

# CSC BOWLING ACADEMY

## CENTRE OF EXCELLENCE (COE) PROGRAMME

For Aspiring Bowlers Aged 10 To 18 To Make It Into The National Programme

The CSC Bowling Academy – Centre of Excellence (COE) Programme is a structured development pathway to nurture aspiring bowlers aged 10 to 18 to make it into the National Programme. The COE Programme is helmed by Singapore Bowling Federation's (SBF) former National Coach, Clara Lau, and her team of qualified coaches.

In addition, trainees will be given the exposure and opportunity to participate in the Club's organised friendly games and monthly medals as well as in the SBF organised tournaments and Annual Skills Assessment. The training environment is further optimised with the recent inclusion of the world-renowned Kegel Lane Machine, used in all major competitions, to maintain the lanes at our very own Bowling Centre.

<b>Day/Time</b>	: Tuesday, 4pm to 6pm Saturday, 11am to 11pm
<b>Venue</b>	: 12 Lanes (Bowling Alley)
<b>Course Fee</b>	: <b>Elementary</b> \$2,675 (Member) / \$2,996 (Guest) – 60 sessions
	: <b>Intermediate</b> \$2,889 (Member) / \$3,210 (Guest) – 64 sessions

**Note: Lane fees to be paid separately (\$12 per session)**



Coach Clara

Our Club is proud to announce that we have secured the service of former National Coach Ms Clara Lau to helm our Club's Bowling Academy COE Programme!

Coach Clara is a respected and notable coach in the National Programme and her coaching achievements include multiple medals in major games and tournaments at the Southeast Asian, Asian and World Level. She also had a successful stint coaching in schools across the Primary to Tertiary level.

Coach Clara's Coaching Achievements:

- 1 Gold, 2 Silver and 1 Bronze in the 17th Asian Games Incheon 2014
- 2 Gold medals in 23rd Asian Tenpin Bowling Championships 2015
- 4 Gold, 5 Silver and 1 Bronze in the 28th SEA Games 2015
- 1 Gold, 2 Silver and 3 Bronze in the World Women's Bowling Championships 2015
- 2 Bronze in the 24th Asian Tenpin Bowling Championships 2016
- 2 Gold, 3 Silver and 2 Bronze in the 29th SEA Games 2017



Coach Mervyn

Clara's team is supported by Mervyn Foo, a distinguished and prominent senior figure of the bowling fraternity in Singapore. During his illustrious career as National Head Coach, our Nation won multiple Gold medals at the Southeast Asian Games, Asian Games, World Championships and the World Cup. He was appointed as SBF's first Technical Director in 2011 and became the Executive Director of the Federation in 2016.



For registration and enquiries, please email to [JickSern\\_Lam@chineseswimmingclub.org.sg](mailto:JickSern_Lam@chineseswimmingclub.org.sg).