

Bowls Singapore



Terms and Conditions for National Training Squad 2016

Updated: 20160313

Objective

1. Training sessions for selected players who have high performance in the past years to further improve their skill and prepare them for international competitions in 2016 and 2017.
2. Provide the selection practices to select the most appropriate players to take part in the coming international tournaments in 2016 and 2017.
3. As a platform for selected players to create synergy between players from different clubs.

Target Tournament

1. World Bowls 2016 in Christchurch, New Zealand.
2. 12th Asian Lawn Bowls Championship 2017 in India (or Malaysia if India fails to hold)
3. 11th Asia Pacific Merdeka Singles, Mixed Pairs & Mixed Fours Championship 2016 (pending confirmation)
4. South East Asia Game in 2017

Important Note

1. Players have to return the Application Form to the VP (High Performance) before 15th April 2016.
2. For players fulfilling the following conditions, they will be considered for selection into the Team Singapore in the coming SEA Games 2017.
 - i. Players who are Singapore Citizen; and,
 - ii. Players who have won medals in BS recognized International lawn bowls tournaments in the past 5 years; or,
 - iii. Players who have won any National champion (including oversea national level competitions as recognized by BS) in the past 5 years.
 - iv. Players must have at least 70% attendance in the practice sessions. Personal arranged training under registered coaches and training scheme approved by VP (High Performance) can be considered. Attendance in such approved training scheme cannot be more than 40% of the attendance and must be signed off by a registered coach for being considered as attendance hours under the National Training.
3. Absence from practice sessions for athletes on shift duties with support of official roster document will be accepted.

Training Plan

1. Team practice will be held in the weekday evening from 7:00-10:00pm and weekend 3:00 – 7:00pm. Within the period 15th April to 15th December 2016, there will be total 300 practice hours that squad members have to attend. Players eligible for the SEA Game selection require to attend over



Terms and Conditions for National Training Squad 2016

Updated: 20160313

210 hours or equivalent within these at least 90 hours must be with the Training Squad.

2. Individual training sessions – Players are required to performance basic skill practices at least 2 hours per week; fitness practices at lease 30 minutes per day. Players will be provided with a log book for their own record on trust basis.
3. Players may also be required to attend training course provided by Sport Singapore such as Mental Preparation etc. on need basis..

Arrangement of Practices

1. All players are by default to attend all the practice sessions.
2. Any player that cannot attend a practice session has to inform the coach or his/her deputy in his/her absence before noon of the practice day by the WhatsApp Group; phone call, SMS or email.
3. Players are allowed to practice any time before the training.
4. Assignment of matches will be arranged by the Coach or his/her deputy according to the guidelines given by the Selection Committee.

Competency Test

1. To compliant with the selection criteria as stated in the Bye-Law, players may be required to take the Competency Test quarterly.
2. The grouping and sequent of test will be arranged by the Coach or his deputy.

National Team Selection Criteria

1. Training Attendance
2. Competency Test
3. Match Test
4. Fitness Test
5. Discipline
6. Teamwork
7. Understanding of the Sport of Lawn Bowls
8. Management Committee Recommendation

For selection of players to join Team Singapore in SEA Game 2017, past performance in international & national events will be on top of the abovementioned. Decision from SNOC will be final.

Terms and Conditions for National Training Squad 2016

Updated: 20160313

Squad Member's Commitment

1. Members have to try their best to attend all the training sessions.
2. Members have to try their best to attend all activities arranged by BS, including but not limited to international tournament, development events and demonstrations etc.
3. No objection to partner with or play against with any squad members.
4. No objection to play in any position in the team during the practice matches.
5. Maintain self-discipline in trainings, practices and competitions.
6. Maintain good relationship and synergy with other team members.
7. Will not accept any interview without the presence of the Coach, or his deputy in his absence.
8. Understand that by-passing the Management Committee to report any matter(s) to the media or other parties will result in disciplinary action.
9. In overseas practice (if any) and competitions:
 - i. Follow the arrangements and instructions for transportation and accommodation.
 - ii. Will not leave the team or any events without prior approval from the Team Manager/Manageress or the Coach.
 - iii. Be punctual to all the schedules.
 - iv. Immediately report to the Team Manager/Manageress for any incident occurred.
10. Understand that this Agreement can be amended at any time as approved by the Management Committee.