

Coaching

Worthing Pavilion Bowling Club has the most informative coaching programme in Sussex. The programme starts with two 2 hour lessons, for this you will be charged £25. All the coaches in the Club follow the same programme of structured lessons to ensure that we provide a comprehensive training programme for new bowlers. Once you have been through the first two lessons and have joined the Club, the £25 you have paid will be deducted from your joining fee, you will then be eligible for up to three further lessons free of charge

We have found that this has worked very well over the last fourteen years. However the programme has been revised and brought up-to-date during this time in the light of experiences gained.

Initial training during the winter months takes place indoors. As soon as the outdoor rinks are open, you will be contacted to have a session on the outdoor greens.

All our coaches have been trained by qualified senior coaches and have passed their coaching examinations for coaching new and experienced bowlers. Our coaches have been checked by the Disclosure & Barring Service (CRB) and are basic first aiders.

During the time you are training you are classed as an Associate Member of the Club and are entitled to use all the Club facilities. You can bring family members or friends to the Club to use the bar and the restaurant facilities.

On completion of the five 2 hour lessons, if you wish, you will then be entered into our on-going training programme.

MARKING AND MEASURING COURSE

After you have been bowling for a time you will be offered a Marking & Measuring Course. This is free of charge and takes place in the evenings on the indoor rinks. You will be given the opportunity to go through all the measuring exercises and coaches will be on hand to give advice and help. You will also be trained to become a Marker for singles games and all that entails.

The course is run for only nine members at a time so you get a full understanding of all the measuring you will be called upon to carry out when you are marking a singles game.

During the evening we will also carry out delivery clinics for any of the participants who are experiencing difficulties with any area of their game. It is a very hands-on course and you will spend time bowling in singles games. You will be presented with a Certificate at the end of the course.

DELIVERY CLINICS

If you are experiencing difficulty with your delivery or any element of your game at any time in your bowling career, we offer Delivery Clinics. You will be asked to deliver bowls on your forehand and backhand so that we can then see exactly how you are delivering the bowl, we may ask you to make some small adjustments to your action or stance. We have carried this out for many of our Club bowlers and almost without exception they tell us that their game really improves after the Delivery Clinic session.