



Bruce's bits for Better Bowling

Hi-Tech Lawn Bowling! Really?

Hey, why not? Everything else in our life is digitally controlled, so why not use it to make us better bowlers?

Ten years ago, we'd use video cameras. Kind of unwieldy, weren't they? Today, we've got *smart phones* that are not only easier to use, but even more powerful. Let's look at some specific applications that you and a friend can easily carry out.

1. **The step-out.** Whether you alter your length of step for distance control or not, the camera will give you feedback as to how consistent you are with foot placement at delivery. Plus or minus inches on the mat becomes plus or minus feet at the jack. Consistency is critical to control.
2. **Point of release.** 'Grassing the bowl' ... laying it on the turf ... must be at the same point at the bottom of the arc to deliver controlled length. Take 10 or more close ups of release and see how consistent they are. It will also tell you how far you are dropping it! (A surprise to most folks!)
3. **Quality of release.** Fingers and wrist are active players in how the bowl leaves your hand. They determine how smoothly the bowl runs, with or without a wobble. The camera will tell you if the fingers are 'flipping' at release, or if the wrist is rolling to the inside. Neither of these will help your game!

These are just 3 of many things your phone can tell you. Take lots of shots; put them on your big screen at home and learn to fix the little things that make a big difference. AND ... you can send clips to your coach, wherever she is!