WESTERN PROVINCE BOWLS **WESTELIKE PROVINSIE ROLBAL**

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6th January 2020

CIRCULAR 2020-01
ZONE TALENT DEVELOPMENT PROGRAMME (Z-SQUAD)

As the New Year begins we are inviting anyone who is wanting to be part of this programme to join us at **Meadowridge Bowls Club on Saturday 11th January from 9.30 to 11.30** for our first coaching session of the year.

Who should be part of this programme:

- Any player in pursuit of high performance goals
  If you want to be considered by the National selectors for selection in a squad or for tournaments etc. then you must be part of this programme
- Any player who wants the opportunity to develop their bowling skills

The goals of the programme are:

- To develop voluntary and/or identified players with potential, who COMMIT to regular participation in a coherent National programme as a feeder for National squads
- Provide an accessible long term player development programme (LTPD) for talented, committed players – a pathway to reach their potential
  (Players are not selected for this programme – they just need to be committed!)

The programme has two aspects to it each taking place once a month. The first is the Z-squad assessments which the player needs to commit to doing at least 4 in the year. The dates for these are on the WP calendar. The next assessment is on 23rd February. If you want to be added to the whatsapp group to get info on this, please send a whatsapp to Jenny Griffiths on 083 680 0169 and ask her to add you to the assessment whatsapp group.

The second aspect of z-squad is coaching. This takes place on the 2nd Saturday morning of every month from 9.30 to 11.30. The format for this is divided in to two. The first hour is spent on honing skills such as strategy or Psychological skills and then the second hour is spent on the green either doing drills that link with the first hour or other helpful skills to improve your game. If you are committed to developing your bowls skills then you are most welcome to join us for this. Our first coaching session for the year is at Meadowridge club on Saturday 11th January. If you would like to attend please send Jenny Griffiths a whatsapp on 083 680 0169 so that she has an idea of numbers for planning purposes.

If you have any questions or need clarification about z-squad please contact Jenny on the numbers above.

Jenny Griffiths
Z-Squad convenor

President: G Kemp **Vice President:** G van Milligen **Treasurer:** J. Griffiths
Executive Committee: C Olivier, J Olivier, C Nurrish, T Snyman, K Hey, M Douglas
Administration: L. Botha, D Vermeulen
M&M Manager: T Bright