

Coaching Registration Form



PERSONAL DETAILS			
Bowlers Name:			
Date of Birth:		Gender:	
Address:		Postcode:	
Email:		Telephone:	

Medical questionnaire (Circle the appropriate answer)		
Are there any medical conditions of which the coach should be made aware?	Y	N
Are you currently taking any medication of which the coach should be made aware?	Y	N
Do you have any joint or other problems that you are aware of that could be made worse by undertaking bowls?	Y	N

Emergency Contact:			
Name:		Relationship to bowler:	
Phone No:		Mobile No:	
Address:		Parent/guardian Signature	

Performance and Goals
In the space provided please indicate your current levels of experience within bowls.
In the space provided please indicate what you wish to achieve from your bowls coaching.

Declaration:
<ul style="list-style-type: none"> I can confirm to the best of my knowledge that all the information provided is correct at the time of completion and I understand that if anything changes I must inform my coach. I understand that the coaching is free on a Monday evening and during this period I am registered as a temporary club member and as such agree to abide by the clubs rules.

Bowlers Name:		Signature:		Date:	
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Pupils Name:	
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Beginners Training Course - Session 2

Tick if these points have been carried out and explained during session.

Pupil Session 2		Check
1	Pupil Questions	
2	Recap	
3	Casting Jack	
4	Drawing Woods Back/Forehand	
5	Minimum Length Jack	
6	Three jacks at different lengths	
7	Wood 30 cm from Jack	
8	Types of shot (assistant to do from a very short distance, you to explain)	
9	Draw	
10	Resting	
11	Resting Out	
12	Jack Trail	
13	Adjacent Wood	
14	Follow—Through Shot	
15	Fire/Drive	
16	Block/Stopper	
17	Toucher on Green	
18	Toucher in Ditch	
19	Mat Placement	
20	Positioning Jack	
21	Four Wood Pairs	
22	Question Session	
23	Practice	

Coaches Comments:

Coaches Name:	
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Pupils Name:	
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Beginners Training Course - Session 3

Tick if these points have been carried out and explained during session.

Pupil Session 3		Check
1	Pupil Questions	
2	Recap of practical exercise Session 2	
3	Duties of Rink Players	
4	Scoring	
5	Possession of Rink	
6	Measuring	
7	Select Fours	
8	Tossing Coin	
9	Intros	
10	First end measuring	
11	Employ all players to measure	
12	Umpires Session, different measures	
13	Fours with all players rotating	
14	Controlled Firing Exercise	
15	Question Session	

Coaches Comments:

Coaches Name:	
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Pupils Name:

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Beginners Training Course - Session 4

Tick if these points have been carried out and explained during session.

Pupil Session 4		Check
1	Fours Game with all Pupils sharing all roles e.g. Lead, #2, #3, Skipping	
2	It is essential they have the opportunity to practice	
3	Stop the game and if measuring is not occurring naturally then arrange one or two measures	
4	Ensure they all mark scorecard, change the rink score boards	
5	All should have a piece of chalk and pencil with them	
6	Stop early to have a good question and answer session	
7	Ensure, before they leave you that they have the knowledge of how to join a club	
8	Sign them up if can.	

Coaches Comments:

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Coaches Name:

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