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US BOWLER

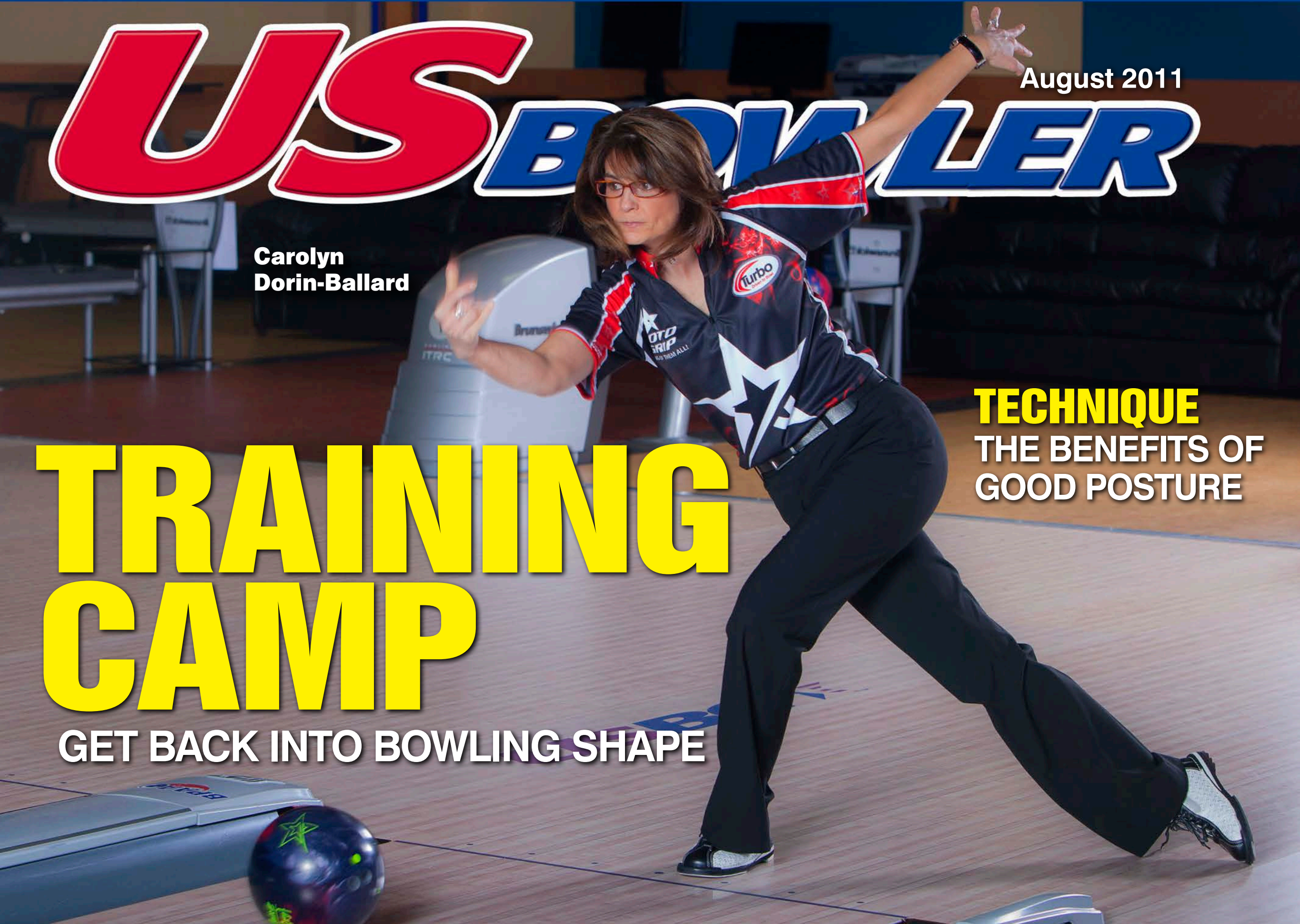
August 2011

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Dorin-Ballard

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brings consistency.

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PBA star Jason Belmonte and wife Kim
give some love to the bowler's ESPY.

NATIONAL NEWS

More than 1,600 USBC Youth bowlers rolled off at Sunset Station's Strike Zone in Henderson, Nev., in the chase for the 2011 USBC Junior Gold Championships and coveted spots on Junior Team USA. Gary Faulkner of Memphis, Tenn., cruised to a 225-pin win for the boys title, while Natalie Jiminez of Rowland Heights, Calif., earned the girls crown. With the top four boys and top four girls earning automatic spots on Junior Team USA in 2012, Faulkner and Jiminez will be joined by Andrew Koff, Zack Hattori, Marshall Kent, Elise Bolton, Amanda Greene and Jessica Earnest. The National Selection Committee chose Holly Harris, Addileen Pointer, A.J. Chapman and Tyler Vostry to also join Junior Team USA in 2012. The remaining four roster spots will be determined at the 2012 USBC Team USA Trials in January.



JUNIOR GOLD RUSH: Champions Faulkner and Jiminez discuss Junior Gold success.
CLICK ON THE PLAY BUTTON ABOVE FOR A RECAP OF 2011 USBC JUNIOR GOLD



USOC Recognizes USBC Coach

Bowling received its first national coaching award from the United States Olympic Committee when USBC Gold coach Mike Nyitray was named USOC 2010 Developmental Coach of the Year.

[CLICK HERE TO READ MORE](#)



Nicholson Receives Laneman Award

Longtime lane maintenance expert Len Nicholson was selected as the first recipient of The Jim Jaryszak Lane-man Award for his role in the development of lane conditions in bowling.

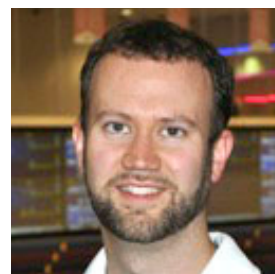
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Weight Specifications For Bowling Balls Unchanged

A recent study by the USBC Equipment Specifications and Certifications team showed current specifications for static weight limits in USBC-approved bowling balls will need to remain.

[CLICK HERE TO READ MORE](#)



2011 Storm Bowlers Journal Champs Crowned

Open Singles champ Casey Murphy was among the champions crowned in Reno, as was 2011 USBC Masters champion Tom Hess, who picked up the Mixed Doubles title with Angela Chirpich.

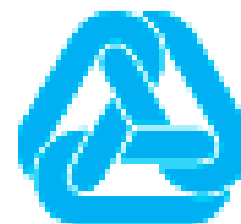
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Record Performances Mark USBC Youth Open

Tristan Musick of Olathe, Kan., rolled the first 800 series in the history of the USBC Youth Open, while Minnesota's Dan Reinke carded the tournament's first perfect game.

[CLICK HERE TO READ MORE](#)



\$100,000 Doled Out In Scholarships

The North Pointe Insurance Group handed out \$100,000 in college scholarships, including \$15,000 each to champions Tylor Greene and Melanie Hannon, at the North Pointe High School Singles Championships in Las Vegas.

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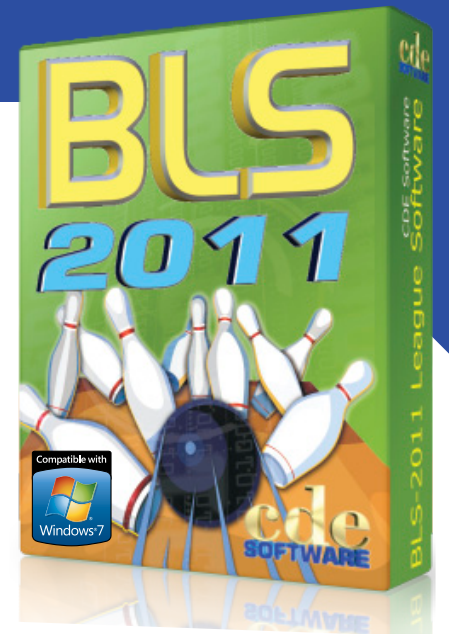
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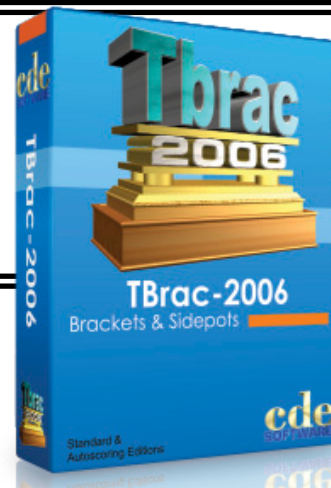
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Bulletin Board

BELMO, HANDS' DOWN

Two-handed bowler grabs ESPY

Any questions about Australian two-handed bowler Jason Belmonte's impact on the sport of bowling were answered in July when the 27-year-old Professional Bowlers Association star earned the 2011 ESPY Award for Best Bowler.

The charismatic Aussie, who posted seven top-10 finishes on the 2010-11 Lumber Liquidators PBA Tour but failed to win a title, outdistanced PBA Player of the Year Mika Koivuniemi, Chris Barnes and Bill O'Neill for the honor. While the finalists in each sport and award category are selected by ESPN staff, the winners are chosen through fan voting on ESPN.com.

"An ESPY is so much more than just a trophy," said Belmonte, who attended the award ceremony at the Nokia Theater in Los Angeles with his wife Kimberly. "To know that I have a strong and loyal fan base around the world makes this award so much more special. With-

out fans there would be no tour and there'd be no way to do what I love on such a grand scale.

"This award is as much the bowling fans' as it is mine," Belmonte added. "Thank you to everyone who voted, not just for me but for all of the nominees. Bowling has the best fans in the world."

Belmonte became the youngest recipient of the ESPY for Best Bowler in the 18-year history of the award. He's also the first foreign-born bowler to win the award.

"Having my wife fly out to experience this with me was the best part about the ESPYs," Belmonte said of the experience. "It's not often that my family gets to share my experiences in person, so to share this with Kimberly was just awesome."

"And rubbing shoulders with some of the high-profile athletes was a cool experience. I never appreciated just how tall an NBA basketball player really is until I stood next to one!"



BEST BOWLER ESPY AWARD WINNERS

2011	Jason Belmonte
2010	Walter Ray Williams Jr.
2009	Norm Duke
2008	Norm Duke
2007	Norm Duke
2006	Walter Ray Williams Jr.
2005	Walter Ray Williams Jr.
2004	Pete Weber
2003	Walter Ray Williams Jr.
2002	Pete Weber
2001	Walter Ray Williams Jr.
2000	Parker Bohn III
1999	Walter Ray Williams Jr.
1998	Walter Ray Williams Jr.
1997	Bob Learn Jr.
1996	Mike Aulby
1995	Norm Duke
1994	Norm Duke

WORTH THE WAIT

Winners Announced As USBC Open and Women's Championships Conclude

THEY SAY waiting is the hard part, and for many competitors in the recently concluded 2011 USBC Open and Women's Championships the payoff was worth the wait.

With the 122-day Open Championships and 88-day Women's Championships runs completed, champions in more than two dozen divisions were announced, includ-

Michelle Feldman



ing former Professional Women's Bowling Association stars Michelle Feldman and Aleta Sill, Team USA member Shannon O'Keefe and recently inducted USBC Hall of Famer Jeff Richgels.

For some, like double-champion Matt Weggen and members of the Paradise Lanes of Walden, Colo., squad, the declaration of winners couldn't have come soon enough.

"You can probably tell how hard the wait was by how many times the [BOWL.com] website was hit," said

Shane Hartman of Open Championships Classified Division team champs Paradise Lanes, who, along with Glen Hurt, Toby Sanchez,



IN IT FOR THE LONG HAUL: For a combined 210 days, the leader boards at the 2011 USBC Open and Women's Championships were up for grabs.

Matt Landis and Nick Cornelison, posted 2,910 at the National Bowling Stadium in Reno at the end of March. "All five of us were on the site every day checking the scores. The last month was really difficult."

The same interminable wait befell Weggen of Muscatine, Iowa, who became the first bowler in Open Championships history to roll back-to-back 800 series in early April. The nearly three-month wait, however, had a happy ending as Weggen's 826 was good enough for the Regular Singles crown, and his 2,268 total (806 in doubles and 636 in teams)

earned him the Regular All-Events title.

With the twin eagles, the 31-year-old Weggen became the first bowler since 2004 (John Janawicz) to claim both titles in the same year.

"I tried to tell myself not to worry about it," said Weggen. "But as it got close, I probably checked [the website] more than I should have."

Meanwhile, Richgels' Hall of Fame bio will need a quick adjustment after he earned his fifth title in record-setting fashion. Richgels and his Turbo 2-N-1 Grips (Madison, Wis.) teammates rolled the highest

team game in tournament history (1,281) en route to a 3,473 total in the Regular Team division. Richgels shared the team trophy with Mike Shady, Gail Meyers Jr., Marc McDowell and Steve Richter.

At the Women's Championships held in Syracuse, N.Y., Feldman, of nearby Auburn, N.Y., teamed with USBC Hall of Famer Sill to add the Scratch Doubles title to her already impressive list of USBC crowns. Having already collected a pair of Classic Singles titles, a Classic Team crown and a Classic All-Events title, Feldman completed a grand slam of sorts by scoring 1,462 to earn the doubles championship with Sill.

The women's Scratch All-Events crown was won by former PWBA champion Dede Davidson, who became the first woman in the tournament's history to roll a 300 game and an 800 series. The 44-year-old rolled 800 in team, 746 in doubles (bolstered by her perfect game) and 653 in singles for a 2,199 all-events total.



Weggen



Richgels

And while former PWBA bowlers performed well in Syracuse, current Team USA stars earned a pair of titles as well. O'Keefe's 766 series led the Shootin' Nines of Indianapolis, who captured the Scratch Team championship with a 3,305 total. She was joined in the winner's circle by teammates Brenda Mack, Keli Callahan, Amanda Beck and Jenifer Larson.

Team USA teammate Shannon Pluhowsky of Kettering, Ohio, rolled a 763 series to capture the Scratch Singles crown.

"It's really kind of surprising that for all the people who bowled in this event, I won singles," said the 28-year-old, who also has a Women's Championship team title to her credit.

The 2012 Open Championships will be held in Baton Rouge, La., while the 2012 Women's Championships will be held at the National Bowling Stadium in Reno, Nev. Registration already is underway for both tournaments. Go to BOWL.com for details.

2011 CHAMPIONSHIPS RESULTS

2011 USBC OPEN CHAMPIONSHIPS

Regular Team

Turbo 2-N-1 Grips (Marc McDowell, Steve Richter, Jeff Richgels, Gail Myers Jr., Mike Shady), Madison, Wis., 3,473

Regular Doubles

Chad Reiffer, Kentwood, Mich., and Brandon Tarabek, Grand Rapids, Mich., 1,497

Regular Singles

Matt Weggen, Muscatine, Iowa, 826

Regular All-Events

Matt Weggen, Muscatine, Iowa, 2,268

Team All-Events

K&K Bowling Services (Les Shirwindt, Kyle King, Chris Klerk, Adam Ishman, Andrew Cain), Las Vegas, 10,283

Classified Team

Paradise Lanes (Nick Cornelison, Glen Hurt, Toby Sanchez, Shane Hartman, Matt Landis), Walden, Colo., 2,910

Classified Doubles

Velvet Sanderson, Norco, Calif., and Gary Weldon, Temple City, Calif., 1,223

Classified Singles

Glen Brown, Renton, Wash., 690

Classified All-Events

Miguel Sanchez, Chicago, 1,853

2011 USBC WOMEN'S CHAMPIONSHIPS

Scratch Team

Shootin' Nines (Shannon O'Keefe, Keli Callahan, Brenda Mack, Amanda Beck, Jenifer Larson), Indianapolis, 3,305

Scratch Doubles

Michelle Feldman, Auburn, N.Y., and Aleta Sill, Livonia, Mich., 1,462

Scratch Singles

Shannon Pluhowsky, Kettering, Ohio, 763

Scratch All-Events

Dede Davidson, Buellton, Calif., 2,199

Diamond Teams

Eagles Edge Pro Shop (Joey Biondo, Tracy Luncsford, Keri Caduto, Jonquay Armon, Tina Becke), Des Plaines, Ill., 3,416

Diamond Doubles

Suzy Minino, Omaha, Neb., and Trish Manna, Omaha, Neb., 1,532

Diamond Singles

Brittany Signor, Watertown, N.Y., 806

Diamond All-Events

Elizabeth Hubler Rike, Grand Rapids, Mich., 2,270

Ruby Team

Youngs Welding Inc. I (Connie Turner, Joan Newman, C. Anne Kluin, Cindi Major, Linda Schoenhofer), Chanute, Kan., 2,982

Ruby Doubles

Deatra Tart, Chicago, and Denise Hill, Chicago, 1,241

Ruby Singles

Camille McQueen, Long Valley, N.J., 702

Ruby All-Events

Sharon Moore Thomas, Blue Island, Ill., 1,885

Sapphire Team

Diane's Dreamers (Debbie Scovel, Lindsey Dieter, Diane Gleason, Dianne Waldon, Keelie Burgett), Joliet, Ill., 2,558

Sapphire Doubles

Maude Chattam, Calhoun, Ga., and Estelle Dixon, Calhoun, Ga., 1,095

Sapphire Singles

Vanessa Bayes, Monroe, Va., 651

Sapphire All-Events

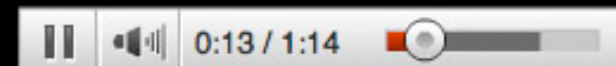
Vanessa Bayes, Monroe, Va., 1,744



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Technique

POWER POSTURE

Proper posture will ensure consistency in your release

By Bryan O'Keefe

For some reason posture isn't talked about enough in bowling. It's talked about all the time in golf and other sports.

The truth is posture has a significant impact on your consistency. In fact, aside from timing, posture is probably the most important factor in creating more power and more leverage to your game.

Every bowler knows that you need to get low for a powerful release. But the most common problem is that bowlers tend to bend at the waist. The result is that their torso is out ahead of their lower body, which actually causes them to lose leverage and power.

Compounding the problem, bending at the waist tends to throw off the shape of the bowler's swing, forcing them to use more muscle to bring the swing back into line. The more muscle you have to use the more difficult it is to repeat

a shot. Consistency becomes a problem.

Good posture through the approach starts with bending at the knees instead of the waist. Keep your knees bent and your hips low. Your center of gravity will stay consistent and you will be in a better position at the bottom of your swing. The ball will be underneath your body, which puts you in a more powerful position.

Still, we're not talking about bending completely at the knees and being straight up and down. You have to maintain a slight forward lean with your upper body. You just need to make sure you don't increase that lean as you enter the slide. Keep it consistent.

The two main benefits from maintaining proper posture are balance and a flatter swing plane. Balance goes back to your center of gravity. By staying centered and more balanced, you've got a better chance of repeating shots.



A CONSISTENT APPROACH: Click on the play button (above) to view Bryan O'Keefe's explanation of proper posture on the approach.

Keeping your swing plane flatter increases your margin of error at the release point. Ideally, the longer the plane at the bottom of your swing, the more room you have to release the ball on target. Conversely, by bending at the waist and having your head and shoulders out ahead of your hips, the steeper your swing and the lower the margin for error.

I liken it to the base of a bowl. The wider the bottom of the bowl (or the flatter the swing plane), the more time you have to find the target. The narrower the bottom

of the bowl, the more precise the release spot needs to be. The flatter plane allows for greater accuracy and consistency in your release.

A low posture doesn't necessarily mean a longer swing plane, but it does allow for greater consistency. The more consistent you keep your posture, the more consistent your release: when your posture changes as you approach the line, the swing plane changes with it.

— *Bryan O'Keefe is Assistant Coach and Facility Manager at the International Training and Research Center in Arlington, Texas.*

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FITNESS

START YOUR ENGINES

How Your Eating Habits Affect Your Score

By Nick Bohanan

One of the reasons today's athletes perform at such high levels is that we've made such great strides in understanding exercise and nutrition. Knowing what foods to eat and when to eat them has become as important as physical training because food provides strength and endurance, key elements in virtually every athletic endeavor.

This holds true for bowling as well. The athletes on Team USA follow the basic rules of nutrition. They may not know the science behind it, but they've learned by trial and error. They listen to their bodies and they understand what foods make them feel good and strong.

Whether you are on Team USA, bowl in regional and national competitions, or simply lace them up once a week in a local league, what and when you eat will impact your performance.

In other words, if you want to perform well, then beer frames

and French fries are out!

Bad habits are tough to break, but eating too much or eating right before you bowl does not help your game. Eating too close to competition can cause fatigue and indigestion. Your body wants to digest what you've eaten, but you're using all your energy to



WEIGHT LOSS IS STILL WHAT YOU EAT

MAINTAINING your weight (or losing weight) comes down to your daily consumption of calories. The more active you are, the more calories your body requires. Most adults should take in 2000-2500 calories per day. Of course, if you want to lose weight you will need to cut out 300-400 calories a day.

The worst way to lose weight is by cutting your calorie intake too dramatically. That approach ends up being counterproductive. At some point your body will go into protective mode. Instead of using the food you're eating for energy, your body will start to store the fat.

The best way to lose weight is to spread your calories throughout the day: three meals, plus 2-3 snacks per day. By eating more often you won't require as many calories during the day and your stomach never really empties. You should never get

to the point where you are starving! And if you skip meals, you'll probably eat more than you should.

Eating slowly also is important. It takes your body 30 minutes to register the amount of food you've taken in. When you eat fast, your body hasn't registered yet and it will allow you to take in more without feeling full. Also, drink more water during meals. It will help you feel full faster and you won't eat as much.

Ideally, half of your meal should be fruits and vegetables, one-quarter protein and one-quarter carbohydrates. And the protein should be at least 90-percent lean. Try more whole grains as well. Many people are switching from white flour to whole grains. The high fiber fills you up faster and helps regulate your digestive system.

Finally, reduce the amount of sugary drinks and snacks you consume. It will make a huge difference!

bowl. The food is just going to sit there, or it's going to start to digest and get broken down. Your body will have to expend energy to digest the food and the result is that you are going to feel sluggish.

Ideally, you should eat several hours before you bowl. That will allow time for you to digest your food and you will be able to utilize the nutrients and energy that you've put into your system. Even if you're bowling in the morning, a peanut butter and jelly sandwich or oatmeal with fruit will supply the proper nutrients to your muscles and your blood.

As you get closer your start time, a little snack such as a protein bar will tide you over. By eating something beforehand, your body won't have to utilize the stored energy sources as quickly, so you delay the onset of fatigue.

As you are bowling, you want to stay hydrated. Drink plenty of water or sports drinks throughout

your block or league session. Research shows that if you absorb a lot of proteins or carbohydrates while you're in competition, it will prolong your ability to perform at a high level and will help your body recover quickly.

You want more carbs than protein (ideally a four-to-one ratio), and drinks such as Accelerade and PureSport supply the right amounts. They will help with endurance and strength, and the protein will aid recovery. Plus, when you're competing it's usually easier to drink something than to eat something.

Once you've finished bowling, it helps to eat something within 30-90 minutes.

Pay attention to your eating habits prior to bowling. Your body, and subsequently your score, will tell you if you've made the right decisions.

— *Nick Bohanan is United States Bowling Congress Sports Performance Specialist.*

GET INTO BOWLING SHAPE

IT'S NO coincidence that Chris Barnes, one of the world's top bowlers, is one of the game's most health-conscious athletes. One of the reasons Barnes' game has withstood the test of time is that he works out regularly and pays close attention to his diet.

"I started paying more attention to my diet once I turned 25. I noticed I was getting a little heavier each year, so I started paying attention and learned what to cut out to keep my weight at a comfortable level. I'm over 40 now, and you just can't eat the same stuff at the bowling center you used to eat when you were 25!

"I want to be up several hours before I bowl, and try to eat at least an hour beforehand. You'd like to have more time, but sometimes you just don't have a choice. If I eat that close to a block it will be a lighter meal. You can't throw down 1500-2000 calories and then roll into the bowling center. Your system will totally bog down.

"Food-wise, I stay away from fried foods. They drag you down and don't really supply you with any energy, either. You want foods that will sustain you through a block, or through a

three-hour team league session.

"Sometimes between blocks I might grab a 6-inch Subway sandwich. It's small, so I don't take on too many carbs. During the block I might have a snack, but not candy. A protein bar is good because it has enough substance to take away the hunger.

"From an energy standpoint, I stay away from soda while bowling. I don't need the sugar spikes or the caffeine spikes. It's hard to stay consistent when your adrenaline jumps and then crashes.

"The main thing is to keep things balanced across the board. Over time you'll learn how your body responds and you'll be a better bowler."



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BACK TO BOWLING

Getting Back Into Shape For League Season

Bowlers are a lot like school kids. August means summer is coming to a close and September signals the start of classes...in the case of bowlers, the start of league season!

So, how are you going to get yourself prepared? Are you going to wait until the opening night of leagues, then pull your ball and shoes out of the closet and use the 15-minute warm-up period to get your game right back to where it was when last season ended?

By Carolyn Dorin-Ballard



Don't laugh. Plenty of bowlers take that approach. They're also the ones who come to the center a few days later saying, "Oh, my shoulder is really sore," and "Oh, my legs are so sore," and "Oh, my hand hurts because my ball doesn't fit."

There are ways to avoid those pitfalls, and they don't require five days a week at the gym or a month of practice. With a little physical preparation and a few short practice sessions you can get yourself back into bowling shape.

EXERCISE

The first step in your bowling rehab doesn't require a bowling center, or even a bowling ball.

There is a lot of muscle memory when it comes to sports, and when you are away from a sport for an extended period of time your muscles tend to forget what they were accustomed to doing. Bowling is about lower-body strength, not arm strength. Virtually all of your power in bowling comes from your legs. You get your leverage and stability from your legs, so getting them back into some semblance of bowling shape is important. Strengthening your legs also will enhance your stamina.

Again, we're not talking about hours in the gym doing leg presses. Something as simple as walking

around the block four or five times after dinner will go a long way to increasing your leg strength and endurance. Work your way back into things slowly.

STRETCHING

What you don't want to do is risk injury. That means don't be tempted to walk onto the lanes opening night and hurl that 16-pound ball at warp

speed on your first throw. Stretch your bowling muscles for 10 minutes a day in the weeks leading up to the start of leagues. Do shoulder stretches and wrist flexors, along with a few lunges and squats. Get your body motivated again.

Also, do a few dynamic stretches like jumping jacks and torso twists just prior to bowling. After you are finished bowling, do a few static

stretches, like shoulder stretches and hand flexors, and you'll be less likely to strain a muscle or tendon. Stretching will also cut down on the tightness and soreness you might feel after your first few practices and league blocks.

EQUIPMENT

A lot of factors impact how well your equipment fits and performs from



EQUIPMENT CHECKLIST

BOWLING BALL: Does it still fit? Have your fit checked at the pro shop. You cannot out-bowl a bad fit!

SHOES: Do the soles and heels need to be changed, or just cleaned? Leather can get dry and crack after months of non-use.

ACCESSORIES: Make sure your bag includes thumb tape, scissors, rosin bag, grip sack, extra soles and/or heels.

TREAT YOURSELF: End-of-summer sales in the pro shop make this the perfect time to check out the ball/bag/shoe offers.

year to year. Have you gained or lost weight? If you're a youth bowler, have you grown since last season?

Our thumbs tend to swell in the summer and shrink in the colder months, so chances are your thumb size in September is not the same as it was when the season ended last December or March. You may need to have your thumb hole opened up a bit at the start of the season. In the winter months you may need to put some bowler's tape in the thumb hole for a snugger fit.

— Carolyn Dorin-Ballard
is United States Bowling
Congress Director
of Coaching
Certification
& Development.



BOWLING SHAPE

Ready to get back on the lanes?

Take it slow!

Let's face it, you haven't picked up a bowling ball in eight weeks — or longer! You'll need to pencil in a few practice sessions before the start of leagues. The minimum should be two practice sessions a week for two weeks before league starts up.

The first session should involve minimal exertion. Step onto the approach without the ball. Take your normal approach and slide. Do this several times to get the feel of the approach and the slide into the line.

Now, while you're still standing back in the settee, pick up your bowling ball and swing it gently by your side. Use this exercise to get reacquainted with the motion, get a feel for the weight and to loosen your shoulder a little.

When you get back onto the lane don't keep score. In fact, don't even worry about knocking down pins. Your first shots should be nice and slow, simply rolling the ball off your hand. Make sure your swing is loose and you've got your feet underneath you.

Use this approach for the first session, only bowling one or two games. Don't be surprised if you still

feel a little sore and stiff a day or two later. Your bowling muscles have been on vacation too! You need to reacquaint them with your bowling motion. It's going to take a few sessions for your wrist and hand to get back into shape. Again, stretching both before and after bowling will cut down on the pain and stiffness.

For the second session, try to get lined up on the house shot that you bowled the previous season. Fine-tune your game from there. How's your timing? Technique?

But be careful. Don't overanalyze or try to change too much. Work on only one or two things. You've been away for a while, so just work on getting your rhythm back. Work on spares.

As the league season progresses, continue to practice and monitor your game. If you think you still need help, look up a certified USBC coach. Assessing your own game is difficult. Sometimes you think your technique is fine, but an outside view would determine otherwise. Similarly, sometimes you feel helpless but the answer is simple.

That's why it's good to have someone else observe. The only way you learn is through feedback.

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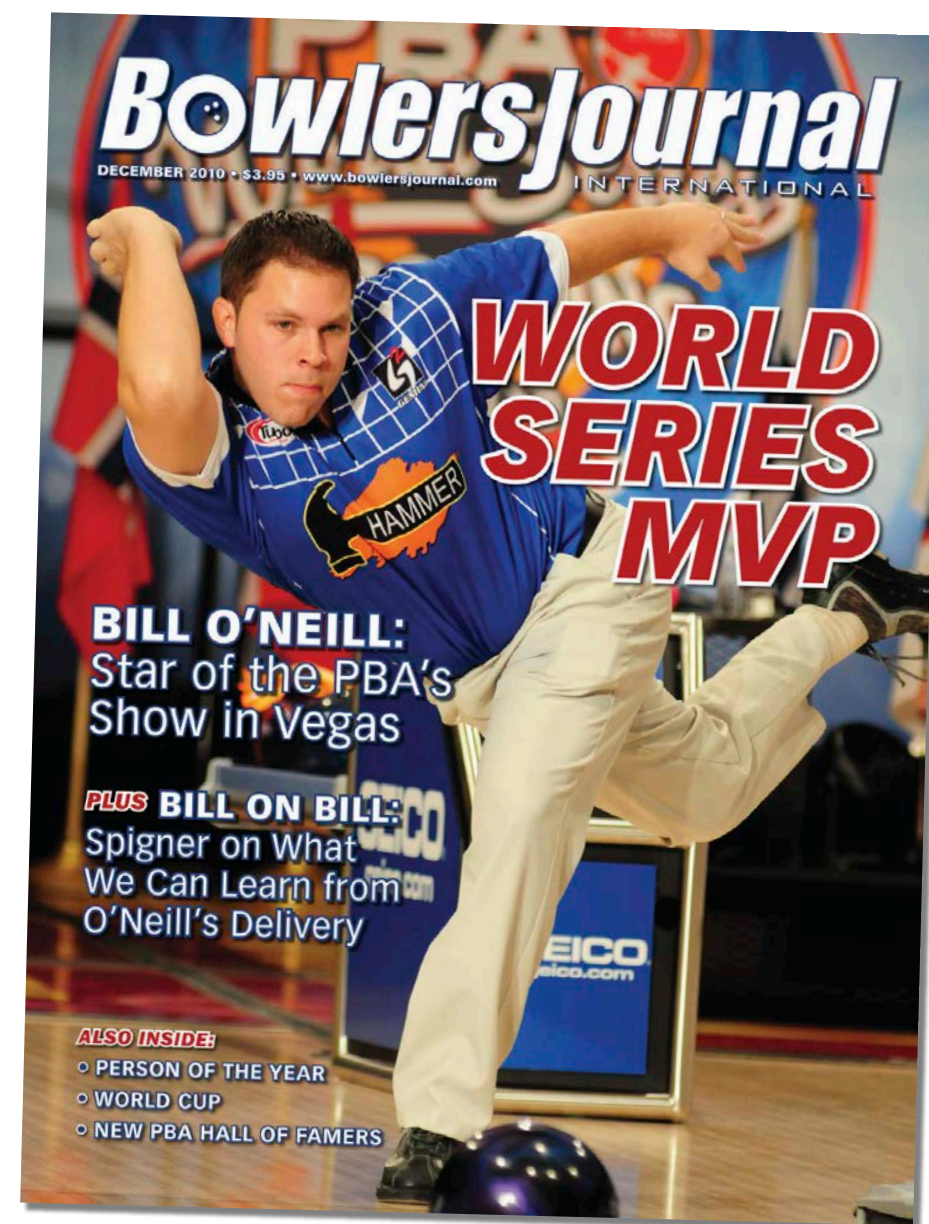
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