

Coaching Registration Form 2023

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

Medical questionnaire (Circle appropriate answer)		
Are there any medical conditions of which the coaches should be made aware?	Y	N
Are you currently taking any medication of which the coaches should be made aware?	Y	N
Do you have any joint or other problems that you are aware of that could affect your ability to bend or other actions required in bowling?	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/Data Protection Notice:
<ul style="list-style-type: none"> I have no objection to the above details being kept on a computer. The information will only be used for matters pertaining to Haydon Wick Bowls Club and under the Data Protection Act, 1988 will not be supplied to any third party or organisation apart from Bowls England, Wiltshire Bowls Association and Swindon & District Bowls Association if required. 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 the coaches. I understand that the coaching is free on a Monday evening for one year and during this period I am registered as a temporary club member and as such agree to abide by the club rules. By signing below I agree to all the above.

Bowlers Name:		Signature:		Date:	
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Coaching record for:

Checklist of items to be covered by coaches, ideally to be covered within 5 weeks							
Welcome and Brief Intro		Pupil Questions		Pupil Questions		Fours Game with all Pupils sharing all roles e.g. Lead, 2, 3, skip	
Health & Safety		Recap		Recap of practical exercise Session 2		It is essential they have the opportunity to practice	
Casting Jack (movement of body)		Casting Jack		Duties of Rink Players		Stop the game and if measuring is not occurring naturally then arrange one or two measures	
Gripping Jack		Drawing Woods Back/Forehand		Scoring		Ensure they all mark scorecard and change the rink score boards	
Angles, Feet apart		Minimum Length Jack		Possession of Rink		All should have a piece of chalk and pencil with them	
Fore/Backhand		Three jacks at different lengths		Measuring		Stop early to have a good question and answer session	
Bowls Selection		Wood 30 cm from Jack		Select Fours		Ensure before they leave you that they have the knowledge of how to join a club	
Check Natural Grip		Types of shot (assistant to do from a very short distance you to explain)		Tossing Coin		Sign them up if can.	
Bias		Draw		Intros			
Angles		Resting		First end measuring			
Full Length of Run		Resting Out		Employ all players to measure different measures			
Set up two woods & Jack		Jack Trail		Umpires Session			
Line, Grass & Green		Adjacent Wood		Fours with all players rotating			
Natural Point of Aim		Follow – Through Shot		Controlled Firing Exercise			
Explain Shoulder		Fire/Drive		Question Session			
Introduce white marker		Block/Stopper					
Explain "Heavy". If applicable		Toucher on Green					
Pupil Questions		Toucher in Ditch					
		Mat Placement					
		Positioning Jack					
		Four Wood Pairs					
		Question Session					
		Practice					