

COBOURG LAWN BOWLING CLUB

COACHING PROGRAM for NEW BOWLERS

July 25, 2022



COBOURG LAWN BOWLING CLUB

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	Lesson 1	
1.	GRIP (claw or palm)	
2.	BIAS (explain symbols)	Learn to identify bias and which direction bowl will turn
3.	MAT PLACEMENT	

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4.	STANCE - Basic position on mat	One foot must be at least partially on or over the mat
5.	DELIVERY TECHNIQUE – BOWL	Explain point of aim; mechanics of movement; pendulum swing and distance control
6.	LINE OF AIM	Explain point of aim given by skip

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7.	DELIVERY TECHNIQUE - JACK	Stance on mat and distance control
8.	JACK SETTING	Explain hand signals for centering

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9.	ORDER OF PLAY, ETIQUETTE and WHERE TO STAND	Explain lead, second positions and order of play and where to stand on rink once bowls have been played
10.	SCORING	Explain how score is determined
11.	STRATEGY – THE BASICS	Explain the basic strategy for Lead bowls

GRIP (claw or palm)

- Preferred grip is the claw; adapt to palm grip if claw is not feasible
- Bowl should rest comfortably in your hand with control
- Place your 3 middle fingers together under the bowl, the little finger at the side and the thumb other side, close to the top
- Position the bowl so it rests forward on your fingertips, allowing a smooth release
- Use the edge grooves for more control



The BIAS

The bowl will 'curl' or 'turn' towards the bias side

The bias side is indicated by the small symbol

The bias is always on the inside – forehand or backhand – the jack will always on the bias side

Always *check your bias* when you are in position on the mat, before you throw



MAT PLACEMENT

- The Lead (scoring team) is responsible to place the delivery mat and the beginning of the end
- The mat is placed minimum of 2 meters from ditch and centered, overlapping ground sheet by 2 to 3 inches



STANCE

STANCE – Basic foot position on the mat

At least one foot must be on or over the mat when the bowl is delivered.

Start with 2 feet on the mat

Point your toes towards the point of aim



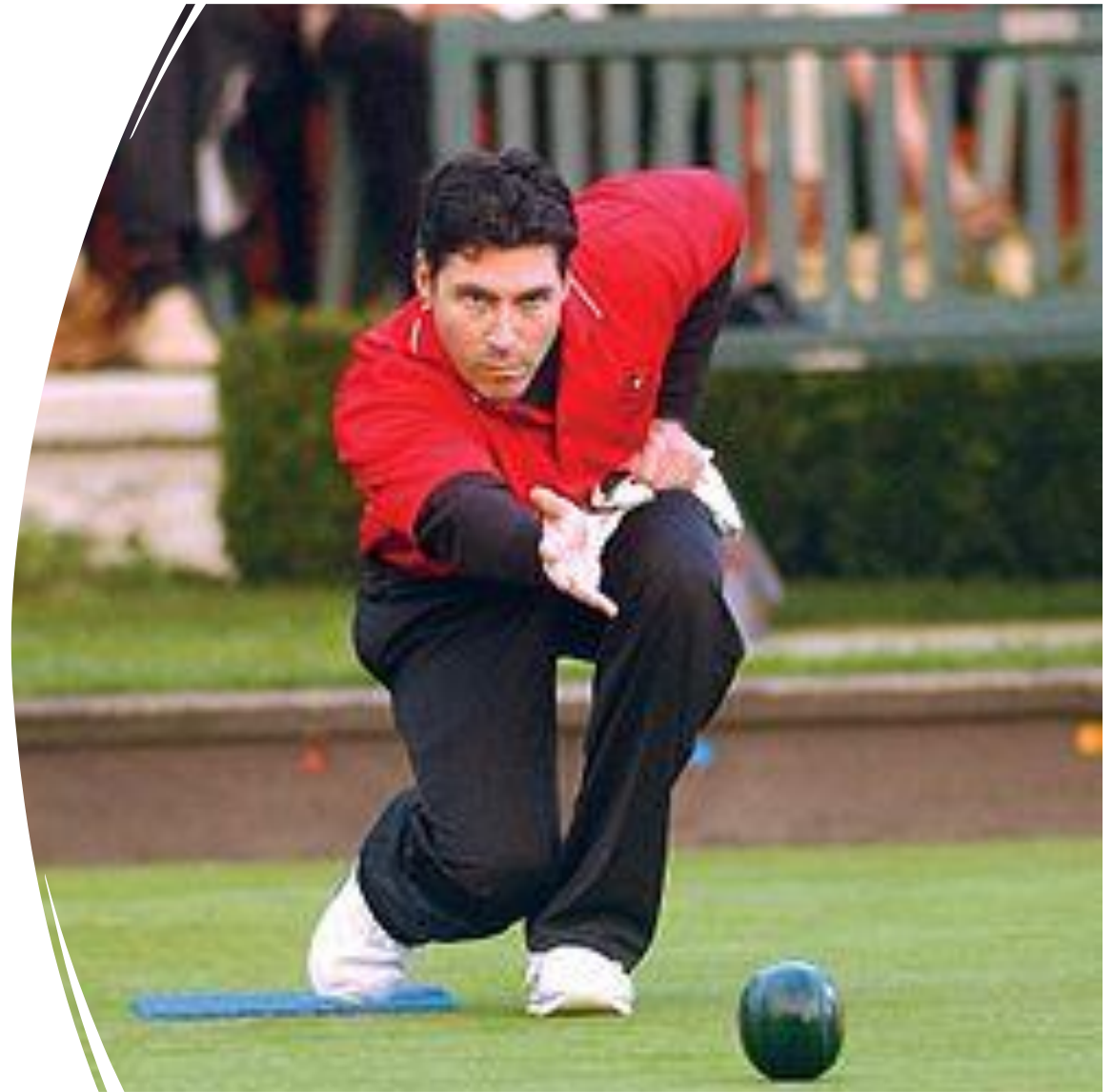
DELIVERY

- Delivery - right handed
- Hold the bowl with the correct grip and bias
- Stand with two feet on the mat
- Point your toes towards your line of aim
- Bend your knees - place your left hand on your knee for balance
- Check to see that your bias is correct
- Move the bowl back to line up with your right ankle and step forward with your left foot while swinging the bowl forward and release rolling the bowl forward as low to the ground as possible
- Try not to bounce the bowl
- Try to land the bowl on the protective ground sheet



LINE OF AIM

- Your skip will give you the shot they want played and a target at which to aim
- Point your feet towards this target
- Keep your shoulders squared towards the target
- Step towards the target
- Keep your wrist straight and lined up towards the target and follow through



JACK SETTING

- To set the Jack – place your right foot in the middle of the mat pointing straight down the rink (left foot if you are left handed)
- Bend your knees and roll the jack as straight as possible down the rink to the distance indicated by the skip in the same manner you would deliver a bowl



How to set the jack -

After the Jack is rolled it needs to be centered in the middle of the rink

Stand in the middle of the delivery mat and line the jack up with the rink number at the far end

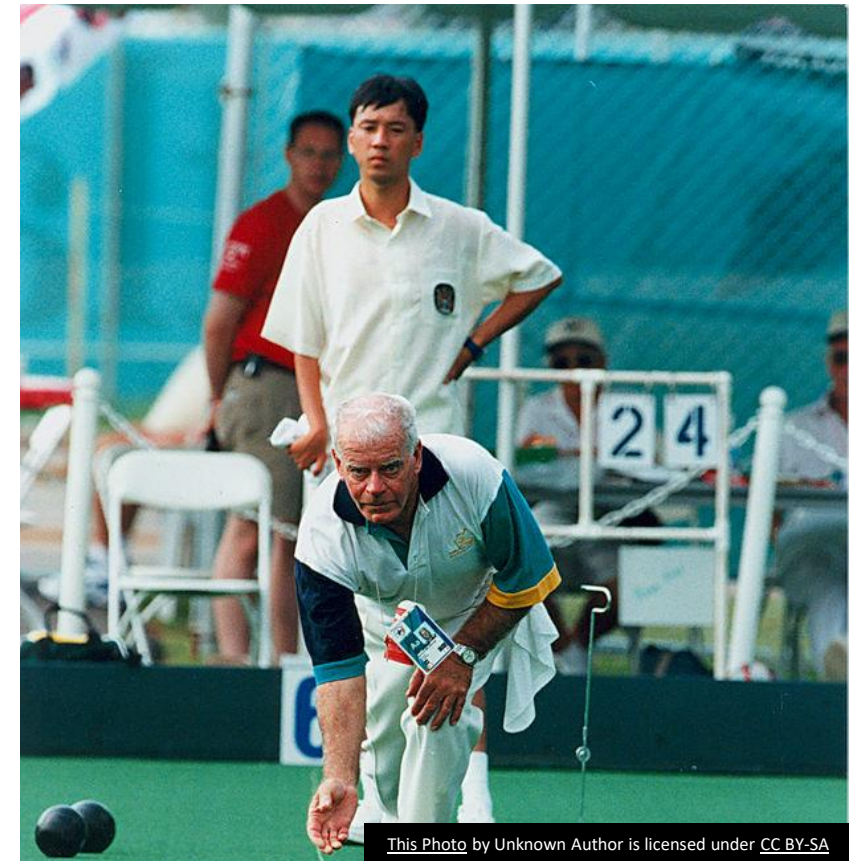
Give the Skip horizontal hand signals to move the jack one way or the other

Place your hands to the side you want the jack moved towards and give the Skip the approximate distance to move the jack

Make a vertical signal down the middle to indicate the jack is set

ORDER OF PLAY, ETIQUETTE and WHERE TO STAND

- Toss a coin for choice of mat placement or last bowl in the first end
- Lead – throws the jack and sets it, then throws first alternating with the opposing lead until all bowls are thrown.
- After delivery, move behind the next thrower at a distance so as to not interfere nor distract with their delivery.



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Order of Play

Vice (second) throws next

Vices and leads walk to the other end and the Skip throws their bowls alternating with the opposing skip

Vices determine the score and signal to the skip.

Order of Play

- Once the score is decided the vices from each team will communicate the score to their skip (any discrepancy is resolved immediately)
- The Lead of the non-scoring team will then rake the bowls back to the delivery position on the right side of the rink.



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Order of play

The Lead of the scoring team will set the delivery mat, and get the jack from their vice and prepare to throw the jack once the bowls are cleared away

The Lead of the scoring team then throws their first bowl of the next end

10. SCORING

- Team with the bowl(s) closest to the jack score a point. Only 1 team scores. Scoring team throws the jack and throws first in the next end.
- Vices will decide the score for each end and pick up the jack
- This may involve a measurement if the bowls appear equidistant to the jack
- Note: if a bowl enters the ditch it is removed from play unless it has hit the jack when delivered





STRATEGY – THE BASICS!

- New bowlers are usually slotted into the LEAD position
- The goal of the Lead bowls is to place them as close to the jack as possible –
 - Directly behind the jack is best
 - Directly and close in front of the jack is good
 - Beside the jack and close on either side is good
 - A few yards behind the jack is also good
 - *Short bowls are the least desirable!*



Strategy ---

- WHY!
 - Directly behind the jack is best
 - This makes it very difficult for the opposing team to draw closer as the jack will move towards your bowl
 - Directly in front and close to the jack is good
 - Again this makes it difficult for the opposing team to draw – if they hit your bowl it will move towards the jack
 - Beside the jack on either side slightly in front is good
 - This gives your team the opportunity to push your bowl closer or use your bowl to wick off and roll towards the jack

Strategy ---

- A few yards behind the jack it is also good
 - First, in very rare instances is the jack ever moved forward, so having bowls a few yards behind the jack could result in points if the jack is hit moved towards your 'back bowl'
 - Second, if the jack is hit into the ditch a back bowl may come into play
 - Third, if the jack is hit out of play, it is placed on the 2 metre spot and having back bowls will be useful
- *Short bowls are the least desirable!*
 - Short bowls by the lead should be avoided as they can be in the way for a draw shot or a take out later in the end. There are times when 'block' shots are called but rarely would a Lead need to throw this type of guard early in the end

Additional information about the CLBC

- The Cobourg Lawn Bowling Club is an incorporated not-for-profit club, affiliated with the Ontario Lawn Bowls Association (OLBA) as our Provincial Sports Organization (PSO)
- The OLBA is a member of Bowls Canada (BCB), our National Sports Organization (NSO)
- As a recognized sports organization, lawn bowls receives funding through the Ontario Amateur Sports Fund (OASF – which promotes *Participation, Development and Excellence in sport from the Playground to the Podium*)
- To be eligible for the funding, certain criteria must be met by the OLBA and in turn, their member clubs
- The OLBA organizes the Ontario Championships with the winners moving on to the Canadian Championships. (If interested, see Bill or Nan for more information.)

CLBC – how we operate



- The CLBC has been in existence since 1907
- The Club has a Constitution and a set of By-laws
- We hold an Annual General Meeting in the Fall and another in the Spring
- The Club is run by an Executive Committee and a number of Conveners. The EC is elected and the conveners elected and /or appointed.
- The Club has liability and accident insurance through the OLBA
- The Club has property insurance through a local company to cover our assets
- The Club owns the clubhouse and the Town owns the land

Executive Committee



Past President

President

Carol Dewey

Treasurer

Bob Bates

Recording Secretary

Nan Hendren

Corresponding Secretary

Sharyl Ann Milligan

Director

Mary Salter

Director

Sarah Van
Steijn

Director

Bill Arthur

Vice

President

Peter Stuart-
Sheppard

Director

Terry Dyche

Directors and Conveners

Mary

Sarah

Bill

Peter

Terry

<u>Jitneys</u> Al Gourd	<u>House</u> Donna Longman Fran Marsh	<u>Greens Committee</u> <u>Chair</u> Mike Hendren	<u>Coaching Program</u> <u>And New Bowlers</u> Nan Hendren Bill Arthur Sharyl Ann Milligan	<u>Property</u> Mike Hendren
<u>Membership</u> Helen Beaton	<u>Kitchen/House Supplies</u> Sharyl Ann Milligan	<u>Open Tournaments</u> Bob Bates	<u>Ratings</u> Bill Arthur Donna Longman Helen Beaton Fran Marsh	<u>Garden</u> Dale McMillan
<u>Youth</u> vacant	<u>Kitchen</u> Sarah Van Steijn	<u>In-club Tournaments</u> Christine and David Thickson Donna Ball	<u>Publicity and</u> <u>Communication</u> Bill Arthur Gerry Childs Mike Place	<u>Lockers</u> Mary Thibault
<u>Telephone</u> Eve Gorringe	<u>BBQ Committee</u> Harry Knapper Dale McMillan Dianne Lauder	<u>Monday League</u> Carol Dewey & Sarah Van Steijn	<u>Yearbook</u> Steve Haslam Nan Hendren	
<u>Short Mat Contact</u> Donna Longman	<u>First Aid</u> vacant	<u>Sponsorship</u> vacant	<u>Bowls Rental</u> <u>Share the Wealth</u> Ralph Hewitt	<u>Long Range Planning</u> <u>Chair</u> Ken Bevan Mike Place-Grants
<u>Belonging in Bowls - Safety Officer</u> Nan Hendren	<u>Sunshine</u> Cash Eddy			

Volunteer opportunities!

- The Club is run completely by volunteers including the greens maintenance and grass cutting, club house cleaning, kitchen and gardens
- We are always looking for members to join the EC or take on the role of a Convener to organize the various club activities such as BBQs, jitneys and tournaments
- We also need members to cut not only the green, but the grass surrounding the green, dig the weeds out of the green and the ditches and perform minor repairs around the clubhouse
- There are many opportunities for you to volunteer to help out
- Let us know if you are willing to help out in any of these areas

Volunteer opportunities!

<u>Jitneys</u> Al Gourd	<u>House</u> Donna Longman Fran Marsh	<u>Greens Committee</u> <u>Chair</u> Mike Hendren	<u>Coaching Program</u> <u>And New Bowlers</u> Nan Hendren Bill Arthur Sharyl Ann Milligan	<u>Property</u> Mike Hendren
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Access to the clubhouse

- There is a combination key holder on the front door with a key to the door
- All other keys for the bowls cupboard, the equipment shed and washrooms can be found in the clubhouse
- Until you become familiar with the routines we ask that you only visit during regularly scheduled jitneys and tournaments
- Lockers are available for rent at \$10
- If you want to practice you can arrive early for the jitney or practice on an unused rink while a jitney is being played (groundsheets should always be used when practising)
- It is important to make sure all equipment is locked up in the storage shed and that the clubhouse is locked before you leave

When you arrive for a jitney

- **Arrive at least 15 minutes before the start time.**
- Take your name tag off the board and register for the jitney by handing in your tag to the office.
- Get your bowls from the cupboard and then help get the equipment out of the shed and onto the green. Ground sheets should always be used.
- Once the board is posted, indicating who you are playing with and on which rink, proceed to your rink and get ready to bowl.
- Jitneys are approximately **2 hrs to 2 1/2 hours length**. If you cannot play all ends/games, you need to let the office know when you register.
- Help put all the equipment away at the end of your game.
- **Note** - arrive earlier if you need to get a parking pass. **Return** your parking pass to the office at the end of the jitney.

Before leaving the club

- Rakes, mats, jacks, hog-line markers and groundsheets must all be stored away in the equipment shed when play is completed
- The storage shed must be locked with key
- The bowls must be stored away in the clubhouse and the cupboards locked after use
- All windows must be closed and locked
- All washrooms must be locked
- All lights turned off
- All side doors bolted and front door locked

In-club and Open Tournaments

- The Club hosts a number of In-club tournaments for members only and Open Tournaments for OLBA members from other clubs in the surrounding area
- Sign-up sheets are posted for In-club tournaments
- Bob Bates take entries for Open Tournaments
- Tournaments are a 'bring your own' lunch and the Club provides hot and cold drinks
- The Club also holds social events throughout the year – up next the Anniversary Tournament and BBQ
- Check out the Calendar of events on the home page of the website for dates and times!
- www.cobourglawnbowlingclub.ca

Frequently asked questions????

- Jack thrown short of hog-line / Jack thrown in the ditch - Rethrown by the other lead
- 2ND Jack thrown short of hog-line / Jack thrown in the ditch - Set at the 2 metre mark
- Jack hit and knocked out of play beyond rink markers – re-spotted at 2 metre mark
- Toucher – marked and stays in play if it rolls into the ditch / knocked into the ditch
- Bowl out of play – must be viewed from throwing end along the rink marker line – if any part of the bowl is touching the line it is in!
- Short bowl - less than 14 metres – otherwise stays in play
- Renegade bowls (due to wrong bias, wick, contact with a bowl on another rink etc)
- Walk to the other end down the middle of the rink
- Possession of the Head – belongs to the throwing team and then trade places
- Crossed arm signal, horizontal hand motion, distance indicator, wide/narrow signal

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- Any other QUESTIONS???
- Good Bowling to All!

