

BOWLS WA'S PATHWAY TO PODIUM









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)

NATIONAL RESULTS

(Aus Open, The Nationals, Aus Indoor Championships)

NATIONAL PERFORMANCES

(Australian Sides Championships)

STATE

Results - State Open Championships, BA Ranking **Events or major tournaments**

STATE OPEN

(State Open Squads/Teams)

REGIONAL

Results - Regional **Championship Events**

WA ACADEMY SQUAD

RESULTS

State Junior Championship Events

STATE JUNIORS

(State Junior Squads/Teams)

RESULTS

Club Championship events

CLUB LEVEL

(Selection - Pennant)

INTRODUCTION TO BOWLS

(Come and try days, Corporate Bowls Jack Attack, Barefoot Bowls)

INTRODUCTION TO **BOWLS**

ome and try days, Corporate Bowls, Jack Attack, Barefoot Bowls)

PARA PROGRAM

PARA JACKAROOS

(Australian Selected. Consistent **International and National podiums)**

EMERGING PARA JACKAROOS

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

NATIONAL RESULTS

(Aus Open, the Nationals)

NATIONAL PERFORMANCES

(Para Nationals)

STATE PARA

(Results - State Para Championships)

STATE PARA

(State Para Squads/Teams)

CLUB LEVEL

(Results - Club Championships)

CLUB LEVEL

(Selection - Pennant)

INTRODUCTION TO **BOWLS**

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INTRODUCTION TO BOWLS

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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