



NSW State Based Training Policy

BOWLERS APPLICATION & INFORMATION FORM

NSW State Based training Policy and the National TBA Policy will be followed in its entirety as stated at www.tenpin.org.au

In 2012, NSW TBA will have 4 compulsory training days for all bowlers in order to complete the modules of :-

1. Assessment of bowler skills – including testing process for NTS inclusion
2. Education on reading lane conditions
3. Equipment knowledge – basic knowledge of ball layouts and surface adjustments
4. Strength and Conditioning
5. Sports Psychology
6. Media Training
7. Nutrition
8. ASADA and issues associated with substances and sport

This year our **State Based Training** dates will be:-

- | | | |
|--|----------------------------------|---|
| 1. 17 th & 18 th March 2012 | Venue: Seven Ten Split Fairfield | Junior / Youth 17 th – Adults 18 th |
| 2. 12 th & 13 th May 2012 | Venue: Tenpin City Lidcombe | Junior / Youth 12 th – Adults 13 th |
| 3. 30 th June & 1 st July 2012 | Venue: AMF Villawood | Junior / Youth 30 th – Adults 1 st |
| 4. 24 th & 25 th November 2012 | Venue: Seven Ten Split Fairfield | Junior / Youth 24 th – Adults 25 th |

Check – In times and modules to be delivered on each day to be confirmed.

Tenpin Bowling Australia has put in place new directions for State Based Training in 2012. It is every competitor's responsibility to acquaint themselves with rules, regulations and requirements across all tenpin bowling aspects across 2012, 2013 and beyond. Information can be found at www.tenpin.org.au

NSW SBT will be holding FOUR events in 2012 – All are compulsory

- All NSW bowlers who wish to be considered for NSW President Shield in 2012 and/or 2013 must participate**
- All NSW bowlers who wish to be considered for NSW Rachuig in 2012 must participate**
- All NSW bowlers who wish to be considered for the National Youth Team Challenge in 2013 must participate**
- All NSW bowlers who wish to be considered for any representative duties at national level must participate**

All coaches and bowlers who participate in NSW SBT during 2012 MUST comply with

1. **Bowlers** – hold a current TBA 2012 Silver Membership card and carry them to all events.
2. **Coaches** – hold a current TBA Level 2 Accredited Coaches card and carry them to all events
3. **Coaches** – hold a current Australian Sports Commission Level 2 Coaches card and carry them to all events
4. **Coaches** – hold a current HLTFA301B – Apply First Aid card and carry them to all events
5. **Coaches** – must be identified as a Level 2 coach by the wearing of their Level 2 Coaches Card

Uniform and bowling attire

6. **Male bowlers and coaches** wear the NSW SBT shirt and long black plain pants.
7. **Female bowlers and coaches** wear the NSW SBT shirt, black slacks, black shorts, black skirts, black 3/4 pants or black skirts

8. No jeans, cargo pants, tracksuit pants, T shirts, tank tops, or hats are to be worn whilst competing.
9. Short shorts are not acceptable. The committee will rule should there be any infractions.
10. **All bowlers** must bring a plastic or urethane ball to be used for sparing at each SBT. Recommended by National Coach Chris Batson.

CHILD PROTECTION:

11. **CHILD PROTECTION:** Please note that **all** Coaches and **all** Junior guardians must complete and sign the NSW Volunteer/Student Declaration Form prior to taking part in NSW SBT.

The Declaration Form can be downloaded from the TBA web site on the Junior Championship page or filled out online at www.check.kids.nsw.gov.au Completed forms must be sent to TBA. Participation will not be permitted unless completed forms are received. Other State or Territory Working With Children cards are not acceptable.

ELECTRONIC DEVICES

12. **ELECTRONIC DEVICES** - Apart from medical aids, no electronic earpieces, headphones or any other electronic device can be worn or used by bowlers whilst they are competing.
13. **MOBILE PHONES** must be turned **OFF** while competing in an event.

In the interest of our sporting image and potential sponsors the above rules are mandatory.

The Year Ahead

It is important that every athlete in NSW whether they are a junior, youth, adult or senior who is going to be competitive in NSW, Australia or indeed try out for any Australian Representative Duties be with and ahead of 2012 TBA rules. The links are but not limited to:

Tenpin Bowling Australia <http://www.tenpin.org.au/>

Tenpin Bowling Australia Policy and Procedure <http://www.tenpin.org.au/index.php?id=10>

Tenpin Events <http://www.tenpinevents.org.au/index.htm>

Tenpin.org site map <http://www.tenpin.org.au/index.php?id=60>

NSW Tenpin Bowling www.tenpinbowlingnsw.org.au

IMPORTANT NOTICE

As State Based Training in NSW continues to grow, the NSW State Based Training Policy may evolve across any calendar year. As the evolution continues it will be updated to the NSW Association website at www.tenpinbowlingnsw.org.au

EXEMPTIONS

The National TBA has made it clear that **all** modules must be completed this year. The NSW SBT Association will have 4 compulsory SBT days in 2012. This is just 4 individual days throughout 2012. Exemptions are not guaranteed and will be looked at on an individual basis.

Kindest regards

Geoff Bowness

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Aust **TBA Level 2 Coach** - ASC Approved

USBC Silver Certified Coach - IOC Endorsed

NSW TBA State Based Training Coach - TBA Approved

BOWLERS APPLICATION FORM

NSW State Based Training in - 2012.

Closes on Monday February 20th, 2012 at 5pm.

Email this form to j_gsara@bigpond.net.au

Registration Form for Athletes Nomination State Based Training - 2012

Please submit the following

Name Email address

Address..... Postcode

Home phone Mobile Number

TBA Silver Registration No. Registered Centre

Current State Based Training shirt size.

I am a Right Handed Bowler – Left Handed Bowler (please tick)

☺ **CHECK LIST. Please tick to confirm your understanding**

I have read the information above.

I have attached a highest finishing league standing sheet from December 2011 to verify my average to comply with the **2012 State Based Training Policy**

☺ **State Based Training Requirements for 2012**

I have read and understand the TBA State Based Training Policy

☺ **National Training Squad (NTS) Requirements for 2012**

I have read and understand the National Training Squad Policy

Sign Date