

Appendix 1

PREPARATION IN SCOTLAND

1. What are your thoughts on the selection process (that utilises training sessions and competition results) as a means to select the best possible players and directors to represent Scotland?

Inadequate	Poor	Adequate	Good	Excellent
		4	7	1

- It look like technical problems with the tablets causes problems. The idea is very good but I am not confident in some people's ability to use these tablets.
- I do feel that the PD team selected out in Australia was the wrong team but having said that I am partly to blame by not performing in the training sessions prior to selection. I do think from a player's point of view that the ipads used to score games don't give a wider view on performances and highlight the situation a player is in when playing bowls.
- Training sessions provide a clear analysis of performance and weakness and through competitive play enable SDS selectors to view overall performance.
- No complaints.
- I feel that the method currently used is fairer than in the past.
- I think the selection process is a good idea as it finds out the strengths that are required for the task. I think more competitive games would be good.
- Training sessions and competitions are positive and vital for the selection process. These especially competitive play give the players the opportunity to perform. I personally think there is not enough feedback and discussion for players and directors to develop and improve. There is lots of green time at the training which is excellent but I'd like to see more post game discussion whether this be on a one to one basis or as a group. This will allow the athletes to get some detailed feedback and to go and practice/improve prior to the next session. It would be good to see training plans for example for players from their training session statistics. This allows/gives the athletes direction with support.
- This is alright for front players not so good for the back end as they don't get a clear road to jack and often this could mean there is no shot on for them.
- It would be okay if the team was picked earlier to get used to playing as a team.

2. Do you feel the increased national training programme prepared you in advance of the 8 Nations and Parasport Event in Broadbeach, Australia?

Inadequate	Poor	Adequate	Good	Excellent
		3	5	3

- There must be a lot of knowledge that the able bodied bowlers could have shared with us before we travelled.
- Although the schedule was pretty intense when in Australia I do feel it benefitted the squad as a whole. Playing indoor sessions at Falkirk during an outdoor

season is not ideal but I can see why it has been done this way.

- The increased national training programme enabled good team bonding among players, directors, coaching and support staff. The conditions and speed at Broadbeach bowling greens could not be replicated in Scotland as our indoor greens are too slow. Practicing in Falkirk Indoor Bowling Club really did not help as it was slower than many other indoor green and simply did not prepare anyone for the Australian green conditions which were very fast. What did help was practice at Broadbeach at various times of the day and under floodlight conditions prior to event starting.
- Felt plenty of sessions.
- Vital. This gave the names squad more opportunity to work on team dynamics as well as match play.
- The only thing I would add was a change of venue to assess the players' ability to adjust their weight on different speed of surface. I know this presents problems for access and transport but feel further exploration could produce a range of venues to suit our needs.
- The training at Falkirk is not so good. The carpet is too slow. I think playing 15 ends with two bowls is not enough, maybe should consider playing with more bowls, after all thirty bowls is not a lot.
- Would have liked more time to prepare as getting told three weeks before is not really good enough as mentioned in Q1.

3. Do you feel the competition calendar is appropriate and did these events prepare you in advance of the 8 Nations and Parasport Event in Broadbeach, Australia?

Inadequate	Poor	Adequate	Good	Excellent
		2	6	3

- I feel we could do with a more frequent competitive challenge in training (at the last training the VI players had a GOOD challenge against the PDs). This may not always be a big enough challenge for the PDs.
- Players were as prepared as possible given the circumstances of playing at Falkirk which was much slower than Broadbeach.
- This is a good thing as it allows you to plan events around training.
- The more games the better. More competitive games the more game minded the squad will be.
- Yes. Although more matches against good quality opposition will help raise the game of our athletes.
- The only problem can be that sometimes the competition details are a bit later than I would like.
- I think we need more competitions as you would find out more who copes with things under pressure.
- Think there should be more events, and as we are all under the same umbrella training with the elite would be a bonus.

4. Do you feel that Falkirk IBC is an appropriate venue for team training and preparations?

Inadequate	Poor	Adequate	Good	Excellent
	2	2	6	1

- I think the quickest available carpet would be best but I honestly don't think anything replicates Australis (I was surprised how quickly it changed with cloud cover and at dark).
- It is very hard to replicate what you get in Australia and I don't think there is any venue in Scotland that matches they conditions. It is central for most of the squad and has a train station right outside so it is a good choice of venue.
- Quite far away for public transport as not everyone has a car. Quicker indoor carpets at other venues.
- Prefer faster surface to train on.
- Yes it is pretty central for everyone.
- Falkirk is a good venue but can be a little difficult to get to for visually impaired bowlers who rely on public transport, especially on a Sunday.
- I feel there are more faster carpets that would be better. Falkirk since getting new carpet is too slow.
- No, since the carpet was changed it is far too slow.

5. Was the supporting information provided to you prior to departure sufficient and suitable?

Inadequate	Poor	Adequate	Good	Excellent
			3	8

- The advice on preparation and sleep on the plane was difficult to implement (everyone is different).
- Communication from Gary Fraser and SDS has been excellent regarding competitions and training.
- Information all good.
- Great info and getting kept right up to date was great.
- Communication is excellent from SDS.
- Everything was fine, just a bit last minute. I feel you could give a little bit more time when picking the teams.
- Yes, it was interesting to learn not to sleep on the first flight and then catch up on the second and that helped with jet lag, also the nutrition advice was very good.

PREPARATION IN AUSTRALIA

6. Did you think arriving four days prior to the Championships was beneficial and allowed enough time for you to acclimatise to the conditions in Australia?

Inadequate	Poor	Adequate	Good	Excellent
1			4	6

- Certainly no less than four days.
- Great to get settled and into practice as this gave us the edge on other teams (or it should have).
- There is no doubt in my mind that the four days prior to competition starting were extremely important. Recovery from flight/travel. Acclimatise to weather conditions. Preparation and practice on Broadbeach greens.
- It was great to train at Broadbeach prior to competition.
- Best prep yet.
- This was adequate time to acclimatize and practice on Australian conditions. The match against Australia was excellent practice.
- Four days is a good amount of time and allowed everyone to become comfortable with the Broadbeach environment as well as the green conditions.
- I feel a little more time would be more beneficial to get used to the speed of the greens.
- Would have liked a week but obviously it is expensive enough to expect that, but the four days were beneficial to the team.

7. How beneficial was the additional training at Musgrave Hill Bowling Club prior to the start of the Championships?

Inadequate	Poor	Adequate	Good	Excellent
		2	4	5

- It was different from Broadbeach but I think if that was all that was available, there are still lots to benefit from it, keeping your arm in, team bonding (coaches and management too), competition and adapting to different conditions.
- Yet again I can see why this was organised due to the fact it gave us more time but I personally would have made this free time for players to relax prior to the competition but after the competition the two days there playing in a pairs and triples competition as a whole squad was just what everyone needed. A relaxed fun game of bowls with no pressure.
- Gave more practice time on Australian greens.
- I enjoyed all the additional training.
- Good to get more green time.
- This allowed opportunity for additional green time and allowed practice on another green. No two greens will be the same so greater the exposure to the conditions in Australia the better.
- It was another challenge in adapting to green speeds although perhaps one of the sessions could have been missed in favour of an evening session at

Broadbeach under the lights.

- Needed as much training as we could get so I think this was very good!
- The first green was not suitable as far too slow, but after that it was spot on.

8. How beneficial was the training camp at Musgrave Hill Bowling Club following the Championships?

Inadequate	Poor	Adequate	Good	Excellent
		1	5	5

- The answers to the last question apply to this.
- Really good fun, relaxed game of bowls. Just what everyone needed.
- It was good team bonding and practice giving players, coaches and directors an opportunity to compete at Musgrave BC.
- Very good wind down from the competition.
- A good experience in different conditions within Australia.
- The squad moving like that was a great idea.
- This was great! Players were more relaxed and I think served as a team bonding experience as well as competitive practice and Australian green time.
- This was an excellent opportunity for the team to cool down after a hard fought competition and presented a great team building opportunity.
- This gave us as a team to mix and enjoy the sessions was good for team building.
- Really enjoyed it although didn't do anything for Bob Dick or my street cred.

BOWLS SCOTLAND

9. How did you find travelling as one team with the bowls Scotland ladies and gents high performance squad?

Inadequate	Poor	Adequate	Good	Excellent
1	1	5	2	2

- Some were very helpful, some were not interested.
- Still feel like there's three teams in one but at least some of the Bowls Scotland squad took an interest in our results. The one team ethos from Glasgow still isn't there but it's better than it was. We need to take a look at Australia as they truly are one squad.
- Some improvements being made but a long way from being one team (Team Scotland), usually end up with three separate groups.
- But not much interaction from some of the elite squad.
- I found them helpful and supportive during travel and play.
- The way it should be. Found it great to mix.
- I was disappointed that it still felt like a them and us attitude from some players however this was the first trip away and I did see the relationship improve between players of both squads in the team as the competition progressed. This trip will only help for future ventures.

- This gave both teams to meet prior to our arrival at Broadbeach. There will always be a divide when travelling by air because of the different needs of the para squad going through an airport but it was good to see that an effort was being made.
- They were never interested in being one team. That showed right from the start at the airport when we were meeting at one point and them at another. This carried on throughout.
- It didn't really affect me as I was separated on the flights due to seating, but I thought it was really bad when the high performance squad jumped on the first bus and left us standing.

10. Do you think this SDS and Bowls Scotland combined trip will help the 'one team' ethos heading into the Gold Coast Commonwealth Games 2018?

Inadequate	Poor	Adequate	Good	Excellent
	3	1	6	

- I think there is a problem from the top down. Having more integrated training sessions would have helped. Some people won't change no matter what. Mr Gourlay's first words to me were "we were using those bowls" as he took them from me, NO introduction was felt necessary. I thought he may have wished us luck in the final but NO. I thought he may have spoken to us after the medal ceremony but NO.
- No, there are some within the Bowls Scotland squad who just aren't interested in the para squad. Having said that there are slight improvements from Glasgow.
- Still a lot of work to do to become one team.
- I hope so.
- Yes.
- Every little helps. Bowls Scotland squad were always asking me how I got on and what was going on.
- Yes. See question 9.
- I think the "one team" ethos is achievable but we are not there yet. Perhaps we could have more joint training sessions to help reporters get to know each other better.
- Do not think they are interested in the "one team".
- Yes it will help to be more acquainted as sometimes it's a bit like them and us, not enough integration between the teams.

COACHING AND MANAGEMENT TEAM

11. How successful did you find the management of the team prior to and during the 8 Nations and Parasport event?

Inadequate	Poor	Adequate	Good	Excellent
		1	2	7

- There are always areas for improvement. I find it difficult to assess unless gold is

achieved.

- Coaching and management did an excellent job.
- Was great to have Eric there to massage away my aches and pains.
- Very supportive.
- Every bit was superb.
- A lot of hard work was done on our behalf (by Gary!) prior to this trip as well as when we were there. We can't thank you enough.
- I thought the management team were very good. Good information and clear instructions, supportive without being nanny-like, always available for help and advice.
- I think it was very good, no problem too big, all taken care of.

12. SDS selected a coaching team of qualified coaches and director to support players during the Championships. How did you find their level of support, expertise and game related knowledge?

Inadequate	Poor	Adequate	Good	Excellent
		2	4	4

- The effort to help and support us was excellent. As I mentioned in my feedback to Gary, possibly some information on the rinks and our opponents could have been shared.
- Everyone strived to do their best for the team. Communication was much better. Still lots of room for further improvements.
- Some coaches more beneficial than others.
- Great support at all times.
- Coaches were amazing with me.
- There is no doubt the coaching staff are knowledgeable. I appreciated their support throughout the trip on and off the green, It would have been beneficial for the players and directors to have post-match analysis with the coaches to discuss play and shot selection.
- My only criticism would be that the support for players on the journey home was less satisfactory than our journey out. I have noticed this on every occasion I have travelled with the team, I think it's human nature and everyone wanting to get home but feel that coaches and directors roles should be reiterated for the homeward journey.
- They were on hand whenever you needed them.
- Some better than others.

13. Do you feel the support staff fulfil their roles as coaches, selectors and Superbowl ‘taggers’ to the best of their ability?

Inadequate	Poor	Adequate	Good	Excellent
		1	7	2

- The answers to the previous question could also apply to this.
- Felt that everything that needed done got done.
- I like the super bowl system, as it gives an accurate and transparent account of the players’ performance during training and a clear indication of where to improve. There were some teething problems with the technology but these were handled well. Generally I feel all the staff have a positive attitude in all areas. My only complaint is that sometimes it takes too long to get the training session started.
- Poor communication during event, good at support.

14. In relation to coaching, is there anything that you would like to see implemented during both training and competition?

Inadequate	Poor	Adequate	Good	Excellent
		2	5	1

- I appreciate it is NOT easy but finding more competitive sessions.
- Skill specific drills for player positions, i.e. leads drawing middle players and skips mixing up shots, i.e. going from a draw to a hot back to a draw then a running bowl.
- I would like post match discussion whether winning or losing game.
- Getting a bit more feedback. Not necessarily after every session but maybe after every month. I think the coaches have shown a dedication over the programme and coaches just joined too.
- Feedback and discussions!
- I would like to see more position specific training, e.g. much more jack length practised leads, covering bowl practice for seconds and skips, conversion shot practice for seconds and skips.
- More one to one and game analysis.
- I feel the 15 ends two bowls is not enough for training.
- Yes the marks awarded by the coaches should be discussed with the individual so as they can practice their weak play especially if it is the same thing repeated.

TEAM CLOTHING

15. How did you find the quality of team clothing provided to you for use during the whole competition, including travel?

Inadequate	Poor	Adequate	Good	Excellent
			8	2

- The training tops, playing tops, shorts, soft shell and kagool are good. The tracksuit bottoms are a bit heavy for travelling and indoor play. The hoodie is bulky and cumbersome.
- Training joggers massive/baggy.
- Kit was great. Sizes were issues but guess that's my fault.
- Excellent!!
- Team kit was generally good apart from the track suit bottoms, these are not comfortable and seem to come in one size fits none.
- For me the sizes were a bit big.
- Everything seemed fine except it would be nice to see us all with the same kit.

16. SDS has made the conscious decision to replicate the team clothing of the Bowls Scotland high performance squad. Is this worthwhile?

Inadequate	Poor	Adequate	Good	Excellent
			4	5

- "One team" then we should dress the same.
- To move forward as one team (Team Scotland) it is very important that all team members from Bowls Scotland and SDS have the same team playing kit. It would not look like one team if Bowls Scotland had different kit.
- Yes it would be great.
- Goes back to the one team thing and it can only be good.
- Helped the one team ethos. Also great to see us in the same kit as the Bowls Scotland squad, looked very professional.
- Can't be one team in two kits.
- Still comes across as para team poor cousins to BS.
- Don't see what difference this would make as long as you are wearing a Scotland top.
- Yes as it would make it more obvious that we are ONE team.

ACCOMMODATION

17. How did you find the Oceana Apartments as a base for the 8 Nations and Parasport Event?

Inadequate	Poor	Adequate	Good	Excellent
			1	10

- Superb. Congratulations to those involved in this choice. NO fault of SDS but there was a shortage of keys. The location could not have been any better.
- Spot on.
- Best location possible, apartments with sea view perfect. Could not have been any closer to Broadbeach Bowls Centre.
- Absolutely paradise, best ever stayed in as part of squad, the best ever, one word quality.
- Great, amazing, can't say anything bad about it.
- I do NOT think this could have been any better! It was amazing! Loved staying there!
- Proximity excellent, no need to be on and off buses, very comfortable.
- First class.
- I think it was the best thing since sliced bread, could not have asked for better.

18. How did you find self-catering apartments rather than staying in a hotel that provides meals?

Inadequate	Poor	Adequate	Good	Excellent
			6	3

- The team members I shared with got on well. Some disabled players can be limited when it comes to walking and carrying shopping.
- Worked well in our apartment. Everyone chipped in and did their bit.
- Gave the option to eat in or out (not a problem).
- Means we can eat what suits us and when suits.
- Great! I liked this set up.
- Self-catering gave people the option of relaxing before and after play rather than travelling to try and find meals and also created more of a together feel.
- You can eat what you like when you like. I think that was great. If you wanted to eat out you could have best of both worlds.
- Okay, the only downfall is that if you have had a tough day on the greens then you are not so keen to come back and cook.

19. Was the food ordered by Rachel Stentiford, our SIS nutritionist, beneficial upon arrival?

Inadequate	Poor	Adequate	Good	Excellent
			2	8

- It was a good start and was healthy.
- Rachel provided everything that was requested and this gave us a good start for breakfast etc. and time to familiarise ourselves with the surroundings and local shops.
- Great to have some basics there for us, gave everyone a good start with breakfast. The only addition I would like would be water.
- Everything was there to get you started.
- Yes I thought that was very good.

20. What were your feelings on SDS providing you with a per diem (daily allowance) of £30 in advance of the competition, instead of collecting receipts and submitting and expense claim?

Inadequate	Poor	Adequate	Good	Excellent
			2	8

- This was much easier than having to split food and shopping bills. Avoided the risk of losing receipts.
- Makes sense to do it this way.
- By far the easiest method as everyone was given same allowance and could choose their own food.
- Better idea.
- This is a much better way to do this and saves all that “can I have a separate bill” thing and also saves admin time.
- It was certainly easier than having to get receipts for everything.

GENERAL COMMENTS

Do you have any general comments you would like to make to SDS regarding the 8 Nations and Parasport Event?

- I think everything was well organised, very professional. There was a bit of delay at Brisbane Airport for the coach. The transfer back from the hotel was verging on being unsafe as the coach aisle was full of luggage.
- I would like to thank all involved in making this trip happen and I really enjoyed it. There were highs and lows but overall it was very enjoyable.
- Would like to have had more choice of bowls for players to test prior to event (most important). Player took own bowls Vector VS. After a day playing with VS (struggling) advised to change to Redline with Crescent Grip. Not happy with crescent grip, had to play with Redline with no grip as there was no other choice.
- The best experience ever had in bowls yet I myself.

- I thoroughly enjoyed my trip and also the opportunity to develop further as a coach, director and member of Team Scotland.
- Everything was well organised from start to finish. Well done.
- It was the first time since I have been playing internationally that we were very fortunate in not having to pay anything towards the cost, so a very BIG THANKS goes to Gary for all his hard work and dedication, also all who assisted in MAKING THIS POSSIBLE. THANKS AGAIN.