

KAMO BOWLING CLUB Inc.



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**A handbook to
improving your bowls**

During the Game etiquette

- Hand the Jack to the opposing lead when he/she has placed the mat and have their first bowl ready to hand to them. This friendly gesture sets the tone for the game.
- When ready to bowl, check with the next rink to see if another player is ready to bowl, so that you don't bowl at the same time.
- All players should have their next bowl in their hand by the time the opposing player has delivered their bowl. Scrambling around searching for your bowl is not acceptable, especially in a time game.
- Make sure that the path of the bowl is clear to - avoid hitting another bowl.
- Do not encroach on an adjoining rink when delivering your bowl.
- Do not talk when another player is about to deliver a bowl.
- Do not criticise bowls - Either from your team or the other.



During the Game etiquette

- Remember that your opponent has possession of the rink as soon as your bowl comes to rest. Do not linger on the head and thereby obstruct the skips first bowl.
- Take an interest in the game. Follow how the head is building up so you do not have to ask other team members.
- Congratulate an opponent on a well-played bowl and don't grizzle if they have a lucky shot.
- Do not walk around talking to bowlers participating in other games. Allow them to concentrate on their own game.
- Do not pass or walk in front of the player who was last to play - They have the right to see how their bowl progresses.
- No bowls should be touched or moved until the end is declared and then help return the bowls to behind the mat.
- Help clear the head after the result has been determined.

During the Game etiquette

- Warn players on adjoining rinks if a drive is about to be played and be ready to try and stop and bowls going into other rinks and disturbing their heads.
- Show a good spirit - Win well and lose well.
- Leads and twos should remain behind the head or the mat when not in possession of the rink and should not crowd the head or offer advice when bowls in contention are being measured - This is the job of the Three (Or middle person).
- It is a courtesy for the “Three” or middle player of the team who has won the previous end to place his skip’s bowl on the mat before joining the other players at the change over.
- Walk quickly when changing ends and walk within the confines of the rink you are playing on.

**And above all,
enjoy and lets play bowls!**



Helpful Hints

1. Team compatibility is a solid foundation for success. Without it, the task is more difficult.
2. Body language is a mirror of your thoughts. A bowler who displays his thoughts is often easily beaten.
3. Complacency is the art of losing. Enthusiasm is the art of winning.
4. Constructive analysis after a match is fuel and enthusiasm for the next. Destructive analysis is a recipe for continued disaster.
5. Confidence is knowing:
 - What to do
 - How to do it
 - When to do it
6. The road is long and hard. How you approach it will determine your success.

It is not necessarily the good bowls that win matches. It is the loose ones that lose matches. The most important bowl on the green is the one in your hand.

Fluids and Food

Fluids Make sure you drink plenty of water and fluids regularly. Make a habit of drinking some water every 2nd end.
Don't wait until you are thirsty as it will be too late. Dehydration destroys concentration.

Foods If it is an early lunch (11am), it pays to eat only half and have the other half after the next game. Eat regular snacks between ends.

Sports Drink Recipe

- 4 litres of water
- 4 oz of glucose
- 1 teaspoon of sodium bicarb
- 1/2 teaspoon of salt
- Flavour as required



Practice

It is important you have a structured practice regime. See the practice sheet on the following pages. Motivation will get you started but only **good habits** will keep you going.

“Roll Ups” are **not** good practice - All you are doing is practising **bad habits**.

Suggested practice routines are:

- Jack delivery - Short, medium, or long
- Draw to displaced jack to come alive - Forehand or backhand
- Draw around/under bowls
- One metre through shots
- Draw to ditch
- Run/Forcing shots
- Drives

You get what you expect
SO
EXPECT A LOT

