

*Members are reminded of the club ethos of respecting the right of all club members to participate in club activities free from harassment, abuse and intimidation.*

## Harperbury Bowls Club Newsletter 1955 - 2018 February 2018



### Call Push Rescue - CPR

CPR refreshers are under way at the club. We are watching a section of the British Heart Foundation DVD to re-cap and then walking through a few scenarios using the mannequins and De fib.

The feedback has been really positive again and I have put a few more dates up in the club. The more you go through it the more confident you will feel, if god forbid, you ever find yourself in the situation where you need to do CPR.

The session highlighted a few points.

- A reminder that it would be helpful if we all carried our medical forms in a sealed envelope marked 'Medical details' in our bowls bags and that the bags need to have a name label on them. This will make it easier for anyone having to find a member's medical form in an emergency.
- The full address of the club needs to be on display in the club house with the post code in case an ambulance is ever required.
- If you should have to call an ambulance in an emergency it is helpful to know how to get your phone on speaker mode so that you don't have to hold it to your ear to speak or to hear the operator if you are doing CPR.

### More CPR sessions:-

Friday 30<sup>th</sup> March 10.30  
with hot cross buns!

Friday 6<sup>th</sup> April 10.30

Tues 17<sup>th</sup> April 7pm

Saturday 21<sup>st</sup> April –  
afternoon after the spoon  
drive.

Sessions last about 1.5 to 2 hours and give you the chance to watch a chapter of the British Heart Foundation DVD to re-cap and then have a go at chest compressions and mouth to mouth on the mannequins. Everyone has a chance to then handle the De fib and put the pads on the mannequin and turn it on. This is achieved by walking and talking through some scenarios. Let me know if you would like to come along. The more people that know how to do this the more chance we have of surviving a heart attack.



### Mid-week Captains Log - Dave Leggatt.

Firstly, may I take this opportunity to thank you all for voting for me to represent you as the newly appointed Midweek Captain at the AGM for the forthcoming 2018 season. Let us not forget all the hard work that Mary Barnard did in 2017 season as overall Captain especially coping with her health issues during the year, also, the unforeseen amount of work that David Barnard contributed in the background supporting her and the club throughout.

I'm very proud and honoured to be given this new responsibility given that I have such relatively low bowling experience compared to most of you in our club. I'd never have thought that only five years ago Peter Noden was giving me advice on the basics of our wonderful game and now representing you all as Mid - Week Captain

I wish to make a small change to the mid-week matches, one of which is to request that you enter your preferred playing positions in the box next to your name on the match sheet i.e. enter No 1.2.3. or 4 if rinks or write the word (Any). Hopefully, this will assist me when selecting a team that's in total harmony before a wood is delivered.

I'm mindful this will never be 100% perfect every week and will have to alter your preferred position from time to time.

Sometimes this is a good idea to take you out of your comfort zone and hopefully add to your bowling skills and experience.

This format appears to work at other clubs especially at Woodside and believe it will help you as a player and me on selection day. However, if the team selected are in complete agreement to change their respective positions that suits them best, then do so by all means, but, please advise me ASAP and certainly before the match commences.

There may be occasions where there are too many names entered for a match making a team selection very difficult however, like my predecessors, I will be maintaining a "players log" to ensure that each member gets an equal opportunity to play in as many games as possible which is to request that you enter your preferred playing position in the box next to your name on the match sheet i.e. enter No 1.2.3. or 4 if rinks or write the word (Any). Hopefully, this will assist me when selecting a team that's in total harmony before a wood is delivered.

Finally, please allow me to gain a few matches and experience under my belt to iron out my weaknesses and hopefully improve on my strengths and I will be forever grateful for your continuing support. My very best wishes to you all for 2018 season – Happy Bowling

### Committee News.

The working party have been working so hard - in all weathers - to get the two new metal sheds up and the old sheds down. They have now prepared the ground for the concrete and the next stage.

### The New sheds!



A massive thank you to Dave L, Ken K, Peter C, Michael and Aaron L, Robbie R and any other members who have helped with this project along the way.

**SKILLS DEVELOPMENT DAY/HALF DAY****Sunday 3rd June 2018 10am to 1pm 2pm to 5pm**

We are going to have a Skills Development Day/Half Day run by the Herts Bowls Coaching Society (HBCS) this season. This will be an all day event on Sunday 3rd June; you will be able to opt for either a half or a full day session. It is suitable for both experienced and less practiced bowlers. The charges will be as follows: Half day - £3; Full day - £6; Lunch – Ploughman's - £3

The HBCS will deliver all the sessions with qualified and experienced coaches. Each coach will deliver a specific session of around 40 minutes, repeated over the day. Participants will be divided into small groups and each group will work its way through all the sessions over the course of the day.

Session topics may include:

- Delivery – including individual filming and feedback
- Line and Length
- Drawing/Playing a running bowl
- Reading the Head
- Bowls Etiquette
- Playing as a team
- Positional play – tactics to consider and practice

Topics will be finalised nearer the date. If the weather is bad a number of topic sessions can be run indoors. Eg. measuring & marking, etiquette, communication during a match (verbal and non verbal), front-end and back-end play.

The last Skills Development morning we held in 2016 was well attended and nearly all expressed satisfaction and enjoyment with the experience.

Please sign up on the list on the Notice Board or email me at [marybarnard@ntlworld.com](mailto:marybarnard@ntlworld.com)

**NEW BOWLERS COACHING 2018**

Bring your friends, acquaintances, family along to:

- Open Day/Bowls 4 Fun Day on Saturday 5 May 10am to 12noon, or 2 to 4pm
- Coaching sessions for new bowlers on the following 4 Mondays 3 to 5pm - 7th, 14th, 21st May, 4th June.

They will be introduced to bowling and encouraged to try their hand, followed by tea and biscuits. All equipment will be provided; all they need to do is wear flat soled shoes and comfortable clothes.

If they join the Club new bowlers will be welcome to come along at any time (probably after they have completed the initial coaching sessions) and in particular will be encouraged to join in the on-going coaching sessions and Club nights on Tuesdays. When they feel more confident they may also like to join the Tuesday League and put their names down for Friendly matches. U3a members may come along on Tuesday afternoons throughout the season without joining the Club – this is a long-standing arrangement with local u3a's. If anyone has a suitable contact in the Chiswell Green u3a please let me know – we can invite their members to come along too. If new bowlers do join the Club they are entitled to free membership for the first year.

## COACHING ARRANGEMENTS FOR 2018

This season we are hoping to introduce regular coaching sessions on most Tuesday afternoons to which all members are welcome. These will occur before the Tuesday league/Club bowls evenings, except when there are matches with outside clubs or other competitions/events.

Each Tuesday a different set of skills/rules/etiquette will be covered, practiced and then focused on in mini roll-ups. This will be done in small groups, and more than one aspect of bowls play might be included in one session depending on how many coaches are available on the day. The sessions will take place between 4pm and 5pm. Initially there will be a timetable of sessions but there will be flexibility to reflect members' needs and requests. It is hoped that the first coaching session will take place on Tuesday 15th May. The following are possible aspects that might be covered in the group sessions:

- Working with the Jack
- Suitability of bowls and bowls grip
- Stance for delivering a bowl
- Delivery of a bowl, bias, aiming point
- Length – delivery of bowl to required distance
- Line bowling – drawing to the centre line
- Positional play – lead, 2nd, Three, Skip
- Playing as a team
- Skills, strategies for Rinks, Triples, Pairs, Singles
- Building and Reading a Head
- Measuring and Marking
- Communication during a match
- Etiquette on and off the green

In addition, regular time slots will be made available on the Tuesday afternoons, between 3pm and 4pm, when coaches will be available to give help/advice or just discussion to individual members wishing to improve/learn specific skills/techniques etc.

## Membership form.....

Along with this newsletter you should also have a membership form for the 2018 season.

The bottom part of the form is your competition entry form. The comps are open to all members and all the pairs are drawn which means you are given a partner. The draw takes place on Competition draw night – see fixtures card for the date. The club comps can provide great experience for any level bowler and allows players to gain experience in pairs and singles matches before entering the district or county comps. New bowlers are usually drawn with bowlers who have some experience and can guide them.

Please read the 2<sup>nd</sup> page of the membership form. The data protection law has changed and we need to let you know that your information will be stored safely. If you could then sign the form to acknowledge that you are happy for us to store your details. Obviously if you would prefer us not to store your details just let Peter and I know.

You can either fill the membership form in and send it to Peter C with your subscription – cheque or bank transfer or bring both the form and monies to the club registration eve at the club on TUESDAY 20<sup>th</sup> MARCH at 7pm.

The fixtures cards will be distributed at the subscription eve along with stickers for your cars letting security know that you are part of the Bowls club.

**Club get together with  
savory nibbles.**

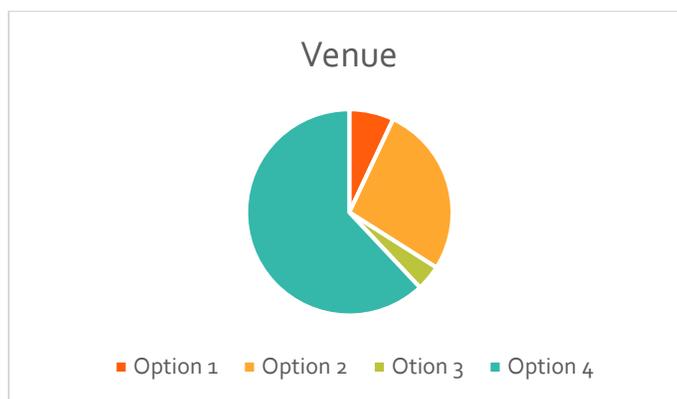
**Tuesday 20<sup>th</sup> March**

**7pm**

**Come along for a natter, a drink and a  
bite to eat.**

**Pick up your fixtures cards, order club  
shirts, pay subs.**

## Presentation Evening 2018



*Thank you to the 52 members that replied and voted on the options of venues for this year's presentation evening.*

The results are as follows:-

Option 1 – Charles Morris Hall with fish and chips +/- DJ = 7%

Option 2 – Caledon club with fish and chips +/-DJ = 27%

Option 3 – Caledon Club with hot potato buffet +/- DJ = 4%

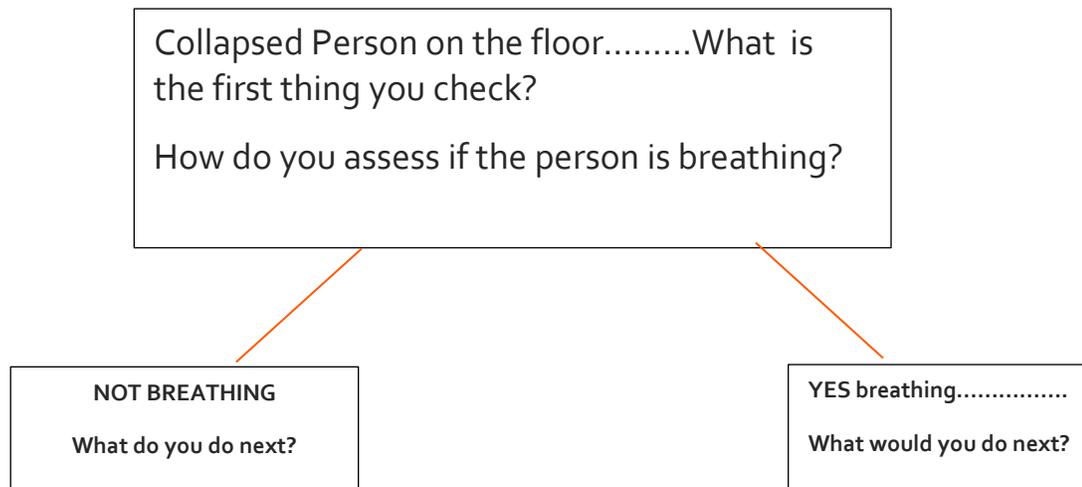
Option 4 - Bushey Met Club with carvery, pudding tea and coffee and DJ = 62%

The committee have booked the venue for FRI 7<sup>TH</sup> DEC . Arrival from 6.30 for the carvery at 7pm (veggie option available) followed by the presentation and then the raffle and DJ. If members would like to pay £10 a month from April for their £25 ticket this can be arranged as £50, if there are two of you, at Christmas time, can be a stretch.

The committee really hope that members will support this change and come and support the evening and the winners of the inter club competitions and our achievements over the 2018 season.

I will be doing a seating plan so if you are desperate to sit with anyone specific you can let me know nearer the time. We need 50 members, with a max of 80 so please put the date in your diary and let me know if you plan on coming this year and if you want to take up the option of paying a bit at a time.

## CPR Quiz..... Cover the big answer box and see what you can remember.



If you find a collapsed person first make sure it is safe for you to approach. Then shake and shout. 'Hello can you hear me? Hello' tap and pinch the shoulder whilst shouting. If no response then tilt the head back to open the airway, put your cheek next to their mouth and turn your head so you are looking down the chest. Can you feel any breath on your cheek? Can you see the chest rising? If no CALL FOR HELP. If you are on your own call 999 and put your phone on speaker.

What needs to happen now is that we need to help the heart pump blood around the body and we do this by doing chest compressions. The heart needs to be 'squished' to send the blood around the body and then the heart needs to re- fill with blood so you must ease the pressure off in-between compressions. To help the heart pump the blood around we need to push down 5cm on the chest – look at a ruler – that is quite a way down. We need to do 30 of these compressions at a steady pace. The person doing them should count out loud so the other person knows when to do the breathes. Thinking of the tune Nelly the elephant helps to keep the rhythm – not too fast though remember the heart needs to re-fill.

After doing 30 chest compressions we need to do 2 breathes. Tilt the head back, pinch the nose and blow into the mouth. If effective you will see the chest rise. Carry on with the 30 chest compressions and 2 breathes until the De fib is ready to be used or help arrives. If you feel you cannot do the 2 breathes just keep the chest compressions going.

When people answer your initial call for help ask one to call 999 telling them there is a person collapsed and NOT BREATHING. This makes them a priority. Someone else can grab the De fib and start to attach the pads and then turn it on and follow the instructions. Others can go and wait for the ambulance and direct them in. You will need at least 2 people to share the chest compressions as it is VERY tiring.



If the person starts to breath or was breathing on the initial assessment put them into the recovery position and call for help.