

2010 LOTTO APPLICATION

TENPIN BOWLING ASSOCIATION OF SOUTH AFRICA
(TBASA)

10 SEPTEMBER 2010

NLDTF 2010/SPORTS BUSINESS AND IMPLEMENTATION PLAN



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ITEMS IN ORDER OF PRIORITY

Description of items requested in order of priority	Amount (Inclusive of VAT)
C.A.T.S Computer Aided Tracking System	R 263,000.00
Capacity Building – Training of coaches	R 136,000.00
Capacity Building – Training of Administrators	R 85,200.00
Capacity Building – Training of Technical officials	R 72,325.00
Capacity Building – Administration costs	R 78,000.00
High Performance program	R 948,900.00
Transformation and Development	R 509,100.00
National Schools Tournament	R 126,000.00
Attending of International conferences	R 32,350.00
Establishment of African Zone	R 120,000.00
TOTAL	R 2,370,875.00
Special project: Kokos Bowling Centre – Gauteng	R 3,314,079.00
Special project: Lighthouses Bowling Centre – Eastern Cape	R 3,314,079.00
GRAND TOTAL	R 8,999,033.00

SPORT EQUIPMENT

C.A.T.S SYSTEM – Computer Aided Training System

Overview

Everyone's game is a work in progress... C.A.T.S. measures that progress. Now we can offer our bowlers an easy way to test, track, and improve their game at their own pace. C.A.T.S. is our key to a successful bowler development and retention program developed by Kegel and the USBC. C.A.T.S can be used with or without a coach.

What is C.A.T.S. (Computer Aided Tracking System)?

C.A.T.S. is a proven teaching tool developed by bowlers for bowlers wanting to know more about how they bowl. Developed in the early 1990's by the ABC/WIBC to accurately and instantly measure speed and accuracy of a bowler's game, Kegel has extended this system into a modern Windows application and made it easy to use and understand.

How does C.A.T.S. work?

Using 5 ultrasonic sensors mounted at optimum points on the lane, C.A.T.S. can track virtually any information about the bowler's game. As you bowl C.A.T.S. records your launch angle, ball speed, breakpoint, entry angle and score. Then you can see your progress during or after your game. Print outs of your progress are also available.

C.A.T.S benefits are as follows:

- ⊕ Improve shot accuracy
- ⊕ Control ball speed
- ⊕ Get the competitive edge
- ⊕ Throw more strikes
- ⊕ Raise your average
- ⊕ Track ball changes
- ⊕ Track individual progress
- ⊕ Clearly assess the bowler's strengths and weaknesses
- ⊕ Bowler learns at his/her own pace

C.A.T.S. Screenshots:



Ball Speed: Screen shows launch speed and ball position at the arrows. It also contains Range Graphs to show the consistency of the shots thrown.



Angles - This screen contains the Bowler's Launch and Entry angles. It also contains Range Graphs



Position - Shows ball position at the Arrows, Break Point and at the Pins. It also contains Range Graphs



All Results - For those who want just the facts, the data screen shows all ball speeds, positions, and angles in tabular form. Full View - Is a collection of all screen data for each shot thrown including all three ball positions, launch and entry angle, speeds at three points on the lane, ball path for all shots thrown, and which pins were left for each shot.

Also Included

Coaching C.A.T.S For years, studies have shown that approximately 70% of first year bowlers don't return the following season. When asked why, lack of improvement or "COACHING" is always near the top of the list.

Custom Reports - Included in both Single or Dual Lane C.A.T.S. all shots thrown are stored in a database making them accessible at any time for printing. Also print custom reports!

Front Desk C.A.T.S. Management Software - An easy-to-use Front Desk program for Windows front desk computer to help manage and track C.A.T.S.

The C.A.T.S system can be used on ALL level of bowlers, from beginners to High Performance athletes. The procurement of the C.A.T.S will allow TBASA the opportunity to measure bowlers' progress and be able to focus on areas of a bowler's game that needs improved. This coaching aid will allow coaches to base their coaching programs for individual bowlers on FACTS and not "gut-feel".

C.A.T.S. allows you to measure where you are currently as a bowler. Specifically, due to the database of bowlers included in the system, a bowler can see how they compare with the top bowlers in the world including top-level professionals.



	US Dollars FOB	SA Rand x 8.00
C.A.T.S. Computer Aided Tracking System	\$17,500.00*	R 140,000.00
5 DAYS TRAINING ON CATS system in USA	\$2,500.00	R 20,000.00
SHIPPING COSTS & INSTALLATION		R 63,000.00
TRAVEL & AIR TICKET EXPENSES		R 25,000.00
ACCOMODATION		R 15,000.00
		R 263,000.00

25% added to original quotation costs for price increase over one year. (Quotation only valid for 30 days)

CAPACITY BUILDING

TRAINING OF COACHES

TBASA has only **one** internationally accredited coach in South Africa (Gauteng). A number of Level one coaches are available but are not accredited. TBASA needs to train coaches according to the European Tenpin Bowling federation coaching courses. We also need to train some of the Level one coaches to Level two.

The ETBF coaching program consists of the following:

ETBF COACHING EDUCATIONAL PROGRAM

OUTLINES FOR LEVEL I ,II

LEVEL I	LEVEL II
Introduction	Introduction
<ul style="list-style-type: none"> • Introduction of Instructors and Students • Object of Course 	<ul style="list-style-type: none"> • Introduction of Instructors and Students • Object of Course
General Bowling Information	
<ul style="list-style-type: none"> • The Game of Bowling • World Organization • History of Bowling • Bowling as a Sport • Bowling Rules <ul style="list-style-type: none"> ▪ Playing Rules ▪ Safety Rules ▪ Bowlers' Etiquette ▪ Dressing ▪ Scoring • Bowling Terminology 	
Bowling Environment & Equipment	Bowling Environment & Equipment
<ul style="list-style-type: none"> • Measurements related to Bowling • The Lane • Pins <ul style="list-style-type: none"> ▪ Pin Numbers & Placement • Boards – Dots – Arrows & Others • Shoes • Accessories • Bags • Bowling Balls <ul style="list-style-type: none"> ▪ Introduction to Bowling balls 	<ul style="list-style-type: none"> • Environmental Effects on Scoring <ul style="list-style-type: none"> ▪ Environmental Factors ▪ Lane Surface ▪ Kickbacks ▪ Pindecks ▪ Pin Spotting ▪ Flat Gutters ▪ Topography ▪ Proper Cleaning • Depletion • Bowling Balls - I <ul style="list-style-type: none"> • Coverstock <ul style="list-style-type: none"> ▪ Changing Coverstocks ▪ Surface Texture

	<ul style="list-style-type: none"> ▪ Coverstock Examples • Core <ul style="list-style-type: none"> ▪ RG and Differential ▪ Track Flare • Simple Arsenal
Lane Maintenance	Lane Maintenance
<ul style="list-style-type: none"> • Introduction to Lane Maintenance 	<ul style="list-style-type: none"> • Why we oil the lanes? • How we oil the lanes: Oiling Technologies: Wick & Sanction Technology • Understanding Lane Patterns <ul style="list-style-type: none"> ▪ Pattern Lengths ▪ Pattern Volume ▪ Pattern Ratios ▪ Forward and Reverse Oil ▪ Pattern Shifts ▪ Pattern Examples
Bowling Technique	Bowling Technique
<p>Bowling Principles</p> <p>Lane Physics: 2:1:3 Pocket Adjustment How Strike Occurs? Why we hook the ball? How the ball hooks?</p> <p>Bowling Technique</p> <p>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 1st Step – 2/5 – Push away 2nd Step – 3/5 – Prozone 3rd Step – 4/5 – Backswing 4th Step – 5/5 – Slide > Release Follow Through Body Angles – Height – Stable Shoulder Lower your body properly Personal Number Release:</p>	<p>Bowling Principles</p> <p>Ball Motion</p> <p>Energy vs Speed Three Phases of Ball Motion Ball Motion and Hitting Power The Effects of Cores & Coverstocks on Ball Motion</p> <p>How Bowlers Effect Ball Motion?</p> <p>Speed Revs Rotation Tilt</p> <p>Bowling Technique</p> <p>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 Releases</p> <p>Lane Play</p> <p>Introduction</p>

<p>Good and bad Wrist positions Clock System Types of Releases Minimum – Medium – Maximum Some Others Releases and Shots</p>	<p>Pocket and Entry Angles Boards, dots, arrows, pins, rangefinders Lane Physics Lane Movements Parallel Moves Angular Moves 5:4:3 Strike Angle Adjustment</p> <p>Alignment Techniques for Better Lane Play Know-how for Better Alignment Advanced personal Number Exit Point Concept A Method: 3-Point Alignment System for Better Alignment</p>
Spare Game	Spare Game
<p>Importance of Spare The Formula Basics: Every Shot is a Single Pin Shot Safe Zone Confidence Simple Spare Systems for Beginners: 3:6:9 System KISS Sysytem</p>	<p>Spare Systems Spare Tips Spare Practices</p>
Bowler Analysis	Bowler Analysis
<p>Observation Timing Controls Bowler's Form A Simple Analysis Chart</p>	<p>Advanced Bowlers Analysis Digital Technologies Bowlers Motion Analysis: Bowlers Map, Dartfish Digital Ball Tracking: CATS, DigiTrax Others</p>
Sports Psychology	Sports Psychology
<p>Mental Game - I Introduction to Mental Game Concept Basic Goal Setting Positive Approach – Positive Self-Talk Enjoy Yourself</p>	<p>Mental Game - II Stress Management Breathing Goal Setting Self Talk Imagery Concentration Preshot Routine</p>
Athlete Development	Athlete Development
<p>Physical attributes Endurance-basic concepts How to practice Physical strength-concepts How to practice Warm-up, stretching Demo: physical exercise</p>	<p>Physical attributes Endurance training in bowling Strength training in bowling Planning physical exercises Demo: exercise on the lanes</p> <p>Nutrition: Diet for a long tournament day</p>

<p>Nutrition: Basic concepts Demo: choosing "right" nutrients</p> <p>Athletic lifestyle: Importance of sleep Stimulants Athletic attitude</p>	<p>Energy intake & consumption</p> <p>Athletic lifestyle: Life management Progressive training</p>
<p>Coaching</p>	<p>Coaching</p>
<p>Introduction to Coaching What is Coaching Characteristics of a Good Coach Coaching Tips Preparing a Program</p> <p>Learning & Teaching – I Process of learning Motivational factors (drills, authority, feedback)</p> <p>Pedagogy</p> <p>Coaching the Youth General Characteristics Physical Motor Skills Psychological Characteristics Social Factors Tips for Age-Specific Young Divisions Pee-Wees Bantams Preps Juniors – Majors Seniors - Collegiates</p>	<p>Coaching Characteristics of a Good Coach Roles of a Coach The Aim</p> <p>Learning & Teaching - II Learning channels (VAK) Processing information Demo: the use of learning channels Components of a skill Developing a skill Demo: plan and execute A practice session</p> <p>Professional Practice</p>
<p>Training and Practice Drills</p>	<p>Training and Practice Drills</p>
<p>GNILWOB vs CHRONOLOGICAL ORDER Warm-Up Routines Swing Drills / Swing with Sling, Swing to the Top Kneeling Down Drill On The Approach At The Foul Line Balance Line No-Step Drill One Step Drill (foot-ball) 3rd to 4th Step Two Step Drill – 3rd & 4th Step Three Step Drill – 2nd 3rd & 4th Step Push-Away Drill with 2 Step / 0-1 Drill Push-Away Drill with 3 Step / 0-1-2 Drill Pendulum Swing Drill / Swing & Go Putting All Together Some Extended Drills From Start: 0-1-2-3 Step Drill To the Foul: 3 Step Drill / 2nd – 3rd – 4th Step</p>	<p>Practice Drills Revisited Warm-Up Routines Swing Drills / Swing with Sling, Swing to the Top Kneeling Down Drill On The Approach At The Foul Line Balance Line No-Step Drill One Step Drill (foot-ball) 3rd to 4th Step Two Step Drill – 3rd & 4th Step Push-Away Drill with 2 Step / 0-1 Drill Push-Away Drill with 3 Step / 0-1-2 Drill Pendulum Swing Drill / Swing & Go Putting All Together Some Extended Drills From Start: 0-1-2-3 Step Drill To the Foul: 3 Step Drill / 2nd – 3rd – 4th Step</p> <p>Additional Drills Opposite Handed GNILWOB Drills</p>

	One Step Drill + Balance 4 Steps with thumb in the pocket 4 Steps with two balls 5 to 5 with 90 degree Straight & Side Roll Release Drills With Small Balls Practice Swing & 4 Step Delivery Walk & Go Delivery Two Bowlers Together Coach & Bowler Together Practice Tools Practice Session Tips Practice Games
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The financial obligations are as follows;

1. Federations who apply for the clinics have to pay a fee of € 300 to ETBF.
2. € 1.200 for 4 day clinics per instructor (the number of instructors depends on the number of students)
3. The federations must also pay the travel, accommodation and food costs for the coaches during their stay.

For Maximum of 8 students Level 1	EURO	SA Rand x 10.00
ETBF application fee	€ 300	R 3,000.00
Instructor per day	€ 1,200	R 48,000.00
Air Travel costs (ex-Europe)		R 14,000.00
Accommodation (5 days) Dinner , Bed & B/fast		R 3,000.00
		R 68,000.00

Six months after Level 1 course

For Maximum of 8 students Level 2	EURO	SA Rand x 10.00
ETBF application fee	€ 300	R 3,000.00
Instructor per day	€ 1,200	R 48,000.00
Air Travel costs (ex-Europe)		R 14,000.00
Accommodation (5 days) Dinner , Bed & B/fast		R 3,000.00
		R 68,000.00
TOTAL FOR BOTH COURSES		R 136,000.00

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 Federation.

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.

For 6 Administrators (National Management Committee)		SA Rand
Governance and Financial Management	ITS Institute	R 85,200.00

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. (It is important to note that once the course and training manuals have been developed, it will be utilised for all affiliated members)

For 4 Technical Officials (National Tournament Directors)		SA Rand
Development of course and manual		R 50,000.00
Training course for 4 delegates		R 16,800.00
Printing of Manuals		R 525.00
SAQA accreditation		R 5,000.00
		R 72,325.00

ADMINISTRATION COSTS

Administration costs for the programs are required to ensure that the National Federation 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 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.

		SA Rand
One full time employee at Secretariat	R 6,500.00 per month	R 78,000.00

ATTENDANCE OF INTERNATIONAL CONFERENCES

		SA Rand
European Tenpin Bowling Congress		
- Date: 10/6/2011 to 13/06/2011	Accommodation	R 2,700.00
- Venue: Munich Germany	Flight	R 12,000.00
- One delegate: Anthea Harms	Visa	R 600.00
- Class of travel: Economy	Travel Insurance	R 100.00
	Congress fee	R 1,000.00
		R 16,400.00
World Tenpin Bowling Congress		
- Date: 31/08/2011 to 03/09/2011	Accommodation	R 2,200.00
- Venue: Hong Kong	Flight	R 12,500.00
- One delegate: Anthea Harms	Visa	R 150.00
- Class of travel: Economy	Travel Insurance	R 100.00
	Congress fee	R 1,000.00
		R 15,950.00
	TOTAL	R 32,350.00

HIGH PERFORMANCE PROGRAM

Tenpin Bowling is a World Games sport and a Category 2 Commonwealth sport and it is the responsibility of the National Federation to ensure that athletes can perform on a world class standard. Tenpin Bowling SA forms part of the European Zone with 49 member countries.

The European Zone is the strongest zone in the world and have over 2,000 registered bowling centres in the zone.

To stay competitive in the zone and on the world stage, our High Performance team needs to get intensive and focussed training and coaching. They also need to compete on the world stage and to be able to participate in the World Championships and World Games need to qualify within the top 12 performing countries in the zone.

The talent identification system that has been developed in collaboration with the University of Pretoria's High Performance centre needs to now be used to evaluate all the athletes on an individual basis and a development plan for each athlete needs to be done.

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.

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 programs.

		SA Rand
Talent identification (UP HPC)	16 athletes	R 12,800.00
Coaching support	16 athletes	R 240,000.00
Athlete support	16 athletes	R 40,000.00
National Competitions	16 athletes	R 48,000.00
National Training camps/Team preparation	2 camps per year	R 50,000.00
International Competitions	See 4 year plan	R 468,500.00
Playing kit	16 athletes	R 17,600.00
Administration costs	HP manager	R 72,000.00
		R 948,900.00

TRANSFORMATION AND DEVELOPMENT

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 utilizes 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 realize their potential in a high-quality talent development program.

Practice, how to practice correctly and coaching on Level I and II are included in this program. Participants will go through a sequence of activities and challenges covering the following:

- 1) Safety, Rules & Etiquette
- 2) Specific skills to the individual bowler's unique bowling styles
- 3) How to read lane conditions and patterns
- 4) Life skills
- 5) Team building
- 6) Please see under Training of coaches for further details


		SA Rand
Talent identification (UP HPC)	24 athletes	R 19,200.00
Coaching support	24 athletes	R 360,000.00
Athlete support	24 athletes	R 40,000.00
National Competitions	24 athletes	R 38,500.00
National Training camps/Team preparation	1 camp per year	R 25,000.00
Playing kit	24 athletes	R 26,400.00
		R 509,100.00


ESTABLISHMENT OF AFRICA ZONE


The Tenpin Bowling Association of South Africa has been approached by the World Tenpin Bowling Association to lead the forming of an African Zone for Tenpin Bowling.

As this will required a massive amount of administration and travel, a special request is made to assist with the financial obligations of such a project.

At present the following African countries are registered with the WTBA as members;

 South Africa

 Egypt

 Morocco

 Ethiopia

 Lybia

 Nigeria

A survey needs to be done with all African countries to establish which countries have tenpin bowling facilities and in what state they are. Identified countries needs to be assisted with consulting on how to form constitutional federations and get their federations in a position to affiliate to the WTBA and form an African Zone. This will be a lengthy process and will be a project spearheaded by TBASA in collaboration with all relevant stakeholders, e.g. SASCOC, Sport and Recreation South Africa.

In order for us to embark on this project an amount of R 120,000.00 is needed to employ a full time person for the period of one year. Other contributors to this project will be the World Tenpin Bowling Association, FIQ and the United States Bowling Congress (USBC).

		SA Rand
Full time employee	12 months	R 120,000.00
		R 120,000.00

NATIONAL SCHOOLS TOURNAMENT

Club	Entry & Games	Transport	Accommodation	Bowlers+Coach
Brightwater Commons	Part of regional/provincial associations' grant applications	R 3,000.00	R 7,500.00	4+1
Greenstone		R 3,000.00	R 7,500.00	4+1
Menlyn		R 3,000.00	R 7,500.00	4+1
Kokos		R 3,000.00	R 7,500.00	4+1
Dolphin Bowl		R 3,000.00	R 7,500.00	4+1
Planet Play		R 3,000.00	R 7,500.00	4+1
Oasis		R 3,000.00	R 7,500.00	4+1
Lighthouses		R 3,000.00	R 7,500.00	4+1
Tygervalley		R 3,000.00	R 7,500.00	4+1
N1 City		R 3,000.00	R 7,500.00	4+1
Lake Umuzi		R 3,000.00	R 7,500.00	4+1
Northridge		R 3,000.00	R 7,500.00	4+1
		R 36,000.00	R 90,000.00	R 126,000.00