

No.2 2023

# Bowling @ Gisborne



*our community club...*

## Can You Help?

We need members to help us run our very successful School Program. Your assistance would be appreciated on any or all of the dates below.

Braemar College have booked some dates and we need 7 helpers for each day.

Contact Russell to reserve your place on 0419 318 615.

- Thursday 17th August from 10.30am - 12.30pm
- Thursday 31st August 8.55am - 9.55am
- Thursday 7th September 8.55am - 9.55am
- Friday 8th September 2.05pm - 3.05pm



## Coaching available on most Friday mornings.

Coaching is available for delivery improvement, drills for training and game tactics for singles, pairs and pennant.

Tim Rogers 0490 145 907

Ian Ball 0419 851 026



### Coaching tip

A great way to learn about building heads in pennant is to watch great games.

The Australian Women are worth watching in the final of the 2016 World Cup.

They played on an extremely quick grass green, just like ours!

Follow [this link](https://youtu.be/bCB2Y3j9ouw), or copy this into your browser.  
<https://youtu.be/bCB2Y3j9ouw>

