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GREAT BOWL

Newsletter of the Camden Bowling Club

October 2012

www.camdenbowlingclub.com.au



BOWLS NEWS

2012 Triples Championship

Mick Shepherd and Paul Burnes team will play in this year's triples final after both had good wins over their opponents. It would be hard to pick a winner between the two teams with a wealth of experience between the two teams. Good luck guys. May the best team win.

Ingleburn Fours

Two Camden teams led by Paul Burnes and Shane Smith headed to Ingleburn BC this month for the Ingleburn Fours. Shane Smith had a great result with his team of Glenn Adams, Bruce Turton and Craig Cooper winning overall with five wins +75. Sensational results guys. Congratulations!

Rookie Pairs

Following their success at Picton in the District sectional rounds Glenn Adams and Sean Matthew headed to the Zone finals at Canowindra Bowling Club on the 9th September. This was a great effort by both of the guys representing our Club and District. Unfortunately, they just missed out on the State finals but hopefully they will both be there next year to try and go one better.

Mixed Pairs

The change of format this year seemed to be well accepted by all those that participated. Having the sectional play and knowing by the days end whether you are in the finals or not seemed to be an appealing idea. It was not only an enjoyable day of bowls but also a plus for the Match Committee freeing up some time for other events.

LADIES NEWS

No news from the Ladies club this month although some of the Ladies have been busy out there representing Club and District. They have been involved in tournaments at St Marys, Bargo and Bowral tournaments and Gloria Murray, Fran Laker, Beryl Selems and Michelle Fellows played at Lithgow representing the District.

Introductory Coaching Course

On Monday 17th September five of our Members gave up their time to attend an Introductory Coaching Course run by Bowls NSW. This was a four



hour course where Members are given the skills to introduce new bowlers to the game and give them the fundamental basics of the game and how it is played.

This is the new structure of coaching where you have the Introductory Coach, Club Coach (where we have three qualified) and then up to the elite coaching level for representative players.

Well done to Kevin Shaw, Wayne Stanton, Robert Patane, Jane Conlon and Jo Flook. I am sure if you have somebody looking to take up the game any of these new Introductory Coaches would be happy to help.

Thanks to Alex Matheson who arranged the day and made sure it all ran smoothly.

Looking Class
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2012 Presentation Night on the 24th November. Tickets are selling fast so don't miss out. See Bill Webb for more information.

Camden Playing Host In 2013

For those that may be aware and those that are not 2013 is the year that the Southern Tablelands is hosting the Zone 5 events.

This includes everything from Senior 8 a side to the Rookies.

The good news is that Camden has secured a number of the major events over the year.

These include the premier event, the Zone Singles, also the Zone Triples, the Junior Championships and the premier event, the 12 a side inter District.

This is a feather in the cap for the Camden club but also a challenge. The Match Committee will be looking for plenty of support during the year so if you think you are available they would love to hear from you.

State Side Visits Camden

On the 16th September the second day of competition between the STDBA and the ACT state side played at Camden.

It turned out to be an exciting day with the weekend result going down to the wire with the STDBA missing out by a mere four shots.

Thanks to those that showed an interest and came down to cheer the local boys on including our own Members, Shane Smith, Ian Couper, Mick Shepherd, Karl Szynal and Dave Price.

New Members

Two new members have joined the club this month. Zane and Jeff Droscher have joined. If that name rings a bell it should. They are the son and grandson of Ed and Cathy. Our only three-generation group in the club and our first junior for some time. Please make them feel welcome.

This Month's Health Tip

Tips for sleeping well as you age

Many older adults complain of sleep problems, including insomnia, daytime sleepiness, and frequent waking during the night. But aging doesn't automatically bring sleep problems. Poor sleep habits are often the main causes of low-quality sleep in seniors.

- **Naturally boost your melatonin levels at night.** Artificial lights at night can suppress your body's production of melatonin, the hormone that makes you sleepy. Use low-wattage bulbs where safe to do so, and turn off the TV and computer at least one hour before bed.
- **Make sure your bedroom is quiet, dark, and cool,** and your bed is comfortable. Noise, light, and heat can interfere with sleep. Try using an eye mask to help block out light.
- **Develop bedtime rituals.** A soothing ritual, like taking a bath or playing music will help you wind down.
- **Go to bed earlier.** Adjust your bedtime to match when you feel tired, even if that's earlier than it used to be.

Do You Have The Yips?

(Coaches Corner)

When players label themselves as having the yips, they think they have an incurable disease. Playing confidence declines and the fear of playing a bad bowl makes matters worse.

Players who suffer from this fear tend to compound the error until it's intolerable. This leads players to believe they have an affliction that they must learn to play with. When players condition themselves into believing they have the yips, it is extremely hard for change to occur.

The yips are curable. The first step is to stop labeling yourself as having a physical "illness" that causes you to play bad shots. Next you have to realize that the physical symptoms of the yips come from a conditioned way of thinking about playing. Here are some suggestions for dealing with the yips:

1. The fear of playing a bad shot is where it starts. Throw away that fear. Fear and anxiety come from what you think might happen in the immediate future. It's very important to not let your mind wander to the outcome of playing a bad shot. You need to stay focused on the execution of the shot and how you are going to play the shot. Forget about what might happen, good or bad.

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2. Forget about the past. You can't change the fact that you played several bad shots. If you carry these negative thoughts around with you, you will have a monkey on your back. It's very hard to play well with a monkey on your back. Every game is different and every shot you have is different. You must look at each shot as a new opportunity for success!

3. Simplify your approach to each shot. Master your set up technique and deliver the shot. Often the tendency when not playing well is to search for the answer with your method and technique. Often, this can make matters worse-when you have too many thoughts about how you are going to deliver the bowl.

4. It is very important that all your thoughts and images are focused on your delivery. As you go through your set up technique stay focused on the shot at hand.

If you would like to work on and improve your set up technique contact a coach and start the wheels turning to be a better bowler.

When you are really bored...

Go to McDonalds and ask for a happy meal with extra happy.

Go to a pet store and buy bird seed. Then ask the clerk how long it will take the birds to grow.

Go to a library and ask for a book on how to read.

Go to McDonalds and ask for directions to Hungry Jacks

Walk into Sea World with a fishing pole.

Take a stuffed animal to the vet.

Don't Mix With The Older Generation

A self important uni student walking along the beach took it upon himself to explain to a senior citizen resting on the steps why it was impossible for the older generation to understand his

generation. "You grew up in a different world, actually an almost primitive one" the student said loud enough for other to hear. "The young people of today grew up with television, jet planes, space travel and man sending rockets to the moon. We have nuclear energy, cell phones, and computers with light speed... and so much more"

After a brief silence, the senior citizen responded as follows;

"You're right son. We didn't have those things when we were young... so we invented them! Now you arrogant young upstart, what are you doing for the next generation?"

The applause from the surrounding crowd was overwhelming.

Ponderings

My sex life is like a Ferrari. I don't have a Ferrari.

My ex is living proof as to how stupid I can be.

If your wife or girlfriend ever asks, "If I was to arrange a threesome for your birthday, which of my friends would you pick to join in?" never give two names.

It's funny when my wife gives me the "silent treatment", she thinks it's punishment.

If there was a way to read a woman's mind, I am not sure I would want to. I hate shoes, shopping, gossip and I already know I am annoying.

Men have feelings too. For example, we feel hungry.

Judging by the frying pan that just flew past my head, I did something wrong. I can't wait to find out what it was.

I want one of those jobs where people ask, "Do you actually get paid to do this?"



Classifieds

Gazebo, in good condition with a little rust, exchange for case of Old Beer.

Must dismantle and takeaway (furniture and fence not included)

First in best dressed.

See Frank Farrugia.

