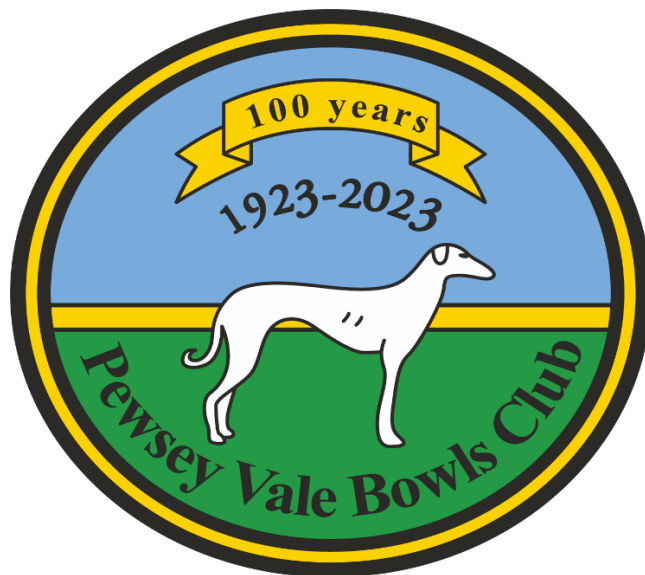


New Members Guide

*Pewsey Vale Bowls Club
The Recreation Ground
Pewsey
SN9 5AQ*



Welcome to PVBC

GUIDE TO THE CLUB AND YOUR FIRST COACHING SESSIONS

This guide and "passport to play" is intended to introduce you to the game of bowls as quickly as possible, equip you to play on club evenings and afternoons after four coaching sessions and give you the confidence to play in Friendly Matches in your first season.

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1. Club Information

This guide is intended to give you enough information to feel welcome and be able to become involved in the Club activities as soon as possible. It is not intended to provide all the

information about how the Club functions and is managed: there are other documents available to you that will do that.

1.1. Green availability

The Green is available to our members during the playing season, every day, for club, county and district competition matches, practice, coaching sessions and roll-ups. When the Green is not in full use for Club or County Matches or Club Afternoons and Evenings you are free to use it for individual practice or Club Competitions. Rinks should be booked on the clubhouse blackboard. Organised roll-ups are held on Tuesday at 6.00 pm and Friday at 2.00 pm (times may change later in the season). Greens are open from 10.30 am.

1.2. Club Competitions

We encourage any member of any ability to enter the Club's Competitions. The list for entry is placed on the Club noticeboard at the start of the season. If you are interested in entering any of the competitions the rules for each of the games can be found in the Club Competition and Rules Folder in the clubhouse.

1.3. Club League

The Club League (Aussie Pairs) is designed for improving a member's game, regardless of whether you are a new player or experienced in the game of bowls. When this is being run by the coaches, the entry list will be found on the notice board at the start of the season. Please note that this league may not always be running and is dependent on interest from members and the availability of the coach.

1.4. Club Coaching

Club coaching is free and is available for all members, but is a prerequisite to becoming a new full member, if you are new to the game of bowls. You are asked to attend 4 coaching sessions. The Club coach will arrange a mutually convenient time for these sessions with you, which will last about 45 minutes.

Club Coach:

Gerry Ward 01980 635443 / 07837 022904

email: pvbccoaching@yahoo.com

website: www.pewseyvalebowlsclub.co.uk

1.5. Dress

For Club Evenings and Afternoons, the dress is grey trousers, shorts (tailored and to the knee), crops or skirts with a white top. For any other match you should refer to the Club Fixture Card, the Match list on the notice board or County rules.

1.6. Notice Boards

The boards in the Club are very important for providing you with all Club, League and County match, social and coaching information and should be regularly checked. Members are required to enter and tick their names for match availability and add their names to social event lists. The different boards are; Ladies, Men's, S&D league, Wilts League, Wilts County, Coaching, Club Competition and Social. There is one additional board next to the bar to record club rollup results (Tuesday and Friday) and a rota list for bar duty. The bar is manned by volunteers who are all the full members of the club. If you feel you cannot help at the bar at club and other events, please let the Bar Manager know at the start of the season.

2. Law and Etiquette

The Laws of the game of Lawn Bowls are published in a booklet called "Laws of the Sport of Bowls". This booklet can be obtained from the Bowls England website, or ask the Club Coach for any clarification on a law. All bowlers should familiarise themselves with these laws as soon as possible.

In addition to the Laws a certain amount of etiquette is normally followed to make the game as enjoyable as possible for everyone. Some guidelines are offered here and can be found on our club website.

2.1 For Bowlers and Spectators

Do not distract bowlers who are bowling towards you, by moving or walking across the end of the rink. Wait until the bowl has been delivered, then move.

Do not interrupt players when they are on the green, particularly during competitive matches. If you need to talk to players ideally it should be done before or after the match, or at least when an end has completed.

Respect the bowler on the mat by avoiding loud conversation with other players or spectators.

2.2 Before the Game

Make sure you know the rules of the game or competition you are playing. Know the correct dress.

Make sure you have the equipment you need i.e. measure, chalk, wedges. Ensure you have the Green set up for your match, mats, scoreboards, jacks etc.

2.3 During and After the Game

Enter and leave the green by the steps at either end of the green, banks and footpaths, do not walk across other player's rinks.

Do not drop your bowls on to the Green

'Possession of the Rink' must always be respected. Stand well behind the mat or the head, keepstill and quiet while others are delivering their bowls.

When at the head make sure you are not obscuring the rink markers or your body is casting a shadow over the head.

Follow the directions of the Skip, whether you agree or not.

Directions for the Skip should only be given by no.3 in rinks and no.2 in triples.

The result of each end (measuring if required) is only determined by no.3 in rinks and no.2 in triples - no other player should interfere.

Encourage players, rather than criticise - no one wants to deliver a bad bowl.

Do not disturb the head until the result has been agreed.

After the game it is normal for the losing team to offer to buy a drink for their opposition team player and for them to reciprocate. In Friendly matches it is usual for the hosting side to buy the first drink. Generally, it is deemed polite to sit with the players from your rink for a while to enjoy a drink and a chat.

Fees: a small fee is charged for roll-ups and a small money prize is paid to the winning team over all rinks (greatest point difference) and match fees are payable for league, Wilts and County games.

3. Passport to Play

These four sessions have been designed to impart enough knowledge and skill in the first two sessions in order to enable you to join in Club Afternoon and Evening games. Followed, by gaining enough experience in sessions three and four, to be able to take part and enjoy friendly matches. You can request further sessions with either of the Club Coaches and the coach will continue to observe and offer advice to you on Club Evenings and during Friendlies.

3.1 Delivery (jack and bowls)

- Adopting a relaxed bowling position on the mat
- Delivering the jack straight with no bounce
- Delivering the bowl with no bounce
- Backhand and forehand delivery (understanding the bowl bias)

3.2. Developing Delivery (line and shoulder)

- Adopting the right stance on the mat
- Developing an aiming point
- Delivering a consistent line on both backhand and forehand
- Understanding what and where the shoulder is

3.3. Understanding weight, how to measure and score

- Understanding what controls the speed (weight) of the bowl
- Developing a delivery that either adds or reduces weight
- Learning how to measure the distance between the jack and bowl
- Learning how to score a game

3.4. Team play - A game of pairs or triples will be organised

- Understanding how to lay out a rink and minimum/maximum lengths
- Understanding the different roles of lead and skip (no. 2 and no. 3)
- Learning the etiquette and rink duties of the game
- Starting to understanding the head

It is expected that every new member of the club that is new to the game of bowls completes these four sessions.

4. Purposeful Practice

The following practices have been designed to develop particular skills, some are ideal for lone practice; others have an element of competition in them to make practice more interesting and are therefore designed for more than one player

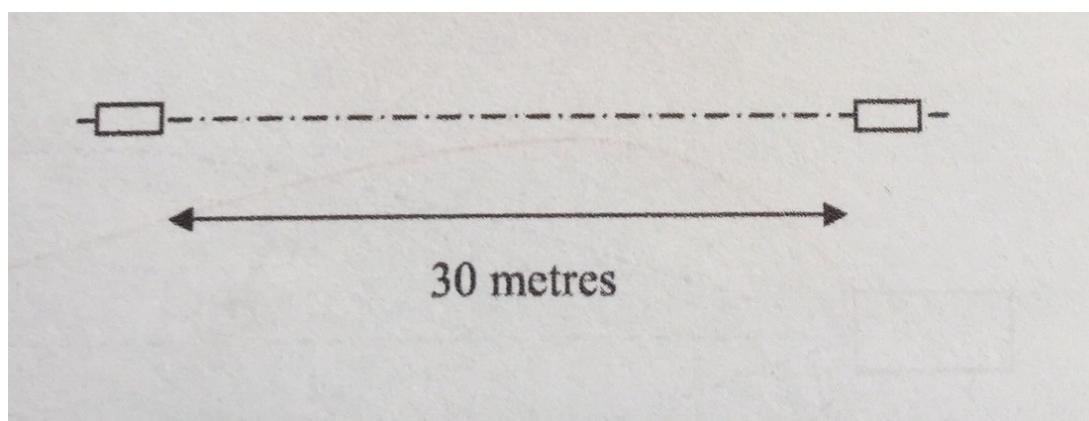
4.1 Jack Delivery

This practice can be used as a warm up for leads or singles players or for beginners developing their skills

Objective: To consistently deliver a jack to a nominated length

Method: Use two mats placed on the centre line 30m apart.
Deliver 10 jacks.
Vary the distance when the jacks are consistently within 1m of the nominated position.

Scoring: One point for each jack within a nominated distance, first player to 10 points wins

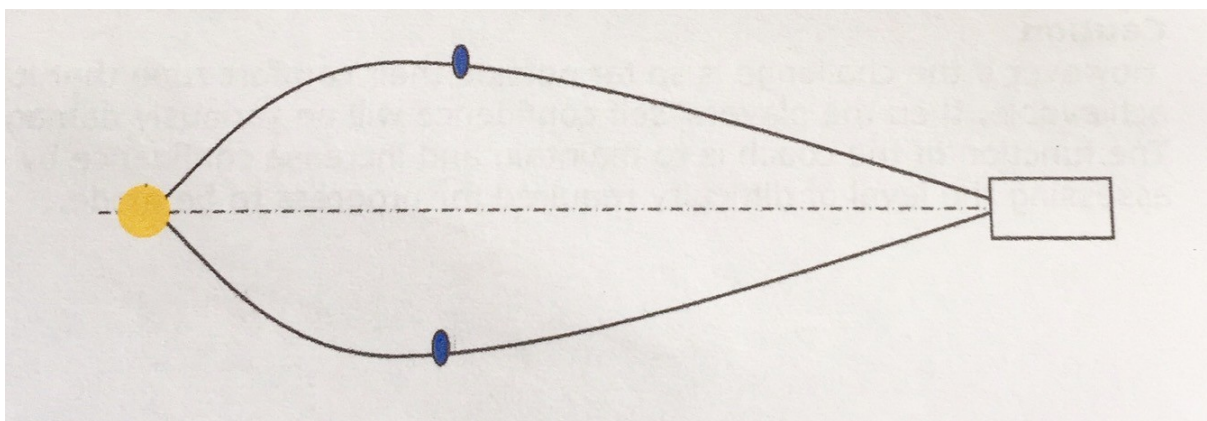


4.2 Finding the Line and Shoulder

Objective: To establish and consistently achieve curvature of the bowl

Method: Use Set the jack at full length and gauge where the bowl will start to bend on both hands and place markers at these points. Deliver the bowls to pass over the markers. When the line is established move the jack or mat to alter the length and re-establish new shoulder positions.

Scoring: Five points for each bowl passing directly over the markers. Attempt 20 on each hand, record the score. Possible score = 100 therefore you can work out a percentage.

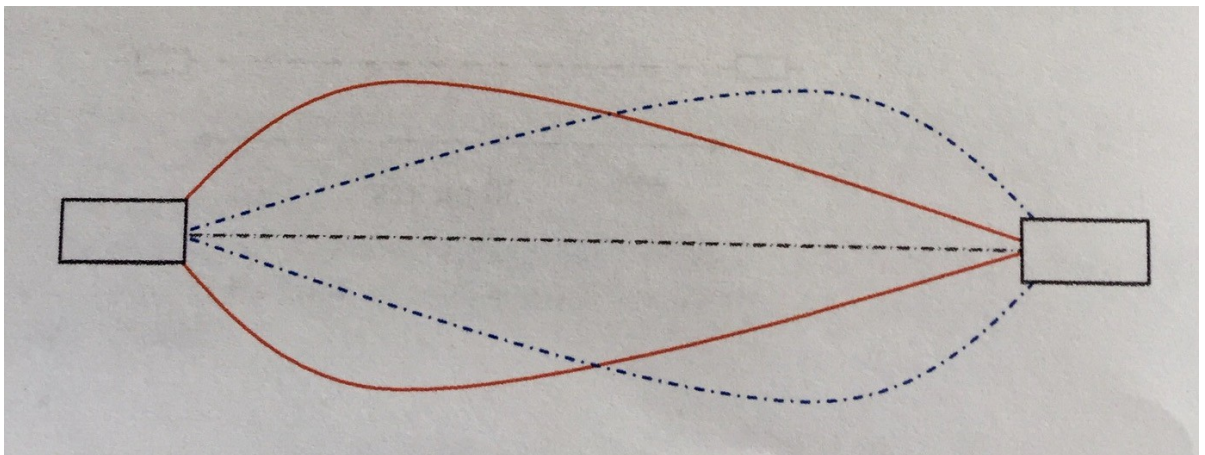


4.3 Increasing and reducing Weight

Objective: To consistently achieve line and length

Method: Use two mats and four bowls. Place the mats on the centre line of the rink, one at each 2m mark. Deliver your bowls from end to end using both forehand and backhand, either to rest at each end of the mat or in the middle. Vary the mat positions when goals are achieved.

Scoring: One point for one bowl on target Two points for two bowls on target Five points for three bowls on target Ten points for four bowls on target Record every ten bowls



4.4 Drawing to a bowl or position

Objective: Encouraging the player to beat a bowl or draw to a position rather than concentrate on the jack.

Method: Four bowls are used, set one metre apart in the form of a diamond or square. The player is four shots down and therefore needs to negotiate the other bowls to finish closer to the jack.

Scoring: One point for each bowl inside of the diamond or square.

