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US BOWLER

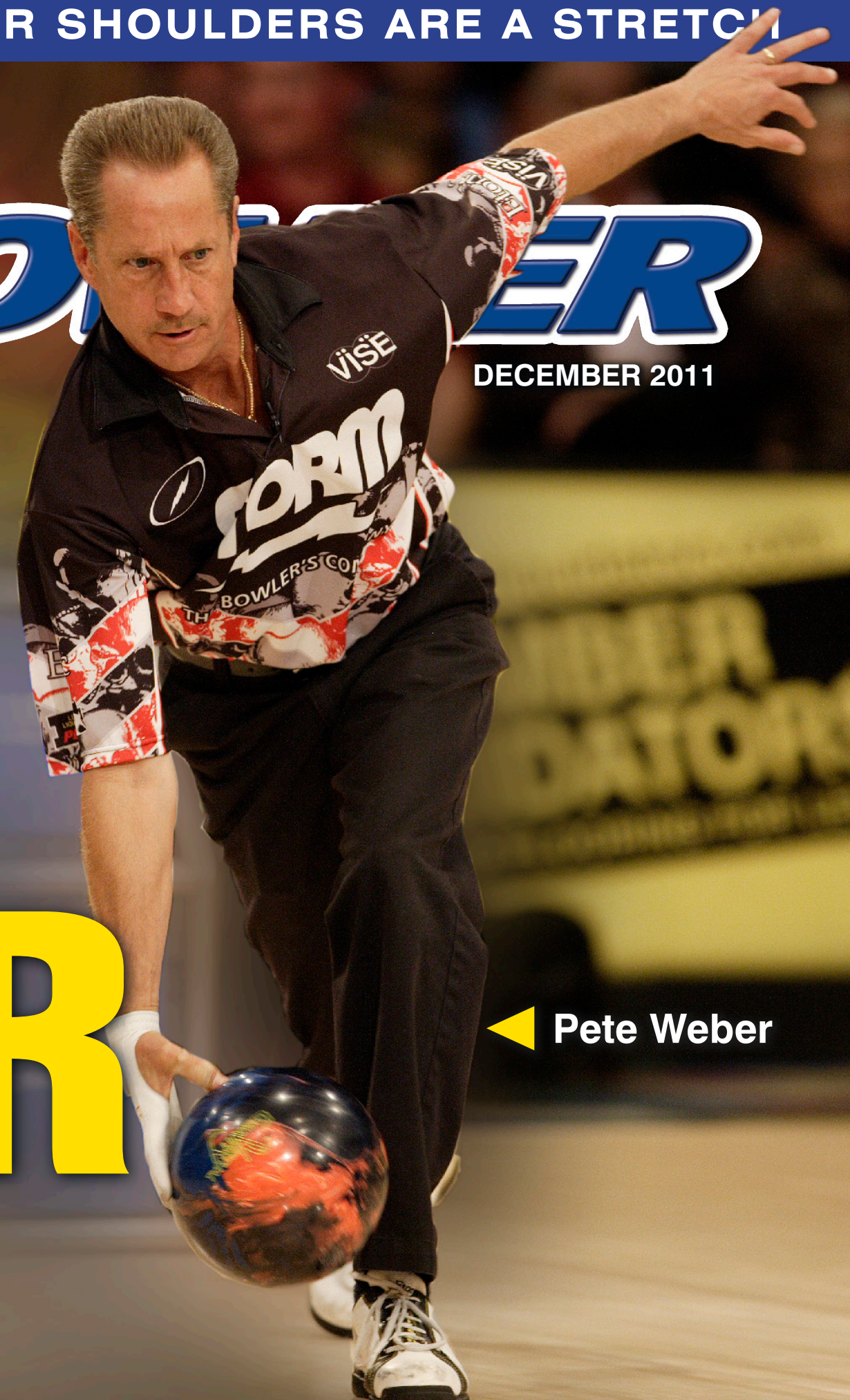
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PUBLISHED BY THE UNITED STATES BOWLING CONGRESS

621 Six Flags Drive, Arlington, Texas 76011 (800) 514-BOWL

**MANAGED BY
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US Bowler is an official publication of the United States Bowling Congress, 621 Six Flags Drive, Arlington, Texas, 76011. E-mail: bowlinfo@bowl.com for membership information. Editorial and other US Bowler questions can be e-mailed to usbowler@bowl.com, mailed to Customer Service at the address listed above, or call (800) 514-2695, ext. 3161. For more information on USBC, visit bowl.com.

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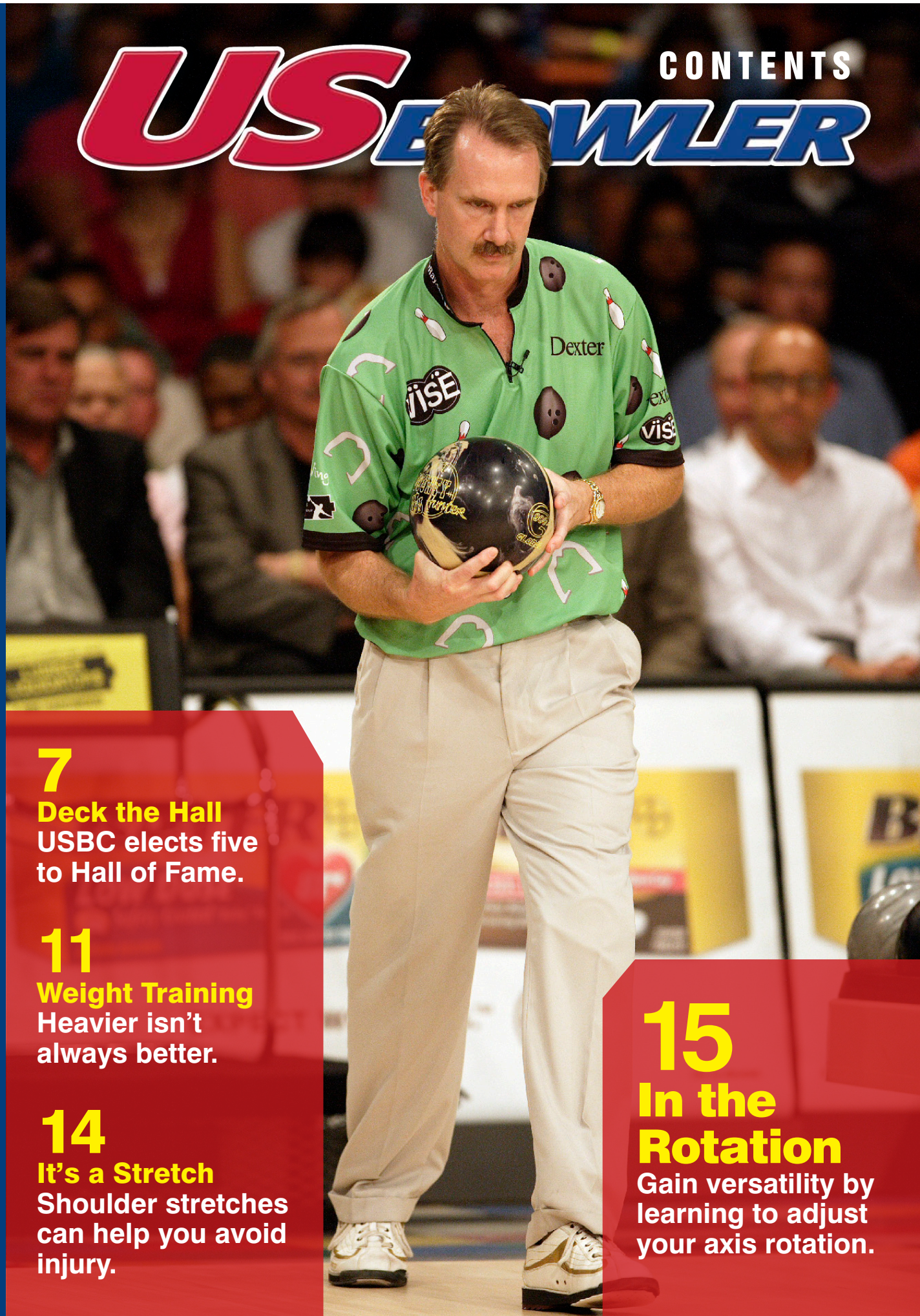
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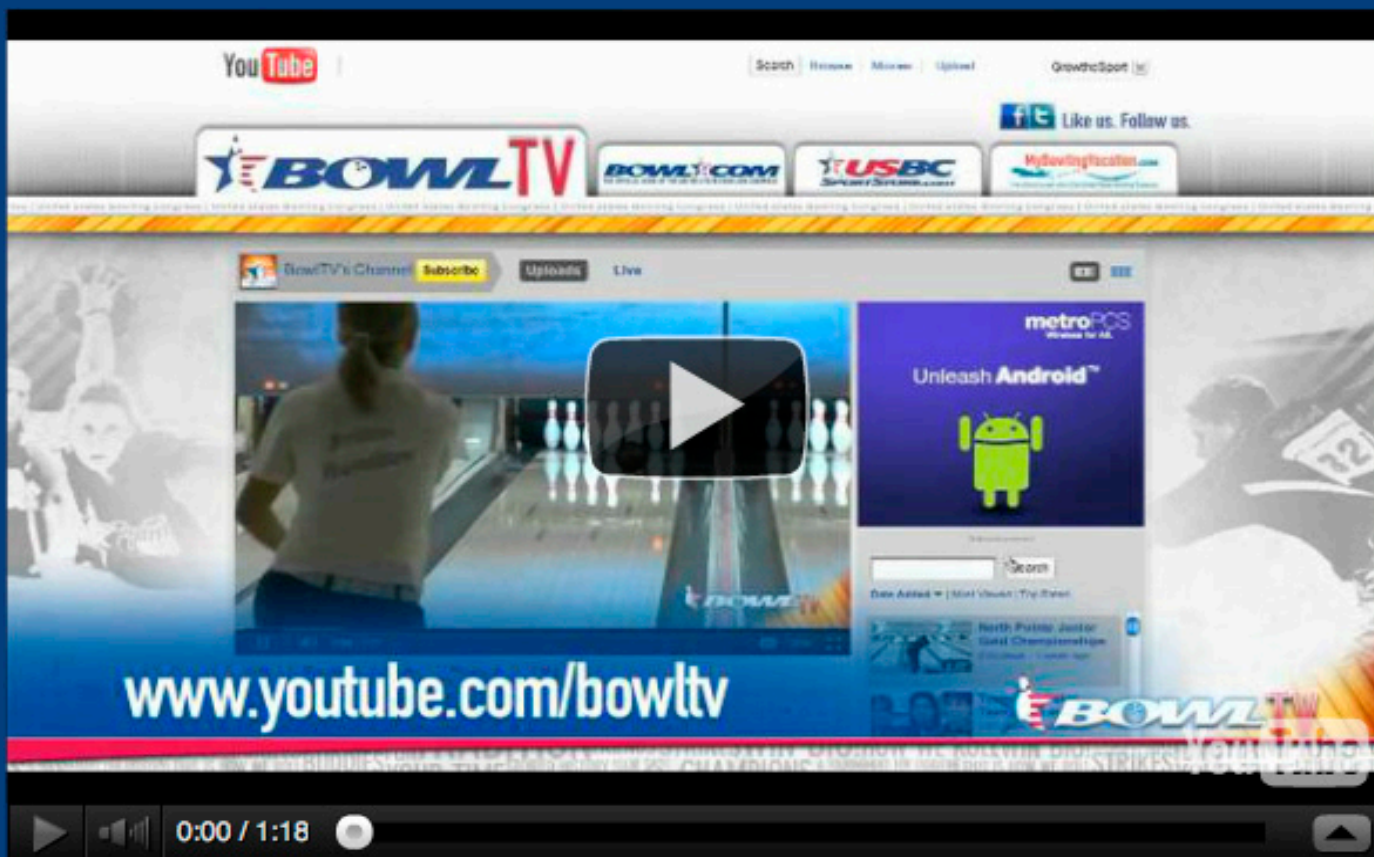
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NATIONAL NEWS

Bowling fans can now channel their inner bowler 24 hours a day. The United States Bowling Congress recently unveiled an online channel, YouTube.com/BowlTV, where viewers will be treated to video features, coaching tips and live events at one convenient location. The latest incarnation of BowlTV will also feature live, interactive programming in which viewers will be able to communicate directly with program hosts, coaches and guests.



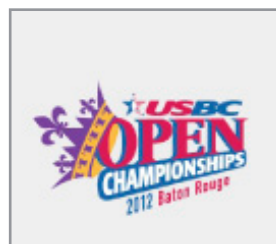
DON'T TOUCH THAT DIAL: All bowling all the time on bowling's YouTube Channel. **CLICK ON THE PLAY BUTTON** ABOVE FOR A VIDEO CLIP ABOUT THE NEW BOWLTV.



Shuttle Commander to Keynote Bowl Expo 2012

Retired commander Mark Kelly, who flew four missions to outer space, will be the featured speaker at Bowl Expo, slated for June 24-28, 2012, in Reno, Nev.

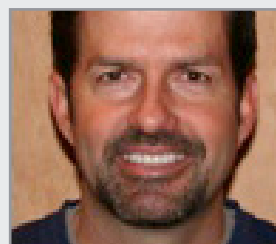
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Get the VIP Treatment at USBC Open Championships

New VIP program offers bowlers a chance to be coached by international coach Bill Hall on the tournament's new showcase lanes.

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USBC Gold Status Awarded to Two Coaches

The number of USBC Gold coaches worldwide grows to 16 with the addition of Hank Boomershine (left) of Brigham City, Utah, and Joe Slowinski of Lake Wales, Fla.

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PBA Experience Leagues Return

USBC once again partners with the Professional Bowlers Association to offer league opportunities using PBA oil patterns.

[CLICK HERE TO READ MORE](#)



UMES Bowler Named Alberta Crowe Star of Tomorrow

University of Maryland Eastern Shore sophomore Megan Buja was named 2012 Alberta Crowe Star of Tomorrow.

[CLICK HERE TO READ MORE](#)



Chuck Hall Award to St. Ambrose Freshman

Kyle Anderson of Lockport, Ill., was selected the recipient of the Chuck Hall Star of Tomorrow scholarship.

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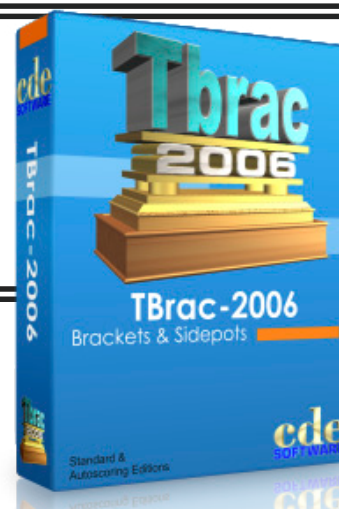
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Bulletin Board

DECK THE HALL

Holiday cheer comes early for five elected to USBC Hall of Fame

For those whose passion is bowling and who have excelled as either a participant or an administrator — or both — can anything be more rewarding than a phone call confirming election into the USBC Hall of Fame?

“I’m totally blown away at this honor,” admitted wheelchair bowler Al Uttecht of Anaheim, Calif., who, along with four others, received just such news from the USBC Hall of Fame Committee in November.

“I had just gotten out of bed when I got the phone call with the news I had been selected,” echoed Joan Feinblum of Santa Rosa, Calif., an indefatigable promoter of the game for nearly 50 years. “I thought maybe I was dreaming.”

Uttecht, the first person chosen in the Pioneer category since 2008, and Feinblum, elected in the Meritorious

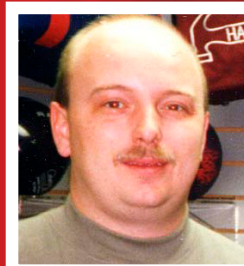
Service category, will be joined in the Hall of Fame class of 2012 by the late Kerm Helmer, a longtime proponent of youth and collegiate bowling, and Open Championships titleholders Lennie Boresch of Kenosha, Wis., and Gary Daroszewski of Franklin, Wis. Helmer was selected in the Meritorious Service category, while Boresch and Daroszewski will enter the hall in Outstanding USBC Performance.

The quintet will be formally inducted on April 26 during the USBC Convention in Arlington, Texas. They will be joined by inductees in the national Superior Performance category, for which voting is still being conducted.

Uttecht, confined to a wheelchair from injuries suffered in Vietnam in 1970, blazed a trail for wheelchair bowlers, and has won the American Wheelchair Bowling Association Tournament of Champions 13 times.



AL UTTECHT



LENNIE BORESCH



JOAN FEINBLUM



KERM HELMER



GARY DAROSZEWSKI

Boresch and Daroszewski have been teammates on three USBC Open Championships title-winning squads, and Daroszewski has added a trio of Open titles of his own.

For Feinblum and Helmer, bowling greatness came through helping others. Feinblum has served at the national, state and local levels, and spent more than a decade on

the Women’s International Bowling Congress Board of Directors. Helmer became one of the sport’s most prolific coaches, initiating the men’s and women’s bowling programs at Erie Community College in Buffalo, N.Y., and leading his teams to 37 National Junior College Athletic Association titles and four national titles.

A red baggage claim carousel is shown from a low angle, with several blue bowling bags with white stripes lined up on it. Above the carousel, a red signpost holds a black sign with white text that reads "LOW FARES NOW ARRIVING." Below that, a smaller red sign says "Baggage Claim 300". The background is a bright blue sky with white clouds and faint silhouettes of airplanes. A blue diagonal line separates the carousel image from the text on the right.

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NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING



Bowling's a Slam Dunk

NBA star Griffin shows off on the lanes

ADD NBA superstar Blake Griffin to the growing list of roundballers who seems to have an affinity for the other hardwood.

Griffin, the former collegiate player of the year, NBA All-Star, NBA Rookie of the Year and winner of the NBA Slam Dunk contest, was an integral player in

not one, but two charity bowling events this past summer and fall.

The 6-foot 10-inch member of the Los Angeles Clippers participated in his team's annual charity event, the BasketBowl Challenge, at Keystone Lanes in Norwalk, Calif., with proceeds benefiting the LA Clippers

Foundation and local children's charities.

In August, Griffin used bowling as a vehicle to raise money in honor of a lifelong friend who died earlier this year from Hodgkin's lymphoma.

Griffin's Bowling Down Cancer event, staged at AMF Moore

HARDWOOD HERO DOES GOOD: Rising young basketball star Blake Griffin bowled in a pair of charity events, including his own event that raised more than \$100,000 to fight cancer.

Lanes in Moore, Okla., drew a sellout crowd of 400 and raised more than \$100,000 for Stand Up to Cancer research and a scholarship fund in the name of his fallen friend, Wilson Holloway.

"Blake's an outstanding young man," said Holloway's father, Willis.

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Technique

POUND FOR POUND

Preferences in bowling ball weight are shifting...again.

By Bryan O'Keefe

Because it is not an exact science, ball weight has long been an interesting topic of discussion in bowling. And as bowling balls have changed over the years, so has the perception of weight preferences.

Before the proliferation of reactive balls, most bowlers simply used the heaviest ball they could throw. The heavier the ball the more hitting power and driving power, and the more pin action. The lighter the ball, the more concern bowlers had about deflection.

It shouldn't come as a surprise then that in the '80s and '90s, bowling ball companies were said to be producing three 16-pound balls for every one 15-pound ball.

That all changed in the past decade with technical advances in bowling ball construction. Balls today are so powerful that the need to maximize ball weight for carry isn't as critical. The combination of ball speed, ball weight and your ability to get the ball into its roll before it hits the pins is what maximizes your carry percentage.

The general shift down to 15-pound balls over the past 10 years had almost reversed the production levels of 15 and 16-pound balls. And it makes sense.

Using a ball that's one pound lighter eases a significant amount of strain on a bowler's body over the course of a 30-week league session, a tournament or, in the case of the pro bowlers, a tour season. The slight drop in weight also allows the bowler



FINDING BALANCE: Ideally, you want a good mix between the ball swinging you and you swinging the ball.

Technique

BOWLING TECHNIQUES TO MAKE YOU A BETTER BOWLER



Heavy Advice

RULE OF THUMBS

Often times, bowlers who are using balls that are too light are bowlers who started by using house balls. Someone who finds that a 14-pound house ball provides a comfortable weight will subsequently buy a 14-pound ball. Remember, house balls are drilled for the masses. Finding a house ball that properly fits is almost impossible.

Generally speaking, if a 14-pound house ball feels comfortable, a 15-pound or even 16-pound ball drilled properly to fit your hand will give you the same feel. A properly measured and drilled ball requires less grip pressure and upper body strength to hold onto.

to throw the ball harder, and that extra speed coupled with the advanced driving capabilities of today's balls more than outweighs the benefits of throwing a heavier ball at a slower speed.

Recently there has been some movement with elite bowlers moving back to 16-pound balls. There are several reasons this could be happening. For some bowlers a heavier ball will actually smooth out their swing. The added weight helps them keep the swing flatter on the downswing and at the release point. Some bowlers who go down in weight discover their swing gets a little steeper, or perhaps affects their timing. Going back to a heavier ball will slow things down.

Additionally, bowlers will go down in weight as a way of protecting hand or wrist problems. Today, however, pro shops know so much more about properly fitting the ball to your hand that nagging wrist and hand injuries are fewer and farther between.

What does all this mean for you?

Generally speaking, these are simply factors to consider when going up or down in ball weight. Every bowler is different, but weight determination is based mostly on strength and pain.

Of course, there are several ways to determine whether you should consider a change. Clearly, whatever

weight you are currently using is what you're most comfortable with and accustomed to. That doesn't necessarily mean it is the ideal weight for you.

A coach or teammate watching you throw should easily be able to determine if the bowler is dictating where the ball is going, or if the ball is dictating where the bowler is going. If the bowler is dictating where the ball is going, the ball may be too light.

Conversely, if the ball is too heavy, it will dictate where the bowler's body is going. If you're not really strong enough to maintain a smooth, even swing you will tend to push the ball away. Your posture will also be out of whack, and your body will look like it is chasing the ball.

Ideally, you want to have a good mix between the ball swinging you and you swinging the ball. You don't want the ball taking your body into a different direction, but you don't want to be manhandling the ball either. Either extreme will make it more difficult to hit your target with any consistency. The ball should swing naturally.

— *Bryan O'Keefe is Team USA Assistant Coach and Facility Manager at the International Training and Research Center.*



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Health and Wellness

FITNESS, HEALTH AND NUTRITION TIPS TO MAKE YOU A BETTER BOWLER

FITNESS

SHOULDERING THE LOAD

Staying injury-free is a stretch.

By Nick Bohanan

Bowling does not cause as many shoulder injuries as sports in which the arm action is overhand (such as baseball, tennis, etc.), but your shoulder still endures a lot of strenuous repetitive action on the lanes.

The shoulder is probably the most flexible joint in the body. Numerous muscles across your chest and back act on your shoulder joint, which allows it to complete all the motions.

We've worked on shoulder stabilization and flexibility, but to maintain that loose, smooth movement we use in bowling, it is important those muscles get stretched as often as possible. This is especially true when you've been doing exercises to strengthen your shoulders. The muscles tend to get pretty tight.

We do a fair amount of testing at the International Training and Research Center, and in our functional movement screening we test for shoulder mobility. One of the most telling tests is one in

which we ask athletes to reach up behind their back with one arm, then have them bend their other arm behind their head in an attempt to get the fingers of both hands to touch.

Because bowlers generally have a dominant arm, it's often difficult to get your dominant arm up behind the back far enough to touch the fingers of the non-dominant arm. The dominant arm struggles because of muscle mass. Women tend to be more flexible in this exercise because they simply don't have that muscle mass.

Either way, the inability to touch fingers in this test signifies that we need to work on the internal rotation of the shoulder.

The stretch recommended for internal rotation is the Sleeper Stretch. In this stretch, lie on your side and extend your bottom arm straight out, then bend it at the elbow 90 degrees. Your fingers should be pointing to the ceiling. Place your opposite hand over your wrist and gently push your arm toward the floor, offering



STRETCHING THE LIMITS OF FITNESS: Click on the play button to view USBC Performance Specialist Nick Bohanan demonstrate stretching exercises for the shoulders to lessen the risk of injury.

modest resistance. Maintain this stretch for 30 seconds.

A common, easy-to-do stretch is the Door Stretch, in which you stand in a doorway and reach for the door frame with one hand. Keeping your arm straight, take a step forward, feeling the stretch in the front of your shoulder. Repeat this stretch with the other arm.

Finally, stand with your feet about hip-width apart. Clasp your hands behind your back and

stretch your arms out straight. Gently lift your hands up and away from your body, feeling the stretch in the front of your shoulders and chest.

These are easy-to-do exercises that will stretch all of the muscles that run along the front and back of your shoulder.

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

DEGREES OF SEPARATION

Being able to adjust your axis rotation is a tool worth having.

There are a few major indicators of how the ball will roll once it has left your hand: speed, rev rate, axis rotation and axis tilt.

I believe a player's ability to adjust their axis rotation has the greatest impact on their versatility. It's one of the most valuable tools you can have in your bowling toolbox, and it's quite common at the elite level. But it's also something that is being taught more at the intermediate level as well.



By Kim Terrell-Kearney

Axis rotation is measured on the ball's horizontal plane. We locate a player's positive axis point (PAP), which is the stable axis upon which the ball begins to initially rotate. To better understand axis rotation, put a small piece of white tape on your ball's PAP. If your hand is up the back of the ball at release, that piece of white tape will be on the west side of the ball (for right handers). The more your hand moves around the ball at release (or, the more axis rota-

tion you're able to create), the more that white tape will move eastbound.

Adjusting the axis rotation will get the ball to react differently to the lane. Generally speaking, balls skid, then hook, then roll. Less rotation will shorten the skid phase and get the ball into the hook phase earlier, while maximum rotation will extend the skid phase of the ball and increase its hook potential down lane. It's such a valuable tool because it will change the ball's reaction while still allowing you to stay in the same part of the

lane and use the same break point.

Ideally, you would like to limit lateral moves on the lane because it forces you to make multiple adjustments. And often times, particularly on challenging conditions, the zone you're going to have to play and the break point are pretty defined. This tool will allow you to stay in that area.

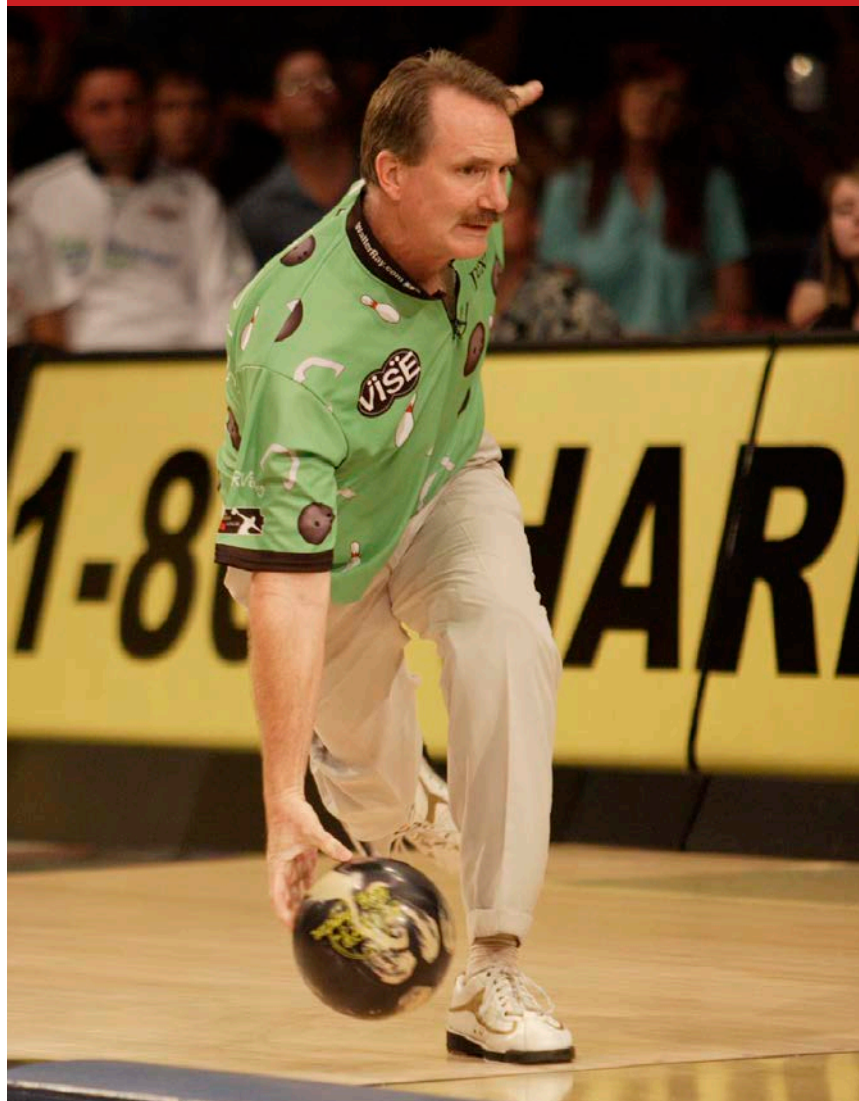
In theory, the range on axis rotation runs from 0 to 90 degrees. The closer you are to 0 (meaning your hand is almost directly behind the ball), the more end-over-end the ball will roll in a forward direc-

tion. The more "around" the ball your hand is at release, the more the ball will skid before hooking and getting into its roll.

The players with the capability of executing the widest range of axis rotation are considered the most versatile.

Establishing and applying that versatility isn't as daunting as it might sound. First you need to gauge your PAP. Again, do that by placing a piece of white tape on your PAP. You'll probably need a spotter behind you (a teammate, coach or pro shop owner

Alternate Route



PLEASE RELEASE ME

We've spent a lot of time at the International Training and Research Center measuring the range that elite bowlers have on their axis rotation. We measure that by marking their PAP and using a high-speed camera to capture their release. The bowlers are asked to see how far behind the ball they can get and after we tape the shot, we watch it back, taking note of where the PAP is in relation to the horizontal plane of the ball (across the equator). This is considered their minimum amount of rotation they can impart to the bowling ball. Then they're asked to move to the other extreme and really get around the ball. We repeat the process and determine the maximum amount of rotation they can impart. The difference between these two numbers gives us that bowler's "rotation range."

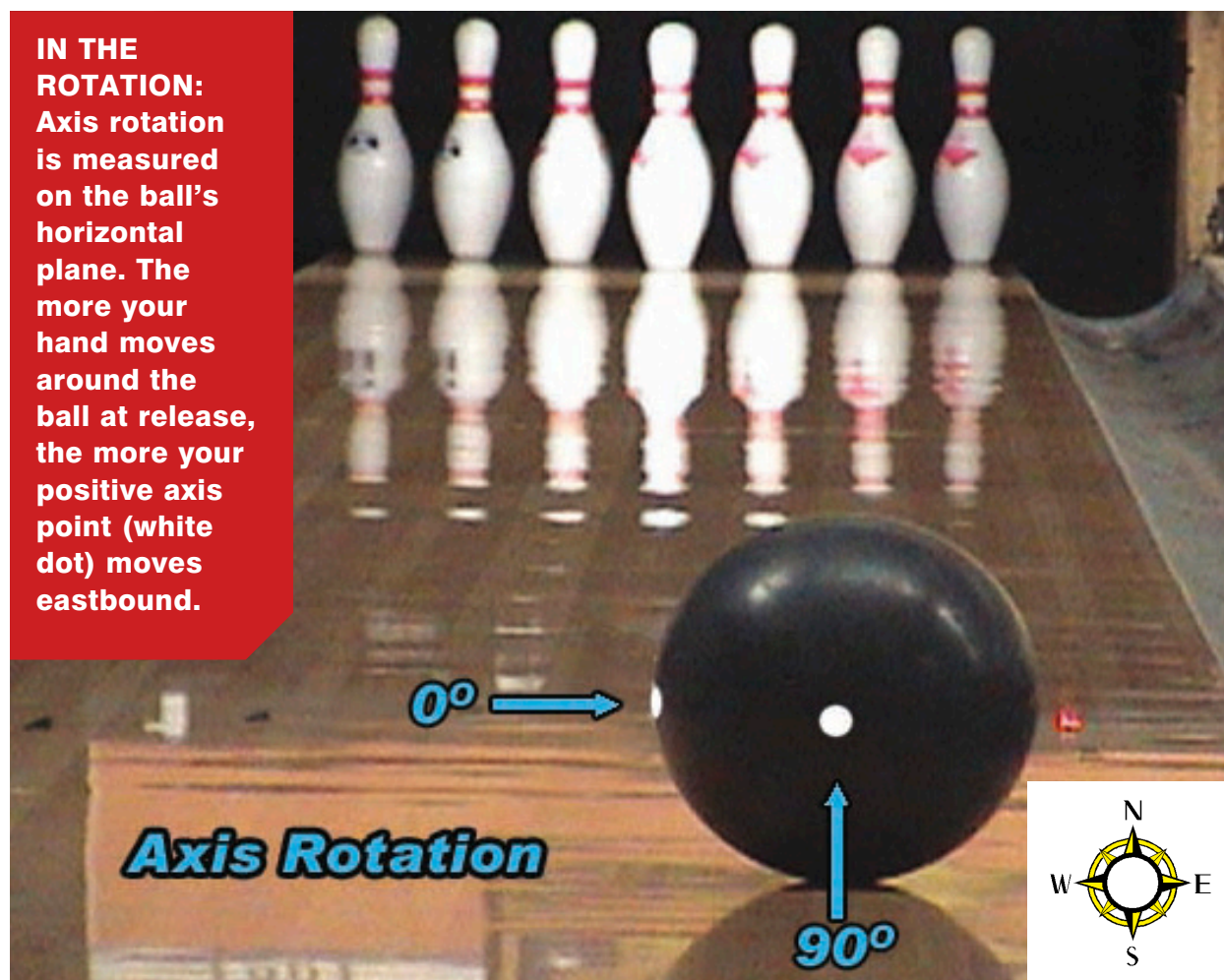
Players like Walter Ray Williams and Chris Barnes are generally on the lower side (40

degrees or less) of rotation. Walter Ray can really get up the back of the ball and get it to roll end over end. Pete Weber, on the other hand, is almost always at, or close to, 90 degrees rotation. You see a lot of skid down the lane, and when the ball sees friction you see a dramatic left turn.

The difference is that Weber has a tougher time getting towards 0 degree, while Walter Ray can get his hand around the ball. In fact, when tested his range spanned from 35 degrees to 100 degrees. Mike Fagan also has great range of rotation, measuring from 20 degrees to 85 degrees. The 65-degree differential for both Williams and Fagan was the highest we measured.

Two-handers have the widest range because they can get their hands in such a different position, but that's an entirely different topic!

IN THE ROTATION: Axis rotation is measured on the ball's horizontal plane. The more your hand moves around the ball at release, the more your positive axis point (white dot) moves eastbound.



are possibilities). As you try different hand positions the spotter can tell you whether your PAP has moved from west to east, or vice versa.

You should also preset your hand position in your stance, more on the side of the ball or directly underneath it. And remember, your preset hand position is what you have to have at the release point. Players will sometimes start with their hand under the ball, but will gravitate back to their normal hand position by the time they release the ball. Your spotter will be able to tell you whether you've maintained the desired hand position through the release.

You may also notice some physi-

cal differences. When you deliver the ball with your hand up the back, you'll feel more of the pads of your fingers come out of the ball. As you get around the side of the ball, you'll feel the release more on the sides of your fingers.

This method won't give you the precise range of rotation you have, but it will give you an idea of the variance in reaction your axis rotation alterations can generate.

What you will notice is the change in your ball's roll, not only by the way the ball travels down the lane, but by its reaction as well. Again, up the back will produce more of an end-over-end roll, with the ball spinning



VERSATILITY THROUGH AXIS ROTATION: Click on the play button to view Team USA Assistant Head Coach Kim Terrell-Kearney explain the dynamics of axis rotation.

and traveling in the same direction. If you're on the side of the ball, it will be traveling northbound, but appears to be spinning east to west.

How would a league bowler recognize the need to change his axis rotation?

If you see that the ball is getting into its hook phase too soon, you may want to change your rotation. If the ball is hooking too early, getting on the side of it will produce more length. If it's skidding too much, getting up the back of the ball will get it into the hook phase much sooner and give you a noticeably earlier roll and a much smoother backend reaction.

Certainly there are other ways

to change your ball reaction. You can change equipment. You can change speed. But bowlers who can change their axis rotation see the most bang for their buck.

If you have only one release and five balls, that's what you're limited to. But if you have multiple releases and multiple balls, your options are endless.

That's why other factors matter, but being able to adjust axis rotation is such a potent tool to have.

— Kim Terrell-Kearney is Assistant Head Coach of Team USA and the International Training and Research Center in Arlington, Texas.

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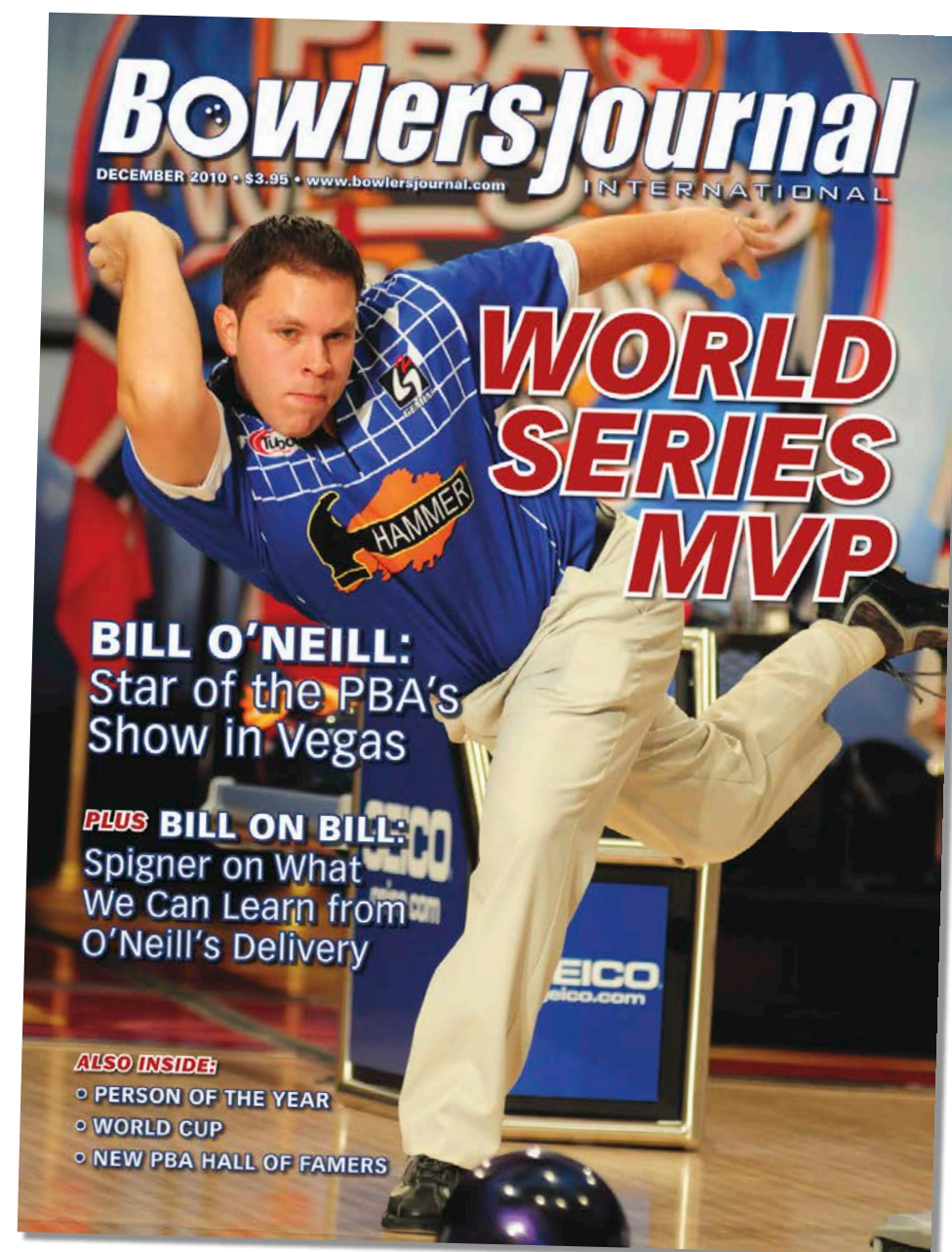
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