

Confession of a USTA Tennis Player

"How I learned to Love Lawn Bowling"

By Larry W. Hayes

I confess.

I love playing USTA tennis and have for 30+ years as player and captain.

When my wife Gloria approached me two years ago about "lawn bowling," my immediate reaction was not positive. I thought it was a slow, ancient and "stuffy" game played in England by older folks dressed in all "white" uniforms.

USTA tennis, on the other hand, is fast, highly competitive, good exercise and intense due to the emphasis on winning and beating your opponent.

So why do I love lawn bowling today?

Yes, the game is slow, "low key" and less competitive compared to tennis but it turns out that's a good thing for me.

Since taking up lawn bowling, I've learned how to "relax" and just have fun and not worry about whether I win or lose. To my surprise, the game is challenging and provides good, easy walking exercise.

The best part of lawn bowling is that it is something that my wife and I can share together. Gloria is not a tennis player or sports driven like me.

But we have great fun lawn bowling and it has brought us closer together. In fact, she often beats me!

One of the easiest sports to learn, lawn bowling is one of "best kept sports

secrets" in the San Francisco Bay Area. But the word is spreading that it's a fun way to exercise outdoors with your family and meet new friends.

Jimmy Hussey, 90, lawn bowls five times a week at the Santa Clara Lawn Bowls Club in Central Park in Santa Clara, CA. In between games, he undergoes kidney dialysis three times a week.

"It gives me something to look forward to. I play for the exercise and companionship," said Jimmy. "It's a friendly game that I love and plan to play as long as I can."

Sue Meuse, 53, a Cupertino elementary school teacher, became a club member two years ago and plays as often as her busy schedule allows.

"I never lawn bowled before," said Sue. "But the experienced players took me under their wings and showed me how. I'm getting better but it's fun no matter what. Anyone can do it."

The game is simple. Roll your bowls closer to a little white ball called the "jack." Larger than a bocce ball and designed with a "bias," lawn bowls allow you to "curve" the bowl to the right or left of the jack. This takes years to master but most players just play for the fun of it.

Typical games only take 1 ½ hours to play. And you can come when you want to. You can play at night on weekdays under the lights. Club membership is \$50.00 and includes social events such as luncheons and parties.

Give it a try. Lessons are free!



Santa Clara Lawn Bowls Club

Founded in 1978, The Santa Clara Lawn Bowls Club is located in the Central Park of Santa Clara between the library and the International Swim Center. Opens on Wednesdays, Fridays and weekends. Night bowling is at 7pm Wednesday and Friday.

Santa Clara Lawn Bowls Club is a member of the U.S Lawn Bowling Association and participates in local tournaments. For a list of lawn bowling clubs in the San Francisco Bay Area, go to pimdawnbowls.org.

To learn more, call Chuck Bailey at **408.448.7439** or email: info@santaclaralawnbowls.org. Visit santaclaralawnbowls.org.

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