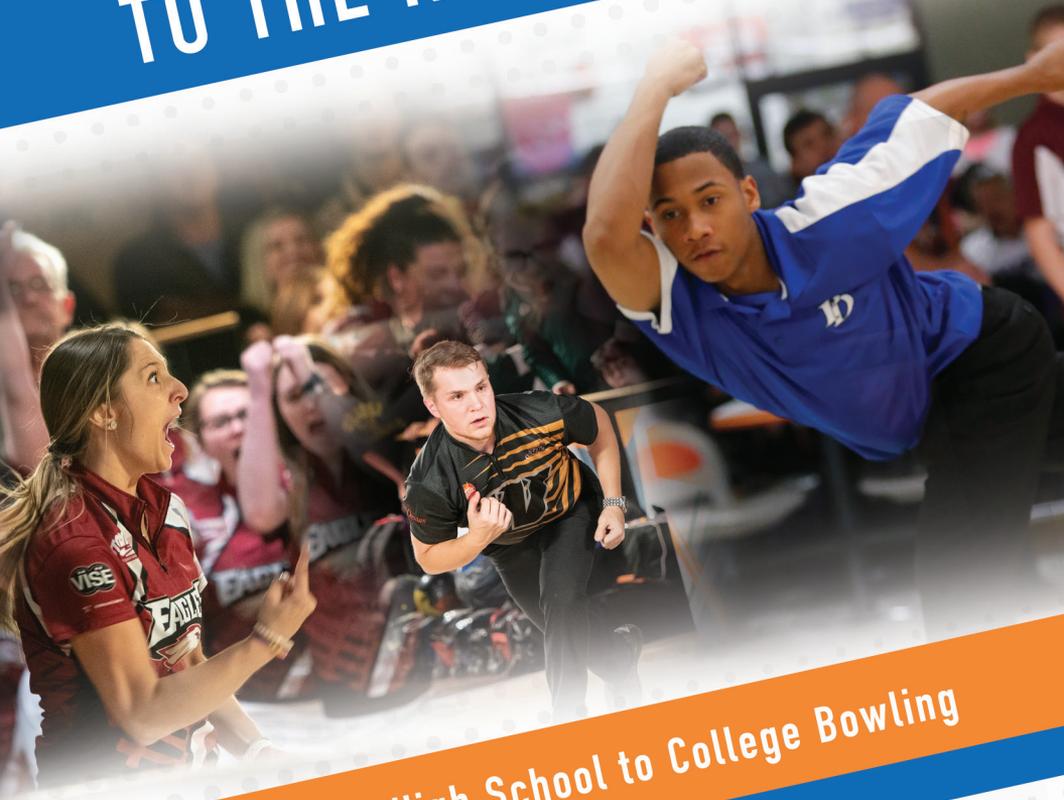




TAKE YOUR APPROACH
TO THE NEXT LEVEL



Moving From High School to College Bowling

A **Future** FOR
THE **Sport**™

Moving From HIGH SCHOOL TO COLLEGE

Congratulations for your hard work and determination in making the sport of bowling yours. As you begin to plan for your future, both academically and as an athlete, the United States Bowling Congress developed a guide to help you take your game to the next level...college.

Through this guide, we will help you answer questions like: How do I get a college coach to notice me? What types of collegiate bowling programs are available? Are their rules for recruiting that I need to know about? What comes after college? We wish you the best in your pursuit of an education and advancement in the sport. If you have any questions, please contact us at (800) 514-BOWL, ext. 8979.

Today, more than 200 colleges offer intercollegiate bowling programs. These programs include club, National Association of Intercollegiate Athletics (NAIA), National Junior College Athletic Association (NJCAA) and National Collegiate Athletic Association (NCAA) teams.

Intercollegiate bowling teams have the opportunity to compete in the 150-plus tournaments that occur across the country, including the national championship event – the USBC Intercollegiate Team Championships. The collegiate bowling season runs from October through March and concludes with postseason competition in March and April. Tournaments are typically conducted on weekends and around holidays and may vary in format to include team games, Baker games and individual competition. Postseason competition in the USBC Intercollegiate Team Championships and its Sectional Qualifiers is entirely Baker format.

Contact the bowling team's coach for scholarship and financial aid information. For complete listings of intercollegiate bowling programs and contact information, as well as intercollegiate tournaments, visit the Collegiate page on BOWL.com.



Club vs. Varsity Programs

The difference between club and varsity intercollegiate bowling programs is in the origin of the program's funding.

A club intercollegiate bowling program may receive school funding through the student union or student activities. Other funding resources for club programs include fundraising and out-of-pocket to cover expenses.

A varsity bowling program receives funding through the institution's athletic department. Varsity bowling programs currently are offered for women within NCAA and for men and women within NAIA and NJCAA. They operate under the strict rules and regulations of their member athletic organizations.

For a complete understanding of the rules and regulations, USBC Collegiate recommends speaking with the team's head coach or institution's compliance officer.

How to Prepare for College Bowling

USBC Collegiate provides a complete list of all intercollegiate bowling programs on the Collegiate page on BOWL.com. This list contains the type of program (men, women or mixed), contact name, telephone number, email address and mailing address.

Build Your Bowling Resume

Develop a bowling resume of accomplishments, with a cover letter of introduction. Include a video with your resume or a social site where your bowling videos are posted. Be sure to include back and side views of your bowling approach, release and arsenal.

Practice!

Practice as much as possible on a wide variety of lane conditions (including Sport Bowling patterns) using different equipment. Spend a significant amount of time focusing on your spare-shooting abilities.

In addition, add a physical conditioning program to your regimen in preparation for college bowling. Physical fitness is very important for the long weekends and high-energy atmosphere in college bowling.

Seek Competition

Make a point to find elite competition to showcase your skills. Collegiate programs frequently recruit at high-level youth tournaments and are very visible at the Junior Gold Championships, which determines Junior Team USA for the following year. Experience the energy and excitement first hand by attending an intercollegiate bowling tournament. Also, talk with past or present collegiate bowlers to better understand the dynamics of collegiate bowling.

Selecting the Right Institution

Pursue colleges that offer fields of study that interest you. Bowling is an exciting aspect of the college experience, but is a sidelight to the primary goal of getting an education.

Consider many things when selecting an institution, including tuition costs, offered fields of study, number of tournaments the bowling team attends, and the team practice schedule.

The Recruiting Process

While you should be proactive when it comes to finding a college to continue your education and bowling career, keep in mind there are certain restrictions to the recruiting process when NCAA, NJCAA and NAIA schools are involved. An athlete becomes a prospective student-athlete once their ninth-grade classes have begun.

During recruiting, there are periods when college coaches can and cannot have contact with a student-athlete. You and your parents should be aware of these rules, and also know the difference between an official and unofficial visit to a college or university.

For more information on recruiting, contact the NCAA (ncaa.org) and/or the NJCAA (njcaa.org). The NCAA website has an informational piece titled "Guide for the College-Bound Student-Athlete" that is a valuable resource for student-athletes seeking to continue their bowling careers at institutions that have varsity bowling opportunities.

Meet Your Coach, Tour the Campus

Selecting the right institution is based on a number of criteria, including bowling, academic and social opportunities. Be sure to visit the campus to meet with the coach and tour the city.

What Does a College Coach Look For?

One of the most frequently asked questions is, “What do collegiate coaches look for in a prospective student-athlete?” Though collegiate coaches look at their programs and potential student-athletes differently, we have gathered what some coaches find important when looking for a new student-athlete for their program.

Coaches from around the country say they look for these attributes:

- Passion, they can’t get enough bowling!
- Can maintain necessary grades to remain eligible.
- Humble, coachable, adaptable.
- Someone who listens, asks questions and has a desire to improve and learn.
- Good fundamentals: Can make spares and repeat shots.
- Experience: What tournaments have you bowled? What Sport patterns or leagues have you bowled?

Tips from college coaches:

- If you choose to email coaches or schools, do not send the same email to everyone. Make sure to tailor your email to each coach and school in which you have an interest.
- Don’t be afraid to contact coaches directly. Ask questions and show them you are interested in the program and school.
- Look for schools that have the major you want.
- Conduct yourself humbly. Eyes are always watching, in tournaments, tryouts, etc.

Tips from college coaches: (continued)

- Send a video to the coach, or upload it to YouTube or a personal website. Make sure the coach is aware the video is available to view.
- In your bowling video, be sure to include multiple shots and camera angles to showcase your fundamentals.
- Practice spares. If you have more time, practice spares again.
- Try Sport leagues. Any opportunity to bowl on a Sport pattern will make you better.

Recruiting

Female student-athletes have more to consider when it comes to recruiting by a collegiate bowling program. The key is not to be discouraged. It is important for the female student-athlete to take into consideration that organizations such as the NCAA, NAIA and NJCAA each have different recruiting restrictions. Each will have different time periods during a season when they can contact prospective student-athletes. This is why it is important to know the organization that governs the school you are interested in.

Scholarships

Becoming a collegiate athlete in the sport you love, and having it help pay for college? That's right.

Nearly half of the colleges with bowling programs offer scholarships, financial aid and tuition assistance for female bowlers.

With the rising cost of a higher education, any financial assistance is helpful. Take advantage of the many scholarship and tuition assistance opportunities that are available just for you. Bowling can offer you an affordable way to earn the degree you want.

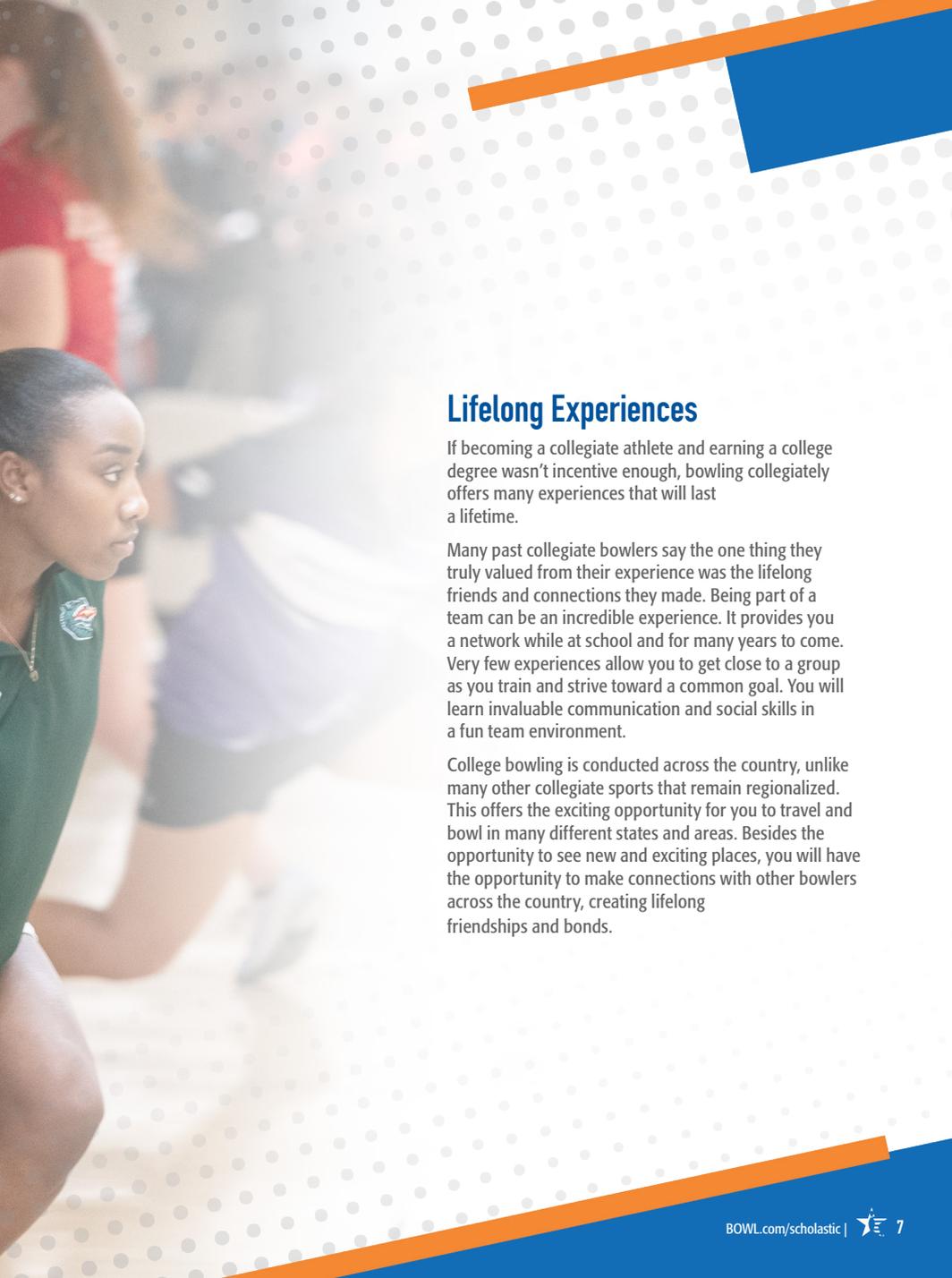
With all the scholarship opportunities available, remember to consider a few things:

- Know the education you want to earn.
- Pick a school that fits your wants and needs.
- Remember to weigh the cost analysis between the programs you are considering.

Remember to look at the overall cost of attending a specific college. While you might be offered more scholarship money at one school, its tuition costs might be higher. Be sure to research the financial information along with the educational information when looking at schools and programs.

At the end of the day, you should choose the school and program that is best for you. Just remember to weigh all the options when considering what scholarships and tuition assistance to accept. Your abilities have earned you this opportunity. Use it to attend the college you want and gain the right education for you.





Lifelong Experiences

If becoming a collegiate athlete and earning a college degree wasn't incentive enough, bowling collegiately offers many experiences that will last a lifetime.

Many past collegiate bowlers say the one thing they truly valued from their experience was the lifelong friends and connections they made. Being part of a team can be an incredible experience. It provides you a network while at school and for many years to come. Very few experiences allow you to get close to a group as you train and strive toward a common goal. You will learn invaluable communication and social skills in a fun team environment.

College bowling is conducted across the country, unlike many other collegiate sports that remain regionalized. This offers the exciting opportunity for you to travel and bowl in many different states and areas. Besides the opportunity to see new and exciting places, you will have the opportunity to make connections with other bowlers across the country, creating lifelong friendships and bonds.

HIGH SCHOOL ► COLLEGE

MORE OPPORTUNITIES FOR FEMALE BOWLERS

The Next Step...

College. The next stage to engage your mind and advance your academic abilities.

Women's Collegiate Bowling. The next stage to elevate your game and showcase your passion.

In the past decade, women's collegiate bowling has grown more than 45 percent. With more opportunities available, female high school bowlers across the country have the potential to take their education and game to the next level by bowling collegiately. Will you be next to step up?

Historical Background

Collegiate bowling has provided thousands of female bowlers the opportunity to grow academically, athletically and socially through their ability and passion for bowling.

USBC Collegiate was formed in 1975, though the National Junior College Athletic Association (NJCAA) had begun supporting collegiate bowling programs in 1971. Since the passing of the Title IX legislation in 1972, and the first recognized bowling national championship taking place in 1975, collegiate bowling programs and participation steadily began to grow, especially the opportunities available to female bowlers.

By the 2003-2004 school year, more than 40 women's collegiate programs were competing in the National Collegiate Athletic Association (NCAA), resulting in bowling becoming a NCAA championship sport. The first NCAA Women's Bowling National Collegiate Championship was held April 8-10, 2004 at Emerald Bowl in Houston, with the University of Nebraska taking home the inaugural title.

Growth = Opportunity = Choices

Statistically, it is difficult to become a collegiate athlete in any sport. However, with the growing popularity of collegiate bowling, the possibilities for female bowlers to become a collegiate athlete are great!

Growth has created more opportunities and more choices for female bowlers. More than 200 colleges offer intercollegiate programs. This includes the NCAA, National Association of Intercollegiate Athletics (NAIA) and NJCAA team programs.

While there are more opportunities, it is important for high school bowlers to use their ability and love for the sport to gain a quality education, culminating in a degree and desired career path. Let bowling pave the way to earning the college education of your choice.

> 200
COLLEGES
OFFER INTERCOLLEGIATE
BOWLING PROGRAMS

FEMALE COLLEGIATE AVERAGE CHART

(percent of female bowlers that averaged the red number range)

What Does It Take?

The general feeling from youth bowlers regarding collegiate bowling is that you must be a 200-plus average bowler. Based on this chart, 56.13% of female collegiate bowlers averaged 169 and lower. Becoming a collegiate bowler is not an unobtainable goal.

AVERAGE BY RANGE	2016-17	2017-18	2018-19	2019-20
230+	0.00%	0.00%	0.00%	0.06%
220-229	0.06%	0.00%	0.00%	0.00%
210-219	0.37%	0.58%	0.17%	0.39%
200-209	2.11%	2.43%	1.24%	1.46%
190-199	6.52%	6.64%	6.01%	7.35%
180-189	13.35%	14.79%	13.10%	14.87%
170-179	20.68%	19.87%	20.18%	19.75%
160-169	18.32%	18.37%	17.99%	16.50%
150-159	13.79%	13.81%	15.12%	14.42%
140-149	8.57%	7.39%	9.50%	9.43%
130-139	5.59%	4.56%	6.13%	7.30%
120-129	3.29%	4.62%	4.10%	3.42%
110-119	3.60%	2.43%	3.04%	2.36%
100-109	1.49%	1.96%	1.85%	1.63%
90-99	1.37%	1.27%	1.07%	0.51%
80-89	0.43%	1.04%	0.34%	0.28%
70-79	0.25%	0.12%	0.11%	0.17%
60-69	0.12%	0.06%	0.06%	0.11%
50-59	0.06%	0.06%	0.00%	0.00%

Example

Only 1.91% of female collegiate athletes averaged 200 or higher for the 2019-2020 season.

MALE COLLEGIATE AVERAGE CHART

(percent of male bowlers that averaged the red number range)

AVERAGE BY RANGE	2016-17	2017-18	2018-19	2019-20
230+	0.00%	0.05%	0.05%	0.04%
220-229	0.19%	0.18%	0.05%	0.09%
210-219	1.37%	1.52%	0.54%	1.10%
200-209	4.85%	6.96%	5.03%	6.16%
190-199	12.44%	13.93%	12.52%	12.09%
180-189	18.89%	19.65%	18.55%	18.25%
170-179	20.96%	19.79%	19.86%	19.83%
160-169	16.20%	14.85%	17.14%	17.19%
150-159	11.21%	10.42%	10.66%	10.42%
140-149	5.65%	5.54%	7.89%	6.38%
130-139	3.72%	3.04%	4.04%	4.44%
120-129	2.40%	2.17%	2.00%	1.80%
110-119	1.13%	0.97%	1.18%	1.10%
100-109	0.75%	0.65%	0.36%	0.66%
90-99	0.19%	0.23%	0.09%	0.31%
80-89	0.05%	0.05%	0.05%	0.09%
70-79	0.00%	0.00%	0.00%	0.04%
60-69	0.00%	0.00%	0.00%	0.00%
50-59	0.00%	0.00%	0.00%	0.00%



USBC Collegiate Eligibility

Student-athletes are eligible to hold a USBC Adult or USBC Youth membership. Based on the applicable USBC rules, student-athletes may be allowed to compete in leagues and tournaments for scholarships. Varsity student-athletes and prospective student-athletes should contact the coach or compliance officer for additional clarification regarding competition for scholarships. In addition, a student-athlete may not be classified as a touring and/or regional professional by a professional bowling organization (PBA/PWBA).

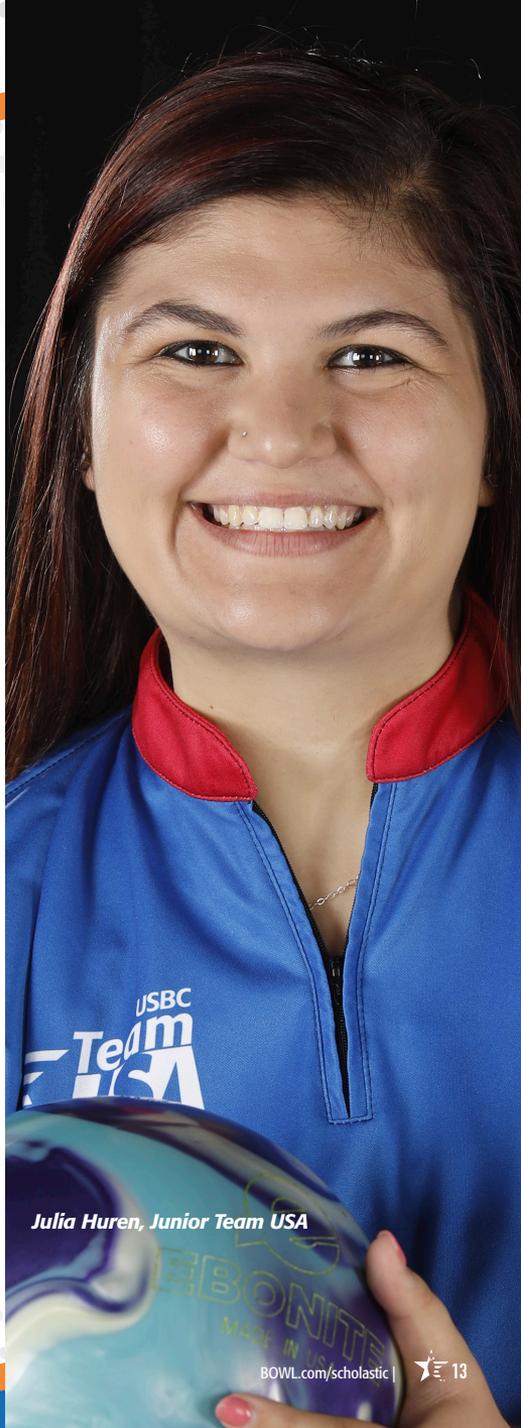
USBC Collegiate requires student-athletes (undergraduate and graduate) to be registered as full-time students (12-plus credit hours undergraduate and 6-plus credit hours graduate) and currently attending classes. Student-athletes must maintain a minimum cumulative grade-point average of 2.0 on a 4.0 scale (3.0 on a 5.0 scale) as determined by the college attended.

Student-athletes (undergraduate and graduate) have a total of four years of eligibility with USBC Collegiate. Student-athletes rolling one ball in any certified intercollegiate competition use a year of eligibility.

Opportunities for Advancement

The collegiate level serves as a step in the development of student-athletes progressing from youth and high school participants to the national team (Team USA) and junior national team (Junior Team USA). National teams represent the United States in the sport internationally in a variety of individual and team events.

USBC Collegiate programs continuously produce high-quality players who rank among the best in the world. Junior Team USA predominantly features collegiate athletes, and several collegiate players also have qualified for Team USA.



Julia Huren, Junior Team USA

USBC-CERTIFIED COLLEGES

ALL COLLEGES CURRENT AS OF THE 2019-2020 SEASON
FOR THE MOST UP-TO-DATE LISTING, PLEASE VISIT BOWL.COM/COLLEGIATE

- AL Spring Hill College
- AL University of Alabama
- AL University of Alabama-Birmingham
- AZ Arizona Christian University
- AZ Arizona State University
- AZ Grand Canyon University
- AZ Ottawa University
- AZ University of Arizona
- CA California Polytechnic State University
- CA California State University-Fresno
- CA San Jose State University
- CA University of California-Davis
- CO Colorado Mesa University
- CO Colorado School of Mines
- CT Sacred Heart University
- DC Howard University
- DE Delaware State University
- DE Wilmington University
- FL Florida A&M University
- FL Florida Gulf Coast University
- FL Florida State University
- FL University of Central Florida
- FL University of Florida
- FL University of South Florida
- FL Webber International University
- GA Emmanuel College
- GA Life University
- GA Savannah College Of Art And Design-Atlanta
- GA Savannah College Of Art And Design-Savannah
- IA Clarke University
- IA Grand View University
- IA Hawkeye Community College
- IA Iowa Central Community College
- IA Iowa State University
- IA Iowa Western Community College
- IA Morningside College
- IA Mount Mercy University
- IA St. Ambrose University
- IA University of Iowa
- IA University of Northern Iowa
- IA Upper Iowa University
- IA Waldorf University
- IA Wartburg College
- IA William Penn University
- IL Augustana College
- IL Aurora University
- IL Dominican University
- IL Elmhurst College
- IL Highland Community College
- IL Illinois State University
- IL Judson University
- IL Lewis University
- IL Lincoln College
- IL McKendree University
- IL Robert Morris University
- IL Rock Valley College
- IL Saint Xavier University
- IL Southeastern Illinois College
- IL University of St. Francis
- IL Western Illinois University
- IN Ancilla College
- IN Ball State University
- IN Bethel University
- IN Calumet College Of St. Joseph
- IN Huntington University
- IN Indiana Institute Of Technology
- IN Indiana State University
- IN Indiana University
- IN Marian University
- IN Purdue University
- IN Trine University
- IN University of Notre Dame
- IN Vincennes University
- KS Baker University
- KS Barton Community College
- KS Kansas State University
- KS Kansas Wesleyan University
- KS Newman University
- KS Ottawa University
- KS University of Kansas
- KS Wichita State University
- KY Bellarmine University
- KY Campbellsville University
- KY Campbellsville University-Harrodsburg
- KY Kentucky Wesleyan College
- KY Lindsey Wilson College
- KY Midway University
- KY Morehead State University
- KY Northern Kentucky University
- KY Spalding University
- KY Thomas More University
- KY Union College
- KY University of Louisville
- KY University of Pikeville
- KY University of the Cumberlands
- LA Louisiana State University
- LA Louisiana Tech University
- LA Tulane University
- LA University of Louisiana-Lafayette
- MD Coppin State University
- MD Morgan State University
- MD Mount St. Mary's University
- MD University of Maryland Eastern Shore
- MI Adrian College
- MI Alma College
- MI Aquinas College
- MI Cleary University
- MI Concordia University
- MI Cornerstone University

MI Davenport University
 MI Grace Christian University
 MI Grand Valley State University
 MI Lawrence Technological University
 MI Madonna University
 MI Michigan State University
 MI Mid Michigan Community College
 MI Olivet College
 MI Rochester University
 MI Siena Heights University
 MI Spring Arbor University
 MI University of Michigan
 MI University of Michigan-Dearborn
 MN Minnesota State University-Mankato
 MN Saginaw Valley State University
 MN Saint John's University
 MN Winona State University
 MO Columbia College
 MO Culver-Stockton College
 MO Drury University
 MO Lincoln University
 MO Lindenwood University
 MO Maryville University
 MO Missouri Baptist University
 MO Missouri Western State University
 MO University of Central Missouri
 MS Blue Mountain College
 NC Belmont Abbey College
 NC North Carolina A&T State University
 NE College Of Saint Mary
 NE Ferris State University
 NE Hastings College
 NE Midland University
 NE University of Nebraska
 NE Wayne State College
 NJ College Of New Jersey
 NJ Monmouth University
 NJ New Jersey Institute Of Technology
 NJ Rutgers University
 NJ Stevens Institute of Technology
 NJ William Paterson University
 NV University of Nevada-Las Vegas
 NY Binghamton University
 NY Canisius College
 NY Cornell University
 NY Corning Community College
 NY Erie Community College
 NY Fulton Montgomery Community College
 NY Hudson Valley Community College
 NY Long Island University
 NY Mohawk Valley Community College
 NY Molloy College
 NY Roberts Wesleyan College
 NY Rochester Institute of Technology
 NY Schenectady County Community College
 NY St. Bonaventure University
 NY St. John's University
 NY St. Thomas Aquinas College
 NY Stony Brook University
 NY Villa Maria College
 NY Westchester Community College
 OH Bowling Green State University
 OH Kent State University-Tuscarawas
 OH Lourdes University
 OH Miami University
 OH Mount Vernon Nazarene University
 OH Muskingum University
 OH Notre Dame College
 OH Oberlin College

OH Ohio State University
 OH Shawnee State University
 OH Tiffin University
 OH University of Akron
 OH University of Cincinnati
 OH University of Northwestern Ohio
 OH University of Rio Grande
 OH University of Toledo
 OH Urbana University
 OH Ursuline College
 OH Walsh University
 OH Wright State University
 OH Youngstown State University
 OK Oklahoma Christian University
 OK Southwestern Christian University
 ON (CAN)Georgian College
 PA Chestnut Hill College
 PA Duquesne University
 PA Kutztown University
 PA Mercyhurst University
 PA Millersville University
 PA Mount Aloysius College
 PA Penn State University
 PA Penn State University-Behrend
 PA Penn State University-Berks
 PA Robert Morris University
 PA St. Vincent College
 PA Temple University
 TN Bethel University
 TN Cumberland University
 TN Lincoln Memorial University
 TN Martin Methodist College
 TN Middle Tennessee State University
 TN Tennessee Wesleyan College
 TN Tusculum University
 TX Prairie View A&M University
 TX Stephen F. Austin State University
 TX Texas A&M University
 TX Texas Tech University
 TX University of Houston
 TX University of Texas-San Antonio
 TX West Texas A&M University
 VT Castleton University
 WA Washington State University
 WI Carthage College
 WI Holy Family College
 WI Marian University
 WI Milwaukee School of Engineering
 WI University of Wisconsin-Eau Claire
 WI University of Wisconsin-Green Bay
 WI University of Wisconsin-La Crosse
 WI University of Wisconsin-Madison
 WI University of Wisconsin-Milwaukee
 WI University of Wisconsin-Oshkosh
 WI University of Wisconsin-Platteville
 WI University of Wisconsin-Stout
 WI University of Wisconsin-Whitewater
 WI Viterbo University
 WV West Virginia University



UNITED STATES BOWLING CONGRESS

The United States Bowling Congress officially launched Jan. 1, 2005, as the organization to serve adult and youth bowlers in the United States. Today, USBC serves approximately 1.4 million members.

USBC is the national governing body of bowling as recognized by the United States Olympic & Paralympic Committee (USOPC). We're a membership organization that provides standardized rules, regulations and benefits to make bowling fair and fun for everyone. USBC stands for values that include commitment, innovation, integrity, inclusiveness and fun.

USBC Mission: The USBC is the National Governing Body for Bowling. Our mission is to provide services, resources and the standards for the sport.

USBC Vision: Our vision is to continue to be the leading authority to the sport, servicing the needs of bowling.

USBC Promise: Our promise is to celebrate the past, be mindful of the present and ensure bowling's future through thoughtful research, planning and delivery.

USBC High School & USBC Collegiate
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Arlington, TX 76011
(800) 514-BOWL (2695) ext. 8979
Email: usbccollegiate@bowl.com



COLLEGIATE

USBC COLLEGIATE

USBC Collegiate, a program of the United States Bowling Congress, is dedicated to providing collegiate bowling opportunities to enhance students' academic, athletic and personal development. The National Collegiate Athletic Association (NCAA), National Junior College Athletic Association (NJCAA) and National Association of Intercollegiate Athletics (NAIA) recognize USBC Collegiate as bowling's national intercollegiate governing body.

USBC Collegiate maintains the eligibility of club and varsity bowling by providing certification and regulation of the sport of bowling at the collegiate level. It also provides assistance and leadership in implementing bowling programs to ensure pride and enjoyment in the sport of bowling.

USBC Collegiate conducts the USBC Intercollegiate Team Championships and USBC Intercollegiate Singles Championships, oversees the Collegiate Bowler of the Year honors and works with the National Collegiate Bowling Coaches Association (NCBCA) to determine All-American and Scholastic All-American recognition.



A *Future* FOR THE *Sport*

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