



'read the head' and understand the game. On completion of this free of charge course you will be presented with a Certificate.

VIDEO COACHING

When you have been bowling for some time, if you are experiencing difficulty with your delivery or any element of your game, we offer video coaching, we take a video of your delivery on i-pads with a special programme. You can then see exactly how you are delivering the bowl, you will be amazed at the difference this can make. We have carried this out on many of the Club bowlers and almost without exception they tell us that their game really improves after the video session.

Worthing Pavilion Bowling Club Coaching Team

The Coaching Team are always innovating and trying to develop the coaching that we provide for our members. We can confidently say that there is no other club in Sussex which offers this comprehensive training programme. This is available to you but the choice is yours, whether you take up the offer of the courses. Some people need help during the initial stages of their bowling career others take to it like a duck to water. The choice is yours!

The Coaching Team hope that you will benefit from your coaching at our Club and that you will enjoy your bowling for many years to come.



Worthing Pavilion Bowling Club Ltd

New Member Coaching Programme

**Pavilion Road, Worthing
West Sussex BN14 7EQ**

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Website: www.wpavilionbc.com

Introduction to the Coaching Programme

Welcome to Worthing Pavilion Bowling Club you are now embarking on the most informative coaching programme in Sussex. The programme starts with the two 2 hour lessons. All the coaches in the Club follow a programme of lessons to ensure that we provide a comprehensive training programme for new bowlers.

Once you have been through the course programme and have joined the Club, you will be eligible for a further 3 lessons free of charge.

We have found that this has worked very well over the last eight years. However the programme has been revised and brought up-to-date during this time in the light of the experiences gained.

All our coaches are trained by the English Bowls Coaching Society and are all qualified, we have all been checked with the Disclosure & Barring Service (CRB) and are basic first aiders.

During the time you are training you are classed as an associate member of the Club and are entitled to use all the Club facilities. You can bring family members or friends to the Club to use the bar and the restaurant facilities.

On completion of the five 2 hour lessons, if you wish, you can then be entered into our on-going training programmes.

MARKING AND MEASURING COURSE

After you have been bowling for a time, the first course you will be offered will be Marking & Measuring. This course is free of charge and takes place in the evenings on the indoor rinks. You will be given the opportunity to go through

all the measuring exercises and coaches will be on hand to give advice and help. You will also be trained to become a Marker for singles games and all that entails. The course is run for only nine members at a time so you get a full understanding of all the measuring you will be called upon to carry out when you are marking a singles game. During the evening we will also carry out delivery clinics for any of the participants who are experiencing difficulties with any area of their game. It is a very hands-on course and you will spend time bowling in singles games. You will be presented with a certificate at the end of the course.

SKILLS IMPROVEMENT COURSE AND THE PHANTOM BOWLER

This course has been developed to further your skills and teach you how to bowl off line and to specific targets and to different lengths. This will come up in the course of many games you will play in the future. There are four areas we work on and you should try to complete all four elements of the course.

The course also includes the Phantom Four. A team of four players play a game against the Phantom. You will bowl from only six yards away so you will be able to hear the discussions the skips have and how they decide how the next shot should be played. The Phantom places a shot on the rinks before each player delivers their bowls. The team then discuss the way the next shot should be played and the possible consequences if things do not go according to plan. This is a fun game but has a very serious side and enables all who participate to be able to



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