



State Based Training Policy

January 2012

TRAINING AND DEVELOPMENT SUB COMMITTEE

NSW TBA Inc STATE BASED TRAINING POLICY
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NSW State Based training Policy will follow the National TBA Policy as stated at www.tenpin.org.au

Minimum Requirements for an athlete's inclusion in SBT program are:

1. Hold a silver level TBA membership
2. As a guideline bowlers should hold a minimum league or tournament average of 185 (Male) and 175 (Female) in adult, senior and youth divisions. For juniors minimum averages are 170 (Male) and 160 (Female). Junior bowlers with a lower average will be accepted if nominating for Junior / Youth State Teams
3. Contest an all events in their State Championships
4. Complete all Bowler Education Modules in a calendar year
5. Attend a minimum of 3 accredited tournaments within NSW per year
6. Attend at least 1 nationally ranked event per year

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

It is every competitor's responsibility to acquaint themselves with rules, regulations and requirements across all tenpin bowling aspects. Information can be found at www.tenpin.org.au

State Representation:

All bowlers wishing to represent their State (excluding NSW Seniors and NSW Restricted Teams) need to attend all four (4) SBT days

NSW bowlers who wish to be considered for NSW President Shield Teams, NSW Rachuiig Team, NSW Youth Team Challenge and bowlers wishing to represent at National level must participate in SBT.

Exemptions:

Exemptions are not guaranteed but will be looked at on an individual basis. Bowlers unable to attend NSW SBT dates may attend other State's SBT days.

Coaches:

Coaches who participate in NSW SBT need

1. a current TBA Level 2 Accredited Coaches card and carry them to all events
2. a current Australian Sports Commission Level 2 Coaches card and carry them to all events
3. a current HLTF301B – Apply First Aid card and carry them to all events

Uniform and bowling attire

1. **Male bowlers and coaches** wear the NSW SBT shirt and long black plain pants.
2. **Female bowlers and coaches** wear the NSW SBT shirt, black slacks, black shorts, black skirts, black 3/4 pants or black skirts
3. No jeans, cargo pants, tracksuit pants, T shirts, tank tops, or hats are to be worn whilst competing.
4. Short shorts are not acceptable. The committee will rule should there be any infractions.
5. **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: Please note that all Coaches and 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 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 card is not acceptable.

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 training or competing. **Mobile phones** must be turned **off** while competing in an event.

Website addresses for further information:

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

Geoff Bowness

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

USBC Silver Certified Coach - IOC Endorsed

NSW TBA State Based Training Coach - TBA Approved

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