**Jack Unmack - Glass half empty OR is it overflowing?**

**Bowlers just cannot handle. It's called, "I don't like my role." When most Bowlers don't like their role or don't get the position they want, they fold. They get frustrated and angry, lose their confidence, and implode. By 'implode,' I mean they perform way below their potential. On the surface, imploding seems dumb. Why would you re-enforce the Selectors poor image of you (?) is it because secretly, you want to punish them. You're hurt, and you want them to hurt too. And the easiest way to do this is play bad and show no interest in the game. You guilt trip the Selectors and help the team lose at the same time. We human beings are funny creatures. We'll cut off our nose to spite our face. There IS a better way to react to this distraction than sabotaging yourself. It's called excelling in your role, learn from the experience, try to think out-side the box, and remember two things:**

**a. Out of sixteen players on a team, usually only one or two are supremely happy with their role.**

**b. The only way to get promoted is to excel at your current role. When you show your selectors, "I got this”, then they will consider you for more, not before. Yours in Bowls Jack Unmack**

**2. A lot of bowlers cripple their performance by being TOO positive. What do I mean? Because they've been told by coaches, and parents, to ‘be positive’, they go into a game, expecting it to unfold well. This is a BIG mistake. TOUGH competitors expect to win and deliver peak performances, but they also expect major bumps along the way. Take Slovenia's Tina Maze, who bagged her** **second Alpine skiing gold of the 2014 Winter Games as she won a thrilling women's giant slalom, just seven hundredths of a second ahead of her Austrian arch-rival Anna Fenninger. There was a driving rain for most of the day until it turned into a blinding snowfall. Then a fog rolled in to turn a soggy day into a soupy one. Eventually, the temperature dropped and it started to sleet. But this didn’t faze Maze. She said: “*I have learned that I don’t care if it’s rainy or sunny. I ski. And today, I knew I had to risk everything in the first run to get the lead, and then try to hold it*.”The simple act of steeling yourself and being PATIENT -- about circumstances, opponents, conditions - even your performance -- will allow you to quickly and easily re-focus and still bring the aggressiveness you need to deliver a peak performance and win. Using this mindset, you will be able to bring the aggressiveness you need to deliver a peak performance and win. This remains true in Bowls also. Fond regards, Jack Unmack.**

**1. It’s time to talk about the elephant in the room....a distraction that most Bowlers just cannot handle. It's called, "I don't like my role." When most Bowlers don't like their role or don't get the position they want, they fold. They get frustrated and angry, lose their confidence, and implode. By 'implode,' I mean they perform way below their potential. On the surface, imploding seems dumb. Why would you re-enforce the Selectors poor image of you (?) is it because secretly, you want to punish them. You're hurt, and you want them to hurt too. And the easiest way to do this is play bad and show no interest in the game. You guilt trip the Selectors and help the team lose at the same time. We human beings are funny creatures. We'll cut off our nose to spite our face. There IS a better way to react to this distraction than sabotaging yourself. It's called excelling in your role, learn from the experience, try to think out-side the box, and remember two things:**

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