

*‘Elbows’ member – Chris O’Meagher (Bear)  
singles contract 2004*

## Celebrating The ‘Bear’: Singles Contract

Our old mate, Chris O’Meagher, known to all in bowls as ‘Bear’ would be celebrating a birthday late April, but, as we are all aware, the boy left us all late 2018.

Gone, but not forgotten, ever.

Perusing my Elbows squad files for something, I came across this ‘contract’ he wrote between him and I to achieve victory in the club singles. What an example for all of us bowlers all 17 years later, and most especially our pBus squad members who are the legatees of the original Elbows squad.

Reading his ‘contract’ makes all of us in bowls aware of the value had with the mighty Bear among us.

Bowlers everywhere, read and revel in this great man’s legacy of standards for us all to pursue.

**Contract by Chris O’Meagher with coach Lachlan Tighe.  
A statement of conditions as steps to success in the Richmond Union  
singles championship.**

Now post event, I have won the championship because I set, then met, all these conditions listed below in the season before the final:

### **TRAINING**

I trained hard and regularly and often under the coach’s supervision and did these:

Practiced all 3 lengths - minimum, medium, maximum.

Practiced on rinks four and five three days a week for a fortnight before the final.

Rolled 100 jacks per week at each of the 3 lengths.

Delivered 100 bowls per week on the forehand & backhand.

Drove 30 bowls per week at speeds of weighted, solid, ballistic.

Recorded all of the above jack and bowl deliveries training to know what my pb’s were leading into the final.

Practiced at times deliberately where there were numerous noise & people distractions.

Wrote out a game plan for singles.

Practiced the game plan against someone twice a week with the coach supervising.

*attitude: all about practising habits*

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Used Elbows mates to have intense practice competition.

**MENTAL TOUGHNESS**

With the coach I enhanced my mental skill either at training or during the week by:

Seeking out Craig on occasion as our Elbows psychologist.

Listening daily to his CD on visualization.

Belief in my ability.

Retained a mindset in the games despite any situation.

Never panic.

Adhered to process driven, not results driven attitude.

Had a diet regime all season knowing it would prepare me for the final.

Fuel was fluid to remain hydrated.

Relished my support base, Elbows.

**TECHNICAL GAME**

I knew my technical pb and my game plan having trained all.

Applied my game plan.

Capitalized on my skill and use of the plan.

Kept statistics throughout to assess my performance.

**Submitted to Lachlan Tighe ‘Elbows’ coach, 2004**

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