



Bowls Saskatchewan Athlete Development Clinics

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| Location: | Regina Lawn Bowling Club | Location: | Mayfair Lawn Bowling Club, Saskatoon |
| Date: | May 27, 2023 | Date: | June 4, 2023 |
| Facilitator: | David Calam | | David Calam |
| Times: | May 27, 9:00 am to 4:30 pm | | June 4, 9:00 am to 4:30 pm |
| Registration: | Before May 20th, 2023 | | Before May 29 th , 2023 |

Participants Must Register with Bowls Saskatchewan
@ Email - bowlsask@sasktel.net or Phone - (306) 780-9426

Cost: Bowls Saskatchewan covers the costs of both clinics. There is a travel allowance for attendees who travel to attend the clinic – \$37.50/vehicle if travel is less than 100 km or \$100/vehicle if more than 100 km. You must complete the Expense Claim Form and provide to the instructor at the close of the clinic (copies available from instructor). Car Pooling is encouraged.

Qualifications: Participants should have at least two year’s experience playing Lawn Bowls.

Purpose The clinic’s theme is “Learn to Compete”. The clinic is intended for bowlers looking to upgrade their competitive playing skills and techniques. It is an introduction to the skills, tactics and development tools needed for success in competition.

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| Agenda: | 9:00 – 9:15 | Welcome and Introduction |
| | 9:15 - 9:30 | Concepts |
| | | <ul style="list-style-type: none">• Purposeful Measured Practice• Observation and correction• Effective Play vs. Perfect Play |
| | 9:30 - 10:45 | Practice Drills/Individual and Group Technique Clinic |
| | 10:45 - 11:00 | Review and Feedback |
| | 11:00 -11:15 | Break |
| | 11:15 - 12:00 | The Mental Game |
| | 12:00 - 12:30 | Lunch |
| | 12:30 – 12:45 | Group Check-In |
| | 12:45 - 1:15 | Measuring 101 |
| | 1:15 -1:45 | Strategy 101 |
| | 1:45 - 3:00 | Stop the Head Strategy Session |
| | 3:15 - 4:00 | Relaxation Activity |
| | 4:00 | Review and Closing |

Clinic materials will be provided - Bring a note pad, something to write with and bring your lunch.