

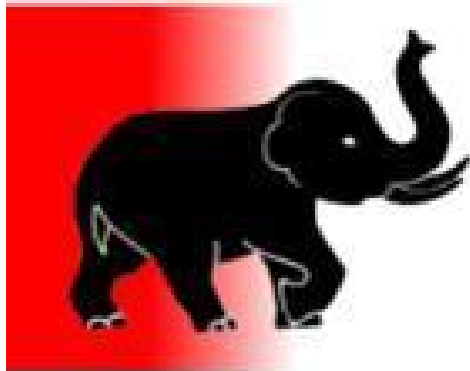
**ANNEXURE A (1)**

**EASTERN PROVINCE TENPIN BOWLING ASSOCIATION**

**6 LARK ROAD, WALMER, PORT ELIZABETH**

**TEL: 083 676 2008**

**MRS. ARLEEN HECHTER**



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# PROVINCIAL TENPIN BOWLING ASSOCIATION

## FOUR YEAR OPERATIONAL PLAN

2011 to 2015

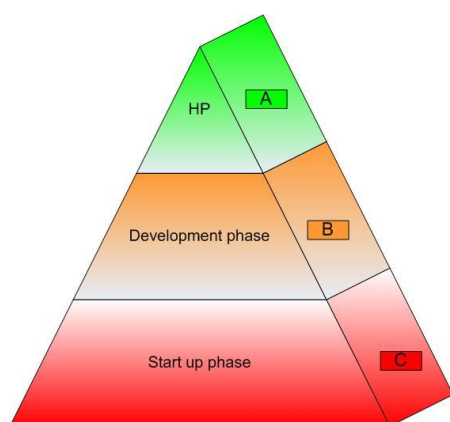
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### INTRODUCTION

In order for the Provincial Association to achieve its goals, it is putting a plan in place so that all role-players and stakeholders understand where it is going and all can work together towards achievement of these objectives. The Provincial Plan is in alignment with the TBASA National Plan.

#### The objectives of this plan are:

- ✚ To create the opportunity for dedicated players in all divisions to improve their game whilst gaining invaluable experience competing as part of a team in competitions as well as on an individual basis against players of similar strength
- ✚ To expose the Provincial bowlers to levels of competition that are on a national standard
- ✚ To encourage dedication and commitment to the sport of Tenpin Bowling from all players in all divisions
- ✚ To initiate new players into the sport, especially those under 21 and get the Youth of SA active
- ✚ To reward players for total commitment and dedication to the sport of Tenpin Bowling
- ✚ To comply with TBASA's vision of excellence
- ✚ To train administrators, technical officials & coaches to perform at an optimal level



### Provincial Structure

The structure of the operational plan is in line with the NATIONAL structure and TBASA's four year Plan.

## PROVINCIAL HIGH PERFORMANCE PROGRAM MOTIVATION

High Performance is an attitude towards excellence, achievement and success

Tenpin Bowling is a World Games sport and a Category 2 Commonwealth sport and it is the responsibility of the Provincial Association to feed the National Development squad as well as the National High Performance squad. The Provincial High Performance program is an extension/mirror to grass roots level of the National High performance program and can be seen as the “nursery” of the National program. Getting athlete development right on this level, will ensure that the talented athletes identified during this process reaches the National programs with an already increased level of skills.

The Eastern Province Tenpin Bowling Association received a grant from the Lotto Distribution Fund for its application in 2009. This grant became available on 23 July 2010. (Project 38486) The grant for High Performance was for the following:

Coaching	R 48,000.00
Practice	R 201,600.00
<b>TOTAL</b>	<b>R 249,600.00</b>

**It is important to note that any athletes in the Province, that form part of the National High Performance program have been EXCLUDED from receiving benefits from the Provincial High Performance program as they receive support from the National program and CANNOT receive support twice for the same services. They should, however, be included in the Provincial Training camps part of the program.**

### Talent identification

The Tenpin Bowling Association of South Africa (TBASA) has entered into an agreement with the University of Pretoria's High Performance Centre to develop their Shadowmatch program for talent identification apply to and be used for the sport of tenpin bowling. The development of the Shadowmatch program's cost has been covered by TBASA.

The Provincial Association will utilise this program to identify talent on a regional basis and develop individual programs for each selected athlete of the Provincial High Performance squad.

The outcomes of this would be individually “customized” development programs for each member of the HP squad to address the gaps in development and ensure a well rounded and balanced athlete that came perform at his/her optimal best.

### Sport Equipment for HP Squad

There is no local manufacturer of tenpin bowling equipment and all bowling sport equipment is imported from the United States of America or China, making it dependent on the exchange rate. Although skill is a part of success in tenpin bowling, equipment plays a major role.

Bowling balls are drilled according to each player's own hand specifications and the use of other people's equipment, or the equipment that is provided as "house" equipment in a bowling centre is not desirable as it would not necessarily fit the individual bowler's hand.

Talented bowlers are not always in a position to procure their own equipment due to the restrictive costs involved.

Bowling shoes are not available to sport members and due to the smooth approach (bowlers slide towards the line before delivery of the ball) and the oil used on the lanes, not bowling with the correct shoes is a safety risk.

In order to transport the various bowling balls (Internationally competitive bowlers could have up to bowling balls to cope with different lane conditions), bowling bags are a necessity. This application is for 2-ball bags that will also have space for the additional equipment, such as wrist guards, powder, cleaning solutions, etc that bowlers need to be competitive.

#### Team preparation/Training camps

The competitive nature of bowling is not only about the talent and skill that a bowler may have. It is also about a number of other attributes, such as ability to perform in a team environment, mental toughness, ability to perform in pressure situations, ability to cope with fear of failure, ability to cope with anxiety and how to deal with media attention. In order to prepare the elite athletes, it is necessary to conduct training camps where they can operate in a team scenario and receive coaching on all the above. Training camps are also an opportunity to pay attention to coaching them on a group as well as individual level.

Two training camps per year will be held to address the issues as mentioned above as none of the athletes are professional and only have the opportunity to get together in an environment created by the training camps. This will be an opportunity to mould them into a cohesive unit with similar goals and focus.

#### Athlete support

**Sports psychology coaching** and **mental toughness training** are necessary components to developing healthy attitudes and mental game that improve performance and allow for consistent, winning performances! Through the Talent Identification program, Shadowmatch, each elite athlete's individual needs are identified and this will form part of the athlete's support program.

Assistance with sport related injuries; physiotherapy and injury rehabilitation will also form part of the support when necessary.

Some elite athletes will also need additional support with regards to fitness training and financial support to participate in leagues.

## Coaching support

Many athletes with inconsistent performances often attribute their lack of success to things or elements that are not in their control, like the weather, sporting arena conditions, officiating, pressure from others; or they blame themselves for not practicing enough. These are often symptoms of confidence related issues.

Confidence issues manifest during competition when an athlete gets stuck on a mistake, begins to think about mechanics, or technique, or worries about what others might think about him/her, wants to impress the team/coach/parent, or sets unrealistic goals – sometimes called “expectations.” Any one of these sets the athlete up for an “all or nothing” mentality. This type of inflexibility about performance very often produces failure because the previously set expectations are too far out of reach or simply do not match with the athletes skill level.

In order to improve the athletes’ skill level, it is necessary that each athlete in the High Performance squad has a coaching and practice program. It is necessary to create confidence in the athlete’s own ability to perform. The definition of confidence is the state of mind that develops as a result of a “task specific” repetitive process.

Trust (in their own ability), then, is the automatic feeling that comes from “knowing” that subconsciously the brain has been trained to execute without thought. Without trust in one’s performance, an athlete lacks the ability to consistently perform well because he or she is thinking too much about mechanics, technique or execution. When thinking enters into the picture and takes over what should be automatic execution, the athlete’s confidence level is not where it needs to be for successful execution of the task.

In order to ensure that each elite athlete trust their own ability, coaching and practice forms a major part of the High Performance program.

## Administration costs

In order to manage and ensure that each elite athlete complies with the high performance program and the goals and objectives set for the athlete, it is necessary to employ a High Performance Manager. This position will not be a full time position but a contractual hourly, deliverable based performance agreement.

### BUDGET FOR HIGH PERFORMANCE PROGRAM IN ORDER OF PRIORITY

Description	Amount requested (incl. VAT)
<b>Talent identification</b>	<b>R 9,000.00</b>
<b>Coaching support</b>	<b>R 168,000.00</b>
<b>Sport Equipment:</b> 12 x Bowling balls @ R 1,500 each 12 x Bowling Shoes @ R 1,000 each 12 x 2- Ball Bags @ R 1,000 each	<b>R 42,000.00</b>
<b>Athlete support</b>	<b>R 42,000.00</b>
<b>Team preparation/Training camps</b>	<b>R 50,000.00</b>
<b>Administration costs</b>	<b>R 72,000.00</b>
<b>TOTAL</b>	<b>R 383,000.00</b>

### TRANSFORMATION AND DEVELOPMENT MOTIVATION

The Eastern Province Tenpin Bowling Association received a grant from its 2009 application (project 38486) of R 352,300.00. This money became available on 23 July 2010. The grant was for:

Coaching	R 48,000.00
Practice	R 100,800.00
Local competitions	R 54,000.00
Equipment	R 72,000.00
Transport	R 52,500.00
Portable lanes	R 15,000.00
Youth Literature	R 10,000.00

Development is a program to improve the existing sport bowlers' skills

#### Talent identification

The Talent Identification and Development program is designed to help Development officials and Talent scouts to identify talented athletes and prepare them for participation in domestic, national and eventually, international competition. The program utilises information across all disciplines of sports science to identify young athletes with characteristics associated with elite performance.

Once athletes have been identified they are provided with the opportunity to realise their potential in a high-quality talent development program.

#### Sport Equipment

Beginners are normally dependent on the use of house balls, which hardly ever fit the hand specifications of each individual athlete. Having their own equipment, drilled to their hand specifications, eliminates the learning of bad habits and incorrect bowling techniques.

Talented bowlers are not always in a position to procure their own equipment due to the prohibitive costs involved.

Bowling shoes are not available to sport members and due to the smooth approach (bowlers slide towards the line before delivery of the ball) and the oil used on the lanes, not bowling with the correct shoes is a safety risk.

1-Ball bowling bags to transport the bowling equipment are required to in still appreciation and pride in the sporting kit as this will protect the equipment.

#### Transport

Bowling centres are usually in a shopping mall in the centre of the business district, away from residential areas. In order to target designated population groups and disadvantaged communities, transport to and from the bowling centre is not always available and costly to the athletes, especially those from the townships.

The budget for transport has been calculated for the schools league program (part of the youth development program) to ensure that talented athletes can safely reach the bowling centre at designated league times and provide financial assistance in this regard.

#### Training camps

One training camp per year will be held to address the issues as mentioned above (in the High Performance section) and allow the development squad athletes the opportunity to get together in a team environment created by the training camps. This will be an opportunity to mould them into a cohesive unit with the similar goals and focus.

The majority of the focus will be around techniques of bowling and team participation.

#### Coaching support

It is the responsibility of the Provincial Association to feed the National Development program and coaching in this division is aligned with the National Coaching program.

Coaching on this level will focus on techniques to teach the basics of tenpin bowling and develop the athletes on an individual basis.

Practice, how to practice correctly and coaching on Level I is included in this program

Participants will go through a sequence of activities and challenges covering the following:

- 1) Safety, Rules & Etiquette
- 2) Lane dimensions
- 3) How to select a ball and attire for success
- 4) The basic setup stance and finishing posture
- 5) Understand the importance of the swing – Direction & Tension
- 6) The basic 4 step approach
- 7) Have fun - mini challenges

 Athlete support

Athlete support in this division will be limited to the top 12 bowlers in the Development squad and will be in aligned with the objectives and goals of the National Development and High Performance programs. It will focus on fitness, whilst at the same time, addressing level I requirements for sport psychology and mental toughness training. In exceptional instances, sport injury rehabilitation will be included.

**BUDGET FOR DEVELOPMENT AND TRANSFORMATION PROGRAM IN ORDER OF PRIORITY**

<b>Description</b>		<b>Amount requested (incl. VAT)</b>
<b>Talent identification</b>		<b>R 9,000.00</b>
<b>Coaching support</b>		<b>R 168,000.00</b>
<b>Sport Equipment:</b>	30 x Bowling balls @ \$ 34.50 each 30 x Bowling Shoes @ \$ 23.75 each 30 x 2- Ball Bags @ \$ 15.00 each	<b>R 20,656.00</b>
<b>Athlete support</b>		<b>R 24,000.00</b>
<b>Team preparation/Training camps</b>		<b>R 25,000.00</b>
<b>TOTAL</b>		<b>R 246,656.00</b>

## CAPACITY BUILDING MOTIVATION

### Training of Coaches

No accredited coaches are available in the region and therefore we are dependent on people who are not adequately trained to coach to give of their own time and expense. This is not in line with the National Coaching program of TBASA.

#### **A. SAQA ID 58009 Further Education and Training Certificate: Sport Administration US: 243300 - Lead a community sport activity (Credits: 12)**

##### PROGRAM OUTCOMES:

1. Prepare the participants or groups of participants for an activity.
2. Facilitate the process of participation.
3. Ensure that participants remain interested in the activity.
4. Demonstrate an understanding of the community and its resources.
5. Introduce the benefits of physical activities to the participants.
6. Evaluate the activity.

#### **B. European Tenpin Bowling Federation accredited coaching training (International)**

ETBF Educational Committee has two levels of coaching programs right now: Level I and Level II. The programs are supported and developed by their coaches, Kuortane Bowling Training Center and Olympic High Performance Center – Finland, USBC, ETBF Federation programs. It is now a most up-to-date program as it is a digital interactive program. They continuously update their programs and share new versions with their federations who integrated their national programs to the ETBF programs. The Level III program is planned to be finish in 2010 and released in 2011. The programs are also used as the base structure for WTBA worldwide educational programs.

The Level I Coaching Program targets beginners and youth groups and Level II targets intermediate bowlers. Both of the programs is useful for the coaches to train not only beginners but also advanced bowlers.

LEVEL I	LEVEL II
Introduction	Introduction
<ul style="list-style-type: none"> <li>• Introduction of Instructors and Students</li> <li>• Object of Course</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction of Instructors and Students</li> <li>• Object of Course</li> </ul>
General Bowling Information	
<ul style="list-style-type: none"> <li>• The Game of Bowling</li> <li>• World Organization</li> <li>• History of Bowling</li> <li>• Bowling as a Sport</li> <li>• Bowling Rules                             <ul style="list-style-type: none"> <li>▪ Playing Rules</li> <li>▪ Safety Rules</li> </ul> </li> </ul>	

<ul style="list-style-type: none"> <li>▪ Bowlers' Etiquette</li> <li>▪ Dressing</li> <li>▪ Scoring</li> </ul> <ul style="list-style-type: none"> <li>• <b>Bowling Terminology</b></li> </ul>	
Bowling Environment & Equipment	Bowling Environment & Equipment
<ul style="list-style-type: none"> <li>• <b>Measurements related to Bowling</b></li> <li>• <b>The Lane</b></li> <li>• <b>Pins</b> <ul style="list-style-type: none"> <li>▪ Pin Numbers &amp; Placement</li> </ul> </li> <li>• <b>Boards – Dots – Arrows &amp; Others</b></li> <li>• <b>Shoes</b></li> <li>• <b>Accessories</b></li> <li>• <b>Bags</b></li> <li>• <b>Bowling Balls</b> <ul style="list-style-type: none"> <li>▪ Introduction to Bowling balls</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Environmental Effects on Scoring</b> <ul style="list-style-type: none"> <li>▪ Environmental Factors</li> <li>▪ Lane Surface</li> <li>▪ Kickbacks</li> <li>▪ Pindecks</li> <li>▪ Pin Spotting</li> <li>▪ Flat Gutters</li> <li>▪ Topography</li> <li>▪ Proper Cleaning</li> </ul> </li> <li>• Depletion</li> <li>• <b>Bowling Balls - I</b> <ul style="list-style-type: none"> <li>• <b>Coverstock</b> <ul style="list-style-type: none"> <li>▪ Changing Coverstocks</li> <li>▪ Surface Texture</li> <li>▪ Coverstock Examples</li> </ul> </li> <li>• <b>Core</b> <ul style="list-style-type: none"> <li>▪ RG and Differential</li> <li>▪ Track Flare</li> </ul> </li> <li>• <b>Simple Arsenal</b></li> </ul> </li> </ul>
Lane Maintenance	Lane Maintenance
<ul style="list-style-type: none"> <li>• <b>Introduction to Lane Maintenance</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Why we oil the lanes?</b></li> <li>• <b>How we oil the lanes: Oiling Technologies: Wick &amp; Sanction Technology</b></li> <li>• <b>Understanding Lane Patterns</b> <ul style="list-style-type: none"> <li>▪ Pattern Lengths</li> <li>▪ Pattern Volume</li> <li>▪ Pattern Ratios</li> <li>▪ Forward and Reverse Oil</li> <li>▪ Pattern Shifts</li> <li>▪ Pattern Examples</li> </ul> </li> </ul>
Bowling Technique	Bowling Technique
<b>Bowling Principles</b>	<b>Bowling Principles</b>
Lane Physics: 2:1:3 Pocket Adjustment	<b>Ball Motion</b>

How Strike Occurs?

Why we hook the ball?

How the ball hooks?

### Bowling Technique

**What are we looking for? The Ideal Shot?**

**All Bowlers are Different!**

**The Formula: Swing + Timing = Proper Release**

**Approach: A Simple Choreography**

**4 Step or 5 Step Approach?**

**5 Step Approach**

Some Concepts related to a proper 5-Step Approach

Non-stop Flowing Action of the Ball

Understanding Free Swing & Speed of Ball

Walk patterns

The structure of 5 steps

Stance – Basics

Box Principle (Move to your target) for the beginners  
– ETT (Everything Towards Target)

0 Step – 1/5 – Start to Move

1<sup>st</sup> Step – 2/5 – Push away

2<sup>nd</sup> Step – 3/5 – Prozone

3<sup>rd</sup> Step – 4/5 – Backswing

4<sup>th</sup> Step – 5/5 – Slide > Release

Follow Through

Body Angles – Height – Stable Shoulder

Energy vs Speed

Three Phases of Ball Motion

Ball Motion and Hitting Power

The Effects of Cores & Coverstocks on Ball Motion

### How Bowlers Effect Ball Motion?

Speed

Revs

Rotation

Tilt

### Bowling Technique

Timing

Swing Shape

Swing Direction and Walk Direction

ETT Check

Walk patterns

Stance

Grab Points

Finish Positions

Balance

2nd Step Detailed

Prozone & Second Prozone

Flat Spot

Body Angles and Heights

<p>Lower your body properly</p> <p>Personal Number</p> <p>Release:</p> <p>Good and bad</p> <p>Wrist positions</p> <p>Clock System</p> <p>Types of Releases</p> <p>Minimum – Medium – Maximum</p> <p>Some Others</p> <p>Releases and Shots</p>	<p>Releases</p> <p><b>Lane Play</b></p> <p>Introduction</p> <p>Pocket and Entry Angles</p> <p>Boards, dots, arrows, pins, rangefinders</p> <p>Lane Physics</p> <p>Lane Movements</p> <p>Parallel Moves</p> <p>Angular Moves</p> <p>5:4:3 Strike Angle Adjustment</p> <p><b>Alignment Techniques for Better Lane Play</b></p> <p>Know-how for Better Alignment</p> <p>Advanced personal Number</p> <p>Exit Point Concept</p> <p>A Method: 3-Point Alignment System for Better Alignment</p>
<p>Spare Game</p>	<p>Spare Game</p>
<p>Importance of Spare</p> <p>The Formula</p> <p>Basics: Every Shot is a Single Pin Shot</p> <p>Safe Zone Confidence</p> <p>Simple Spare Systems for Beginners:</p> <p>3:6:9 System</p>	<p>Spare Systems</p> <p>Spare Tips</p> <p>Spare Practices</p>

KISS Sysytem	
<b>Bowler Analysis</b>	<b>Bowler Analysis</b>
<p>Observation</p> <p>Timing Controls</p> <p>Bowler's Form</p> <p>A Simple Analysis Chart</p>	<p><b>Advanced Bowlers Analysis</b></p> <p>Digital Technologies</p> <p>Bowlers Motion Analysis: Bowlers Map, Dartfish</p> <p>Digital Ball Tracking: CATS, DigiTrax</p> <p>Others</p>
<b>Sports Psychology</b>	<b>Sports Psychology</b>
<p><b>Mental Game - I</b></p> <p>Introduction to Mental Game Concept</p> <p>Basic Goal Setting</p> <p>Positive Approach – Positive Self-Talk</p> <p>Enjoy Yourself</p>	<p><b>Mental Game - II</b></p> <p>Stress Management</p> <p>Breathing</p> <p>Goal Setting</p> <p>Self Talk</p> <p>Imagery</p> <p>Concentration</p> <p>Preshot Routine</p>
<b>Athlete Development</b>	<b>Athlete Development</b>
<p><b>Physical attributes</b></p> <p>Endurance-basic concepts</p> <p>How to practice</p> <p>Physical strength-concepts</p> <p>How to practice</p>	<p><b>Physical attributes</b></p> <p>Endurance training in bowling</p> <p>Strength training in bowling</p> <p>Planning physical exercises</p> <p>Demo: exercise on the lanes</p>

<p>Warm-up, stretching</p> <p>Demo: physical exercise</p> <p>Nutrition:</p> <p>Basic concepts</p> <p>Demo: choosing "right" nutrients</p> <p>Athletic lifestyle:</p> <p>Importance of sleep</p> <p>Stimulants</p> <p>Athletic attitude</p>	<p>Nutrition:</p> <p>Diet for a long tournament day</p> <p>Energy intake &amp; consumption</p> <p>Athletic lifestyle:</p> <p>Life management</p> <p>Progressive training</p>
Coaching	Coaching
<p>Introduction to Coaching</p> <p>What is Coaching</p> <p>Characteristics of a Good Coach</p> <p>Coaching Tips</p> <p>Preparing a Program</p> <p>Learning &amp; Teaching – I</p> <p>Process of learning</p> <p>Motivational factors</p> <p>(drills, authority, feedback)</p> <p>Pedagogy</p> <p>Coaching the Youth</p> <p>General Characteristics</p> <p>Physical Motor Skills</p> <p>Psychological Characteristics</p>	<p>Coaching</p> <p>Characteristics of a Good Coach</p> <p>Roles of a Coach</p> <p>The Aim</p> <p>Learning &amp; Teaching - II</p> <p>Learning channels (VAK)</p> <p>Processing information</p> <p>Demo: the use of learning channels</p> <p>Components of a skill</p> <p>Developing a skill</p> <p>Demo: plan and execute</p> <p>A practice session</p> <p>Professional Practice</p>

<p>Social Factors</p> <p>Tips for Age-Specific Young Divisions</p> <ul style="list-style-type: none"> <li>Pee-Wees</li> <li>Bantams</li> <li>Preps</li> <li>Juniors – Majors</li> <li>Seniors - Collegiates</li> </ul>	
<p>Training and Practice Drills</p>	<p>Training and Practice Drills</p>
<p>GNILWOB vs CHRONOLOGICAL ORDER</p> <p>Warm-Up Routines</p> <p>Swing Drills / Swing with Sling, Swing to the Top</p> <p>Kneeling Down Drill</p> <ul style="list-style-type: none"> <li>On The Approach</li> <li>At The Foul Line</li> </ul> <p>Balance Line No-Step Drill</p> <p>One Step Drill (foot-ball) 3<sup>rd</sup> to 4<sup>th</sup> Step</p> <p>Two Step Drill – 3<sup>rd</sup> &amp; 4<sup>th</sup> Step</p> <p>Three Step Drill – 2<sup>nd</sup> 3<sup>rd</sup> &amp; 4<sup>th</sup> Step</p> <p>Push-Away Drill with 2 Step / 0-1 Drill</p> <p>Push-Away Drill with 3 Step / 0-1-2 Drill</p> <p>Pendulum Swing Drill / Swing &amp; Go</p> <p>Putting All Together</p> <p>Some Extended Drills</p> <ul style="list-style-type: none"> <li>From Start: 0-1-2-3 Step Drill</li> <li>To the Foul: 3 Step Drill / 2<sup>nd</sup> – 3<sup>rd</sup> – 4<sup>th</sup> Step</li> </ul>	<p><b>Practice Drills Revisited</b></p> <p>Warm-Up Routines</p> <p>Swing Drills / Swing with Sling, Swing to the Top</p> <p>Kneeling Down Drill</p> <ul style="list-style-type: none"> <li>On The Approach</li> <li>At The Foul Line</li> </ul> <p>Balance Line No-Step Drill</p> <p>One Step Drill (foot-ball) 3<sup>rd</sup> to 4<sup>th</sup> Step</p> <p>Two Step Drill – 3<sup>rd</sup> &amp; 4<sup>th</sup> Step</p> <p>Push-Away Drill with 2 Step / 0-1 Drill</p> <p>Push-Away Drill with 3 Step / 0-1-2 Drill</p> <p>Pendulum Swing Drill / Swing &amp; Go</p> <p>Putting All Together</p> <p>Some Extended Drills</p> <ul style="list-style-type: none"> <li>From Start: 0-1-2-3 Step Drill</li> <li>To the Foul: 3 Step Drill / 2<sup>nd</sup> – 3<sup>rd</sup> – 4<sup>th</sup> Step</li> </ul> <p><b>Additional Drills</b></p>

	<p>Opposite Handed GNILWOB Drills</p> <p>One Step Drill + Balance</p> <p>4 Steps with thumb in the pocket</p> <p>4 Steps with two balls</p> <p>5 to 5 with 90 degree</p> <p>Straight &amp; Side Roll Release Drills With Small Balls</p> <p>Practice Swing &amp; 4 Step Delivery</p> <p>Walk &amp; Go Delivery</p> <p>Two Bowlers Together</p> <p>Coach &amp; Bowler Together</p> <p><b>Practice Tools</b></p> <p><b>Practice Session Tips</b></p> <p><b>Practice Games</b></p>
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### Training of Administrators

Administrators are all volunteers and give of their spare time to serve on committees, resulting in the fact that people not staying for long in an administrators' position. It is also true that the majority of these people are not qualified as sport administrators and in many cases have little or no management experience. This results in inadequate sports administration and people getting frustrated and despondent with the challenges of sport and athlete administration.

As a result, the principles of good governance is not adhered to there is no continuity in the administration of the Province.

The Corporate Governance and Financial Management Learning in Sport Program conducted by the ITS Institute will go a long way in rectifying this challenge. This program is part of the **SAQA ID 60309 National Certificate in Sport Management and carries 26 credits towards the qualification.**

## PROGRAM OUTCOMES:

1. Explain the need for, the function of governance structures in sport.
2. Explain the boundaries between elected leaders and appointed managers.
3. Explain the role of a governance structure in relation to its stakeholders.
4. Apply suitable processes in the formation of a sport structure at different levels.
5. Explain the purpose of a constitution in the context of a sport organisation.

### Training of Technical officials

Technical officials in Tenpin bowling are Tournament Directors (similar to referees/umpires)

Tournament Directors need to know

- the World Tenpin Bowling Rules
- How to squad a tournament
- The TBASA and Provincial Constitutions
- Anti Doping rules
- How to handle TV coverage during a tournament
- Bowling ball ratification
- Ratification of results
- Handling of disputes
- Handling of spectators
- Handling of Sponsors

TBASA has developed a Tournament Director's course that will be utilised in the first year of the Technical officials training. Once the official has been accredited by TBASA, international accreditation will be obtained from the European Tenpin Bowling Federation in the second year. Obtain International accreditation for technical officials do not form part of this application for grants.

### Training Manuals

Accreditation of the training course, in the cases where it does not currently exist within the SAQA framework, will be done by TBASA. The Provincial Association will be responsible to cover the costs of the printing of the manuals.

### Administration costs for programs

Administration costs for the programs are required to ensure that the Provincial Association complies with the governance charter of SASCOC and the regulations of the Department of Sport and Recreation. It is also required to ensure the timeous submission of Lotto reports and general administration costs of the Provincial Federation. One permanent resource will be allocated to fulfil these tasks. This will also ensure the successful implementation of the programs in this four year operational plan and provide continuity in the administration.

#### Participation in leagues

This application is for the continuation of School leagues as per the National Schools program started in 2008 by TBASA.

IN THE FIRST YEAR, A SCHOOL LEAGUE WILL BE ESTABLISHED AT TWO CLUBS. FROM YEAR TWO, THE SCHOOLS LEAGUE WILL BE EXPANDED TO THE REMAINING CLUBS IN THE REGION AND MAINTAINED IN FOUR YEAR CYCLES:

- Leagues will be called the
  - Lighthouses Interschool League
  - Oasis School League
- Teams will be made up of 4 bowlers per team x 10 = 40 bowlers
- League will run over 12 week period and be repeated 3 times in one year
- Level one coaching will take place in the league
- Inter school competitions will take place 4 times in one year

#### Outreach programs





No outreach programs are applied for at this stage.

**BUDGET FOR CAPACITY BUILDING PROGRAM IN ORDER OF PRIORITY**

Description	Amount requested (incl. VAT)
<b>Training of coaches:</b> Generic Coaching Training (ITS) x 4 ETBF Level 1 coaching x 4	R 28,000.00 R 39,000.00
<b>Training of Administrators:</b> Governance & Financial Mgmt x 4	R 56,800.00
<b>Training of Technical officials:</b> TBASA course x 4	R 16,800.00
<b>Printing of Training manuals:</b> 12 x R105 each	R 1,260.00
<b>Administration costs</b>	R 60,000.00
<b>Participation in leagues</b>	R 214,720.00
<b>Transport to and from leagues</b>	R 54,000.00
<b>TOTAL</b>	<b>R 470,580.00</b>

**PROVINCIAL COMPETITIONS MOTIVATION**

The Provincial Association will have as a minimum the following tournaments each year:

-  Singles tournament open to all members of the Clubs
-  Doubles tournament open to all members of the Clubs
-  Development tournament open to any individual interested in getting involved in the sport of Tenpin Bowling
-  Inter school competitions form part of the League support program

**BUDGET PROVINCIAL COMPETITIONS PROGRAM IN ORDER OF PRIORITY**

Description	Amount requested (incl. VAT)
<b>Singles Tournament</b>	R 18,000.00
<b>Development tournament</b>	R 36,000.00
<b>Doubles tournament</b>	R 36,000.00
<b>TOTAL</b>	<b>R 90,000.00</b>

### NATIONAL COMPETITIONS MOTIVATION

The grant will be used to support athletes from the Provincial Association to participate in National competitions to measure their progress against other competitive bowlers. It is important that Provincial bowlers are exposed to competition pressures and form part of the National Ranking system managed by TBASA. Ranking points can only be obtained by participating in the prescribed criteria tournaments (at this stage 8 tournaments per annum):

- 🇿🇦 SA Singles
- 🇿🇦 Interprovincials (A Division)
- 🇿🇦 Silver Championships (Development)
- 🇿🇦 45+ Championships (Development)

#### BUDGET NATIONAL COMPETITIONS PROGRAM IN ORDER OF PRIORITY

Description	Amount requested (incl. VAT)
<b>Interprovincials (12 athletes + coach)</b>	R 35,000.00
<b>SA Singles (24 athletes + 2 x coaches)</b>	R 65,000.00
<b>Development Championships (12 athletes + coach)</b>	R 35,000.00
<b>45+ Championships (12 athletes + coach)</b>	R 35,000.00
<b>Junior Championships (8 athletes + coach)</b>	R 20,000.00
<b>TOTAL</b>	<b>R 190,00.00</b>

## STAKEHOLDERS – CLUBS

Lighthouses Bowl	Summerstrand, Port Elizabeth
Oasis Bowl	Kabega Park, Port Elizabeth

- Once the funding is received the program will be repeated each year whilst enhancements will be made on an annual basis. Should new clubs be formed in the region, then the plan will be amended accordingly.
- It is important to note that facilities (bowling centres) are owned by commercial proprietors and not by the Federation.
- Development of bowlers happens from World Games to World Games, the next to be held in 2013.
- Once bowlers have been developed in the province, they can join the National Development and High Performance program facilitated by the Tenpin Bowling Association of South Africa.

### SUMMARY OF FUNDING REQUEST (in order of priority)

Year 1	Capacity Building	R 470,580.00
	Provincial High Performance	R 383,000.00
	Transformation & Development	R 246,656.00
	National competitions	R 190,000.00
	Provincial Competitions	R 90,000.00
<b>TOTAL YEAR 1</b>		<b>R 1,380,236.00</b>

Year 2	Capacity Building	
	Provincial High Performance	
	Transformation & Development	
	National competitions	
	Provincial Competitions	
	Capacity Building	
<b>Priorities may change and detailed budgets can only be done once the first year programs have been implemented successfully</b>		
<b>TOTAL YEAR 2</b>		<b>R 1,725,000.00</b>

Year 3	Capacity Building	
	Provincial High Performance	
	Transformation & Development	
	National competitions	
	Provincial Competitions	
	Capacity Building	
<b>Priorities may change and detailed budgets can only be done once the first year programs have been implemented successfully</b>		
<b>TOTAL YEAR 3</b>		<b>R 2,200,000.00</b>

Year 4	Capacity Building	
	Provincial High Performance	
	Transformation & Development	
	National competitions	
	Provincial Competitions	
	Capacity Building	
<b>Priorities may change and detailed budgets can only be done once the first year programs have been implemented successfully</b>		
<b>TOTAL YEAR 4</b>		<b>R 2,700,000.00</b>