

## **HOW TO GET STARTED**

Joining a club and taking up a new sporting interest can be a little daunting for some, and it is all too easy to put off such a move until tomorrow.

The most common comment amongst new bowlers is that they should have started years ago, "I don't know why I left it so long to take up the game."

Don't let this happen to you, as you will be missing out on some wonderful new friendships and the challenges of a sport that can be played by all ages and by those from all walks of life.

Compared to golf, tennis or football, lawn bowls is one of the cheapest sports you can play and there is no big outlay required to see whether it is the game for you.

Firstly, you may know of someone who plays, and it could be useful to talk to that person about their club and they may offer to arrange an introduction.

If you don't know anyone who plays it doesn't matter. Simply visit any bowling club and ask at reception about starting to play bowls. They will probably introduce you to a Coach.

Most clubs offer a free coaching programme over a period of up to six weeks using a set of bowls provided by the club. The club coaching programme is conducted by a qualified coach and provides a comprehensive introduction to the game including, bowling technique, laws of the game, etiquette and safety on the green, with the aim of attaining a level of competency that would allow the new bowler to participate in organised social and competition events at the club.

Check out your nearest bowling club to home. Have a look around at the club facilities, read the notice board and watch some games in action. Don't be backward in asking some members about the club and the best way of getting started. You will find that they will be very pleased to tell you about bowls at their club.

**But be Warned!**

**Bowling can be addictive and don't be surprised if you get hooked.**