

Bowls Taranaki High Performance Plan

To create an environment (and CULTURE) that challenges and celebrates success.

1. Use of modern sports science tools, mental, strength & conditioning, individual performance plans (IPP), technology (Coding & Video), leadership.
2. Develop a culture of performance coaching, professional development.
3. Athlete Pathway (From Junior - Development – Senior)
4. Athlete communication and information.

The High Performance Centre at the Bowls Taranaki Office will be an invaluable resource for performance coach development, game analysis, sport science programmes and training sessions. Along with preparing disciplines for key events.

Training Camps

Bowls Taranaki will adopt purposeful athlete and coach development training sessions, to develop the mental side of the game for the athletes and coaches. This would be good for team building / team spirit.

Centre Squads & Teams.

The selection panel be responsible for selecting Senior and Junior squads. All selected players would be invited to buy into the Team culture programme set by players, selectors and team coach. When teams travel a team coach is to travel and assist selector with support and advice of team changes if required. Coaches will be responsible for coding rep players during matches and give feedback to high performance coach and selector.

Mental Skills

The role of this training is varied, but ultimately aimed at ensuring players have the tools to ensure they are mentally strong and focussed on success. Mental skills and Nutrition specialist to be bought into the High-Performance Centre when needed.

Strength & Conditioning

Athletes shall be responsible for their own strength & conditioning (S&C) programmes.

Performance Analysis

Bowls Taranaki to encourage video and coding tools to be used by all high-performance, and team coaches for use at training and games.

Performance Coaching

A High Performance Coach to be appointed by the Board/HP Committee. High Performance Coach to oversee all aspects of Coaching and to work with the selectors. Centre coaches and athletes will buy-in to a new culture whereby coaches are proactive in their feedback and

communication with athletes.

Communication

Communication is to be clear between selectors, management and players. Selectors to report back to the board and High Performance Committee.

Sport Science

Supporting our programme shall be a small group of sport science specialist (resource) that ensures we have the right environment supporting our coaches and bowling talent. The minimum expectation would be around mental skills and nutrition.

Performance Indicators are:

- Current performance
- Potential
- Experience
- Coachable
- Work Ethic
- Resilience/Mental Toughness
- Motivation to be the best
- Plans and prepares to be the best
- Leadership
- Compatibility
- Lifestyle/Athlete Welfare
- X-Factor

Our Targets

1. Representative Fixture against Whanganui - November
2. The Senior Octagonal and Junior Hexagonal
3. Bowls New Zealand Intercentre
4. To prepare and develop players for higher honours (International level)

Performance Framework:

1. Selection Panel

- Selector (Convenor) and Assistant plus Taranaki High Performance Coach. The selector to have final call if the panel cannot agree to selections. There is to be NO conflict of interest. (eg. Selectors and High Performance Coach can not select themselves)
- The Selector to name their support team to be approved by the board.
- Separate selectors for both Women and for Men.
- Selectors do not select themselves unless under special circumstances when teams are travelling outside the centre with no reserve players available.

2. Selection Criteria

- Performance and Results (Taranaki Centre events, Representative Fixtures, Taranaki Open Fours, Bowls New Zealand National events)
- Physical and Mental Conditioning
- Compatibility with potential playing partners and wider team personnel
- Regular attendance at Centre events or National events.
- Regular attendance at Bowls Taranaki training sessions.
- Must show the required discipline and high standard of behavior expected of a Representative Player.
- Exhibiting the characteristics and behaviors of
 - Self-Responsibility and Accountability
 - Self-Awareness
 - Consistent Work Ethic
 - Willingness to Learn and Grow
 - Courageous Mindset (i.e. Playing outside your comfort zone)
 - Being disciplined and being a good team player.

Members selected for the Representative squad will remain in place for the season with any new additions made from time to time.

3. Code of Conduct

As a member of the Bowls Taranaki representative squad, players are required to complete and sign the Centre 'Code of Conduct' form.

4. Training

Throughout the season there will be Bowls Taranaki lead training sessions. Some identified sessions will be considered necessary for selected players. Other training sessions may be non-compulsory (however recommended). Note – certain sessions may involve measurable drills designed to assess player performance.

Individual Responsibility – Players are encouraged to have a plan for their season which includes personal goals, events they intend to target and a training regime as to how they intend to achieve their goals. Training should include 'on-green' practice as well as 'Mindset' training. Competing at the highest level requires not only excellence in terms of the physical aspects of playing bowls but also having a tough mindset to compete against the best NZ has to offer.

Personal Coaches – Players are encouraged to identify and utilize coaches within the Bowls Taranaki area or region (or external). All players should have their own personal coach.

5. Squad Coaches and Managers

As part of the Bowls Taranaki Representative Squad, the Centre will appoint Coaches and Managers to contribute towards achieving the goals identified for their representative season. Each team to have a manager and a coach/selector.

6. Player Assessments

Following each representative event, players will be sent an assessment sheet for completion. The purpose of this process is for the player to reflect on *particularly* their performance, and to identify what worked well and what could be improved upon

7. Bowls Taranaki Selections

All Representative Sides will be announced 14 days prior to the Fixture. The Bowls Taranaki Board will approve all selections.