



October 2020

Dolphin Tales

THE TERRIGAL BOWLING CLUB NEWSLETTER

..... where opinions are always biased !

POSITIVE - ALWAYS !

*This is the first edition of **Dolphin Tales** since the Club AGM when members were told that despite the difficult trading conditions caused by the COVID emergency during 2020, the club was, never-the-less, in a very strong financial position. The good news continued with an insight into the excellent trading results for the first quarter of this financial year. The auditors praised our Board of Directors for their fiscal management and stewardship through these difficult times. For those members who missed the explanations at the AGM the full details are contained in the Annual Report on the club website www.clubterrigan.com.au and the Quarterly Trading Results to be posted on the Notice Board.*

Positive thoughts and good wishes were extended to our Chairman, Frank Anderson, who was in hospital recovering from cardiac surgery.

*Your Bowls Committees have also been incredibly positive in their attempts to play as many championships as possible in a very condensed 2020 calendar. See the **Winners are Grinners** section on page 4.*

Earlier this month the State, District/Zone organizations released their 2021 calendars and due to the COVID emergency a number of 2020 events have been moved into the 2021 calendar to be played in the normal 2021 schedule. Pennants is back to its usual dates with men's Zone Championships listed on the Sundays of the same weekend Pennants is being played. This has created some difficulties for planning 2021 at club level – remaining positive is bordering ambitious !

Your committees will be in a position to post our 2021 Calendars on the Notice Board during November but expect a caveat that it will be subject to change and innovative scheduling. Oh, and don't forget to stay positive and pray for kind weather.

New Members

Since the last edition of *Dolphin Tales*, we have welcomed the following new members to Terrigal.

Trish Popp, Noeleen Smith, John Malseed, Gus Moltzen, James Heddo, Peter King and the Stephens brothers Zachary and Lachlan.

When you get the chance, please welcome all eight to the greens and the club.

A special thankyou to Anna James who introduced Trish Popp, who then introduced Noeleen Smith to our club. Naturally, Anna and Trish were rewarded for introducing new members to the club. It must be the easiest way to earn 4 complimentary green fees vouchers!

If you know of anyone thinking of taking up bowls bring them along to the introductory and coaching sessions which are held each Friday at 11.00 am. (and as arranged)

If you have a friend at another local club – why not invite them to join you here for a game (or more permanently).



SIMPLES ! If you introduce them you get the rewards.



An Irishman pushes his car into a service station and he tells the mechanic it died.

After he works on it for a few minutes, it is idling smoothly.

Paddy says, “What’s the story?”

He replies, “Just crap in the carburettor.”

“And how often would I be doing that?”



Social Bowls

The return to social bowls since the last edition has been very encouraging. The ladies are back to pre-covid attendances and the men’s numbers on Thursdays are at a three-year high, with other days increasing month on month. Mind you, four jackpots in excess of \$500 and a couple of smaller wins has no doubt helped – but we only get big prizes when we have bowlers to contribute to the jackpot. At the time of writing the Thursday Triples Jackpot is only just shy of \$900.

Jackpots and meat raffles are always popular after the game when we enjoy a social drink, and we all know we pour the best beer on the coast and serve the friendliest glass of wine. By the way, if you’re a dedicated driver and you’ve been sitting at the table with a water or coffee, why not try an alcohol-free beer now available at the bar.

Non-alcoholic beer that actually tastes like beer.



Visitors are always welcome at Terrigal and it is pleasing to see our regular visitors enjoying the social bowls with us. At least I would like to

think it is us – but just maybe it might be our \$5 green fees which, by the way, will be with us until at least the end of the year.

We have been referring to Wednesday and Sunday afternoon bowls as ‘mixed bowls’ and have been reminded that it is in fact ‘open bowls’. Entries are welcome from ladies, men, ladies with men or single entries. So, if you’re looking to play in mixed company without having to play ‘mixed bowls’ or looking to win a game against the opposite sex - why not give it a go.

If you are by yourself, just put your name down as a single entry and we will arrange a game.

Recently, we have been asked if we can do something different for open/mixed bowls. If you have any ideas please speak with one of your committee members or put your idea on paper and leave it in one of the championship entries boxes – you can even do it anonymously.

2020 Presentation Events **COVID CANCELLATIONS**

Bowls Central Coast Zone Presentation Night

- which was to be held at Halekulani has been cancelled. Winners who would normally have been recognised at the presentation night will have their presentations from the Zone arranged to be made at their clubs by a representative from the Zone Executive Committee.

Zone 5 RSL Bowls Presentation Day which was to be held here at Terrigal in December has been cancelled.

Terrigal Bowling Club Combined Ladies’ and Men’s Presentation Night has also been cancelled. This was a reluctant but necessary decision and an alternative for presenting 2020 winners and achievers will be advised after the respective committees have met in November.



Zac Stephens displaying some style at Zone Training

One of our more elderly bowlers was on the Freeway when he received a phone call from his wife, “ Listen dear, I just heard on the radio that there’s a car going the wrong way on the Freeway. Please drive carefully.”

“Hell woman, there’s hundreds of them”



Young Bowlers



Terrigal HS bowlers September 2020

We had very good attendance for the five-week training program for the students from Terrigal High School. There was some considerable talent displayed from amongst this group and we hope we can compete with other sports to see them back at the club training and playing with our Junior Bowlers.

Our Junior Bowlers meet each Saturday morning and Monday evenings for coaching and a game. Each month they join up with the Central Coast Zone Junior Bowlers Academy where they get the opportunity to meet and train with other junior (under 18) bowlers from around the Central Coast. Central Coast Bowls runs championships for Junior Bowlers and selects teams of juniors to compete against other Zones.

We are always looking for new juniors to join our group. Are there any children, grandchildren or nephews and nieces out there looking for a new sport to play? Call Freddy Dowse on 0418 251 238 if you know of any interested young people.

Winners Are Grinners

Congratulations to our Zone Pairs Champions



Well done to Tony Shoebridge (Sk) and Billy Constantine – winners 2020 Zone Senior Pairs



Well done to Corey Pope and Steve Balsdon (Sk) – winners Zone 2020 President Reserve Pairs. (Special mention to Warren Parkes and Scott Webster who were beaten by Corey and Steve in the semi-finals – by 1 shot)

Club Championships

Men's Minor Singles

Winner

Terry Hughes

Runner Up

Peter Hughes



Women's Minor Pairs

Winners Liz Suttie and Glennie McCaffrey (pictured)

Runners Up Lyn Day and Val Anderson



Men's Triples

Winners

Tony Shoebridge (Sk)

Chayne Edwards

Peter McCarten



Men's Triples

Runners Up

Jeff Watson (Sk)

Gary Murphy

Tony Swaine



How often do we hear bowlers joking with one another about bowls being an easy game because we only have to get two things right? Well, getting 'grass' and the 'weight' right at the same time is not always easy and more importantly they forget to mention that you have to be consistently right to be a good bowler. It is this ability to be *consistent*, bowl after bowl in a game, and from one game to another, that sets bowlers apart.

Coaches teach new bowlers to establish a 'cockpit' routine to get them to instinctively deliver the bowl. To a sportsperson you would refer to this as the pre-shot routine – allowing the mind to be less cluttered and able to focus and concentrate on the shot. Take a look at Rafa Nadal or Tiger Woods as examples of pre-shot routines.

Once we can instinctively and consistently deliver the bowl, we must be able to consistently select a grass (aiming) line and consistently deliver the bowl along that line. Remember, the grass line comes before the weight because until you know the grass line you do not know the distance of travel for the bowl. If you can consistently deliver a bowl over a predetermined reference point along your aiming (grass) line you can also consistently correct that aiming (grass) line. No one likes putting a poor bowl down but bowls is a game of correction and poor bowls are tolerable so long as the next bowl is better. Make sure your aiming reference point is far enough away so your head can stay up throughout the delivery process and understand that a small error near the mat end is magnified at the head end. Your eyes should be fixed on your reference point until you see the bowl travel over that point, the arm with palm up comes up in line with your aiming line and only then will you come up as a natural consequence of your body weight moving forward. It is important to

fix the eyes on the aiming line because the arm will naturally follow the eyes.

If you have addressed your grip, stance and alignment in your 'cockpit' routine but are still finding it difficult to consistently deliver the bowl over your reference point on your aiming line, you might need to look at your balance and release of the bowl. Like most sports involving hand and eye co-ordination it is important for the head to remain still throughout the delivery and release.

Poor balance can be caused by the non-bowling arm waving around and shifting your body weight – try placing it palm down on the knee or thigh area. Find a natural step length – avoid stepping too short or too long. Avoid lunging and quick movements.

For most bowlers, the bowl should be released about six inches in front of the lead foot. A late release causes the bowl to be launched and bounce on contact with the ground. If you are continually banging the bowl into the ground too early check you are getting your body weight over your front knee onto the balls of your feet. A smooth release onto the running surface is an essential component to consistent bowling.

As part of your delivery routine always check that your fingers are pointing along the line of delivery to ensure the bowl is released on its running surface to reduce the risk of delivering the bowl with a wobble.

Of course, warm up exercises and a young body helps to make the body sufficiently flexible to consistently deliver bowls along the grass line. Now, just to recap, we spoke of getting two things right. MMmm, let's talk about the other one another day.

If you are looking for copies of drills or just need some ideas, ask at the bowls office, or speak to one of our coaches.



RSL Bowls



There is an RSL and friends day at Bateau Bay on 9th November. The list has closed but late entries can be directed to Rick Astill or Brian Williams.

The State RSL Triples Finals are to be played at Terrigal on 4 and 5 November. Spectators would be welcome and details of the clubs competing in the semi-finals and finals will be posted on the RSL section of the Notice Board.

The RSL Zone 2020 Presentation Day is another covid casualty. See Page 3.

Combined 2020 Mother's and Father's Day

This was our first combined social day since the return from the covid break. We had a good turnout for the game and also for the meal that followed. Everyone was talking about how good the day was and congratulating one another on their success on the grass. Prizes galore, smiles all around and we even introduced the new CEO James to our bowlers.

We obviously weren't quite back to normal because we haven't got any pictures to remember the day.

Barefoot Bowls

Barefoot bowls are back but at the moment we are only taking bookings on Friday, Saturday and Sunday. Bookings are strong and as usual we will be modifying our times of play on Saturdays and Sundays for the peak Barefoot Bowls season whilst we are reduced to two greens.

Saturday men's pm bowls will move to Saturday morning and championships may also be played in the mornings. You will get ample notice and there should be minimal disruption to our bowls program.

2020 Terrigal Cup

It's next Monday and the good news is you can still get a team together. Men's in-house graded competition with teams of three pennant gradings adding up to at least 11 points.

Heaps of prizes and a raffle. Enter your team on the list and pay on the day.

THE 2020 **FLOORING XTRA**

TERRIGAL CUP

MONDAY 2ND NOVEMBER
GRADED TWO BOWL TRIPLES

OPEN TO ALL BOWLERS WHOSE DECLARED CLUB IS TERRIGAL BOWLING CLUB AND EACH TEAM MUST ADD UP TO AT LEAST 11 POINTS BASED ON 2019 PENNANT GRADES

LIMITED TO FIRST 28 TEAMS

ENTRY FEE \$30 PER TEAM (Pay on Day)

PRIZE MONEY PER TEAM

1ST \$300
2ND \$225
3RD \$150
4TH \$75
5TH \$45

BEST CARD IN ROUND 3 (NOT IN PRIZE MONEY) \$30

LUCKY TEAM CARD NOT IN OTHER PRIZE MONEY \$50

CONDITIONS OF PLAY

THREE GAMES 11 ENDS 2 BOWL TRIPLES STARTING AT 11.00 AM
1 END ROLL UP EACH GAME NO DEAD ENDS - RESPOT TO 'T'
WINNERS DECIDED ON WINS THEN MARGINS THEN ENDS
(1 x W outranki 2 x D)

And for the ladies

Friday Morning Series

Ladies, don't forget to check the notice board or you might miss the opportunity to enter the Friday morning series. There are weekly prizes and an overall prize. Full details on the board or contact Lillian Pombart.

So many people these days are too judgemental.
I can tell just by looking at them.



WIN A NEW CLUB BOWLS TOWEL

All you have to do is guess the position of the jack – which has been removed from the picture. To enter, take a copy of this page, mark the picture with a X where you believe the jack should be, include your name and membership number and then put it in the box at the notice board. Entries close Saturday 5th December 2020

Name
Membership Number
Date



Conditions of entry: Open only to members of Club Terrigal and limited to one entry for each occasion the member plays social bowls or club championships. The decision of the judges is final and the winner's name will be included in the next newsletter.



WANT TO BOWL FREE FOR A MONTH ?



SIMPLES – ALL YOU HAVE TO DO IS INTRODUCE A NEW OR TRANSFERRING BOWLER TO THE CLUB.

..... AND THAT'S NOT ALL. THE NEW MEMBER ALSO GETS FOUR GREEN FEES VOUCHERS AND A CLUB SHIRT !

..... BUT WAIT, THERE'S MORE. THERE'S ALSO A FREE DRINK FOR BOTH OF YOU.

C'MON, HOW HARD IS THAT ?

Team App



This is how the men stay in touch – updates, news, latest scores, finals results, photo gallery and links to useful websites. If you have trouble getting onto Team App give Warren a call on **0447 581 981**



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The next *Dolphin Tales* newsletter will be the December issue.

Please, if you want to see something in your newsletter – just send your words and /or pictures to

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Freddy Douse

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