

Section A – Programme Administration

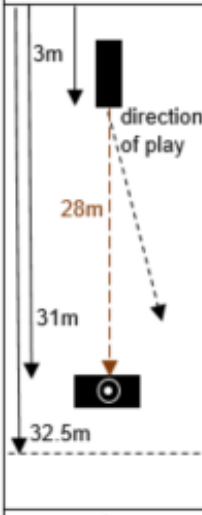
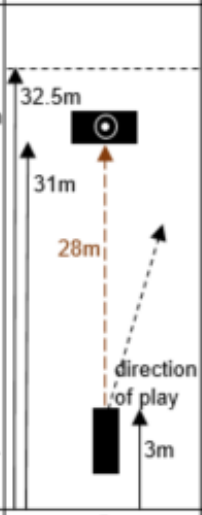
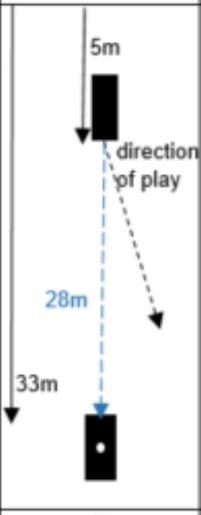
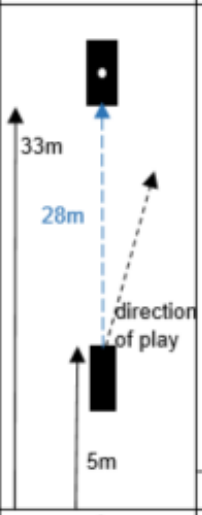
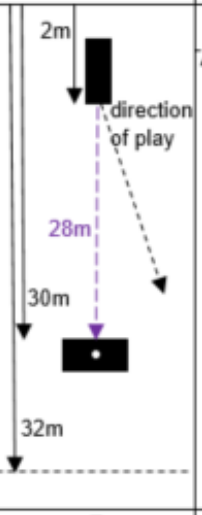
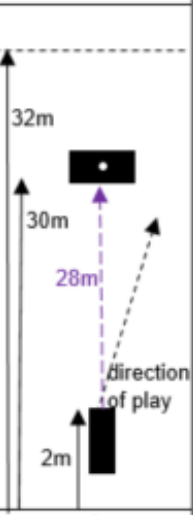
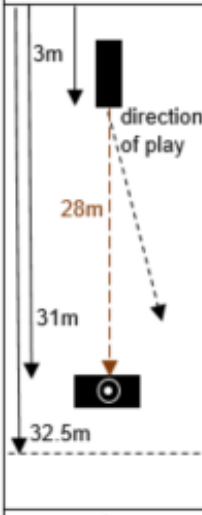
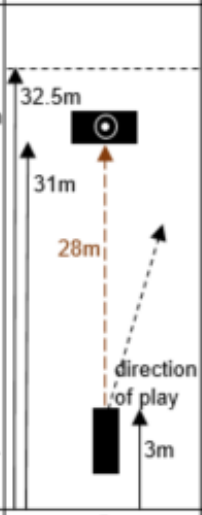
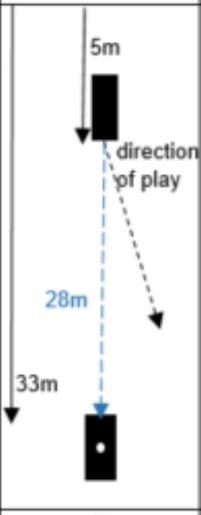
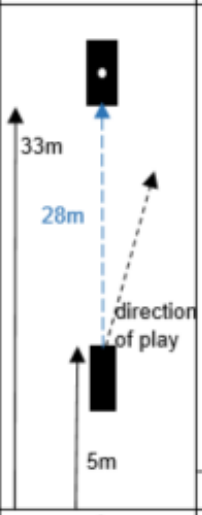
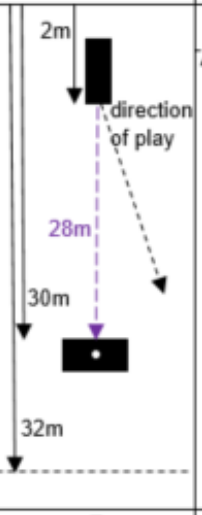
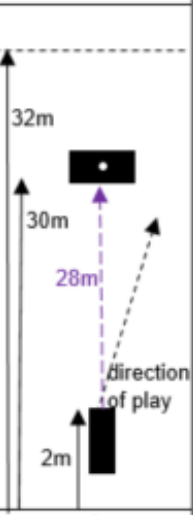
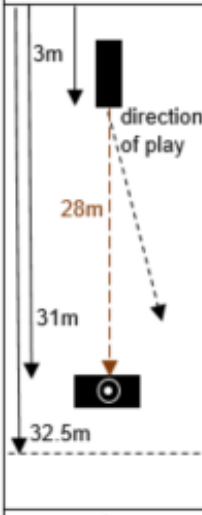
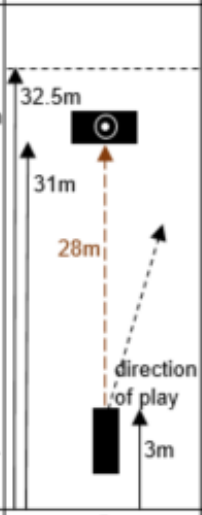
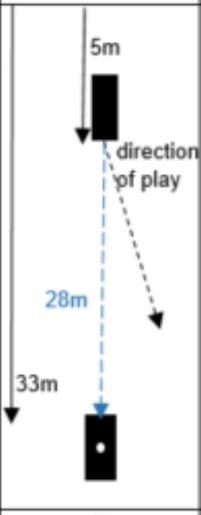
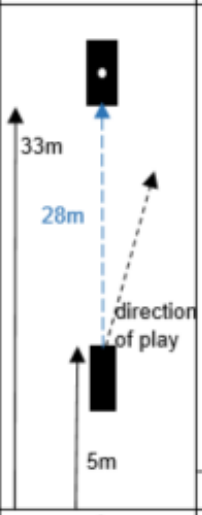
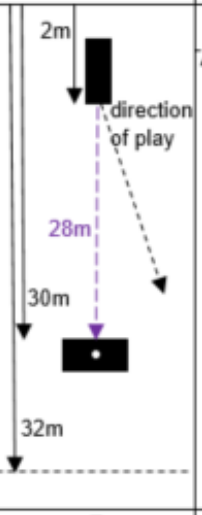
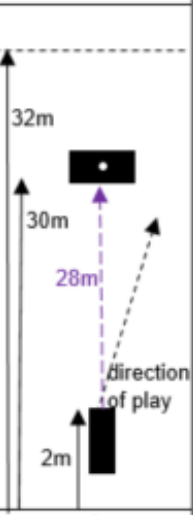
Item	Details
Abbreviations used	DSCC District Standing Committees for Coaching
	EZ-Squad Emerging players who maintain required assessment average
	LTPD Long term player development programme
	NA National Academy
	NSCC National Standing Committee for Coaching
	Z-Squad Top 12 men and 12 ladies who maintain required assessment average &
	ZTDP Zone Talent Development Programme – also known as “Z-Squad Program”
1. Goals	<ul style="list-style-type: none"> • To develop voluntary & identified (NOT SELECTED) players with potential, who COMMIT to regular participation of 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 • Data to be maintained in annual cycles running from 1 June to 31 May
2. Preamble	<p>This programme is administered by the National Standing Committee for Coaching (NSCC) on behalf of the National Academy (NA).</p> <p>NOTE:</p> <p>a) Any player in pursuit of high-performance goals must be part of this programme.</p> <p>b) ONLY players on the Nationally collated list will be considered by the National Selectors, as their STARTING POINT of data-analysis for selection purposes.</p> <p>c) Members should note that this data is not the ONLY data used for selection purposes.</p> <p>The full Plan and Protocols is available on the Z-Squad Documents button on the Bowls SA website (www.bowlssa.co.za).</p> <p>For any queries, please send an email to Z-Squad@bowlssa.co.za</p>
3. Programme Admin & Organising Issues (continued overleaf)	<p>Districts:</p> <ul style="list-style-type: none"> • Place <u>4 Z-Squad Event dates</u> in the District Calendars <u>Annually</u>, at least one month apart. A minimum of 4 required, but 6 is better. It is recommended that Z-Squad Events are given priority in the District Calendar scheduling process. Note that the protocol has been shortened to take up a morning only, to all for other activities in the afternoon – see Section B below. The majority of events should be on Sundays to allow Saturday morning workers (many of the younger players) to participate. • For the Player-Development part of the programme (see Section C), the players need to approach the DSCC, who should assist them in finding a coach in close proximity (not necessarily members of DSCC) who is prepared to <u>coach these committed players on a regular basis, to enhance the players’ performance levels.</u> • <u>Playing Records:</u> Each District’s Competition Secretary / Tournament Committee should submit draws and results from 1st knock-out round of District competitions; All Cape, All Natal & Gauteng Open or equivalent; Inter-Districts & Nationals; <u>to the Convenor of the National Selection Committees as each competition is concluded</u> – currently Jessica (contact details above). • <i>Note: Z-Squad should not be confused with Inter-District Squads – these are two completely independent entities that are completely separate. Despite warnings in this regard, some Districts have tried to combine the two, leading to problems in every case.</i> <p>Players:</p> <ul style="list-style-type: none"> • Players with ambitions need to <u>voluntarily COMMIT to the programme</u>; inclusion in Z-Squad is NOT dependent on selection. • All players who want to commit to the programme should be accepted, limited only to the resources of the district to cope with numbers. • There is no age restriction for participation. However, older (Veteran) players should understand that it would be unlikely that they would be considered for the Gold Squad – their data would be used to select players for Veteran events. • At Z-Squad Events, players should have their mobile phones with them so that at the end of each exercise, they should quickly take a snap-shot of the score-sheet, whether it is added up or not. <u>No time should be wasted in adding scores up between exercises</u> – these snap-shots can be viewed at home, added up and compared to the Event Data Sheet distributed immediately after the event and prior to submission to NSCC, to double-check that no human errors have been made with data entry. This provides security for the player him/herself, increases the integrity of data for the programme and assists the Event Data administrator in the checking of the entries. • Where capacity exists in the District, players can choose to participate in the Player-Development side of this programme (see District section above & Coaches section below)

Item	Details
Program Admin & Organising Issues (continued)	<p>Event Organising Team:</p> <ul style="list-style-type: none"> • <u>Z-Squad organisers do not select players for participation</u> – players and Talent-Identifiers pass names along to the organisers and, within the limitations of resources, committed players are included, irrespective of their current level of performance. • Organisers should enlist the players' help in getting Scorers for their Events – this continues to be a problem. DSCCs and DSTOs should also be asked to collaborate in providing assistance (access to name lists) in this regard. <p><i>Notes:</i></p> <ol style="list-style-type: none"> a) <i>Only coaching hours may be claimed at Z-Squad Events by scorers – TOs who assist should be made aware that they cannot claim TO hours for their assistance as Scorers.</i> b) <i>It is advisable that scorers connected to particular players in some way should not score for those players if it can possibly be avoided.</i> <ul style="list-style-type: none"> • The Event Data should be entered & double-checked in the provided (documents 03 & 04), gender-based workbooks, with the Event Date and District abbreviation in the file names as per the Instruction sheet within each workbook) ASAP after each event and immediately circulate these to the participants (with a deadline to acknowledge) – not only for their information, but also as a means of double-checking entries to minimise human error. As soon as the Event Data Administrator has received confirmation and after the deadline for acknowledgement has passed, the workbooks should be submitted to Z-Squad@bowlssa.co.za. If multiple events are held in sub-districts (widely distributed or large districts), please submit only one Event Data file for the whole district. If, for some reason, players chose to do more than one event within a month, provided the capacity exists to administer extra events, these results should be submitted – i.e. all assessment data should be submitted. • It is vital that the Bowls SA number and Date of Birth (entered as YYYY-MM-DD) are filled in and correct. <p>Talent-Identifiers</p> <ul style="list-style-type: none"> • The task of Talent-Identifiers is to encourage players with potential to commit to participation in the programme and pass names & contact details along to the Event Organisers • These should include District Selectors, Coaches and Players <p>Costs:</p> <ul style="list-style-type: none"> • All <u>Player costs are to be carried by the players</u> (or Districts if the District ExCo allocates local funding for this) as an investment in their careers. <p>Coaches for Player-Development</p> <ul style="list-style-type: none"> • The Player-Development between events should be provided in an organised manner by qualified coaches who are willing and who have an interest in this level of coaching (see Section C). • These coaches implement a regular (could be as little is one Saturday morning, once a month) coaching & training programme, to assist those Z-Squad players, who chose to participate in this side of the programme as well, to continually work at lifting their performance levels.

Section B – Z-Squad Assessment Event

	Item	Details
1.	Event Requirements (continued overleaf)	<p>Organisational Issues:</p> <ul style="list-style-type: none"> • Assessment Events should be run a minimum of 4 times a year, at least one month apart. • Districts may run Events in various parts of their area to save travelling costs for the players, however, each Event Supervisor needs to follow the exact Protocols provided. These sub-Events should be run on the dates provided in the District Calendars and the results from all Events need to be collated prior to submission to NSCC. • There must be an independent Scorer on each rink, who is the only person on the green to touch the score-sheets, but the players must be given the opportunity to take snap-shots of their score-sheets (quickly) at the end of each exercise. Scorers connected to specific players, e.g. husbands scoring for wives, these Scorers should be moved around to ensure that they do not score for those players. This needs to be done to protect both the players and the programme to ensure data-integrity is maintained. • Each rink utilised should have exactly 2 players – no more and no less. • At the start of each Protocol, gather all Scorers and players together to explain how to play and how to score that Protocol only. If all of them have done it before, then this becomes less and less necessary – <i>however taking a short time at the start eliminates frustrating breaks in play and even the necessity to restart play later on – taking time will save you time in the long run! This is especially necessary due to the sometimes long gaps between events necessitated by the District Calendar.</i> <p>The recommended programme for the day is 08:30 Drawing Protocol; short tea-break; Attacking Protocol. <i>Note: Even though this makes for a long morning, it is to the players advantage not to break in the middle of each Protocol – warn them to bring quick snacks if they can't last for the morning!! Encourage them to move quickly between exercises within each Protocol.</i></p> <p>Activities:</p> <ul style="list-style-type: none"> ✓ All 6 exercises must be completed on 1 day unless extreme weather conditions prevent this. <u>Only</u> in those circumstance, may the exercises be completed at a later date. ✓ The 6 exercises consist of: <ul style="list-style-type: none"> ➢ 1 x 20-20 – set up as indicated in 2. ➢ 2 x Targets – set up as indicated in Error! Reference source not found.. ➢ 3 x Attacking - Trail / Drive / Control, set up as indicated in 3, 4 & 5. ✓ <u>Bowls will be scored as they come to rest and removed, EXCEPT for the Target (2-jack draw) exercises, where the bowls are left in the 'head'</u> – <i>Note: this is a change from the previous annual cycle's protocol.</i> ✓ All exercises are set up as 2-rink mini-circuits with each drawing circuit played 6 times – once for trial (2 ends of 4 bowls) and 5 times for scoring (10 ends). The Attacking circuits, are played 3 times <u>with 2 trial bowls and 10 scoring bowls (6 ends)</u> – i.e. 1st & 2nd ends: the players each play 2 trial bowls and the next 2 are scored; 3rd – 6th ends: all four bowls are scored. ✓ In their pairs, one starts the play on the odd rinks and the other player starts on the even rink, with <u>each player playing one bowl alternatively – as in a Singles game.</u> ✓ At the start of each 20-20 & Target exercises, 4 trial bowls may be played on both rinks of the mini-circuit (Rounds 1 to 6), with the Scorer providing distance information and removing the bowl from the head. <i>Tip: Scorers should enquire of their pair of players whether they would prefer arm/finger waving or stepping to indicate distance.</i> ✓ At the start of each of the Attacking exercises, 2 trial bowls each are played and then straight away, before moving, 2 scoring bowls are played – first 2 ends only. The remaining 8 scoring bowls are played as usual. • Both Protocols may be repeated on multiple occasions during a month, with the proviso that ALL exercises are completed on one day, that ALL results are submitted to Z-Squad@bowlssa.co.za and with the understanding that no additional Subsidy will be provided.

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2. Drawing Protocol	<ul style="list-style-type: none"> • Circles: <ul style="list-style-type: none"> ✓ Centre 33m from rear ditch (Rinks 1, 2, 5 & 6) and 34m (Rinks 3 & 4) ✓ Inner circle radius 0.5m, outer circle radius 1m • Mat-Lines: <ul style="list-style-type: none"> ✓ 20-20: Rinks 1 & 2 – 6m from rear ditch (playing length 27m) ✓ Target: Rinks 3 & 4 – 2m & 6m from rear ditch (playing length 32m & 28m) ✓ Target: Rinks 5 & 6 – 5m & 9m from rear ditch (playing length 28m & 24m) • Play: <ul style="list-style-type: none"> ✓ 20-20: Rink 1 will play to the right and Rink 2 to the left. ✓ Targets: <ul style="list-style-type: none"> ➢ Player choice of left or right for each bowl. ➢ Players play 2 bowls from the shorter mat (closer to the target) & then 2 bowls from the longer mat (closer to rear ditch), with this being the only exercise where players can choose which side to play. ✓ 4 trial + 20 scoring bowls on each rink • Scoring: <ul style="list-style-type: none"> ✓ 20-20: REMOVE each bowl as it comes to rest ✓ Targets: DO NOT REMOVE the bowls ✓ Touching the line of or within the 0.5m circle = 2 ✓ Touching the line of or within the 1m circle = 1 ✓ Anywhere else = 0 																								
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3.	<p>Attacking Protocol (TRAIL)</p> <ul style="list-style-type: none"> • Target: <ul style="list-style-type: none"> ✓ Flat mat with chalk circle (cone size) drawn in centre and jack placed in centre, with the edge closest to delivery mat at 28m from the delivery mat-line, placed LANDSCAPE (length across the centre-line) ✓ Line drawn 1.5m behind the front-edge of the target-mat (i.e. edge closest to the player) • Mat-Lines: <ul style="list-style-type: none"> ✓ Rinks 1 & 2 – 3m from rear ditch • Play: <ul style="list-style-type: none"> ✓ Rink 1 will play to the left and Rink 2 to the right. ✓ 2 trial + 2 scoring in 1st 2 ends, then 4 scoring bowls each remaining end, on each side [10 scoring bowls on each rink] • Scoring: <ul style="list-style-type: none"> ✓ REMOVE each bowl as it comes to rest): ✓ Through any part of the circle on the target-mat (line inclusive), resting between the target-mat and the 1.5m line (line inclusive) = 2 ✓ Over any other part of the target-mat (edge inclusive), resting between the target-mat (must be behind the target-mat) and the 1.5m line (line inclusive) = 1 ✓ Anywhere else = 0 																								
<table border="1"> <thead> <tr> <th colspan="2">Mini-Circuit 1 - Trail</th> <th colspan="2">Mini-Circuit 2 - Drive</th> <th colspan="2">Mini-Circuit 3 - Control</th> </tr> <tr> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> </tbody> </table>		Mini-Circuit 1 - Trail		Mini-Circuit 2 - Drive		Mini-Circuit 3 - Control		1	2	3	4	5	6							1	2	3	4	5	6
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4.	<p>Attacking Protocol (DRIVE)</p> <ul style="list-style-type: none"> • Mat-Lines: <ul style="list-style-type: none"> ✓ Rinks 3 & 4 – 5m from rear ditch • Target: <ul style="list-style-type: none"> ✓ Flat mat with jack placed in centre, with the edge closest to delivery mat at 28m from the delivery mat-line, placed portrait (length down the centre-line) • Play: <ul style="list-style-type: none"> ✓ Rink 2 will play to the left and Rink 3 to the right. ✓ 2 trial + 2 scoring in 1st 2 ends, then 4 scoring bowls each remaining end, on each side [10 scoring bowls on each rink] • Scoring: <ul style="list-style-type: none"> ✓ REMOVE each bowl as it comes to rest): ✓ Over any part of the target-mat (edge inclusive), with enough weight to hit the ditch (not dribble in) = 1 <i>Note: No 2-point allocation for this exercise.</i> ✓ Anywhere else = 0 																								

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5.	Attacking Protocol (CONTROL)	<ul style="list-style-type: none"> • Mat-Lines: <ul style="list-style-type: none"> ✓ Rinks 5 & 6 – 2m from rear ditch (<i>whole exercise moved 2m closer to rear ditch</i>) • Target: <ul style="list-style-type: none"> ✓ Flat mat with jack placed in centre, with the edge closest to delivery mat at 28m from the delivery mat-line, placed LANDSCAPE (length across the centre-line) ✓ Line drawn 2m behind the front edge of the target-mat (i.e edge closest to the player) • Play: <ul style="list-style-type: none"> ✓ Rink 5 will play to the left and Rink 6 to the right. ✓ 2 trial + 2 scoring in 1st 2 ends, then 4 scoring bowls each remaining end, on each side [10 scoring bowls on each rink] • Scoring: <ul style="list-style-type: none"> ✓ REMOVE each bowl as it comes to rest): ✓ Over any part of the target-mat (edge inclusive), resting on the green beyond the 2m line (line inclusive) = 1 <i>Note: No 2-point allocation for this exercise.</i> ✓ Anywhere else – including a bowl falling in the ditch = 0

Section C – Coaching (Training)

	Item	Details
1.	Local Coaches	<p><i>Note: The application of this aspect of Z-Squad will depend on each District's current coaching capacity and structures. If capacity exists, note the recommended appointment process & organisational issues of these coaches in 3 above.</i></p> <p>District-based high-performance coaches should build in individual training programmes for Z-Squad members to provide for the periodised, development of the players, based on their individual goals, needs and developmental status. <i>Note: This can only be done locally within the districts, where the coaches develop a more detailed knowledge of the players, building a trust relationship over time.</i></p>
2.	Programme	<p>Skills developed should cover all 5 areas in an holistic annual programme (depending on the capacity of available, willing coaches):</p> <ul style="list-style-type: none"> ✓ Technical skills: a selected variety of skills worked on each cycle ✓ Physical fitness: e.g. walking, gym, stamina-building ✓ Psychological skills: individual, team, positional etc. (with Talent Identifiers) ✓ Tactical skills: understanding of different game / level pressures and strategies to make effective tactical decisions during play ✓ Life skills: in collaboration with organisations like SAIDS & Provincial Coaching Commissions, develop understanding of, e.g. anti-doping, nutrition, etc.
3.	Collaboration	<p>Programmes need to be shared using coaches from NSCC, NA and All Districts, in order to build capacity in all areas, co-ordinated by NSCC.</p>