**Jack Unmack - Tot's Vs. Tits - (Thinking Outside The Square)**

**Most of us, who take up coaching, do so because we have a passion to make a difference. This may be by way of promoting the sport to the non-converted, or enabling someone who can no longer play a sport they have played since childhood, stay active and achieve dreams through a new sport such as lawn bowls. Some coaches make it their goal to introduce the sport to younger members of the community through schools and juniors. Lawn bowls coaches have unique opportunities. They can work with athletes of different ages, abilities and with different goals. This is why being a lawn bowls coach is so enjoyable. Because of this uniqueness, we as coaches cannot take on a 'one size fits all' mentality. No matter whom it may please. Coaching is not about staying stagnant. It is about constantly changing and moving forward. Looking at ways to improve player performance thus improving our performance as Coaches. Coaches need to be investigators, experimenters and analysts, Coaches need to collect and distribute information. Coaches need to use reflection to assess not only the bowler but themselves. Coaching does not only involve constants, there are also many variables. Developing an understanding of the constants and being prepared to experiment with the variables does not mean you are being disloyal to the coaching process. An open mind is the Coaches best friend. Coaching trends change, technology changes, bowls change, yet for some strange reason coaches are encouraged to be followers, with very few leaders. Lawn bowls Coaches become comfortable. Football Coaches are promoted as offering something different to their club that will, take them to a final. Yet in lawn bowls conformity is valued above innovation when it comes to coaching. Whilst I know many 'tits' (Coaches 'teaching inside the square'), I am very happy being a TOTS and keeping my brain active by always looking for ways to improve my performance and that of the bowlers I train. That's what being a lawn bowls coach is all about.**

**Proud to be a TOTS.  Jack Unmack (latest update Jan 2015.)**