

BOWLS NSW'S PATHWAY TO PODIUM

COACHING

NATIONAL COACH
(HP Coach, Advanced Coach)

PATHWAYS COACH
(HP Coach, Advanced Coach)

STATE COACH
(Advanced Coach, Club Coach)

PRE-ELITE LEVEL
(Advanced Coach, Club Coach)

FOUNDATION LEVEL
(Advanced Coach, Club Coach)

PARTICIPATION
(Club Coach)

OPEN PROGRAM

JACKAROOS
(Australian Selected - Consistent
International and National podiums)

EMERGING JACKAROOS
(Australian Selected. Consistent podiums -
National events, camps, trials, State
events, rankings)

PATHWAYS ATHLETE
(Australian Selected. Consistent results -
State Championships, State Junior
Championships, Pennant)

STATE SIDE
(Consistent results – State Events)

STATE SQUAD SELECTION SERIES
(State Championships, Pennant, State Champ
of Champs, Major Tournaments, Interzone)

ZONE SIDE
(Zone Championships, Pennant)

DISTRICT SIDE
(District Events, Major Tournament
results, Pennant)

STATE UNDER-25 SIDE
(Consistent results - Junior events, Junior
representative Sides and State events)

NSW UNDER-18 SIDE
(State Junior 7 a Side, Brett Duprez Event,
State Junior Championships)

CLUB LEVEL
(Club championships, Tournaments,
Pennant)

INTRODUCTION TO BOWLS
(Come and try days, Corporate Bowls, Jack
Attack, Barefoot Bowls, Rookie Rollers)



PARA PROGRAM

COMMONWEALTH GAMES PARA TEAM
(Results - Commonwealth Games podiums,
trials, camps)

PATHWAYS ATHLETE
(Australian Selected - Para Nationals, Aus Open's
Multi Disability and VI events, Multi Disability
Championships, VI State Championships)

AWD SQUAD
(Results - Aus Open's Multi Disability
and VI events)

NSW PARA BLUES SIDE
(Results- Disability State Championships,
Aus Open's Multi Disability and VI events)

UNDER-18 & UNDER-25 STATE SIDE
(Results - District and Club Championships)

**DISTRICT/ZONE/GROUP JUNIOR
DEVELOPMENT SQUADS**
(Results - Club Championships)

CLUB & SCHOOL COMPETITIONS

INTRODUCTION TO BOWLS
(Come and try days, Corporate Bowls, Jack
Attack, Barefoot Bowls, Rookie Rollers)

TARGETED PERFORMANCE INDICATORS

PHYSICAL
Maximising performance
through physical
wellbeing

TACTICAL
Developing tactical
knowledge through
experience and education

TECHNICAL
Highly developed
technical ability

TRAINING
Targeted skill development,
physical and mental fitness
training

COMPETITION
Planned, prioritised,
goal setting in
preparation of events

PSYCHO-SOCIAL
Healthy life blend

PSYCHOLOGICAL
Developed mental
strength and general
wellbeing