

## Winning Ways

Winning is all about wanting to win. Being competitive is more than being emotional/being hot under the collar. Anyone can do that, no skill required.

It is also about management of your preparation that includes your time : time well spent – your training and management of attitude. Champions forge further in their desire to excel.

We in bowls do very little about working on mental and tactical skill development.

Everyone practises some technical skill but we need to go further in skill development so as to be able to learn how to come back after a defeat to ensure we are tough in a competitive crisis having the strength to "get back on the bike after the fall" because the loss, or form slump, will happen.

The champions are those who put in endless hours of prepared practise/training to ensure that they do naturally and sweetly while not under pressure, so they can produce the same level under the intense pressure of state, national and international competition.

All champions (teams) require :

- Preparation
- Long hours of training
- High quality leadership
- Teamwork
- Good decision making under pressure

In summary a great champion (team) :

- Expects to win because they know their preparation has been so thorough that their approach to the competition is superior to the opposition; and, they know their record and knowledge of the opposition because they keep statistical data to help that know how.
- Has respect for one another as team mates who can be relied on in the heat of battle to support one another.
- Earns respect by the deeds in training and competition, and certainly in our sport, not by the words uttered at the club bar; if you are at the club bar you are not out training and therefore not a member of a great team.
- Is hard working and as such members train diligently so as to be full of excellent skills which is especially necessary in a side of 16 bowlers.
- Focused to set goals. Again this is where our best bowlers have a lot to learn; setting and writing goals is foreign to them and the idea of reviews and evaluation of both training and competition is too hard. Why? Probably because they cannot describe their thoughts in writing and because there is no personal coach to guide them; our bowls coaches have limited their own development by not pushing the boundaries.
- Trust and honest communication among the team members and for that matter the coach; never has it been said the individuals have to like one another; they have a common goal (philosophy) and they accept personal responsibility to make the team goal their outcome; that generally means win the championship.

---

## Winning Ways - Continued

---

Below are some helpful points to consider if you want to become a winner on the bowling green.

- Are enthusiastic about everything
- Are always positive
- Succeed in everything they do
- Never give mental recognition to failure
- Live with positive expectancy
- Live by the law of attraction
- Have an attitude of self-confidence
- Are ordinary people doing ordinary things extraordinary well
- Believe fervently in themselves
- Never give up (tenacious, hard working and persistent)
- Are responsible for their actions
- Are committed
- Are focussed
- Have an inspirational dissatisfaction with the present
- Are courageous
- Search out balance in their lives
- Adopt a "do it now" policy to avoid procrastination
- Welcome challenges, obstacles and failure – they see them as part of life's learning curves (see them as stepping stone, not stumbling blocks)

### Participant's Notes