

# ARMADALE BOWLS CLUB @ SOUTH CAULFIELD

CLUB

SEASON

NEWS

2018/19



ISSUE NO. 21 WEEK ENDING FRIDAY 8th.FEBRUARY,2019

THIS WEEK'S SPONSOR



Functions - Catering - Venue Hire  
3/221 Glenhuntly Road, Elsternwick, 3185.  
Open Daily, 6.30 AM - 4 PM  
Phone 9523 9989  
Email: [info@mothersinstinct.co](mailto:info@mothersinstinct.co)

WEBSITE: [www.mothersinstinct.co/](http://www.mothersinstinct.co/)

For more information on this Sponsor, click on the above website. For any other Sponsor, go to Club website home page & click on Sponsor's name, or go to Team App/Sponsors.

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## ALMONER'S REPORT.(Cedric Gould)

Michael Schneider is in Holmesglen Private Hospital 490 South Rd Moorabbin. He has a hairline fracture of the tibia. He would appreciate a phone call on his mobile , or a visit.

If you know of a member who is unwell or in hospital please contact me on 950 98930.

## CHARITY NIGHT/BBQ/TWIGHLIGHT BOWLS HUGE SUCCESS

On a beautifully cool and clear night over 130 people attended Armadale's Charity Night.

This year the format was changed to include Try-Bowlers and the numbers were outstanding, with many members inviting family and friends. Thanks to our coaches Rob, Terry, Bernard, Leon and Wolfe for your help to get over 30 new bowlers thoroughly enthusiastic. We encourage all our members to use the opportunity to bring friends down at any time and bring back those who attended on the night

The main purpose of the evening was to raise money for Hatzolah and with everyone's wonderful generosity we raised \$2845 on the night, which is a fantastic achievement. Thank you to Elaine for making up the three Raffle baskets.

As usual the BBQ was delicious and thanks go to Neville and Colin and of course to Marcelle, Beryl, Sandy, Lindsay, Judy and Estelle for the wonderful catering and Di and Abe in the Bar.

The registrations were excellently managed by Nancy and Janet and Sue assisted on the Raffle Table. Danny as always was an excellent MC

The night was relaxed and fun thanks to everyone's contribution. We are an amazing Club and many members commented on how proud they were to invite people to our Club

Finally, sincere thanks to Sharonna who took overall responsibility for the smooth running of the night, along with Social and Bowls Committees

**WELL DONE EVERYONE**

Rose -Marie Todes and Robyne Schwarz

On behalf of the Board.

## BOWLS COACHING TIPS.

### The Back End

The BACK END should be asking themselves: Do we have cover at the back?; Do we have a great 2<sup>nd</sup> shot?; Are we playing a conversion shot or playing to position? Or both? Are we at risk of losing numbers? What is the overall score and ends to go? Etc...

The BACK END are the Third and Skip in a Four's rink. These players also form a sub team partnership that provides the team with stability and direction. If the FRONT END is the engine of the team then BACK END are the navigator and driver. The Third and Skip are also the problem solvers. They need great communication and skill to turn a poor situation into a winning one. They also need to be able to think clearly and quickly while under a lot of pressure.

A really effective BACK END is hard to score against and hard to beat.

The Third needs great weight control and discipline to play into the head for a result but not do too much damage or lose their bowl. This ideally should not have to be communicated to the Third by the Skip during the game.

They are "Head aware" and play accordingly.

Conversely a Third who offers too much comment or advice to the Skip just adds confusion and doubt into the team.

A Third and Skip need to be able to play ALL the shots, particularly have a strong reliable draw shot game. Accurate drives are a bonus and should be practiced so they are ready to be used with once attempt.

The Skip needs all the skills to play any shot to play confidently without a self focus.. They need to have the experience of each position before they skip, so they can really understand and call the shots. A Skip has to take control of the team in a real leadership role, at the same time acknowledging the team's effort..

### **Aggressive Play or Conservative Play?**

The BACK END needs a Game Plan that they work together on, all the game. There is nothing worse than a Third and Skip clearly in conflict with the directions given or decision making process. Few players can get the results they want with overly aggressive play. Usually they are easy beats and beat themselves up for you. Of course some days they hit everything and are unbeatable. That doesn't happen too often so they learn the hard way. The BACK END need to play mostly conservatively to show respect and support for their FRONT END. However, as soon as a good opportunity arises be aggressive and play positively

# Third and Skip's combo basics

- Work together to create a winning BACK END
- Support the others in the team
- Be able to play all the shots
- Be able to draw to save.
- Play with care when holding or into danger.
- Make a lot of audible positive talk to each other.
- Give clear directions
- Use good body language
- Don't be lazy, walk to the head to discuss and confirm

## Important points for a **THIRD** are;

- High skill required
- Give the skipper full support
- Play the shot asked
- NO short bowls
- Plays very good line and weight
- Plays positive into head when down
- Plays carefully when holding
- Understands shot required
- Gives changes in the head to skip after bowls played
- Suggests shots to play
- Ability to hit easy targets
- Thirds will inspect the head as often as required
- Verbally agrees with the skip about the shot decision.
- Accurate measuring and reading the head.

## SKIPPER SCHOOL

The skipper is a key player who directs their team's play. The skipper must be a team player but in control. The best skippers lead by example, let their bowls do the talking and can remain calm under pressure.

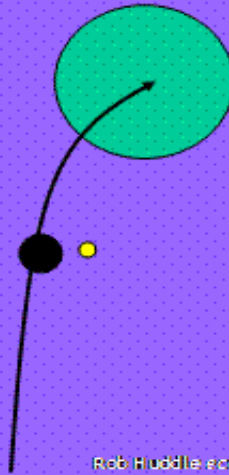
1. Be confident and skilled to be able to draw to save.
2. Assess the green carefully to determine how each hand plays.
3. Encourage your team members and other players in your side. Be vocal with praise & quiet with advice.
4. The Skip leads the team and implements the Game Plan
5. Give clear instructions to your players; explain the shot required and the ideal weight. Show where you want the bowl to finish.
6. Motivate by setting a good example. Display good body language and control any displeasure.
7. Be cool under pressure. Relax and retain your composure.
8. Apply good decision making and risk analysis. Make smart shot selection to create opportunities and minimize loss.  
Skips should inspect the head before drives
9. Skippers must be able to draw around bowls to add a counter or save. They need all the shots to convert, add shots, play position or kill the end.
10. Be patient and build a head. Create a target before wasting drives.
11. Play positive into head when down & play carefully when holding shot. Be happy with 1 or 2 shots an end.  
Don't be too greedy.
12. Change the lead's hand if they are getting beaten. Ask your third or second to the head to clarify any uncertainty.
13. Always acknowledge good bowls and good attempts but avoid praising poor bowls as a good try.

## Playing THIRD



### Team Play Position Play - THIRD

1. Be bit wide when holding
2. Be bit narrow when down
3. Third needs to play disciplined weight.
4. Never short when down
5. Draw under pressure
6. Work with skipper to get good outcome



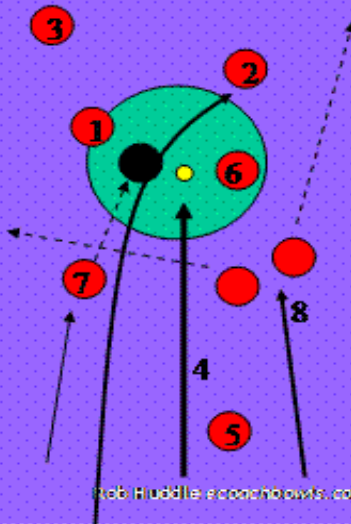
Rob Huddle ecoachbowls.com 2013

## Playing SKIP



### Team Play Position Play - SKIP

1. Draw to Save
2. Convert
3. Position bowls
4. Drive
5. Block
6. Draw to Add
7. Promote bowls into head
8. Split bowls and stay for shot



Rob Huddle ecoachbowls.com 2013

Rob Huddle M.Ed B.Ed  
Head Coach and Pennant Captain  
Armadale Bowling Club

## SANDBELT REGION CHAMPION OF CHAMPIONS RESULTS.

MEN'S

Xavier Cerreto defeated Michael Gardner(Elsternwick Club) 25-17 and will play Damir Martinic(Bentleigh) in the second round on Sunday at Burden Park at 9.00am.

WOMEN'S

Leila Levy defeated Elizabeth Owen(Sandringham) 25-8 and will play Sara Rodger(Melbourne) in the second round on Sunday at Beaumaris at 9.00am.

## SANDBELT REGION FOURS DRAW.

MEN'S

1st. Round- Sunday 17th Feb at Bentleigh at 9.00am  
Alan Faigen vs Rob Wilson(Composite) Our ex coach.  
Rob Huddle Bye- 2nd Round at 12.00pm.

WOMEN'S

1st. Round- Sunday 17th Feb at Parkdale at 9.00am  
Nancy Wicks vs B.Baxter(Chadstone)

## **HEALTH AND SAFETY INFORMATION.**

Our Safety Team of up to 30 people are able to assist in an emergency.

But we also remind you that ANYONE should and can access our (2) Defibrillators if the situation arises where someone is not breathing. Special training is not required.

This video and story demonstrates how CPR and Defibrillator use was able to save the teenager's life due to the very quick response of others.

Our Club is very proud to have the 2 Defibrillators.

1. Close to the kitchen door, behind the servery.
2. In the Shed where we keep our bowls; on the wall to your right as you walk in.

We all have keys. It is the same key as the front and back gates.

**Remember: EVERY SECOND COUNTS.**

Access either /both Defibrillators immediately.

Open it; it will tell you what to do.

Call for help from anyone to assist you; and to call an Ambulance 112, or 000 and Hatzolah 9527 5111.

We have done very well these last few very hot weeks with hydration.

Please KEEP THIS GOING. THE HEAT IS NOT OVER.

NOTE PLEASE in the freezer there GASTROLYTE Icy Poles. CLEARLY MARKED.

They will assist you rapidly rehydrate when cooling down. Or plain water.

If distressed - go inside and use these. Rest until you feel stronger.

If not, it is not advisable to continue bowling.

Have someone with you- very importantly - in case you need help.

PLEASE ASSIST EACH OTHER. OUR OPPONENTS. AND ANY VISITORS TO OUR CLUB.

Current temperatures are extremely dangerous.

Use your COOL CLOTHS. Take Shade. HYDRATE constantly.

BE AWARE and TAKE CARE

<https://www.9news.com.au/national/2019/01/17/16/31/news-melbourne-15-year-old-basketballer-suffers-cardiac-arrest-on-court>

## **BIRTHDAYS.**

Happy birthday to the following members

### **FEBRUARY**

Charles Simon	3
Brian Hendry	6
David Steinberg	9
Aaron Kalinski	11
Martin Simon	13
David Kweitel	14
Len Winestone	15
Milton Lasnitzki	16
Sid Buchbinder	17
Freda Cashmore	17
Jeff Needham	24
Martin Remocker	24

If your birthday is in FEBRUARY and is not included in the above list and you wish to be included please forward your details to [bernieg27@gmail.com](mailto:bernieg27@gmail.com)

## **SOCIAL NEWS.**

PLEASE FORWARD ANY SOCIAL NEWS YOU WOULD LIKE TO SHARE WITH YOUR FELLOW

CLUB MEMBERS BY SENDING IT TO MY EMAIL ADDRESS.

[bernieg27@gmail.com](mailto:bernieg27@gmail.com)

## MASTERS BUILDERS ASSOCIATION BOWLING COMPETITION.



### **Master Builders Association Bowling Competition**

**Wednesday 13th February 2019**

**Start time 12.00**

Wednesday 13th February is the Master Builders Association bowling competition.  
Lunch and afternoon tea is provided by our catering committee.

Must be there by 12.00. Single entries only for this week. Teams of four will be compiled against the Master Builders on the carpet.

We would like as many bowlers from our top sides, as well as our regular Wednesday bowlers, to participate in this special event.

We are expecting a great day and the competition from the other side will be fierce.

There is a list in the shed for single entries.

Please call David Janover or David Winestone if you are unable to put your names down.

Looking forward to seeing you all on the day.

### 2019 ARMADALE POWER PLAY TRIPLES.

start date postponed until Thursday 21 Feb. 2019

As we can only scrap up 6-7 teams at this stage we will postpone the event 2 weeks to get a minimum 10 teams committed.

Please encourage other members to join in and enter a team of 3 or 4 players.

### CLUB OPEN TRIPLES CHAMPIONSHIP.

As in previous years the club intends to hold the club open triples championship this year.

The dates for this tournament will be the first round to be held on 30th March 2019 and the semi-finals and final to be held on 6th April 2019,

so far we have six entries but we need a minimum of eight teams in order to hold this tournament.

If you are interested in playing in this event please indicate your interest as soon as possible by contacting a member of the tournament committee

### COACH CHAT.

**Wednesday 20<sup>th</sup> Feb. 6pm-7pm**

Building the Head - Who, Why, How!!

Finals Focus – Just another game?

All pennant players are invited and encouraged to attend and contribute to the discussion

## **SPONSORS.**

Our valued Sponsors are a very important part of our Club community with Sponsors contributing about 10% of our annual revenue. Can we ask that you please be aware of who our Sponsors are, by checking in the Fixture Book or on our website and on the board in the Clubroom. Whenever possible, please support them and make it known to them that you are a member of the Armadale Bowls Club.

Also, if you have an idea or suggestion as to who could be approached as a possible Sponsor, please advise Jack Cooper, Rob Millingen or Buddy Budlender, who will follow up the lead. We all have wide circles of contacts who could provide a source of new Sponsors

In the coming months, a member of the sponsorship committee may contact you personally to ask if you can assist by providing the name of a company or service provider who might be a potential sponsor. Your assistance will be greatly appreciated and benefit your Club.

Here is a full list of current sponsors for season 2018-19.

Arboretum Kitchen & Cafe	Lowe Lippmann Trakman Financial Services	
ADM Motors	Melbourne Body Corporate Management, St Kilda	
Ampvolt Electrical	Marilyn & Keith Faiman	Ross Smith Physiotherapy
AR Foodservice	Jax Tyres Caulfield South	Scotchline Signs
Astoria Honda Brighton	Malvern Travel & Cruise	Service Experts
Barton Glass	Marshall White & Co	Snap Printing Caulfield South
Bendigo Bank Caulfield Park	Michael Klooger & Family	Specsavers Brighton
Café D'Lish	Mothers Instinct Café & Catering	Steller
Carniche Accident Repair Centre	Mr Brightside Cafe	Sutton Partners Accountants
Del Mar Cafe	Nelson Pharmacy	The Hospitality Man
Feet4Life	Personal Training for Active Living	The Kitchen Company
Gary Peer	Regis Aged Care	Thompsons Menswear
Handledwithcare	Resting Toucher	Tom Weisler & Family
Hexagon Home Maintenance	Rocksalt Restaurant	Turquoise Eatery
Ian Sharp Jewellery	Rosenbloom Automotive	Universal Toner & Inkjet

## **SPONSOR BENEFITS TO ABC MEMBERS 2018/19.**

THIS IS A CURRENT LIST OF BENEFITS MEMBERS OR THE CLUB WILL RECEIVE WHEN YOU SUPPORT THESE SPONSORS.

### **ASTORIA HONDA BRIGHTON**

Purchase a new Honda from Astoria, the Club will receive \$500 & you will receive \$250 worth of additional accessories.

### **FEET4LIFE**

"Bowl Proof your Feet & Legs" package valued at \$284, all for \$93 (health fund rebateable). See details in the Feet 4 Life advertisement in the Fixture Book, page 7.

### **JAX TYRES CAULFIELD SOUTH**

Members will receive 10% discount on servicing and 5% discount on tyres.

### **MALVERN TRAVEL & CRUISE**

A contribution (generally \$100) is made to the Club with every travel booking made by Members.

### **MARSHALL WHITE REAL ESTATE**

Sell your property through Marshall White and the Club will receive up to 10% of the commission jointly agreed upon.

### **MOTHERS INSTINCT EATERY**

Members will receive 10% discount off your total bill for a meal as well as drinks.

### **ROCKSALT RESTAURANT**

Mention you are a Member of the ABC when you pay your bill and you will receive a 10% discount on the total amount. This is valid for lunch and dinner.

### **ROSENBLOOM AUTOMOTIVE SERVICE REPAIRS**

Members receive \$50 discount on car service. At any time, Members can call in and receive a complimentary under bonnet fluid level check, tyre pressure check and light check. A thorough vehicle inspection report conducted during a routine car service can determine the safety of a vehicle.

### **SERVICE EXPERTS**

Service Experts will donate to the Club 5% of the total cost of any job done for a Member.

### **SPECSAVERS BRIGHTON**

Receive \$50 off 2 pairs of glasses from the \$249 range or above, or, 25% off the total price when purchasing 1 pair of glasses including lens and extras.

### **THOMPSONS MENSWEAR**

New Sponsor "Special Offer" of 15% discount off all bowls trousers, bowls shorts, and hats.

PLEASE BE AWARE OF ALL OUR CLUB SPONSORS AS DISPLAYED ON SIGNAGE, IN OUR FIXTURE BOOK, WEBSITE, FACEBOOK, TEAM APP AND CLUB TV. THE MORE WE PROMOTE AND USE OUR SPONSORS, THE MORE WE WILL BENEFIT FROM LOWER MEMBERSHIP AND GREEN FEES.

### UPDATE ON DONATION OF NEW RINK SCOREBOARDS.

By now you will be familiar with the excellent new Rink Scoreboards installed just prior to the opening of the season. There are 23 in total, 16 on the north-south rinks and 7 on the east-west rinks.

To fund this project the Club has offered all members the opportunity to have naming rights for the donation of a scoreboard. The naming right, including personalised wording on a plaque is available for \$500 per scoreboard and the plaque will remain in place for a period of five years.

To date, all 16 of the north-south scoreboards have been donated, with 6 of the east-west scoreboards also still available.

If you would like to donate a scoreboard and support the Club in this manner, please contact Jack Cooper on

0402 464 454 or [jncooper@bigpond.net.au](mailto:jncooper@bigpond.net.au)

Your support will be greatly appreciated.



### JOKES OF THE WEEK.

## **Interesting Confusions**

1. Can u cry under water?
2. Do fishes ever get thirsty?
3. Why dont birds fall off tress when they sleep
4. Why is it called building when it is already built?
5. When they say dogs food is new and improved, who tastes it?
6. If money doesnt grow on trees, why do banks have branches?
7. Why does round pizza come in a square box?
8. Why doesnt glue stick to its bottle?

**CRAZY WORLD ISNT IT?**



Yes officer, I did see the  
'speed limit' sign, I just didn't  
see you.

**Sometimes  
getting out  
of bed just  
ruins the  
whole day •**