

## WHO ARE YOUR OPPONENT IN A GAME?

- The first opponent is the game itself. The green and the weather are all idiosyncratic and unpredictable foes, and they will humble the best bowlers more than occasionally.
- The second opponent is the bowler himself. Can he discipline his mind to produce the best game his body is capable of? The best athletes realize that if they win the battle with themselves, they have done all they can do. The bowler who can look back at on a game that he lost and say. "I played as well as I could. I had my mind where it was supposed to be on every delivery" will be satisfied and happy.
- The best bowlers primary concern is performing as well as they can, or as close to their potential as they can get. If they do that, and lose, they shrug and go on. They know that if they keep performing as well as they can, the wins will come. And they do.
- Gamesmanship experts hurts themselves. Such players must be treated as unfortunate distractions. A player simply has to put them out of his mind, get on with his routine, and tend to his own business.
- A bowler can't let admiration for a competitor or a team intimidate him. A bowler has to choose someone to believe in. It had better be himself or his team.
- If you want to step on the bowling green and your opponent is a provincial or national player, you have to believe you can beat them.
- You have to approach the game with the attitude **that you're better than your opponent's are, until they prove otherwise**, rather that the attitude that they're better than you until prove otherwise. Put the burden of proof on the opponent.
- Bowlers with great ability can lose more games than they win because bowlers with less talent got more out of their talent in a particular game.
- **What someone did to you in last year's competition- or what you did to him/her – has nothing to do with what happens if you meet in this year's competition.**

MLR