

BOWLS IS NOT A GAME OF PERFECT

- One of the things any successful bowler does best is to accept his not so good deliveries, shrug them off, and concentrate completely on the next one. He has accepted the fact that “Bowls is not a game of perfect”
- No matter what happens with any bowl you deliver, accept it. Acceptance is the last step in a sound routine.
- Good bowlers have to get over the notion that they only want to win by playing the perfect game. They have to learn to enjoy winning ugly. And that entails acceptance of all the bowls they deliver, not just the good ones.
- You could train yourself to accept the fact that as a human being, you are prone to mistakes. Bowls is a game played by human beings.
- The best bowlers strive to minimize bad deliveries, but they don’t expect to eliminate them all. And they understand that it’s most important to respond well to the mistakes they inevitably make. Bowls is indeed all about recovering from a not so good delivery.
- When a bowl is delivered, it is delivered. The only constructive thing you can do is to deliver the next bowl as well as you can. That requires that you stay optimistic and enthusiastic.
- Remember bowls is not always a game of justice. A bowler can practice properly, and still deliver a bad bowl. A bowler can’t always force results to happen.
- A successful bowler has to develop the ability to evaluate himself objectively, to work harder when he needs more practice, but to ease up when he’s tempted to push too hard.
- You have to remember to throw away expectations, to just have fun and see what’s the best game you can play. You have to attend to the process (delivery and game plan), not concern yourself with the results. The results will look after itself.
- “Son everything that happens to you happens for the best. Don’t ever forget that. You can’t win all the time, son”

Adapted from “Golf is not a game of perfect” by dr. Bob Rotella