

BTBA Workshop – Sunday 7th January 2024

(applicable to all Adult - over 18's – and Senior BTBA league and tournament bowlers)

Organised and run by Steve Thornton (BTBA Head Coach)

For those of you that would like to attend the schedule is as follows:

9am – 9:30am Arrival.

9:30am – 9:50am brief full team meeting and introductions

9:50am make your way to first training session – split into two groups:

Section 1 - 10 – 12:30 Andy Sykes – ‘Amplify’ detailing ‘Fitness and Nutrition’ – specific to bowling.

Andy Sykes owns Amplify which is a company that specialises in Fitness and Nutrition in sport for more information see link below:

<https://amplifmytraining.com/about/>

Section 2 – 10 – 12:30 Steve T (BTBA Head Coach, EBF Level 2 and inducted into the UK bowling hall of Fame 2021 for achievement) **and Jon Zadel** (Former Team England Head Coach – both Adult and under 24's, EBF level 1, and multiple gold medallist for England) **on lane coaching.**

Alex Hamilton, representing Bowling Vision, will also be present to discuss and answer any questions on Brunswick related products. (Alex is a specialist in bowling product

knowledge – including Track, Ebonite, Columbia, Hammer, DV8, Brunswick, Radical.)

Lunch 12:30 – 1:30 buffet included in price of clinic

1:30pm – 4pm swap over sessions same groups

4pm – 4:45pm – drinks and question and answer session

During question and answer session lanes dressed for sweeper

5pm-7pm 2 game sweeper

There will be prizes in the form of bowling products.

Clinic finish 7pm after sweeper and prize giving.

Please reply by 30th November if you would like to attend this clinic via my email below.

If it's a yes, I will send you bank details to pay for the clinic in full by December 10th

Any questions please contact me on

stevethornton@btba.org.uk

Thanks

Steve Thornton

BTBA Head Coach