions, or are children pigeonholed into one position?

***Learn the rules of the game.*** Youth rules are not always the same as professional rules. More knowledge equates to less frustration and less yelling at officials, players, and coaches.

**Remember that winning is only one of the goals of competition.** Keep it in perspective. Winning is important; everyone likes to win. Yet playing to one's ability, giving strong effort, exhibiting good sportsmanship, improving skills, playing within the rules, and learning to lose with grace are just as valuable as winning. The lessons your child can learn when he or she doesn't win may be more valuable than winning that particular game.

**Respect the other participants.** This includes coaches, officials, and other team members. Cheer for members of the other team when they play a good bowl, or applaud good bowls. Praise other athletes in front of their parents.

**Hang onto your temper.** Model restraint for your young athlete. Yes, get excited, but channel that excitement into encouragement and applause. Staying home is an option to consider if you lose control and occasionally berate officials or disrespect other spectators.

**Refrain from yelling from the sidelines or stands.** Players are too busy to process and integrate all the advice that is yelled from the sidelines, anyway. Often they don't even hear you. Check it out. Go out on the green and have some parent yell at you. See how easy it is to follow his or her instructions. That experience will cure you of yelling advice from the sidelines.

**Get involved.** Volunteer. The coach is giving up much time and energy to coach your child. Help out by organising after-game treats and carpools and helping out with fund raisers. Lend a hand at practice if you feel qualified and the coach approves.

**Praise your child for his or her efforts.** Stay away from evaluative praise like "Good job," "Excellent play," and "Tremendous shot." Instead, give important feedback using descriptive or appreciative praise. Descriptive praise describes what was accomplished. "That shot you played on the 5<sup>th</sup> end set you up for the rest of the game." Appreciative praise tells the effect the child's behaviour had on the team. "That back bowl you put in on the 10<sup>th</sup> end let your skip play that shot for 6. Descriptive and appreciative praise will leave room for your child to make the evaluation.

**Resist the urge to critique your child.** Improvement is more likely in an atmosphere of positive encouragement. Often with positive intentions, parents inform children of their errors and how they can improve. This feedback is often unnecessary, as children are usually aware of their errors. They don't need parents making a verbal list of mistakes to be corrected. They need you to be there and to allow them to play and have fun.

**Compliment the officials.** Most officials are volunteers or older children working for minimal compensation. They are learning too. Even if you think an official made a bad call during the game, you can comment on his or her hard work. Say something positive to the officials, and let your child overhear you.

**Cheer for other children.** Focusing solely on your child sends the message that you don't care about the team or the event. It tells others that you are only there for your child. Compliment players as they are substituted in and out of the game. Applaud their accomplishments.

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