

MOTIVATION

To perform at ones best over a prolonged period we need to identify our motivation, "What is it that I really want?" To tell ourselves simply that 'I want to win' is inadequate; why do you want to win? Is it a motive that you are comfortable with?

When you perceive a goal that is within your ultimate capacity, provided that goal becomes a part of you, then one day both you and the goal will be satisfied.

SELF-IMAGE

In programming ourselves for improved performance we first need a realistic image of our Self, neither more nor less than what we really are. Having established a secure self-image we may then choose to improve ourselves by imagining a new-self not incompatible with ourself. Our behaviour and actions will begin to reflect that new-self until it becomes revised, secure and realistic self-image. At no time do we lose contact with our essential self, we will always be comfortably related to any new-self that we might imagine.

Resolve for yourself realistic objectives, take them in stages, you will then obtain the encouragement of achieving a series of personal successes.

SELF-AWARENESS

In any regular motor activity our body, together with the subconsciousness, develops a memory for that activity; however many complex movements may be involved, when the trigger for that action occurs, the activity required will be duplicated almost immaculately **without conscious thought**.

Sometimes we become aware of someone critically observing a physical action of ours, we become inhibited, slightly awkward. This occurs because we are temporarily unable to act "without conscious thought", as soon as we relax we are able to perform "naturally" once more.

Self-awareness is the acquired ability to recall those movements performed "without thought", to have

an awareness of that which was not quite right, and where/how it went awry. Each time we are at the foul-line we will invite our body to tell us "how it was", and gradually we develop the ability to be a non-critical and non-interfering observer of ourselves. Non-critical because we are not attempting to judge Good or Bad, we are being more constructive than such judgements allow.

Self-awareness is your own inbuilt video, like any such machine it needs to be bought, (by practice), and it needs tuning in to a station, (the real you).



VISUALISATION

Many novices adopt the traits of the bowlers about them, and may even be part of a recognisable social/family group by the common elements of their game, not because they have had the same Coach, but because they have unconsciously observed and copied each other.

We can take advantage of this 'look and learn' facility of the mind by choosing to mentally visualise the movements and actions that we wish to become part of our game.

It is not always easy to visualise technicolour movies in the mind, but practice rapidly establishes the ability, and the more detail we include, sounds, smell, the more effective it becomes. See an image of yourself in the stance, through the approach and release, watch the ball on the lane, see the reaction of the pins. Imagine, a perfect action, imagine a perfect result. Instead of watching your opponent, "practice" your next shot in your mind. So much value is now attached to mental practicing that many

Coach's, in other sports, now require injured players to sit in and observe **ALL** practice sessions and matches.

AFFIRMATION

The person most likely to criticise us unfairly is ourselves, the mental conversations that many of us have with ourselves are classic examples of how **NOT** to reassure, encourage and help a friend. Make no mistake, the things we say to ourselves do take hold of have an effect upon how we behave and perform.

To think bad thoughts is the easiest thing in the world. To think good thoughts requires effort. Train yourself, soon you will not have to make such great efforts, and then you will become of value to yourself.



Typically:

A bowler misses a shot . . .

He says to himself "Another good game ruined. It's all going to fall apart again. I can't afford another error."

Appropriate Dialogue "I cannot change that score. It is past, gone. Each ball I bowl is that best I can achieve. I shall imagine the perfect action, see the perfect result. I am calm."

SUMMARY

Know yourself,
Know your goals
Learn to Concentrate,
Quieten the Mind and the Body,
Erase the Past,
Erradicate Fear,
Speak Sensibly and Supportively to yourself,
Visualise the Perfect Action,
Visualise a Successful Result,
Let It Happen.

Brian A. Molineaux, Chairman,
B.T.B.A. Instructors Association.

**Alset
Design
Limited**

- ★ *Phototypesetting*
- ★ *Design*
- ★ *Make up & Artwork*
- ★ *Photocopying*
- ★ *Typesetter of 'Bowling News'*

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I would like to welcome to the now famous Failure Club a few new members, and one or two who have, shall we say 'done it again' — Welcome to the Club the illustrious **Brian Molineaux**, he dashed off to Bexleyheath for a meeting of the SEBA Council, only to find we were not there, said hello to my dear lady wife, only to be advised that our meeting was at Dagenham. When he arrived at Dagenham he apologised for being late, and said that in fact he was in time for the meeting, if we had been at Bexleyheath. **Jan and Keith Hodge** have joined our ranks for very much the same reason, they dashed off to Basildon to participate in the Bert Timms Memorial Tournament, only to find that we were at Dagenham: I knew Keith would lead Jan astray one day. Welcome **Steve Cook**, bowling for Earthquake in the Olympic League at Bexleyheath. He started a 187 game with 5 in a row. (A true Failure). **Ray Baldwin** is with us again 191-241-132, he was, and no doubt still is playing for some team (he hasn't said who) in the Misfits league at Bexleyheath. **Colin Oliver**, who I think is one of Raymond's team mates, with a 133 average and a 105 handicap joins Raymond in the Failure Club with 113-93-132. "Why did he fail?", did I hear you ask, well he was sober at the time and it was painful, he had to buy a round. **Pat Overy** of the Darenth Taverners in the Olympic League rolled a first game of 245 that included 5 in a row. Then in the second game took 8 frames to hit a spare, opened the 9th frame for a score of 86. The question was would

FAILURE CLUB

she make 100? She closed the 10th frame 6 spare strike for 106. Its amazing the things people will do to buy a badge!! Welcome to the Club **Terry Hawes** from Basildon's Tuesdays Trios 127-124-258. and **Eddie Hobbs** from the same league 208-222-136. Well done lads!

Our fame has spread to the distant shores of the Airport Bowl, and the Middx Local Association. Let it not be said that the fair and lovely **Pat Kneip** had conspired with others to become a Failure Club member, but we should consider her application. For some time Middx Local Association has survived due to the "efforts" of Arthur Rumble the Area Secretary. Pat being the girl she is, decided it was about time to dig Arthur out; or, was it in? Well anyway. This year their AGM was convened in very much the same manner as ours. Pat and Arthur arranged to meet all the leagues in the Middlesex Association to persuade them to send delegates, and make their AGM a success. The night of the AGM arrived and they were one delegate short for a quorum. "Oh dear", thinks Pat, "now what?" Geoff Buck was a delegate, and asked Arthur Rumble where the delegate from his league was? Arthur replied "well our meeting to elect one is next week!!" What we have to consider is the fact that Pat thought that there would be no need to arrange a meeting with Arthur's league, because Arthur was the League's Secretary, as well as the Local Association Secretary and would have matters well in hand!! Welcome to the Club **Pat Kneip**, President of the Middx Local Association. What about Arthur? He's been in the CLUB for years.

The General Secretary asked me recently how many times one had to appear in the 'Failure Club' to become a Life Member? From his question I assumed that someone had dropped a clanger or two! "Once is enough" I replied, frantically trying to remember if there was something I had forgotten to do. "Why?" I asked, somewhat pensively, fully expecting to be nominated again, "What's happened?"

"Brian Morrison and Aberdeen" the Gen Sec replied, and related the tale of Kitty Brewster and the Northern Hotel.

The Gen Sec explained that he had arranged to visit Aberdeen and stay at the Northern Hotel and during a telephone conversation with Brian Morrison had mentioned this fact. Brian replied that he had stayed at the Northern Hotel, and knew the Manager well. "Yes", said Brian "Northern Hotel, Kitty Brewster . . ." and their conversation continued.

A few days later our hero arrived at Aberdeen, made his way to the hotel — registered his presence and during registration made it known that an acquaintance of his knew the Manager's wife very well, but the Gen Sec could not remember her name, and after those few moments when you realise you should not have mentioned anything, and after suggesting that her name began with an M, or was it B. The man behind the counter soon put our hero out of his misery. "I'm sorry sir", the man said, "I cannot think who she could be," (no doubt thinking I've got a right one 'ere!) "I am the Manager and I am not married." Duly put down, the Gen Sec retired to his room and as one does, reads the Hotel's itinerary and discovers who, or rather what **KITTY BREWSTER** is . . .

She is the name of the **STREET** where the hotel is located!!!

Staying with the General Secretary, it would appear that he has not unreasonable difficulties with Champagne; I shall explain, recently it was Maurice and Rita's 25th wedding anniversary and they decided to celebrate while they were on their way to the Miranda State Bowling Championships in Caracas, Venezuela, with a very successful U.K. team. Remembering his difficulty with obtaining bubbly from a certain supplier for the BTBA 21st Championships and receiving mustard, he decided to take his own and celebrate his anniversary on the plane.

The Stewardess asked Maurice if he would care to open the bottle and being a gentleman he obliged. Hardly had he touched the cork and off it went like a cannon soaking a fellow passenger just across the aisle, on her way back to the Bahamas, nylon wig and all, but a few more drops of bubbly, this time in a glass, helped her to see the funny side. How the Gen Sec managed to calm his fellow passengers and persuade them he was not a hijacker he did not say.

I think you're safer with **MUSTARD** Maurice!!

A belated Happy Anniversary **RITA AND MAURICE GLAZER**.

Scene Around SEBA

"Now let me see, I must have a letter or two secreted about here somewhere," rummage, rummage — mumble, mumble. "No! There's nothing under there, they must be in here," rummage, rummage — mumble, mumble. "Stone me! I've been robbed. Maggy!!" our editor cries out in pained disbelief, "Call the Old Bill, I've been robbed, someone has nicked all my fan mail and made off with hundreds of Area Hi applications, as well as all those club membership applications, and to add insult to injury, they have stolen those hundreds of reports from the league. Call the Old Bill!!"

"Mum" cries a confused seven year old, "Dad's having a funny turn!!" "I know" replies Maggy, "that's why I've locked myself in the loo". "Leave him, he will be all right in a minute, it's his delusions of grandure again."

"Oh" replies a very confused little girl. "Where's all those reports from those over-paid, over-privileged hacks" shouts our Editor. "I pay vast sums of money for them to supply me with copy for this most prestigious of magazines, the most sought after professional magazine in the whole world. Call the Police! I've been robbed!!" Hang about, there's the postman, our hero dashes to the door "and about time to mate", "how can I produce *Bowling News* if you insist on misdelivering all my fan mail to WOT?" "What!" replied the postman, "I knew it, he's admitted it. I shall complain to his superiors."

Now what's this — O'lord not another naughty letter from our bank; tearing open the envelope, wait a minute, wait a minute, we're in credit!! holding on to the back of his chair for support "**WE'RE IN CREDIT**" — Now don't get excited readers, there's hardly enough to pay for this issue of *Bolwing News* and contrary to rumour I only received one letter from a league secretary, and we have over seventy leagues!! So it would appear that nothing much has happened around SEBA since the last issue, other than SEBA bleeding to death, or should I say it must be happening, but you can't be bothered to tell me. I know it costs at least 12½p to post a letter and I know I have not taken into ac-

count the cost of pen and paper, but someone other than the very few that contribute to the production of *Bowling News* must care that we need to communicate. Perhaps I'm wrong, that's why it's now 1.00 am and I'm still working. **I MUST BE POTTY.**

How much time would it take to submit an Area Hi application?

Even if it only just misses the top four, it would be a source of information for me as editor of *Bowling News* and I could publish your score. How long would it take to submit an entry form if you have qualified for any of the Club tournaments? — Let me remind you how you can qualify for each of the club events. The **200 Club** is for a single game score for bowlers with an average of 159 or less, and for first year bowlers. The **500 Club** is a three game score of 500 and above, Ladies only. The **550 Club** is for a three game score, for bowlers with a 169 average or less. Finally the **600 Club** is for a three game score of 600 or more, any average, and all scores are of course scratch. The list of Club Members are listed in *Bowling News*, and it would help me as editor of *Bowling News* if you were to supply a few details that I could publish in *Bowling News*. The ideal person to provide these services to his and our members is the League Secretary. Please, please, Mr or Mrs Secretary help me produce *Bowling News* by this simple act.

The National Championships are at Sunderland in 1983 — dates to be announced.

Basildon

In Scene Around SEBA I featured a story of the Housewives and The Atlas League from Basildon, "wrong again Shrimpton" I was advised, it's not the Atlas League, it's the Shell Trios. My apologies to the members of the Atlas League if my error caused them any inconvenience.

Bexleyheath

Congratulations to Nancy Russell and Ian Consterdine from Bexleyheath, on their engagement.

In the last issue I had Eric Davis bowling with Bobby Mansfield, well I was wrong, it was Phil Russell. I think, now I know it was not Dave Mabbery, or any of the other All Stars that I can think of, so it must have been Phil.

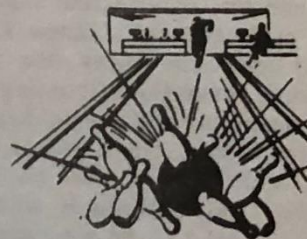
From the applications that I have received (all two of them) we have **Phil Puttick** playing for that dynamic team Alpha Omega in the Olympic League (that will cost you £5 J.C.) scored 279 and hops into 2nd place in the Area Hi's and the **Sting** in the Olympic League with a five person 3 game series of 2835.

Dagenham

Dolly Hart, Secretary of the Capitol Doubles has advised me that **Pete Butcher** added another 700 to his credit with 706. Well done.

Whitstable

In the Tuesday Trios at Whitstable during the past season, three members set personal best scores: Pat Day 201, 505, 252; June Small 260, 557; Phil Hobbs 264, 580.



STOP PRESS

**Essex Men 2nd
in The
Inter-County finals
Congratulations
Terry Saunders
and the
Essex Men**



DOLLY HART

One of our most distinguished members has received an award from the *World of Ten Pin* for "Distinguished Services to Tenpin Bowling", congratulations Dolly, and may I add "your services to Bowling are without measure."

Bert Timms Memorial Classified Doubles Championships Final Results

Division 1. 19 teams at £2.50 = £47.50

1st	Gordon and Sheila Phillips	1076	£25.00
2nd	Colin and Dot Archer	1012	£15.00
3rd	Gordon and Sheila Phillips	995	
4th	Sandra Phillips and Trevor Taylor	965	£7.50
5th	Keith Larwood and Teresa Burt	950	
6th	Teresa Burt and Ray Robinson	936	
7th	Joy and Stan Manser	918	
8th	Karen Petherick and David Yoxall	914	
9th	Sandra and Michael Phillips	910	
10th	David Petherick and Denese Taylor	902	

Division 2. 30 teams at £2.50 = £75.00

1st	Marge Lazarus and Alan Webster	1111	£40.00
2nd	Susan and Terry Burt	1076	£20.00
3rd	Dolly Hart and Barry Wright	1063	£10.00
4th	Keith Larwood and Susan Burt	1060	£5.00
5th	Jan Cormack and Ray Robinson	1059	
6th	Dolly Hart and Barry Wright	1056	
7th	Frank Brown and Jenny Myhill	1030	
8th	Valerie and Michael Eggleton	1026	
9th	Joyce and Michael Chapman	1016	
10th	Sylvia and Brian Colley	1007	

Division 3. 10 teams at £2.50 = £25.00

1st	Jan and Keith Hodge	1092	£17.50
2nd	Terry Saunders and Sheila White	1027	£7.50
3rd	Terry Saunders and Janet Morrison	1019	
4th	Jan Cormack and Terry Burt	1014	
5th	Janet and Brian Morrison	1012	
6th	Celia and Denis Collings	988	
7th	Jan and Keith Hodge	966	

The Bert Timms Memorial Classified Mixed Doubles Championship on Sunday, 19th September, attracted 59 teams: 19 in Division 1, 30 in Division 2, and 10 in Division 3.

Division 1

Success went to Gordon and Sheila Phillips after re-entering. Second in this division were Colin and Dot Archer after leading Division 1 from Squad 1. Gordon and Sheila were in fact 3rd with 995 but for rule 4 the third place went to Sandra Phillips & Trevor Taylor.

Division 2

Winners were Marge Lazarus and Alan Webster — they led all the way — 244 by Alan being the highest game of the Tournament. Susan and Terry Burt were second. Dolly Hart & Barry Wright after re-entering were third.

Division 3

Jan and Keith Hodge became the Doubles Champions after re-entering — well done Jan and Keith, a very successful day. Terry Saunders, Essex Team Manager, and Sheila White, Kent Ladies Team Manager, finished second after being in the lead from Squad 1. Terry also partnered Janet Morrison — they were defending their Championship — and finished third.

As I look through the score sheets I see all our friends — I thank you for your support! Our absent members do not know what they are missing. The next events are the Club Tournaments, and the Inter Centre Championships. Dates and venues will be published in the next issue of *Bowling News*.

FINAL AREA HI'S 1981/82

<i>5 Person Team 3 Games</i>	AQUILA	DAG	2957
	AQUILA	DAG	2949
	STING	BEX	2835
<i>5 Person Team 1 Game</i>	AQUILA	DAG	1101
	TRAVELLERS	DAG	1080
	THE CHESSMEN	BEX	1062
<i>4 Person Team 3 Games</i>	WALTON PRO SHOP	WAL	2386
	WALTON PRO SHOP	WAL	2345
	THE KNIGHTS	BAS	2334
<i>4 Person Team 1 Game</i>	WALTON PRO SHOP	WAL	861
	MUSKETEERS	DAG	849
	DICK'S RAIDERS	BEX	847
<i>3 Person Team 3 Games</i>	AQUILA	DAG	1974
	TRAVELLERS	DAG	1895
	AQUILA	DAG	1886
<i>3 Person Team 1 Game</i>	AQUILA	DAG	730
	THE HIGHWAYMEN	BEX	713
	AQUILA	DAG	686
<i>Doubles 3 Games</i>	ROBIN GARTON/ROGER SMITH	WAL	1296
	ROBIN GARTON/PAUL SCOTTOW	WAL	1296
	GEORGE PATEL/BILLY PRESTON	DAG	1285
<i>Doubles 1 Game</i>	GEORGE PATEL/BILLY PRESTON	DAG	473
	ROBIN GARTON/PAUL SCOTTOW	WAL	469
	ROBIN GARTON/ROGER SMITH	WAL	467
<i>Mixed Doubles 3 Games</i>	MARGARET SHRIMPTON/JOHN CUDMORE	BEX	1202
	JAN & BUZZ MORRISON	BEX	1172
	CAROL LEEDS/MAC McCARTNEY	BEX	1151
<i>Mixed Doubles 1 Game</i>	JUNE SMALL/MALCOLM RIDDALL	WHI	451
	DOLLY HART/BARRY WRIGHT	DAG	449
	PAM MALYON/PETE BOYD	BEX	433
<i>Mens Singles 3 Games</i>	ROBIN GARTON	WAL	744
	ALAN KIRK	BEX	729
	PETER BOYD	BEX	722
	PETE BUTCHER	DAG	706
	NIGEL GOSS	WAL	699
<i>Mens Singles 1 Game</i>	PAUL SCOTTOW	WAL	299
	PHIL PUTTICK	BEX	279
	ALAN PETHERICK	BEX	278
	PETE STOCKLEY	DAG	278
	ROBIN GARTON	WAL	278
<i>Ladies Singles 3 Games</i>	MARION DRURY	BAS	637
	MARION DRURY	BAS	627
	SHEILA WHITE	BEX	626
<i>Ladies Singles 1 Game</i>	DEBBIE HEFFER	WAL	265
	DEBBIE HEFFER	WAL	264
	JUNE SMALL	WHI	260
	MARION DRURY	BAS	258
<i>Juniors 3 Games</i>	ROBERT HOBART	BAS	695
	MARK PRESLEY	BAS	693
	MARK PRESLEY	BAS	683
	ROBERT HOBART	BAS	681
<i>Juniors 1 Game</i>	MARK PRESLEY	BAS	288
	MARK SULLIVAN	DAG	274
	ROBERT HOBART	BAS	268
	MARK SULLIVAN	DAG	263