



Santa Cruz Lawn Bowls Newsletter

September 2018

Tournament leaders as of August 20 are Aumao, Evie and Dave Sievert. International night was a great evening of bowls and German food. Nineteen members and guests participated.



Dave, Don, Carne



Chef Aumao

Calendar

September 13, Thursday, Quarterly Meeting 2:30

September 19, Wednesday, Western Night Draw at 5:30 with dinner at 7.
\$5 members, \$10 guests.

September 23, Sunday, Club Singles Tournament ends.

Thanks: To Aumao for International night dinner; to Gary for photographs of dinner and games; to Pete B for bench work; to all who attended International night; to Earl for green set up.

Focal Point: Rob Judson on Basic Bowling

The simplest delivery method is from a fixed stance. Only the delivery arm moves. The rest of the body does nothing more than provide a stable structure that positions the pivotal shoulder an arm's length above the playing surface. If the forward swing of the arm describes an arc over the aiming line, the bowl will accurately begin its journey along that line. If the forward acceleration of the arm is well judged, the bowl will accurately run the intended distance. The accuracy of any delivery is primarily an exercise in coordination of hand and eye.

A more popular delivery method is from an upright, or moving stance. An erect posture during setting-up provides a better perspective of the head from which to judge the distance, and the likely path of a well-directed bowl. This stance provides the opportunity to supplement the arm swing with some shoulder momentum. As the delivery arm begins its rearward swing, the rest of the body begins moving into the release posture. By the time the forward-swinging delivery arm reaches the release point, the rest of the body should be stably positioned with the shoulder an arm's length above the playing surface.

What are features of a good delivery arm action? The size of the bowl should enable a comfortable and secure grip. At release, the bowl must have engraved coaxial rings upright and aligned with the aiming point. Throughout the backward and forward swings, the arc of the delivery arm should track the aiming line. In the delivery phase, the forward acceleration of the arm should be smooth. Bowlers should avoid complicating the task by bending the elbow or wrist. They should transmit delivery force from the fingers from behind, through the centre of the bowl. Delivery force is an intuitive blend of gravity force and muscular force. There has been a customary overemphasis on the contribution of gravity ('theory of elevation', pendulum action, etc), and an under-emphasis on the necessity for muscular force from the shoulder.

How should bowlers use the rest of the body to create a stable structure so that the delivery arm can do its work? To position the pivotal shoulder an arm's length above the playing surface, bowlers can incline the trunk forward, and position the back knee low. Bowlers who use a distant aiming point should position the back knee behind the front ankle to reduce trunk inclination and consequent discomfort behind the neck. The line of the front foot should be wide of the line of

the back foot to sufficiently widen the body's base of support to promote sideways stability. They should advance the front foot only a normal pace to avoid reducing the relative width of the body's base of support and consequent sideways instability, and to avoid leg discomfort. Bowlers should avoid extraneous movement of the head or non-bowling arm. They should also avoid premature recovery to an erect position.

Goals 2018:

Personnel: to have a net gain of 5 on our January 30 membership roster

Facility: to have monthly cleaning of the clubhouse

Finance: to add \$5000 to green replacement fund

Attendance: July had 140 games signed in for an average draw of 8. Biggest day was the ice cream social on July 25.

