

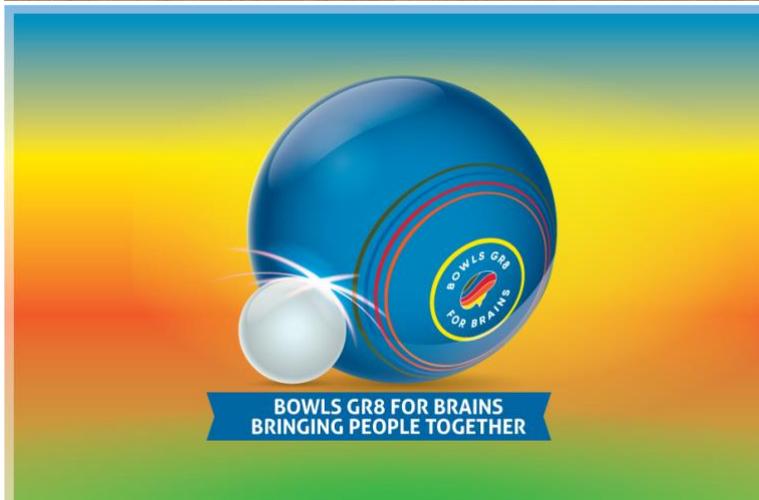


2026

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Shoalhaven Heads Bowling
and Recreation Club Ltd

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Shoalhaven Heads Bowling and Recreation Club

New Bowling Member Information

Shoalhaven Heads Bowling and Recreation Club Limited (SHBRC) makes taking up bowls easy. We have a few new bowler's pathways designed to assist new bowlers. Once you enter a new bowler's pathway, you will be made welcome by our Bowls Committee and members who will give you every encouragement along the way.

New Bowler's Pathway

New members may follow one of the following pathways:

- Arrange for a group of friends to play Barefoot Bowls
- Enter Jack Attack.
- Join Bowls Gr8 for Brains Program.
- Roll up with a friend who is a registered Bowls NSW member.
- Play indoor bowls.
- Undertake coaching with our accredited coach.

From here, new bowlers will undertake coaching and assessment by our accredited coach before joining the:

- Social Bowling Sub-Club;
- Women's Social Bowling Sub-Club; and/or
- Bowling Sub-Club.

Barefoot Bowls

Arrange a game of barefoot bowls with your family, friends, or as a work function. This is a great way for first time bowlers to get started. Tuition and equipment (bowls sets) are included in the fee.

Barefoot Bowls is available for just \$15 adults and \$5 children which includes equipment and instruction. Barefoot bowls is perfect for your next gathering or business event. Note that children must be accompanied by an adult.

For barefoot bowls bookings and finding out what options may suit you, contact us on **(02) 4448 7154**. *Booking is essential*

Jack Attack

Jack Attack is Bowls Australia's social-competitive version of bowls which can be enjoyed by new and experienced players. It's a fun, fast and fresh style of play, which is taking place at clubs across Australia.

Jack Attack appeals to people who are looking for a more structured bowls competition than barefoot bowls, but don't have the time to commit to longer formats of the game. The game is a four to six-week competition, staged on a midweek evening.

Jack Attack emulates the Bowls Premier League style of play which is broadcast live on Fox Sports and Sky Sports NZ each February and November.

The event is open to everyone, including businesses and organisations wishing to enter a team. The emphasis is on having fun with up to \$1,000 prize money, pending number of teams entered. The evening is a hoot while listening to great music and mingling with members of the community.

For more information contact the club's Bowls Organiser: Steve McMahon 0409 449 686.

Bowls Gr8 for Brains

Bowls Gr8 for Brains focuses on four key elements of improving mental health, those being physical exercise, re-integration into social environments, stimulating brain functions and engaging in programs that divert attentions away from previous trauma, with a peer-supported community-based program that runs at local bowls clubs.

"Bowls Gr8 for Brains is proud to be a part of the Bowls Australia family."



To learn more about  or join our program at Shoalhaven Heads Bowling Intra-club contact: Ray Silverstone on 0405 197 101.

You may also visit Facebook page at: www.facebook.com/BowlsGr8forBrains.

Roll up with a Friend!

As a member of the SHBRC you may be invited by a friend, who is a member of one of the Bowling Sub-Clubs, to roll up at any time when a rink is available. Note that a \$5 fee applies.

Indoor Bowls

Indoor bowls are played in the club's auditorium each Monday commencing at 1:00pm. Contact the club on 02 4448 7154 for more information.

Coaching

Bowls coaching is available for all ages and abilities (no fees apply). The coach will provide advice on bowling etiquette, bowling delivery, pathway options and help you to establish which option will suit your needs. Refer to Appendix B for Etiquette and Appendix D for guidance on bowling delivery technique.

Contact the club for a coaching appointment on (02) 4488 7154.

Social, and Women's Social Bowling Intra-Clubs

The Social Bowling Intra-Club (mixed gender), and Women's Social Bowling Intra-Club provide an opportunity for new and experienced bowlers to participate in a less formal/less competitive environment. The aim is to promote enjoyment of the game of bowls and supply an avenue for forming social contacts within the community. Many new bowlers have started socially and progressed to the senior bowling ranks.

Social games are held each week on:

- Sunday mornings (Social Bowling Sub-Club) at 9:30 am
- Tuesday Morning (Women's Social Bowling Sub-Club) at 10:30am.
- Tuesday afternoons (Social Club Bowling Sub-Club) at 1:00 pm
- Games hosted by external social clubs as advertised.

Contact the SHBRC on (02) 4488 7154 for joining the Social Bowling Sub-Club or Women's Social Bowling Sub-Club.

Social Bowling Sub-Clubs' Contacts

Social Bowling Sub-Club:	Denice Steer	0409 560 793
Social Women's Bowling Sub-Club:	Rose Denholm	0499 057 462

Bowling Sub-Club

The Shoalhaven Heads Bowling Sub-Club (Bowling Sub-Club) is a member of South East Bowls Region - NSW, and its Affiliated bowlers are registered members of Bowls NSW Ltd. The Bowling Sub-Club's constitution was amended in 2020 to cease being a men's only club (is now gender neutral). Consequently, men and women may compete in all club championship events.

The South East Bowls Region - NSW comprises 32 clubs reaching from Berry in the North, along the coast to Mallacoota in the South, and inland to Braidwood and the Monaro region.

South East Bowls Region - NSW comes under Bowls NSW Ltd. Refer to Appendix C for more information on Bowls NSW Ltd.

Bowling Sub-Club Membership

When joining the Bowling Sub-Club, you are required to register with Bowls NSW Ltd and you should complete the checklist at Appendix A below. When completing the checklist, you will be:

- registered on-line with Bowlslink - Bowls NSW Ltd and receive a National Identity Number (NIN).
- given a locker in the change room.
- given an annual Events Calendar containing the bowls program, committee contact numbers etc.

The Bowls NSW Ltd registration allows you to play in:

- Bowling Sub-Club competitions including club championships and Cock of the Walk.
- representative games such as South East Bowls Region - NSW Pennant, state championships, and open tournaments throughout NSW.
- roll up and/or enter club competitions as a visitor when travelling throughout NSW.

The Bowling Sub-Club's competition days are:

- Wednesday open, 1:00 pm start (4:00pm start during daylight saving).
- Thursday women's 11:00 am start.
- Friday men's, 1:00 pm start.
- Saturday open tournaments, 1:00 pm start (as calendar indicates).
- Saturday Pennant, 12:45pm start (as calendar indicates).

All entries or withdrawals are to be made before 11:00 am on the day of play for a 1:00 pm start. Check in with the Bowls Organiser before 12:45 pm on the day of play. Cards are drawn at 12:50 pm.

Club representative games such as Pennant and Open Tournaments are advertised throughout the year. All club members are encouraged to play in our Pennant sides and open tournaments.

Bowling Sub-Club Fees

The annual Bowling Sub-Club membership fees are free for new members who are first time bowlers (are not an affiliated bowling member of another club) in their first financial year.

The fee structure is as follows:

- Annual fees are subsidised for all members who pay early each year. The subsidised annual fee is approximately \$60 (will vary each year).
- The weekly competition fee is \$10 per game.
- The club championship entry fee is \$10.
- Cock of the Walk entry fee is \$10.
- Club representative competitions are paid by the Bowling Sub-Club.
- Open tournaments are as advertised.
- Coaching is free.

Bowling Sub-Club Contacts

President:	Stephen Franklin	0407 955 515
Vice President:	Michael (Doc) Davies	0411 235 210
Vice President:	Ray Silverstone	0405 197 101
Secretary:	Paul Bounds	0412 165 313
Treasurer:	Ron Ashby	0402 868 796
Bowls Organiser:	Steve McMahon	0409 449 686
Ladies Bowls Organiser:	Rose Denholm	0499 057 462
Club Coach:	Ray Silverstone	0405 197 101
Bowls Office:		02 4448 7154
E-mail address:	headsbowls@shbrc.com.au	

Follow us:  Shoalhaven Hammerheads

Dress Code

All players are required to wear Bowls NSW Ltd approved bowling shoes.

All players are required to wear the Bowling Sub-Club's uniform when playing in:

- Club Championships
- Pennant games
- Representing the club in State Championships and Open Tournaments

Our Objectives

- Promote the sport of Lawn Bowls as safe, healthy, and enjoyable for all ages and abilities.
- Provide affordable and accessible participation for our members and everyone in the community.
- Act always with integrity, respect and in accordance with the Constitutions and By-Laws of the Shoalhaven Heads Bowling and Recreation Club Limited and the Shoalhaven Heads Bowling Sub-Club.
- Provide pathways, competition, challenges, and opportunities at all levels of the sport.
- Understanding, embracing, and valuing the differences within the lawn bowls community.

Our Values

Safe	We provide a safe environment that protects and considers everyone's physical and emotional wellbeing.
Passion	We care about our Club, our people, and our purpose.
Trust	We build an environment of trust through open, transparent, and honest leadership.
Teamwork	We work together for a common goal and create a harmonious environment.

Excellence We aim for continuous improvement and innovation in everything we do.

Accountability We are clear about our roles, responsibilities and decision making.

Appendix A

New Bowling Member - CHECKLIST

On joining the Bowling Sub-Club or Social Bowling Sub-Clubs new members should be provided with or be aware of the following:

	Requirement	Comment	NO	YES
1	Received new members booklet			
2	Received coaching			
3	Received coach's approval to bowl			
4	Completed club entry form	Name, phone, email, postal address, SHBRC membership number		
5	Register with www.bowlslink.com.au	Applies to Bowling Intra-club members only		
6	Shown around facilities	By Bowling Club Committee Member		
7	Shown how to enter competitions			
8	Change room locker provided	Contact: a committee member		
9	Introduced to committee			
10	Introduced to members			
11	Obtained club uniform			
12	Received Bowls Event Calendar			
13	Join Facebook	@Shoalhaven Hammerheads		
14	Bowls etiquette explained	If "NO" see committee member		

Appendix B

Etiquette

Lawn Bowls has a set of concrete rules, but like cricket, it also has a softer set of guidelines.

Etiquette simply means displaying good sportsmanship based on the traditions of the game. Applying common sense goes a long way to displaying good sportsmanship.

Here's a guide to some of the finer points of lawn bowls etiquette:

1. Be on time for any game (social, club competitions or Zone events).
2. Switch off your mobile phone.
3. Be aware of the fundamental rules of the game and conditions of play.
4. Always greet your opponent at the start of the game.
5. Hand the mat and jack to your opponent at the start of play.
6. Commend good bowls and acknowledge fluky or lucky bowls.
7. Don't cheer your opponent's unlucky bowls as it is considered poor sportsmanship.
8. Avoid disturbing players on other rinks (don't walk onto their rink or make excessive noise).
9. Assist with kicking bowls back at the end of play.
10. Retreat from the head when bowls are being measured and don't offer your opinion.
11. Congratulate the winner and share a drink in the clubhouse.

Bowls is an inclusive sport, be sure to treat all opponents with the same respect that you would wish to be treated.

Appendix C

Bowls NSW Ltd

Bowlslink, established in conjunction with Bowls Australia and all State & Territory associations with development and support by Savage Bull (web development agency), is the first purpose-built membership database and competition management system for Lawn Bowls administration.

The system allows club administrators to manage:

Club details; membership data; email campaigns; invoicing; competition entry, draws, results and management; website and more.

Additionally, individuals will be able manage their own profile data, view competitions entered and results as well as enter events, like State/ Region/Club Championships, directly.

Individual Member Profiles

Having access to your own information and profile ensures that you control and can update personal details at any time.

Once your profile is activated, it will give you access to all your details.

To activate, you will need a valid email address associated to your profile.

If you have a shared email with another person (usually a family member), you can still access the system using a mobile phone number or your National Identity Number (NIN). Please note that only one email address can be used per profile to log in.

Organisation Values

The core values of an organisation are the internal compass that will guide the actions of the organisation. These are attributes and behaviours that we expect all members, volunteers and staff to adopt and live by as they enjoy the sport.

The values of Bowls New South Wales Ltd are:

- **Respect:** We listen to each other and acknowledge there are many different perspectives which deserve consideration.
- **Collaboration:** We work together and assist our peers to develop and achieve our collective goals.
- **Honesty:** We raise issues as they are identified and discuss opinions and solutions openly.
- **Progressiveness:** We acknowledge and reflect on our past while continually searching for new opportunities to grow the sport.
- **Transparency:** We keep members, clubs and association committees informed and up to date.

Appendix D

Bowling Delivery Technique

The following ten important points in the delivery technique will assist new players with developing good habits.

1. Weight toward balls of the feet, with knees relaxed.
2. Eyes focussed along the aiming line.
3. Forearm of the bowling arm running down towards the wrist.
4. Shoulder square to the line of delivery.
5. Allow the weight of the bowl to determine the backswing.
6. Take a normal walking step (knee of back leg close to rear of front leg).
7. Stepping as the bowling arm straightens at the bottom of the backswing for correct timing and co-ordination.
8. A firm straight arm as the jack or bowl is released.
9. Bowling arm finishing not much higher than the forward knee.
10. Stepping forward off the mat after the jack or bowl has been delivered and has travelled at least four metres.