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US BOWLER

FALL 2010

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Team USA's men battled 65 nations to claim a record five gold medals at the World Men's Championships



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SHOWDOWN**
WHO MADE THE
HALL OF FAME?



Opening Frame

ALL-AMERICAN WOMEN

Team USA's women's squad met for training camp in June at the International Training and Research Center at the International Bowling Campus in Arlington, Texas.

From left, members include: Liz Johnson, Tennelle Milligan, Shannon O'Keefe, Carolyn Dorin-Ballard, Shannon Pluhowsky, Brenda Edwards, Kendra Gaines, Emily Maier, Stefanie Nation, Kelly Kulick and expectant mother Diandra Asbaty.

The next big test for the women's squad is the 2010 PABCON Women's Championships, Sept. 25-Oct. 2 at the Sunset Station Hotel and Casino's 72-lane Strike Zone Bowling Center in Henderson, Nev.

Selected to compete in the event, which is expected to feature bowlers from nearly 20 countries in the American Zone are Kulick, O'Keefe, Pluhowsky, Nation, Johnson and Milligan.

In the highly coveted five-player team event, Team USA has won the gold medal the past seven times. USBC will provide live streaming video coverage of the event on BOWL.com.





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122 S. Michigan Ave., Suite 1506
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(312) 341-1110

USBC EDITORIAL STAFF

Pete Tredwell • Executive Editor
Jason Overstreet • Editorial Director

LUBY PUBLISHING STAFF

Keith Hamilton • President
Mike Panozzo • Editor-In-Chief
Jim Arehart • Editor
Barbara Peltz • Advertising Manager
Michael Stassus • Art Director and
Production Coordinator

ADVERTISING

Headquarters | 312-341-1110

Keith Hamilton
Luby Publishing, Inc.
keithh@lubyPublishing.com

Advertising Representative

Harry Church
GLM Communications, Inc.
242 West 27th Street, Suite 1B
New York, NY 10001

Ph: 212-929-1300 Ext. 303
Fax: 212-929-9574

hchurch@glmcommunications.com
www.glmcommunications.com

UNITED STATES BOWLING CONGRESS
EXECUTIVES

President

Darlene Baker • Mahomet, Ill.

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Executive Director
Stu Upson

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LIVE STREAMING VIDEO

Don't miss the the 2010 PABCON Women's Championships, Sept. 25-Oct. 2, live on BOWL.com

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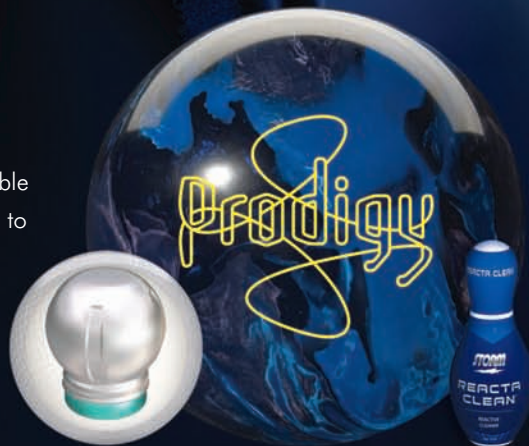
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CELEBRITIES WHO BOWL

The Votes Are In

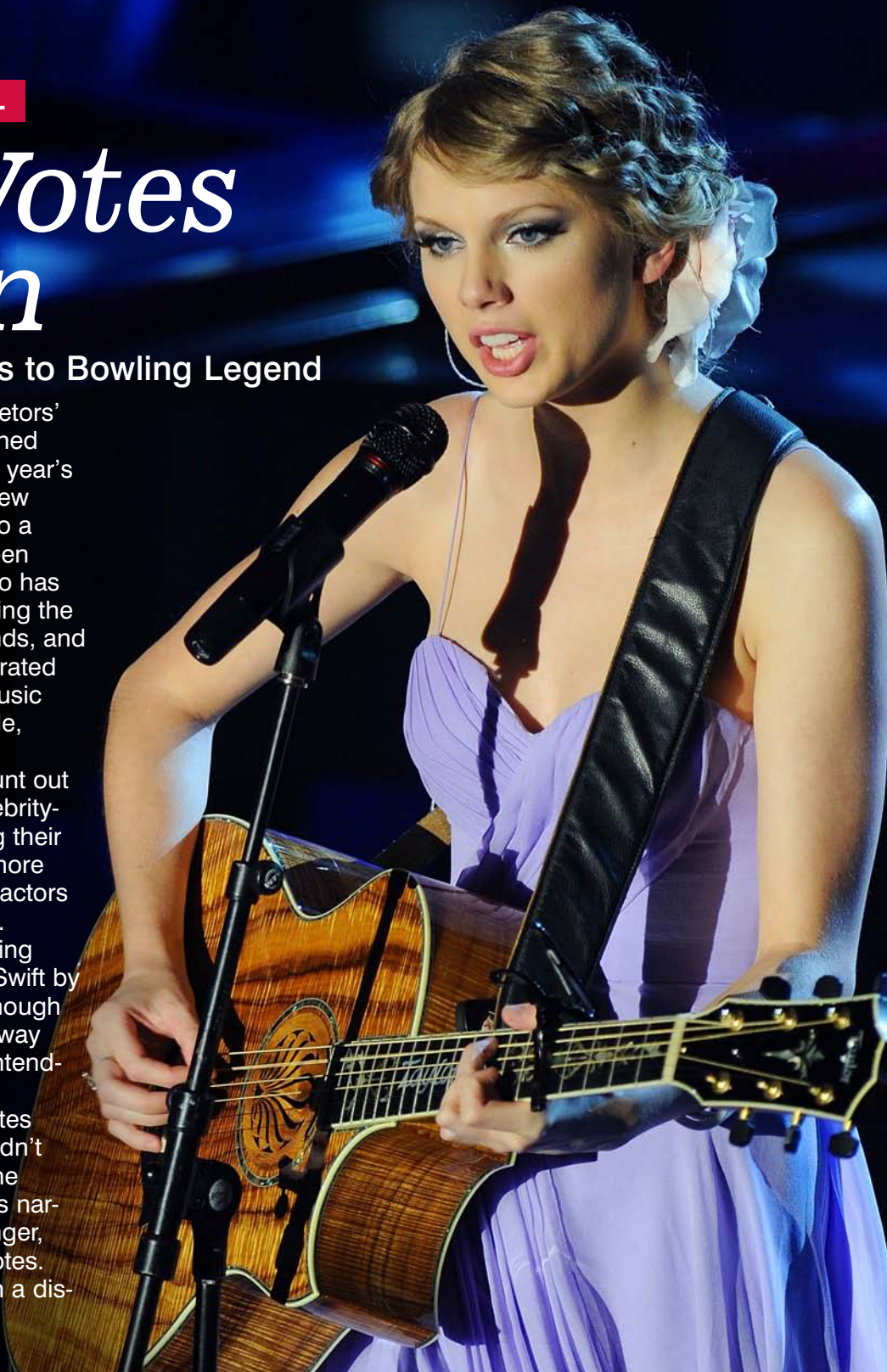
Taylor Swift-ly Rises to Bowling Legend

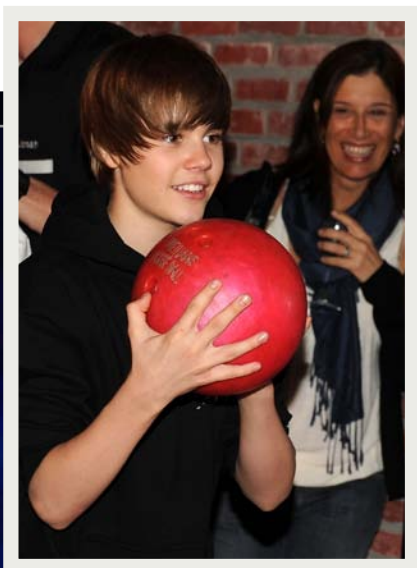
WHEN THE Bowling Proprietors' Association of America opened voting online to fans for this year's celebrity bowler induction, few knew it would come down to a two-person race between teen heartthrobs Taylor Swift, who has been frequently spotted hitting the lanes with her celebrity friends, and Justin Bieber, who demonstrated his love of bowling in the music video for his smash hit single, Baby.

But you should never count out the power of millions of celebrity-obsessed youth in choosing their favorites over some of the more mature candidates such as actors Bill Murray and Jeff Bridges.

In fact, a week before voting closed Bieber was leading Swift by just a few thousand votes though both singers were far and away leading all other eligible contenders.

After nearly 1.3 million votes were cast, Bieber fever couldn't overcome the Swift lift, as the Grammy-winning songstress narrowly edged out the boy singer, 613,324 votes to 608,015 votes. Kingpin star Murray came in a distant third with 21,451 votes.



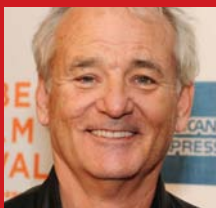


"In many ways Taylor Swift perfectly represents the current face of bowling, especially as the sport enjoys unprecedented growth in popularity among youth, women and young adults," said Steve Johnson, executive director of the Bowling Proprietors' Association of America. "While we are grateful to Justin Bieber and all of our candidates for their enthusiasm for our great sport, we are tremendously proud to welcome Ms. Swift as our celebrity inductee into the Hall of Fame and we extend our deepest congratulations to her and the hundreds of thousands of fans who cast votes on her behalf."

Online voting started in July and concluded Aug. 7, with the official winner exclusively announced in the Aug. 23 issue of OK! Magazine.

Nine celebrities were identified for their contributions to our sport and/or love of bowling. Fans from all 50 states and 113 countries voted.

The other celebrities considered with votes in parentheses:



BILL MURRAY (21,451)

The comic genius starred as the memorable Ernie McCracken in the 1996 comedy "King Pin." Since his role as the flamboyant McCracken, Murray has been a bowling icon with the popularity of his character living on through millions of Internet views.

JEFF BRIDGES (14,754)

The Oscar award-winning actor starred as "The Dude" in the 1998 critically acclaimed bowling film *The Big Lebowski*. In Bridges' role he reinvented "cool" and the movie has since become a cult classic.



PAULEY PERRETTE (9,472)

Perrette is best known for her portrayal as the lovable and upbeat gothic forensic scientist Abbey Sciuto, who regularly enjoys bowling with nuns in the hit CBS series *NCIS*.

KIM KARDASHIAN (3,628)

Photographs of Kardashian at bowling centers and charity bowling events have graced the covers of celebrity magazines and tabloids nationwide. Kardashian also showed her skills on the lanes with sister Khloe on her hit reality show, *Keeping Up with the Kardashians*.



DWIGHT HOWARD (779)

A true bowling aficionado, the NBA all-star center frequently hosts charity bowling tournaments in Orlando and has been honored in the pages of *U.S. Bowler Magazine* for his support of the sport.

CHRIS PAUL (663)

The NBA all-star point guard is an avid bowler who has served as an advocate and youth ambassador for the USBC. Paul, who dubs bowling his "second favorite sport" regularly runs a celebrity invitational pro-am bowling tournament on the PBA tour that pairs celebrities with professional bowlers.



JIMMY FALLON (623)

The former *Saturday Night Live* star turned late night talk show host regularly conducts zany segments with celebrity guests including Grapefruit Bowling with Jennifer Aniston, Drew Barrymore's bowling ball lick and perennial show favorite Human Bowling.

US BOWLER VIDEO MOMENT



BASEBALL AND BOWLING: Click on the photo above to watch special video coverage of the Dominican Republic national team at the International Training and Research Center and meeting MLB stars.

Dominican Bowling Team Meets MLB Stars

COACHES, PLAYERS and national teams from all around the world come to the International Bowling Campus in Arlington, Texas, to train at the International Training and Research Center (ITRC).

And sometimes they even get an unexpected surprise.

When the Dominican Republic national bowling team visited the ITRC in July, they decided to catch a Texas Rangers baseball game at nearby Rangers Ballpark. The team was greeted at the ballpark by more than a half dozen of the Rangers Dominican stars including Vladimir Guerrero, Nelson Cruz, Julio Borbon, Neftali Feliz and Frank Francisco.

“It’s exciting to see Dominicans doing the sport and being able to know that they play it so well”

“We are baseball fans in the Dominican Republic,” Dominican bowler Aumi Guerra said. “It’s our thing, so it’s very exciting.”

The Rangers’ players welcomed Dominican bowlers with smiles, hugs and high fives. They also expressed admiration for the national team’s success in international competition as well as their own interest in bowling.

“It’s exciting to see Dominicans doing the sport and being able to know that they play it so well, we are happy for them,” Borbon said. “I have always enjoyed bowling, it’s really fun. It’s one of those things I do to kind of get away from baseball.”

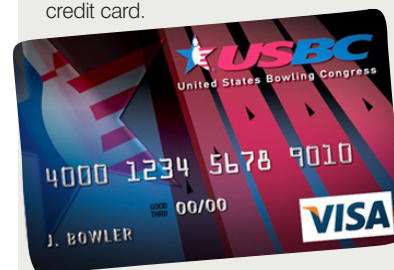
Rangers outfielder Nelson Cruz said it was a treat to spend time with fellow Dominicans and looks forward to doing some bowling himself.

Following the reception the Dominican bowlers received another surprise when they were interviewed on live television as guests during the Fox Sports broadcast of the game.

Nationwide on Bowlers’ Side

WANT CASH back on your national dues? USBC has you covered!

USBC and Nationwide Bank have partnered to give bowlers more for their membership with the launch of the USBC Platinum Visa credit card.



Card holders receive more cash-back rewards when they bowl and USBC members will receive a credit on their 2010-11 national membership dues with the USBC Platinum Visa credit card, offered through Nationwide Bank. USBC has more than two million adult members.

The card has no annual fee and USBC Platinum Visa credit card holders receive:

- A one-time \$10 credit on your USBC membership when renewal membership dues are automatically applied to the card
- Double cash-back rewards on purchases from selected USBC merchant locations
- 0% introductory APR on purchases and balance transfers for six billing cycles
- 1% cash back on all other purchases each month
- 24-hour online account management

To apply for the USBC Platinum Visa credit card, check out the link on BOWL.com or call (877) 532-8121. When you join USBC for the 2010-11 season, you will receive a \$10 credit toward your national membership dues on your charge account within 90 days of USBC receiving your national membership dues.

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Baker Makes History as USBC President

THE FIRST female president in the history of the USBC officially began her term Aug. 1. Darlene Baker of Mahomet, Ill., served as president-elect on the USBC Board of Directors in 2009-10 before assuming the top spot. She has been working with outgoing president Jeff Boje on the direction of USBC and expects a seamless transition.

"I am looking forward to working closely with the USBC Board of Directors and the staff at USBC to strengthen our membership," Baker said. "I know we have many loyal members and we appreciate their continued support. We must continue to find new programs and incentives not only for our current members but to entice more bowlers to join USBC."

Baker has been on the USBC Board of Directors since the organization's inception and has served as chair of the Strategic Planning Committee. She also has been a director on the Young American Bowling Alliance, Women's International Bowling Congress and USA Bowling boards.

At the 2010 USBC Annual Meeting in May, Mark Martin of Waterford, Mich., and Deanna Rose of Fairport, N.Y., were elected to the board. Martin is the manager of the Metro Detroit USBC Association, the largest USBC local association in the nation. Rose is an assistant vice president in human resources for M&T Bank. Carolyn Dorin-Ballard of Keller, Texas, and Michael Italia of Warrington, Pa., were re-elected to the board at the Annual Meeting.

Also new to the board are Cathy DeSocio of Wichita, Kan., and Frank Wilkinson of Staten Island, N.Y.

DeSocio, vice president of the Bowling Proprietors' Association of America, is president of the JOMA Company, which operates seven centers in Kansas, Missouri and Oklahoma. She, along with Jim Sturm, are the two BPAA representatives on the USBC Board. Wilkinson, the owner of Rab's Country Lanes, is chair of the USBC Youth Committee and will be the youth committee representative on the USBC Board.



Bowler Sets Guinness Record

Texas Man Bowls Marathon

SOME BOWLERS love the game so much it's said they eat, drink and sleep bowling. For one 24-year-old bowler from Plano, Texas, the turn of phrase proved literal.

Stephen Shanabrook bowled at the 24-hour Plano Super Bowl for five days and five hours – 125 total hours – before finally calling it quits July 19. He bowled an average of five games per hour and notched scores that fell everywhere between a low of 5 and a high of 198.

"I've always liked bowling, but you just get into a routine and it gets mundane," Shanabrook said. "But then you've got to think back to why you started this in the first place, and that's for the charities it is supporting."

Shanabrook's record run helped causes such as Susan G. Komen for the Cure, the Juvenile Diabetes Research Foundation, the SPCA, the Boys & Girls Clubs of America and the Plano City House.

To beat the record, the rules state you must bowl "within the spirit of the game" at all times. He was allowed a five-minute break for every hour he bowled, so he let them accumulate into larger breaks to go to the bathroom, eat, do interviews and occasionally sleep.

The previous Guinness World Record for the longest tenpin bowling marathon was 120 hours by Andy Milne at Classic Bowl in Mississauga, Ontario, Canada, set in October 2005.

US BOWLER VIDEO MOMENT



TOP TIP: Click on the photo above to watch to watch special video coverage of Amateur of the Year Brenda Edwards discussing how to effectively line up on a new pattern.

Team USA Members Named Amateurs of the Year

BRENDA EDWARDS, Mansfield, Texas, and John Janawicz, Winter Haven, Florida were named the winners of the Bowling Writers Association of America (BWAA) Amateur Bowlers of the Year for 2009. Both bowlers leveraged their 2010 USBC Team USA Trials titles held in Las Vegas last December to garner the honors.

Edwards, 35, captured the 2009 USBC Open Championships Doubles title with a record 1,566 performance with fiancé Stephen Padilla. She followed that with a 300 game in Singles

and set a women's USBC Open Championships record with a 2,132 All-Events for a fifth place finish. The three-time Team USA member finished fifth in the 2009 USBC Queens.

Janawicz, 37, repeated his 2004 BWAA and Bowlers Journal International Amateur Bowler of the Year performance. His record-setting 858 in Singles and All-Events title in the USBC Open Championships that year were his stepping stones to the honors. This also is his third appearance with Team USA.

Hall of Famer Dick Evans Passes Away

Longtime Miami Herald writer and USBC Hall of Famer Dick Evans passed away July 4 after a brief battle with cancer. He was 78. One of the most decorated bowling writers in history, Evans was inducted into the Professional Bowlers Association Hall of Fame in 1986 and the USBC Hall of Fame in 1992. He was the first daily newspaper writer to be honored by both halls. A prolific bowling writer, Evans collected more than 60 writing contest awards from various bowling publications over a span of more than 50 years. His weekly bowling stories for the Miami Herald were distributed by the Knight-Ridder chain to 144 daily newspapers with a combined daily circulation of more than 10 million papers.

BRIEFS

Coaches to Re-Certify

USBC Coaching will launch a new program early next year to re-certify coaches and also will begin a requisite continuing education program to keep bowling coaches up to date on the latest technology and coaching techniques. The program will require USBC Gold, Silver and Bronze coaches who were certified prior to Jan. 1, 2006 to take an online certification test by Aug. 1, 2011 to maintain their status. Level I coaches do not have to be re-certified. Go to the Coaching page of BOWL.com for further information about the new programs.

Mark Roth Bowls Again

Since PBA legend Mark Roth, 59, suffered a massive stroke in late May 2009 that left the left side of his body paralyzed, he has refused to give up the fight to regain his life. His first public appearance following his stroke was at the GEICO Mark Roth Plastic Ball Championship in late March in West Babylon, N.Y., which motivated him to continue his rehabilitation. In August, with the assistance of a recently-developed device called a "WalkAide" that provides electronic stimulation to eliminate a common stroke condition called "drop foot," the 34-time PBA Tour champion was able to stand and walk on his own — and even bowl. The hall of famer started with a 6-pound ball before moving to a 12-pounder.





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Williams Wins Record ESPY

FOR THE seventh time in his long and illustrious career, Walter Ray Williams Jr. was the bowler of choice for ESPN viewers.

The all-time PBA titlist added his seventh ESPN ESPY award on July 14. Norm Duke has the second-most ESPYs at five. The award has been given to the "Best Bowler" as voted on by fans since 1994.

Williams topped 2010 U.S. Open winner Bill O'Neill of Southampton, Pa., and 2010 Tournament of Champions winner Kelly Kulick of Union, N.J., who were the other two nominees for the honor.

"The two things that make this award special are that it's chosen by the fans and that we are recognized by the sports world in general," Williams said. "I'm very appreciative of the fans' support over the years because we wouldn't be able to do what we do without it."

"I thought Kelly might win it because of the great year she had but all three of us were deserving and I'd just like to thank the fans for voting for me."



Bowling Makes a 'Big Bang'

During the April 12 episode of the popular CBS sitcom "The Big Bang Theory," Leonard, Sheldon, Penny and the gang go bowling! More specifically, Sheldon challenged his nemesis, guest star Wil Wheaton, to a bowl-off. True to his super-nerd nature, before bowling, Sheldon places his hands on the ball and says, "I am the ball. My thoughts are its thoughts. Its holes are my holes."

Cowboys Stadium to Host U.S. Women's Open

FOR THE first time in history a pro women's bowling event will be held at an NFL stadium when the 2011 U.S. Women's Open finals will be held at the home of the Dallas Cowboys.

The Bowling Proprietors' Association of America (BPAA) made the announcement during Bowl Expo in June. The U.S. Women's Open is slated for June 30, 2011, in conjunction with the 2011 Bowl Expo.

"This is an incredible moment for both women's sports and the bowling industry and an opportunity for Bowling's U.S. Women's Open to rightfully take center stage before worldwide audiences," said defending U.S. Women's Open champ

Kelly Kulick. "Bowling's U.S. Women's Open is an event that sits at the pinnacle of women's athletics. It's both thrilling and gratifying that

this event and its great women athletes – who I am proud to call my competitors – will be catapulted into the spotlight in 2011."

Bowling's U.S. Women's Open will showcase the tournament lanes in the center of the Cowboys Stadium playing field, on each side of the 50-yard line. Additionally, the Open will be broadcast live on the stadium's 60-yard high definition video board.





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Technique

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Playing Through!

It takes a lot of practice, but you should release the ball as it is moving past your slide-foot ankle, and the ball should be just an inch or two next to your ankle.

If you have good timing and a nice, smooth swing, you should achieve a solid amount of leverage, which comes from all sorts of things, including momentum, balance and your own body positioning during your throw.

One thing a lot of league bowlers forget — or at least never even thought much about — is follow-through.

A full follow-through takes your bowling arm from the point you release the ball (down by your ankle), all the way up in a fluid swing to your shoulder level or higher. The key to a good follow-through is to aim it directly at your target. Don't swing your arm to the left or right. Keep it in a straight line to where you want your ball to go.

Your ball may already be gone, but a well-executed follow-through will improve your swing over time and help you maintain proper balance, which is key to any throw.

REACH HIGHER:

Top bowlers like Liz Johnson always have a smooth and fluid follow-through to every shot.

AIMING AIDS

By Bryan O'Keefe
Team USA assistant coach



YOUR GUIDE TO EFFECTIVE TARGETING

What are you looking at when you shoot the ball?

Is it the pins? That would be a natural target to shoot at since it's those pesky pins that you're looking to knock down. The problem with locking into the pins and aiming for them is that they're 60 feet away. That's an awful long distance to go to hit your target. Luckily the lanes come with a few other built-in marks that are closer but just as effective in helping you hit your mark.

Starting Off

For average bowlers, the rule of thumb is to stand to the right of the big dot in the middle of the approach and try to use the second arrow from the right as a targeting point. If you're left-handed, stand just left of center and shoot toward the second arrow from the left.

If you consistently find yourself missing the head pin to the gutter side, simply move both feet a few boards closer to the gutter after each shot until you're lined up properly.

This process will get you lined up and have you hitting the head pin with much greater consistency.

Pick Your Poison

There is no one perfect target to shoot for and every bowler is different. Some find success aiming at an arrow or using the dots. Others target the break point or the pins or even just a point in space down the

US BOWLER VIDEO MOMENT

lane. Whichever you use, it must be comfortable to you.

Once you've locked onto your target, draw an imaginary line in your mind's eye from there back to your release point near the foul line. Freeze that line in your mind and watch where your ball travels after your release.

Did it stay true to your line? Did you hit your intended target?

As you get better at targeting and need to make adjustments, you'll want to extend that imaginary line all the way back to your position on the approach. Position your bowling shoulder and your ball directly

over this extended target line with your forearm in line with your target.

Get Rhythm

The number of steps you take during a shot doesn't factor much into your targeting, but if your rhythm is off, your aim will be, too.

With a four-step approach, it's easier to keep your rhythm because you'll start your steps and swing at the same time. If you use a five-step approach, it's better to wait until your second step to start your swing.

All that has to do with your timing, and it's very easy to miss your target if your timing is off.

Target and Re-Target

Practice is key to effective targeting. You will want to be confident in your shots and know when you're hitting your target or not. If you're not, then it's time to consider an adjustment.

All too often bowlers make adjustments off of bad shots. You are not going to be able to tell if you are lined up if the shot itself wasn't properly executed. If you've successfully executed the shot, and then find yourself still missing the pocket, then it would be time to make an adjustment.

(Check out p. 26 for more on adjustments.)

US BOWLER VIDEO MOMENT



WORK IT OUT: Click on the photo above to watch special video coverage of Team USA star Tommy Jones discussing how to stay fit for bowling.

DIET

CHEWING THE FAT

The Impact of Weight Loss or Gain on Your Game

By Nick Bohanan, USBC Exercise and Strength Conditioning Specialist

IN MOST sports, the physique of the athletes has a direct affect on their physical performance. No-brainer, right? A 220-pound male standing 6'2" might be able to hold his own playing football as a lineman in high school, but might not have much success in college. That same athlete would have a very rough go of it as a jockey! In essence, there is an ideal body composition for all sports.

So, what about bowling? We all know that bowlers of different sizes have won at all levels of competition. You might ask how this is. It's partly because bowling is a fairly low-impact sport. There is time between throws to recover energy and rest. But there are definitely advantages and disadvantages to having more or less weight.

WHY BE CONCERNED ABOUT TOO MUCH WEIGHT?

Studies conducted on the participants of several sports showed an inverse relationship between fat mass and the athlete's ability to perform horizontal and vertical movements. That means that the more fat mass bowlers have, the harder it is to get their bodies moving. Adding fat to the body increases the mass of the body without increasing the body's

ability to produce force. Without sufficient force, the body is not able to accelerate properly and therefore unable to produce sufficient velocity on the ball.

A bowler weighing 220 pounds will burn more calories than one weighing 190 pounds even if they bowl the same number of games. That is because it takes more energy to move the extra mass. The extra calorie burning means that the heavier bowler will tend to fatigue sooner than the lighter bowler.

Once fatigue sets in, it becomes increasing difficult to maintain focus and concentration. When that happens, bowling it's harder to recover fully between shots. The inability of the body to recover will make it more difficult to repeat shots and handle stressful situations.

THE BOTTOM LINE

Whether a bowler gains or loses weight, aspects of his or her game will change. Changing a bowler's arm swing after weight loss may be challenging, but in the long run it will be more rewarding. Always remember that you can find a USBC certified coach in your area to help you improve your swing. As the sport of bowling grows in the next few years, I think we will see a lot more high-level bowlers who are more physically fit. Bowlers who take the time to maintain their bodies will have a longer and more satisfying careers.

FAT CHANCE

Advantages & Disadvantages of Less Fat

The lower percentage of body weight an athlete has tends to be advantageous both in body motion and in overall energy. However, losing body fat doesn't automatically mean that you will see improved performance on the lanes.

Keep in mind that there are healthy levels of percent body fat and going below that level can lead to health problems.

Imagine a large bowler who has been bowling for several years at his present body weight and body fat. Under a doctor's supervision, this bowler loses several pounds of body weight including several inches off his waist and chest. That weight loss was done over a relatively short amount of time and when the bowler begins bowling again, he seems to struggle. His energy level is fine. With the reduction in body mass this bowler does not fatigue as easily. However, the bowler is not as consistent as he used to be. Why?

The answer is in the arm swing. A swing that used to be close to the body now has a pronounced loop in it. The bowler is now able to clear his body more easily but there are aspects of his swing that he will now have to change in order to maintain his level of competition. This has been seen in golf as well. Both David Duval and Tom Lehman lost weight and had to adjust their swings to compensate for their now smaller body frames.

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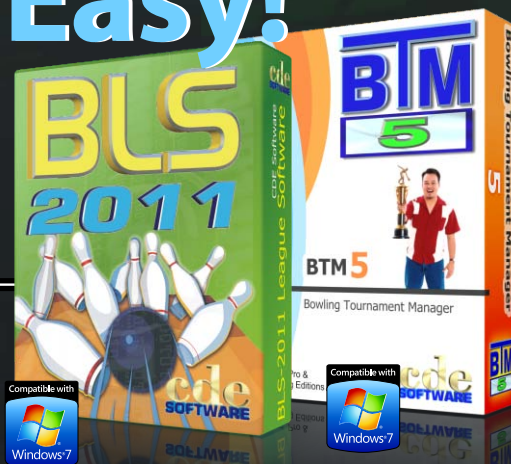
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How to Add 25 Pins to Your Average

Pinfall is the name of the game in bowl-

ing. Every 150-average bowler wants to hit 175 and every 175-average bowler wants to be at 200. Even 200-plus bowlers want to add pins to their averages

But no one has ever increased his or her average with any sort of consistency without putting in a little work. Team USA stars Mike Fagan, Bill O'Neill and Chris Barnes share their secrets for stepping up in every level of your game.





YOUR GAME

Go From 150 to 175

We'll use 150 as a baseline because there are plenty of them out there. That doesn't mean that if you're a bowler with an average below 150 you're a hopeless case! All the advice in this section equally applies to any bowler. If you're struggling with a 110 average, you can follow these guidelines to up your average into the 130s.

At this level, many bowlers have never had any coaching and basically go up and make their shots in the manner that they're most used to. There may not be much more to their shot-making than finding a basic target and hoping to hit the pocket.

But if you're a bowler at this level and you're looking to move into the 170s, it's time to start taking a closer look at your game, and that starts with your shot.

The Basic Shot

"It's all about the fundamentals at this level," says Barnes. "I would recommend some coaching to take a look at your stance, swing, footwork – all the basics – because you can't build on your game until those fundamentals are truly in place."

Fagan agrees and adds that the resources at your center are key.

"Your pro shop guy or a local coach will be able to point out flaws in your timing and footwork that you probably don't even know exist. Be careful in just getting advice from your friends because they may not know what they're doing either."

A short first step in your approach will help you maintain that good balance. Each successive step will be slightly longer to build momentum to the finish position. In a four-step approach, USBC Coaching recommends your ball-side foot should step forward as your arm with the ball moves out in a rounded motion. At the end of the first step, the ball should be about four to six inches in front of the ball-side foot ready to fall into the backswing. In a five-step approach, your short first step is with your non-ball-side foot. Your second step with your ball-side foot then imitates the four-step approach example.

Good timing is created when your body leads the swing slightly going into your final step. This allows your body to be in a powerful position, with the arm continuing

US BOWLER VIDEO MOMENT



TOP TIP: Click the photo above for special video coverage of Chris Barnes discussing how loft impacts ball reaction.



"It's all about the fundamentals... I'd recommend some coaching to take a look at your stance, swing, footwork, all the basics." — CHRIS BARNES

to swing strongly all the way to the finish. If your swing leads the body into the release area, you'll have nothing to swing through, and your arm and release will feel weak.

"Practice is key to making sure you avoid those kinds of bad shots," says Fagan. "You need to get out on the lanes and keep shooting, focusing on your steps first to get them down, then your push-away, slide, release and follow-through. Try to feel what

you're doing with each of those on every shot and then make corrections as needed until you feel consistently balanced and have a nice, powerful release."

Stay Out of the Gutter

To keep your ball on the lanes and away from the channels, you need to know two things to make adjustments: 1) exactly where you stood on the approach and 2) your target on the lane.

USBC Coaching recommends the second arrow for most bowlers. Remember that the arrows are counted from the channel in (right-side channel if you are right-handed, left-side channel if you are left-handed). The arrow in the middle of the lane is the fourth arrow.

"So many times, beginner bowlers end up throwing gutter balls because they're just not lined up right," says Fagan. "That goes back to the fundamentals of your shot. If you're ending up in the channel, it's most likely because you're not using the dots or arrows to help you target and you're swing is not straight; it may be crossing your body."

To avoid throwing into the channel, keep your shoulder straight during the stance, approach and delivery. Start your stance with the ball at a comfortable height in front of the ball-side shoulder and not in front of your body. A person standing directly behind your shoulder should see just a bit of the ball. Your forearm should point like an arrow to your target.

As you take your approach, keep your shoulder steady and be careful to not let it turn or move forward or backward. Imagine you are keeping your ball in a track during your swing.

Spare Change

Other than improving your shot mechanics, better spare shooting is the best way to increase your average at this level.

Think of it this way, if you're able to covert just two or three extra spares every game, you're gaining 20 pins right there.

"Bowlers in this range probably don't make many spares and probably don't own a plastic ball, which is something you'll need to help make more spares," says O'Neill. "Getting a spare ball and taking the time to learn how to use it will go a long way in upping your average. Go to your pro shop guy and have him recommend something. It will definitely be worth the investment."

Once you have a spare ball, O'Neill recommends talking to better players for advice on shooting different spare combinations. "Then practice with your own spare ball as much as you can to get a feel for it and improve your targeting," he says. "You don't necessarily need pro coaching at this level, but you need some type of coaching to really understand how your ball works."

Again, like with anything else

involved in improving your game, practice is essential — maybe even more so when it comes to picking up spares.

"We practice spare-shooting more than anything else on Team USA," says Fagan. "When you practice your spares, you need to work on going straighter at the pins. That will be most effective. Draw a line in your mind from the pin back to yourself and shoot at the intersecting target. Do that over and over — practice and then practice again. You have to put the time in

or you won't get better. There's a book I read that says if you practice anything 10,000 times, you can become a pro. I believe in that concept because I know it works."



"When you practice your spares, you need to work on going straighter at the pins. That will be most effective."

— MIKE FAGAN

Go From 175 to 200

Going from a 175 to a 200 average is a bit harder. What does it take to become a 200 average bowler?

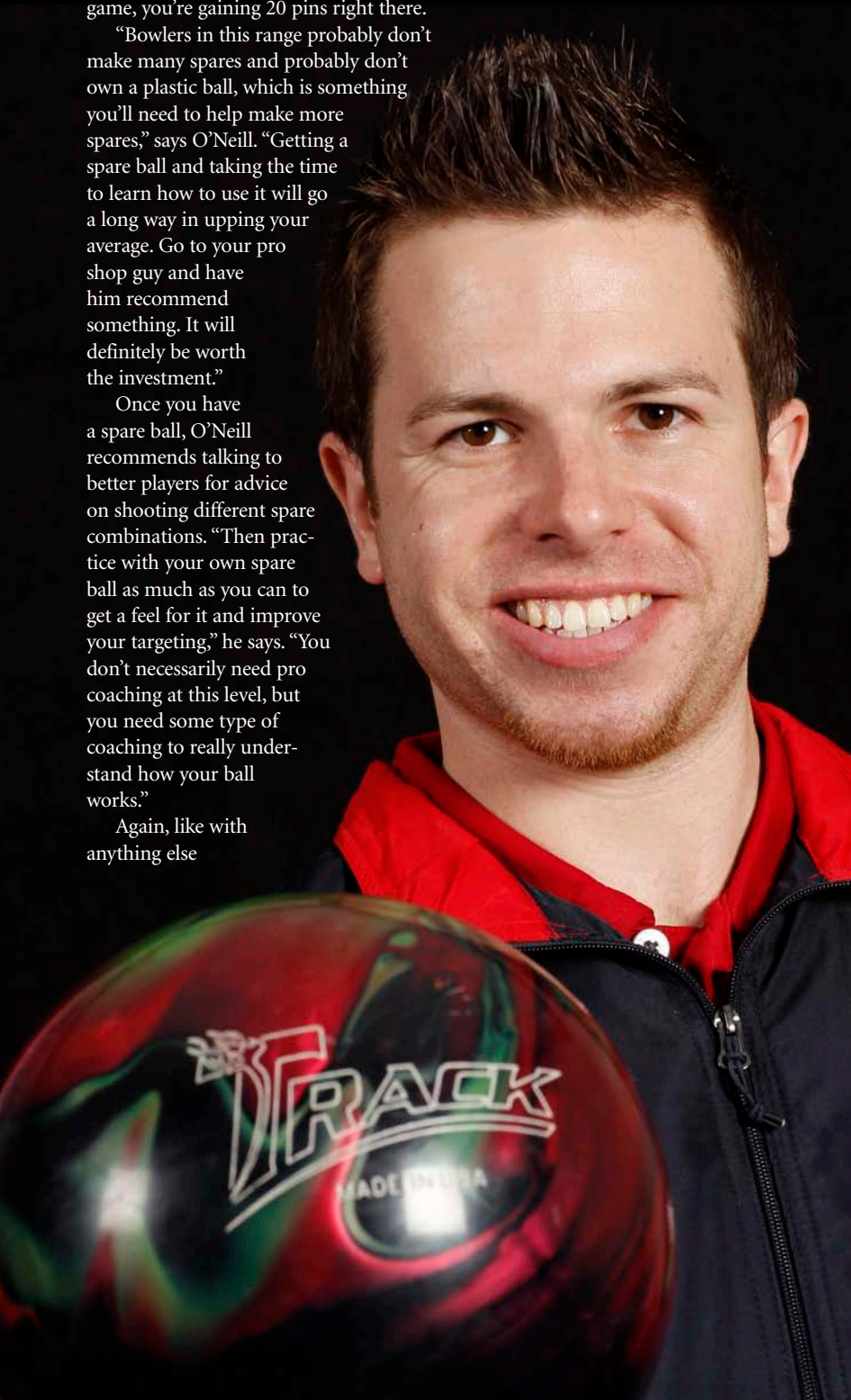
At this point, you're definitely going to want to be able to hook the ball with some skill so that it enters the pocket at a stronger angle.

"This is where versatility and the ability to read your ball reaction come into play," says Barnes. "At this stage, having a few bowling ball options is helpful as well as having your spare ball. Again, coaching becomes a key as you start to focus on getting your body into its best possible leverage position so you can not only repeat, but throw the ball at different speeds and angles."

Ball Check

If you continue to rely on one strike ball at this level, Fagan recommends making sure it's the right one.

"At this level, if you don't have a resin ball in your hands, you'll want to get one," he says. "Talk to your pro shop guy about



what type of ball will work best for your game. He'll be able to point you in the right direction to make sure you have high-performance equipment that fits your style."

Fine-Tune Fundamentals

Though you'll likely have fairly solid mechanics by the time you're averaging 175, you're still probably a long ways from perfect. At this level, you will want to take a hard look at your stance, swing and release, and fine-tune everything so that you'll become more consistent with your shots.

"Your timing still probably needs work and your balance isn't that great either," says O'Neill. "To get to 200, you're going to need to work on those things. You're probably all out of whack on the line and the ball sometimes doesn't go anywhere near where you want it. To get better, you really need some coaching.

"The best thing to do is to see yourself on video throwing the ball. That can be a real eye-opener for any bowler. You never know what you look like until you see it for yourself. It can be as simple as having your buddy videotape you from the back, front and side during practice and then taking a

look at your form. Even without a coach, you'll likely see some flaws for yourself that you can work on."

Light Reading

At this level, you're going to want to be able to do some basic lane reading and you're going to want to know why you're making adjustments.

"You'll need to work a lot more on lane play," says Fagan. "When you start to really understand how your ball is reading the lanes, you'll be able to make proper adjustments and your average will go up.

"If you don't want to go through months of trial and error, you should consider getting a few lessons. Adjustments can be very 'feel' related, but if you keep your adjustments to just a board or two and keep doing that, you'll eventually find your spot. There's always going to be trial and error involved in making the right adjustments because there's no set handbook for bowling."

To read the lane, begin practice by rolling your favorite ball on your favorite part of the lane. Watch the ball reaction carefully to see where it begins to curve

and how much. Using that benchmark will help you determine what changes, if any, are needed before starting actual league play. Also, watch where other people are playing with success. Is it an inside or outside line? Especially watch people using a similar style to your own.

If the lanes are oily, plan to use a straighter line to the pocket. Trying to force the ball to curve more will lead to accuracy problems. If the lanes are hooking, you may need to use a softer release. Sometimes moving to a different part of the lane will help you find the amount of oil that will be a better match to the ball selection and release you prefer. Generally, the outside of the lane will be drier and the inside will have more oil.

"At this level, besides adjusting your target or equipment, you should also consider experimenting with ball speed," recommends Fagan. "Don't do that until you've got your fundamentals down though because you'll need to be fundamentally sound with your shots or making a speed adjustment is going to completely throw you off balance."

Go From 200 to Elite

Everyone wants to be the top dog in their league. What do you need to know to go from a solid 200-average bowler to the best of the best in a league?

"This is where the combination of practice, arsenal, versatility and observation combine," says Barnes. "Even players at the professional level must constantly maintain their base game — or foundation. By adding in bowling balls with various pin positions, covers and surfaces, you give yourself the opportunity to bowl well on multiple conditions. Experience starts to play a big part as well as you must be able to see what your ball does and know what adjustments need to be made."

Bowlers looking to make the jump from 200 to a truly elite bowler are probably already starting to look well beyond their typical Saturday night league. They're playing in tournaments and probably have tried, or are at least considering, joining a Sport league or other scratch league.

But to really break out of the pack of 200 bowlers and go beyond, you must first study, study and then study again.

Study Hall

"This step up is the most difficult of them all," says Fagan. "You can get to 175 and a



lot of bowlers can finagle their way to 200. But to become even better than that, you really need to become a student of the game.”

By that, Fagan means it’s going to take a lot more than just having a feel for your shots and the adjustments you have to make. It’s all about knowing why your shots are coming off like they do, how the lane surfaces and oil are impacting those shots, what physical adjustments need to be made and why, what equipment changes need to be made and why, and knowing how things such as hand position, grip, ball surfaces and even your mental state impact your game.

“At this level, you’re paying attention to lane transition and picking the right ball,” adds O’Neill. “Bowlers at 205 always seem like they leave the big four before they’ll move. To become better, you need make adjustments a lot earlier than that. You need to start understanding your equipment, learning what each ball can do and understand the different coverstocks.

“You won’t become the best in your area until you really understand what’s happening in this game. Instead of just choosing a different ball because that’s what’s worked in the past, or making certain adjustments because that’s what you’ve always done, it’s time to understand why you’re doing those things.”

Study every one of your shots. When your ball hooks is as important as how much it hooks. Watch your ball reaction



“Bowlers at 205 always seem like they leave the big four before they’ll move. To become better, you need to make adjustments a lot earlier than that.” — BILL O’NEILL

US BOWLER VIDEO MOMENT



FIND A COACH: Click the photo above to watch special video coverage of Chris Barnes discussing the importance of proper coaching.

on the lanes to see where the ball begins to move toward the pocket (the breakpoint). Also watch the shape of the line between the release and breakpoint and between the breakpoint and the pocket. Being able to accurately watch your shot requires that you remain in a balanced finish position until the ball hits the pins.

Because the oil on the lane is constantly changing, you need to know how that affects your shot. Top bowlers always watch their ball reaction and immediately start planning for whatever adjustment they’ll need to make on their very next shot on that lane.

“It’s not a bad idea to live in the pro shop,” says Fagan. “You can learn so much just by being in there, seeing what they’re doing in there and talking to those guys. And when you’re in there watching them drill balls all day, don’t be afraid to bust out your own equipment and play around with your grip. Tinker with your different balls to get the proper feel because if your release isn’t quite right, you’ll never become elite.”

Get Out of the House

Once you’re ready to make the leap into the rarefied air of elite bowling, you may need to consider leaving behind the safe confines of the league that you started in, learned in and grew up with. It’s time to move beyond what you know and challenge yourself against other bowlers who are also looking to make that same step up.

There are many competitive chal-

lenges available. Start with joining a USBC Sport league, like the new Team USA Experience leagues or an existing PBA Experience league. Local, state and national tournaments — such as the USBC Open Championships or Women’s Championships — are also wonderful opportunities to challenge yourself.

“You definitely want to get experience with a lot of other lane surfaces and different oil patterns if you’re looking to become a better-than-200-average bowler,” says Fagan. “They all make the ball read differently so trying them out and understanding how your ball will read each lane will make a huge difference not only with your base knowledge, but with your experience and versatility.”

Though it may be fun for awhile being the big fish in the little pond as the top dog in your league, it will get old after awhile. As O’Neill says, “You can’t just keep beating up on people who are worse than you. You have to get out and bowl against better players, see some different patterns and watch what others do. That’s really the only way to start challenging yourself.”

Without those challenges, it’s easy to fall into old habits. “A lot of people get to 200 and say, ‘I’m good,’” adds Fagan. “Don’t ever stop challenging yourself and don’t ever get complacent with your game because there’s always another obstacle you can overcome and beating the same people in your league season after season is going to get dull.”

Making
Parallel and
Angular
Adjustments

YOU'VE GOT TO MOVE IT



US BOWLER VIDEO MOMENT



ADVANTAGE LEFTIES?: Click on the photo above to watch special video coverage of USBC Team USA star Shannon Pluhowsky discussing changing lane conditions for righties versus lefties.

FEET DON'T FAIL ME NOW...

Just when you think you've got yourself perfectly aligned and matched up well to the lanes, it's time to make a move. That's because the lanes are constantly changing. The oil on the lanes is always in flux, spreading out or burning up depending on how many balls are shot through it and where they travel on the lanes. When the lane seems to be getting tighter and hooking less, you can either keep missing or put your feet in gear.

MATCH UP WITH THE LANES

You'll never be able to make an adjustment until you establish a base position, so the first thing any bowler needs to do is get aligned.

Getting aligned is so common in bowling that you may not even realize you're doing it. The first thing to do is identify where your feet will be positioned on the approach. For a righty, you should note where your left foot is positioned so that when you finish your shot, you can easily tell if you walked a straight line up the approach. Since your left foot is your slide foot, it'll be right there below you and hopefully at the same spot at the foul line that it was on the approach.

USBC Gold Coach Susie Minshaw explains it this way: "A shot cannot be executed properly if you walk a different path to the foul line on every shot. Walk the direction of your projection. This means that you always try to walk parallel to your ball path. If you are playing down the boards — a shot that goes in the same

direction as the boards — and you started on 20, you should finish very close to 20."

But back to the approach... after determining your target, you'll want to pay some attention to your body angle because that will match up to the angle you want your ball to travel. In that case, you won't be finishing on the same board on which you started.

Think of it in similar terms to shooting a 7 or 10 pin spare. "When you have to cross the boards from right to left (for a right-hander), you will finish left of where you started because you are projecting the ball left," says Minshaw. "When you are shooting a 7 pin, you don't line up on the right side of the lane and then walk toward the 10 pin pulling the ball across your body to make it go left. You angle your body slightly toward that left corner making a 'T' with your shoulders and hips to the line you intend to throw. You walk a straight line that is angled toward the left side of the lane. The same is true of a strike shot; your angle is just less severe."

CONDITIONS ARE EVERYTHING

OK, so now that you're all lined up and are shooting at your intended target, everything should be a breeze for the rest of the night, right?

No, of course not. That's because the oil on the lanes is fluid, and fluid moves — especially when dozens of bowling balls go sloshing through it.

In most house shots, proprietors are looking to make the lanes playable so that scores are high. To make the lanes balanced and playable, the proprietor will generally lay more oil in the middle of the lane and gradually taper it so that there is less oil on the outside part of the lane.

"As a basic rule of thumb for the league bowler who bowls on house conditions, there is always more oil inside

the 8 to 10 board and much less outside of those boards to the gutter,” explains USBC Gold Coach Bill Spigner. “So the first thing a bowler needs to do is find the part of the lane that hooks most and work inward from there to find a place on the lane that the oil pattern allows the ball to hook enough to hit the pocket. You never want to start out trying to make the ball do something the lane will not allow.”

Laying more oil in the middle of the lane helps the bowler have a nice-sized area to play in. In other words, when a right-handed bowler delivers the ball and misses the target to the right, the ball will find less oil. That means there will be more friction, and the ball will hook more.

If a right-handed player delivers the ball and misses the target to the inside, the ball will find more oil, which means less



friction, and the ball will hook less. Either way, the ball will find its way to the pocket unless you miss badly.

But when the lanes start to break down, that comfort zone area can gradually disappear and you need to make a move.

PARALLEL AND ANGULAR ADJUSTMENTS

“Once you have found your comfort zone, which from week to week and lane to lane is never exactly the same, you now have to start preparing to make adjustments as the oil changes,” says Spigner. “The first transition you will see is the back end start to hook less. When that starts happening, the

first moves you will want to make are parallel moves in the direction of the miss.

“You will move your target and feet equal amounts to get outside of where the ball isn’t finishing from. You will be moving further into the dry area of the lane, which means the next transition will be that the front end of the lane will start to dry up. That’ll happen fast because you are now playing the part of the lane that has much less oil.”

The goal is to move back into the edge of the oil line to help hold the desired ball path to the pocket and straighten out the shot to the pocket. That type of move is a simple parallel move, which means that you will be moving your feet and eyes an equal number of boards. For example, if you are looking at the arrows and decide you need to make a parallel move, you might move two boards to the right with your feet and two boards to the right with your eyes. When you make this move, the angle at which you deliver the ball, does not change.

After the heads start hooking early you can start moving back inside again using parallel moves. If that move works, that’s great; but many times it won’t work because of the oil carry down. By moving in you are moving into heavier oil in the heads and mid lane, that coupled with the carry down can make pin carry tough.

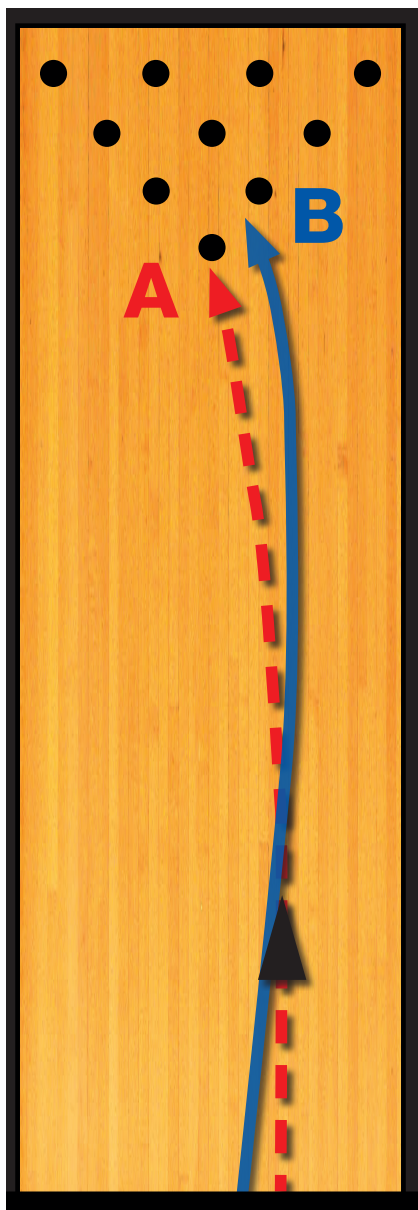
“Now you will have to think about angle and ball rotation changes,” says Spigner. “This is where you might want to move your feet let’s say three boards and one board in with your target. That type of move will now send the ball further outside sooner hitting the dry area earlier, which will make the ball start hooking back sooner.”

An angle move means that you will be moving your feet and/or eyes a different number of boards, like in Spigner’s example. When you make a move like that, the angle at which you deliver the ball changes. In this case, you’re rolling the ball at a greater angle away from the pocket.

But Spigner cautions that with such an angle move, you will also need a ball rotation change. “You will need more axis rotation so the ball will hook at a sharper angle so the ball can hook through the carry down.”

Alternately, Spigner adds, if you have trouble changing your ball rotation but are good at picking up your speed and adding some loft, you can still stay in the dry part of the lane.

How much and whether your adjustments qualify as parallel moves or angle



Turn Away

Angular Moves

Angular adjustments, shown here, are the most common moves bowlers use to adapt to changing lane conditions. For example, you may start your league session standing on board No. 20 and aiming at the second arrow (which is on board No. 10). As the lanes start to hook more, you might move your starting position one board inside but keep your target the same, on the second arrow (or board 10). This is a slight angular adjustment. The 2-to-1 guideline for making angular adjustments means that for every two boards you move with your feet, you move your target one board in the same direction. Using the starting point example above, a 2-to-1 adjustment would have you stand on board 22 and aim at board No. 11.

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moves is a matter of where you target, the lane condition, and other variables.

DO YOU NEED TO MOVE?

There's only one way to know if you need to make a move. You have to watch your shots. It's really as simple as that, but it's much more difficult than it sounds. Most bowlers target somewhere near the arrows, so you may not have any clue what your ball is doing for the first 15 feet on the lane.

You might think you threw a good shot, but it misses because there may have been a dry spot early in the lane that you didn't see. The key to recognizing when and where you have to make an adjustment is seeing the ball the entire way down the lane. If it has a smooth overall movement down the lane and hits the break-point right where you want it to, you're generally



good. If not, you need to get those feet in gear.

"I tell my students to adjust first and ask questions later," says Spigner. "If something isn't working you don't want to do the same thing again. The hard part for the recreational bowler is to know whether it's the lane, the ball or them that's not functioning correctly."

IF IT'S A PARALLEL MOVE...

If your release is feeling good to you, and you're hitting your target on the lane, but not hitting the pocket, a lateral move with both your feet and target could be all you need to start rattling off strikes.

Don't change your approach speed, and generally don't change anything except where you're standing on your starting position.

Move in the direction of the miss. That is, if you're missing the pocket to the left, move left. If you're missing to the right, move right.

How far you move might require some trial and error, but you can make a pretty good guess based on how far you're missing. For instance, if you're a righty and your ball is hitting the pins between the 3 and 6 pins, you might want to move your starting position and target as much as five boards to the right. If you continue to miss, you can adjust from there in smaller increments.

However, if you're a righty and your ball is just barely missing the pocket and hitting the head pin a little too straight

on, a simple move of one board to the left might do the job. Maybe two boards. The point is moving a very small amount can have a dramatic influence on your shots.

IF IT'S AN ANGULAR MOVE...

Many times, an angle move makes sense. For instance, as the lanes start to get drier as the night goes on, a right-handed bowler will move left to find more oil in the front part of the lane so that the ball will have an initial skid.

With the lanes having more friction, a bowler will need to deliver the ball with more angle away from the pocket so that when the ball hooks, it doesn't go right through the nose.

Remember also that your initial alignment is very important when it comes to making an angle change. You need to match your body angle to the intended ball path. If the lanes start to hook more as the night goes on and you want to send the ball farther to the right, you need to have your body facing that direction as well.

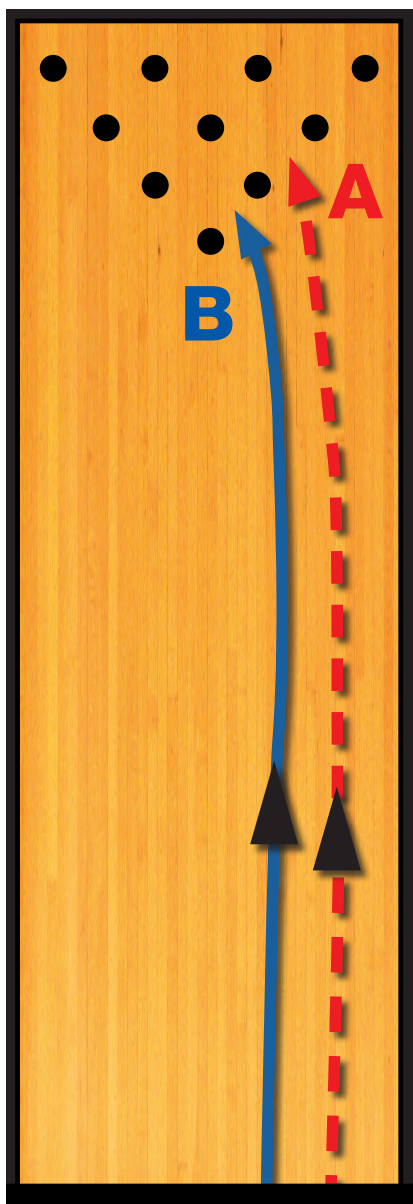
As a right-handed bowler, a solid rule of thumb for a typical house condition is to move left to find more length before the ball hooks, and to move right to find more hook.

WHAT IF YOU MOVE TOO MUCH?

Some would argue that over-adjusting is better than chasing the line, so to speak. The average bowler is usually several frames late in making a move and, when finally doing so, ends up chasing the oil line for the rest of the set.

Rather than moving one or two boards, consider starting out at three boards for a parallel adjustment and at minimum five boards with your feet and three with your eyes for an angular adjustment.

If the adjustment ends up being too much, the worst that happens is gained information on what area might be more appropriate. Instead of chasing the line, you can now zero in on an area rather than always be a frame or two behind the oil line.



Sidestepping

Parallel Moves

A parallel adjustment, as shown here, is made when both your target on the lane and your starting position foot placement move the same amount and in the same direction. If you move right two boards with your feet, move right two boards with your target as well. If you move left with your feet, move left with your target.

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Update

FOLLOWING THE SPORT THROUGH TOURNAMENTS, TEAM USA, THE PRO TOUR AND MORE /// FALL 2010

Sunshine Don't Bother Me

Sporting shorts, shades and even a few ball caps, the stars of bowling shined bright even in the midday sun.

In what's become a summer bowling tradition, the PBA hosted its fourth annual Summer Shootout in mid-June and pitted four teams of top pro bowlers — each sponsored by a major ball manufacturer — against each other in a round-robin Baker format match play competition at Six Flags Great Adventure in Jackson, N.J. The top three teams qualified for a stepladder championship final.

Representing Storm Products were Wes Malott, Pete Weber, Jason Belmonte, Rhino Page, Norm Duke and Brian Kretzer. On the Brunswick team were Carolyn Dorin-Ballard, Brad Angelo, Parker Bohn III, Sean Rash and Johnny Petraglia. The Ebonite team featured Chris Barnes, Tommy Jones, Mike Scroggins, Jason Couch, Mike Fagan and Bill O'Neill. And 900 Global was represented by Walter Ray Williams, Jr., Steve Jaros, Robert Smith, Michael Haugen Jr. and Brian Voss.

The Shootout aired on ESPN in late June through mid-July. In the end, even though the Brunswick team wrapped up the number-one seed, it was Storm Products that persevered and claimed the title.



RELAXED FIT: Young PBA star and Team USA member Mike Fagan represented Ebonite and was looking for a shot at claiming the Manufacturer's Cup trophy at the PBA's Summer Shootout competition.

Juniors Gold!

Marshall Kent, Brittni Hamilton Claim Titles

ONCE AGAIN USBC's Junior Gold Championships offered a sneak peek into the future of bowling's stars. The elite national tournament was contested last July in Indianapolis and featured more than 1,500 USBC Youth bowlers competing for \$140,000 in scholarship money.

Marshall Kent, 17, of Yakima, Wash., defeated Matthew Gasn of Laurel, Md., 269-265, during the July 16 competition in Indianapolis in the final game of boys' match play. Kent finished with 10,018 for 46 games, including a 10-6 record with 20 bonus pins for wins, while Gasn finished second with 9,996 and a 9-7 record.

On the girls' side, Brittni Hamilton, 19, Webster, N.Y.,

ran away with the title, winning by nearly 250 pins with a total of 9,800 and a match-play record of 11-5. Addileen Pointer of Highland, Mich., finished second with 9,553 and a 9-7 record.

The top four boys and top four girls in the final standings earned automatic spots on Junior Team USA 2011. Joining Kent and Gasn on the boys side was third-place finisher Chris Via of Springfield, Ohio, and fourth-place finisher Jacob Kent of Newark, N.Y.

On the girls side, joining Hamilton and Pointer on Junior Team USA was third-place finisher Kristie Petravich of West Palm Beach, Fla., and fourth-place finisher Kaitlin Quinn of Livonia, N.Y.

The National Selection



FLAG WAVERS: Junior Team USA was represented at the World Youth Championships by (from left): Andrew Koff, Jenn Boisselle, Craig Hanson, Christine Bator, Jake Peters, Brittni Hamilton, Devin Bidwell and Kristie Petravich.

Committee selected Andrew Koff, Kyle King, Danielle McEwan and Liz Seibel to join Junior Team USA. The final roster for Junior Team USA 2011 will be determined at the 2011 USBC Team USA Trials in January.

WORLD CHAMPS
Junior Team USA hit the ground running during the

World Youth Championships (WYC) in Finland in early August, nabbing five medals (two gold and three silver), second most among all teams to Korea's 13 medals (six gold, two silver and five bronze).

The 2010 World Tenpin Bowling Association (WTBA) World Youth Championships featured more than 250 players from 47 WTBA-member countries and features medal opportunities in five categories for both boys and girls — singles, doubles, team, masters and all-events.

The biggest success for the junior Americans at the premier international youth competition came in the boys' doubles matches where partners Craig Hanson and Andrew Koff won the gold medal by defeating teammates Devin Bidwell and Jake Peters, 428-426, in the championship match nailbiter at Tali Bowl in Helsinki, Finland.

The Americans' only other gold medal was won by Koff, who became the first U.S. bowler to win the all-events title in the history of the World Youth Championships. He finished with an 18-game total of 4,036, an average of 224.2.

US BOWLER VIDEO MOMENT



SEEING DOUBLE: Click on the photo above to watch special video coverage of Craig Hanson and Andrew Koff's gold medal Doubles victory over teammates Devin Bidwell and Jake Peters.

World Beaters

Team USA Claims Record Five Golds at World Men's Championships

IMPROVING UPON their performance two years ago, Team USA dominated at the World Tenpin Bowling Association World (WTBA) Men's Championships in August, becoming the first country to win five gold medals at the event.

The 2010 WTBA World Men's Championships, held at Dream Bowl Palace in Munich, Germany, featured 356 competitors from 65 countries competing for medals in six events — five-player team, trios, doubles, singles, all-events and Masters match play. The tournament is considered the pinnacle of men's international competition.

Two years ago in Bangkok, Thailand, Team USA nabbed four gold medals. That year, Team USA faced a tough Korean team and the team competition came down to a roll-off after the two countries tied at 1,084. Rhino Page was selected to face off against Korea's Kim Tae-Young, and the young American star came through in the clutch.

This year's team event didn't end in a tie but was no less dramatic. With Page on



Bill O'Neill

the sidelines after struggling earlier in the week, the rest of Team USA — Chris Barnes, Patrick Allen, Bill O'Neill, Tommy Jones and Wes Malott — took charge on the lanes.

After finishing first in qualifying with a 6,376 over Finland's 6,358, the Team USA stars faced Colombia in the semifinals, struggling at the start against before pulling away down the stretch to win 1,048-970. Sixth man Page did not bowl in the semifinals or final for Team USA but still earned a gold medal because he competed in the second round of qualifying.

In the finals, Team USA faced Finland, which had defeated host country Germany, 996-941, in the other semifinal match. Early in the match, it looked like the American team would run away with title after racking up a near triple-digit lead but Finland, featuring PBA star Mika Koivuniemi and two-handed bowling sensation Osku Palermaa, roared back in the second half.

It all came down to the last frame as the lead changed hands several times. When Jones stepped up in the final frame, he knew he needed to

perform after Palermaa struck on his first shot. Jones delivered a perfect strike, which was followed by Palermaa leaving a 4 pin on his next

shot. That took the pressure off Jones but he struck anyway as the Americans celebrated their third consecutive team title.

"This is what we come here for — to win the team gold medal," Jones said. "Anything less

than gold leaves a bitter taste. Winning the team title three times in a row is something we are really proud of."

Jones led Team USA with a 249 game and was followed

US BOWLER VIDEO MOMENT



INTERNATIONAL FLAVOR: Click on the photo above to watch special video coverage from the World Men's Championships in Munich, Germany, featuring bowling styles from around the world.



Chris Barnes

ALL-EVENTS LEADERS

(Top 10, 24 games)

- 1, Bill O'Neill**
United States, 5,343.
- 2, Chris Barnes**
United States, 5,258.
- 3, Jang Dong-Chul**
Korea, 5,091.
- 4, Patrick Allen**
United States, 5,079.
- 5, Du Jian-Chao**
China, 5,069.
- 6, Ernesto Franco**
Mexico, 5,068.
- 7, Wes Malott**
United States, 5,065.
- 8, Choi Bok-Eum**
Korea, 5,051.
- 9, Michael Mak**
Hong Kong, 5,049.
- 10, Cho Young-Seon**
Korea, 5,032.



by Malott (245), Allen (202), Barnes (194) and O'Neill (183). Koivuniemi led Finland with a 245 game and was joined by Palermaa (217), Joonas Jahi (214), Pasi Uotila (195) and Petteri Salonen (186).

"I didn't bowl well all week but for my team to believe in me enough to let me bowl last was a huge honor, and I'm glad I was able to come through for them," Jones said. "We got ahead early and Finland showed a lot of heart battling back. It was a back-and-forth match and both teams put on a great show."

In all, Team USA took home 11 medals (five gold, two silver and four bronze).

SINGLES

Team USA's Bill O'Neill defeated Korea's Choi Bok-Eum, 244-202, in the one-game gold-medal match. England's Dominic Barrett and Team USA's Chris Barnes shared

the bronze medal after falling in the semifinals. In the title match, O'Neill started strong with three consecutive strikes, a spare and five more strikes. By the time six frames were in the books, O'Neill had amassed a 44-pin lead and rolled to the title.

DOUBLES

In the lone event that Team USA didn't grab gold, the team still managed to medal, with the Team USA pairing of Patrick Allen and Rhino Page earning bronze. Coming into the semifinals as the fourth seed, Allen and Page fell to Sweden, 449-373. The Swedes went on to win the title with a 398-379 victory over Malaysia.

TRIOS

The Team USA squad of Rhino Page, Patrick Allen and Wes Malott defeated Mexico, 650-514, in the gold-medal match, but the real drama was in the semifinals when they took down teammates

Chris Barnes, Bill O'Neill and Tommy Jones in overtime. After finishing regulation tied at 590, the two squads went to overtime as Malott and O'Neill faced off in a ninth

and 10th frame roll-off. O'Neill left a pocket 4-9 split in the 10th and Malott then stepped up to throw a strike to advance his team, 50-27.

In the championship, Allen led Team USA with a 235 game, while Page shot 228

and Malott had 187. Mexico's Ernesto Franco shot 220, Alejandro Cruz had 149 and Jorge Rosado shot 145.

ALL EVENTS

Team USA's Bill O'Neill earned the gold medal with ease, finishing with a 24-game total of 5,343, an average of 222.6. Chris Barnes took the silver with 5,258, while Korea's Jang Dong-Chul earned the bronze with 5,091.

"This is pretty cool, but I don't really think of it as me

dominating because I was just out there trying to be my best possible for the team every event," O'Neill said.

The top 16 players in the all-events standings advanced to Masters match play. In addition to O'Neill and Barnes, Allen made it in fourth place with 5,079, while Malott was seventh with 5,065.

MASTERS

Team USA's Chris Barnes defeated teammate Patrick Allen, 3-0, to win gold. Barnes swept Allen 213-188, 257-236 and 289-212. Barnes started the final game with 10 consecutive strikes before a 9-pin ended his bid for his second 300 game of the tournament.

"This is something we have been working toward for six months now," Barnes said. "Instead of competing against each other like we do on the PBA Tour, it's nice to come together and really bond as a team. It all came together at a big moment and it feels great."

In the semifinals, Team USA's Wes Malott fell to Allen, 3-0, while Barnes took down Korea's Choi Bok-Eum, 3-2. Malott and Choi shared the bronze medal with the semifinal losses.



Mr. Clutch, Tommy Jones

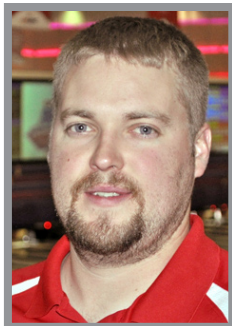
National Champs!

Records Shattered in Reno and El Paso

THE TWO greatest national bowling tournaments are done and in the books for another year.

The 91st USBC Women's Championships wrapped up its 100-day run at the El Paso Convention and Performing Arts Center in El Paso, Texas, on July 4, and the 107th USBC Open Championships concluded its 136-day run at the National Bowling Stadium in Reno, Nev., on July 5. Both tournaments had their share of excitement and both saw records broken. More than 30,000 women bowled in El Paso, while Reno welcomed 14,189 five-player teams — more than 70,000 bowlers! The Open Championships featured 32 perfect games, 13 299s and five 298s, while 38 other bowlers tossed 11 strikes in a row. There were seven 800 series overall, six in singles and one in doubles. In El Paso, three bowlers achieved perfection and two surpassed the 800 mark.

The Open Championships consists of two divisions: The Regular Division, for those who average 181 and above, and the Classified Division, for bowlers who average 180 or below.



Terrence Syring

The Women's Championships consists of three divisions: Diamond, for bowlers with averages of 180 and higher, with handicap based on 100-percent of 220; Ruby,

for bowlers with averages from 150-179, with handicap based on 100-percent of 180; and Sapphire for bowlers with averages of 149 and below, with handicap based on 100-percent of 150.

Meanwhile, in El Paso, three other tournaments graced the championship lanes during the Women's

Championships run — the USBC Intercollegiate Team Championships, USBC Queens and USBC Senior Queens were held in April.

OPEN CHAMPIONSHIPS REGULAR DIVISION WINNERS

ALL-EVENTS

Matt McNeil, 25, of Chanhassen, Minn., marked in 88 of 90 frames on the way to sets of 806 in singles, 780 in team and 740 in doubles for a 2,326 total. Ron Vokes of Racine, Wis., previously held the all-events record with 2,321, which he shot on the way to the title last year in Las Vegas. "I've been putting about 100 hits a day on the website to see what's going on,

and it feels so good to know it's finally in the books," said McNeil, who had been following the scores on BOWL.com regularly since late April to see if anyone would top his score. "I've been getting a lot of congratulations on my performance, and getting that kind of respect from your peers and people you look up to is what makes it real. It's starting to sink in, and it feels amazing."

SINGLES

Terrence Syring of Bay City, Mich., put together games of 276, 258 and 299 for an 833 series on March 26 and had the longest wait of all the Regular Division champions. "I was just waiting and hoping that my score would hold

US BOWLER VIDEO MOMENT



MAKING HISTORY: Click on the photo above to watch special video coverage of Jodi Woessner discussing her record-setting performance at the 2010 USBC Women's Championships.

USBC TOURNAMENTS

OPEN CHAMPIONSHIPS AND WOMEN'S CHAMPIONSHIPS



GO TEAM: Bowlers Edge Pro Shop of Wisconsin featured Brad Kuhr, Tim Rice, Jason Wendt, Kenny Kempf and Dan Paul.

TEAM

Bowlers Choice Pro Shop of Tonawanda, N.Y., led the scratch portion of the event as well as the Diamond Division with the highest team series in Women's Championships history. The group fired games of 1,160, 1,085 and 1,179 for a 3,424 scratch effort and received an additional four pins of handicap per game to finish with a 3,436 total. Together Once Again of North Richland Hills, Texas, previously held the scratch record with 3,350 in 2006. Nikki Lunsford led the way for Bowlers Choice Pro Shop with a 717 series and was joined by Michelle Sterner (702), Liz Johnson, who entered the year with three titles at the Women's Championships (690), 2007 Classic Division doubles champion Sue Jeziorski (665) and Sue Nawojski (650).

on," said Syring, a 27-year-old right-hander, whose previous-high series on the championship lanes was 689 in doubles last year in Las Vegas. "I know what it's like to chase the score on the leaderboard, but I'm glad no one was able to catch up to me. This is definitely exciting."

DOUBLES

John Kreyer Jr., 29, of Fridley, Minn., found his way back into the spotlight and brought his partner, Steve Bohn of Norwood, Minn., 40, with him as the two left-handers combined for a 1,514 winning-total. Kreyer, who rolled the first 300 of the 2007 Open Championships, also at the National Bowling Stadium, led this year's doubles surge with games of 258, 279 and 279 for an 816 series, while Bohn contributed 248, 204 and 246 for 698.

TEAM

Bowlers Edge Pro Shop of Neenah, Wis., claimed the top

spot with a 3,408 total. Three members of the team – Brad Kuhr, Tim Rice and Jason Wendt – made their return to the winner's circle seven years after claiming the same title in Knoxville, Tenn. Wendt led the way this year with a 727 series and was followed by Rice (716), Kenny Kempf (675), Kuhr (653) and Dan Paul (637). The group put together



Krischna Howard

games of 1,050, 1,115 and 1,243, the second-highest team game of the 2010 event. Warhawks of Milton, Wis., rolled the highest game of the year, 1,258, on the way to a third-place finish with 3,387.

WOMEN'S CHAMPIONSHIPS SCRATCH AND DIAMOND DIVISION WINNERS

ALL-EVENTS

Jodi Woessner of Oregon, Ohio, destroyed the tournament's all-events record and tied for the highest series in tournament history on her

way to a 2,330 all-events total, surpassing Leanne Barrette-Hulsenberg of Elk Grove, Calif., who rolled 2,231 in the 2005 event. During her doubles set, Woessner shot games of 259, 268 and 289 for an 816 series, which tied Michelle Feldman's 2009 singles performance. Woessner added 764 in team and 750 in singles.

SINGLES

Krischna Howard of Hawthorne, Calif., rolled one of the tournament's three perfect games on her way to a 792 singles effort. She received an additional 22 pins of handicap per game to also grab the Diamond Singles lead with 858.

DOUBLES

Australia's Carol Gianotti and Missy Klug of Macomb, Mich., shot the highest scratch doubles set of the tournament, finishing with a 1,431 total. Gianotti led the pair with 770, and Klug added 661. Renee Graham of Seat Pleasant, Md., and Felicia Thorpe of Temple Hills, Md., finished atop the Diamond Doubles standings with 1,484.

USBC Championships Schedule

2011 USBC Open Championships
Reno, Nev.

2011 USBC Women's Championships
Syracuse, N.Y.

2012 USBC Open Championships
Baton Rouge, La.

2012 USBC Women's Championships
Reno, Nev.

2013 & 2014 USBC Open & Women's Championships
Reno, Nev.

Bowl the World Over

New Team USA Experience Leagues Starting This Fall

YOU KNOW about USBC Sport Leagues, which provide lane oil patterns that are more challenging than typical league conditions. The USBC's PBA Experience leagues — which are Sport Leagues that replicate the conditions the pros face — have proven very popular over the past few years.

Now, USBC is opening up a whole world of possibilities to satisfy your competitive cravings.

This fall, USBC is offering Team USA Experience leagues to bring an international touch to Sport League bowlers.

Team USA Experience leagues were developed to give bowlers the opportunity to compete on the same challenging lane conditions that members of Team USA face when competing against the top players in the world at international competitions. These patterns are used by the World Tenpin Bowling Association in major contests such as the World Championships, Pan American Games.

"Taking on these types of conditions can really help a bowler learn more about their game," said Team USA head coach Rod Ross. "Our teams have put in a lot of work to learn the nuances of the patterns and that has helped us

achieve the success we have had at the international level."

You can learn more about the Team USA Experience leagues, including a look at the lane patterns and advice on how to play each, on the Sport Bowling page of BOWL.com.

NEW ALL-TIME SPORT BOWLING RECORD

Mike Norris Jr. of Melvindale, Mich., bowled games of 290, 279 and 300 for an 869 series June 30, breaking the previous Sport Bowling record of 862 by Bo Goergen set at the 2009 USBC Open Championships.

Norris's record-breaking series came on the Cheetah pattern in Sunnybrook's Dan Ottman Memorial PBA Experience League.

He emphasizes a willingness to learn and practice as keys to success in Sport Bowling, and credits his experiences at regional and national pro tournaments as a



Mike Norris Jr.

foundation for the challenging conditions.

"You've got to keep learning. Learn about surfaces and equipment. And, of course, practice, because on Sport shots it is not easy; you can't just throw the ball all over the place. You have to keep it within the goal posts," Norris explains. "My biggest advice to people who want to bowl Sport leagues is to work hard, practice, get familiar with the patterns, and start matching up equipment."

Pattern Breakdown

The new Team USA Experience leagues offer a great variety of challenges since there are 12 patterns available — four short, four medium and four long patterns. Each pattern is named after an Olympic host city:

SHORT PATTERNS

- Sydney 33 feet
- Stockholm 34 feet
- Beijing 35 feet
- Los Angeles 36 feet

MEDIUM PATTERNS

- Atlanta 38 feet
- Seoul 39 feet
- Athens 40 feet
- Montreal 41 feet

LONG PATTERNS

- Tokyo 43 feet
- London 44 feet
- Mexico City 45 feet
- Paris 47 feet

US BOWLER VIDEO MOMENT



OIL SPILL: Click on the photo above to watch special video coverage of Team USA star Rhino Page discussing the differences between the PBA patterns and the Team USA patterns.



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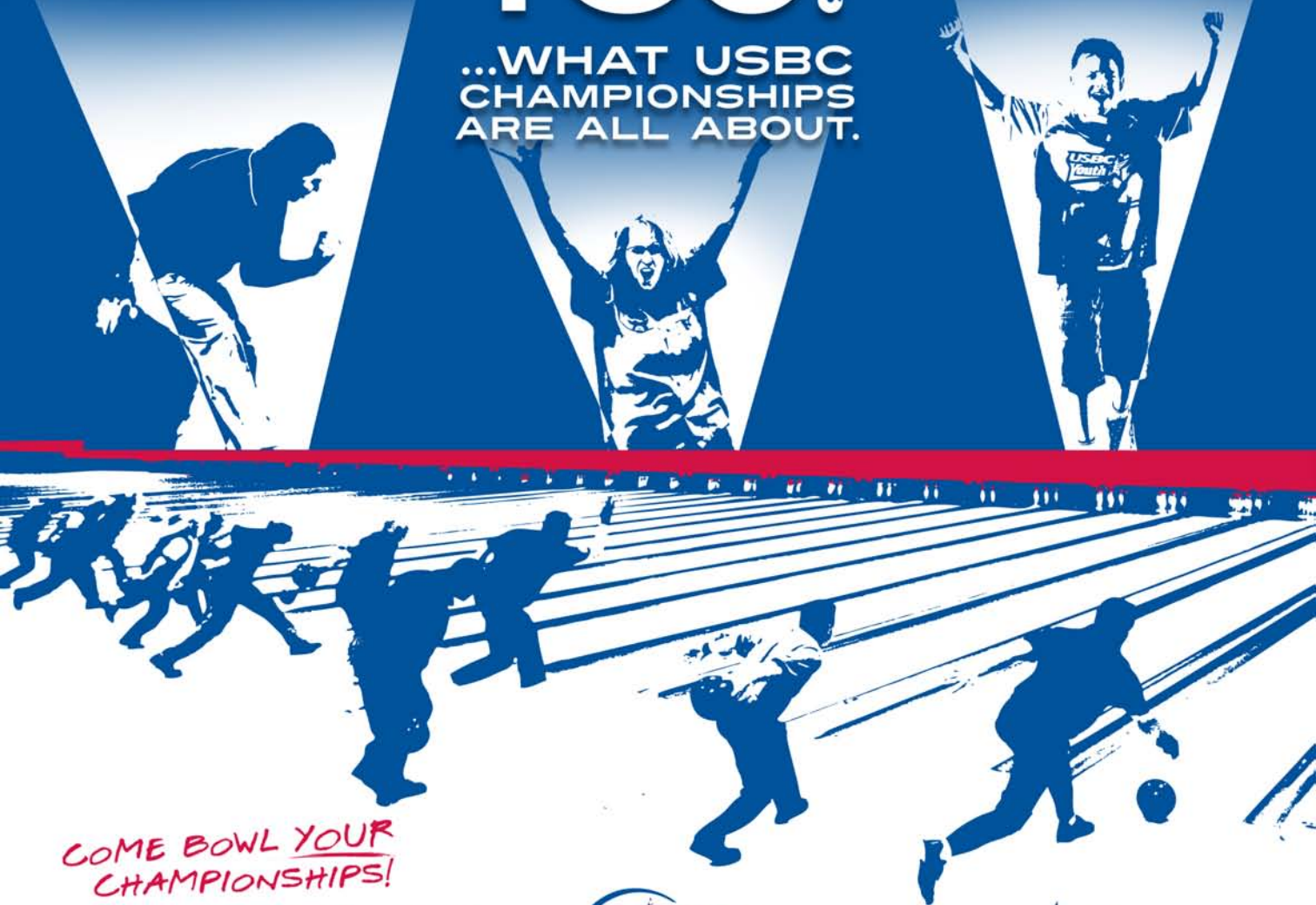
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