



St Leonards Bowling Club

Coaching Day Information

When: Monday 3rd February 2020

Time: 10.00am to 2.00pm (*please be ready to start at 10.00am*)

- Lessons
- BBQ Lunch
- Competitions / Prizes
- Presentations on topics including:
 - Bowls etiquette
 - Training drills
 - Bowls rules
 - Roles of Lead, 2nd, 3rd and Skips
 - Proper measuring techniques
- Match simulations
- Ambitions and Goal Setting (Individual and Team)
- Opportunity to ask questions / challenge yourself / improve your bowls

This is a great opportunity for all Bowlers (no matter your level of experience) to:

- Ask questions
- Challenge yourself
- Share ideas
- Improve your bowls.

Joins us for what promises to be a great day of learning and improving and an opportunity to share some ideas.

Please put your name on the sheet on the noticeboard in the Pennant Notice and Information Area (outside the office) – this is very important for both set-up and catering purposes.

Tonia, Barry and all the Coaches