

Bowls mentor launches unique manual

“BOWLS, BIASED AND UNCENSORED” COACHING MASTERPLAN

Bowler coaching columnist Ian Schubb OAM has brilliantly captured 30 years in the sport as a bowler, coach, mentor and commentator in his new book.

“Bowls, Biased and Uncensored” is a masterplan from the four-time world champ about becoming a champion yourself (whatever that means to you).

As a player, coach and commentator, I have been asked thousands of questions about bowls.

All questions share a common characteristic, a lack of core knowledge.

This is what my book is about, regardless of the level of bowls you play, socially, or internationally.

For the sake of the journey, I will refer to you becoming a “champion”.

This is just a generic term for becoming the best you can be, whatever your aspirations.

Over the years, there have been many stories told about me, both positive and negative.

I find the most useful way to deal with criticism is to turn it into a tool for increased motivation.

I can be an arrogant so-and-so on the green, however I can look at myself in the mirror after and say honestly “I left nothing in the locker.”

It’s all a mask.

My book takes you behind the “mask” of a professional player.

Reaching the highest level of a sport takes enormous sacrifice.

Being on the road for three months out of every four, with the majority of my 15-year professional career spent flying or driving to yet another tournament, I missed the

Shoey’s book is full of valuable and inspiring tips, processes and tools to get you where you want to go in bowls.

“I was not lucky enough to have natural talent. My success came from pure hard slog and it cost me, financially, personally, emotionally and physically.”

It includes some great photos and names of Queensland and Australian bowlers, why he rates them, and what you can learn from them. So skipping to Shoey’s last chapter, was it all worth it?

“In a heartbeat. The Bowls. The Cancer. All of it.”

About four years ago, I thought I had finally got through life’s challenges.

I was commentating for the ABC, mentoring players and after finishing my time with Bowls Australia, I was writing this book.

Then it all changed, no warning signs, in one week, two things happened.

ABC cut Super Series, so I lost my job, and there was a spot in the middle of my shoulder blades.

I will never forget the specialist basically telling me to enjoy what time was left.

Just when I was thinking my time as a competitor was over, I had a new opponent in the biggest tournament of my life.

The “mask” was dragged out of the cupboard, dusty but comforting, in a journey of self-discovery, strange protocols, endless potions, and despair interjected with joy.

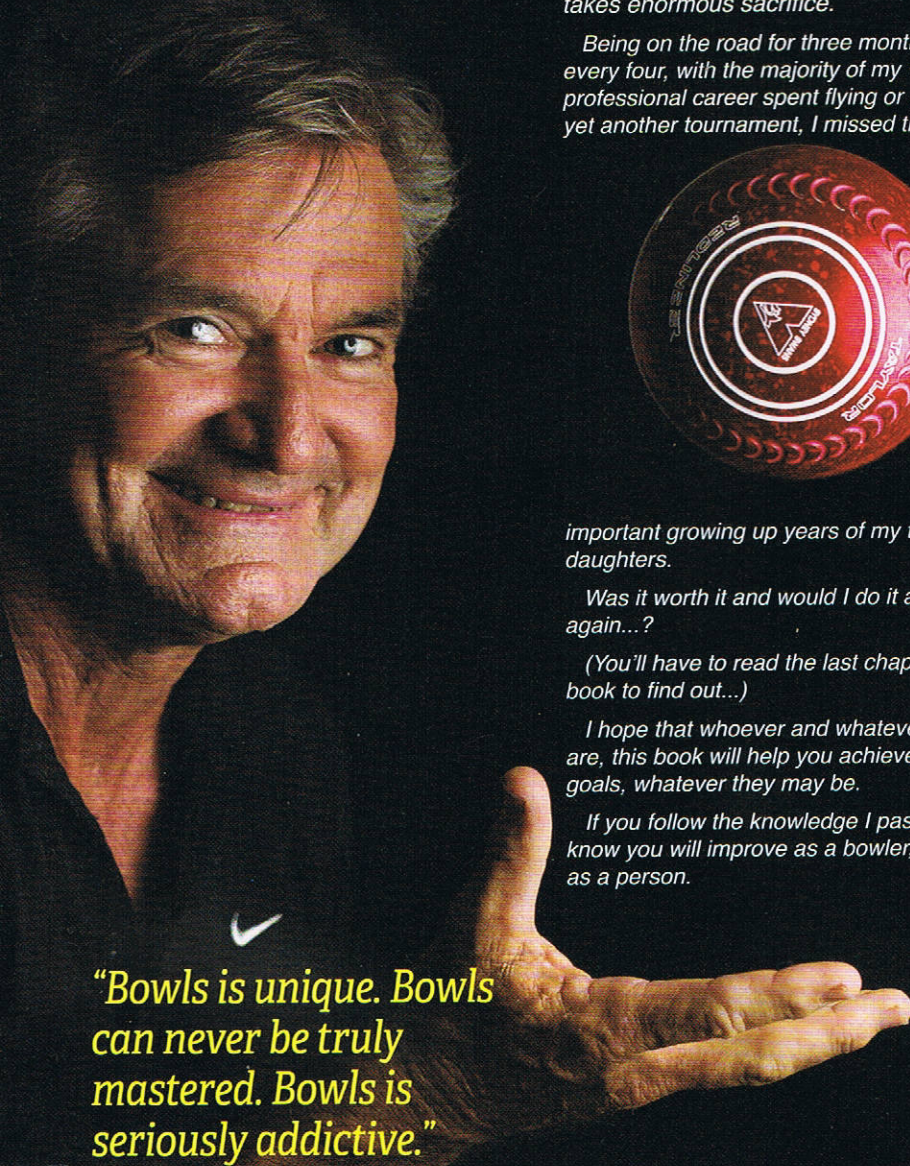
I am still here. I feel great. I got to finish my book. I got to see my daughters married and spend time with the “grandies”.

I hope you enjoy your time bowling through the book and it will help you become the player you always wanted to be.

Shoey will explain more about “the mask” in his Bowler column next month.

“Bowls, Biased and Uncensored” is a great read, insightful, inspiring, useful.

Available from a bowls or book shop near you, or from publisher Slattery Media Group. RRP \$29.95.



“Bowls is unique. Bowls can never be truly mastered. Bowls is seriously addictive.”