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US

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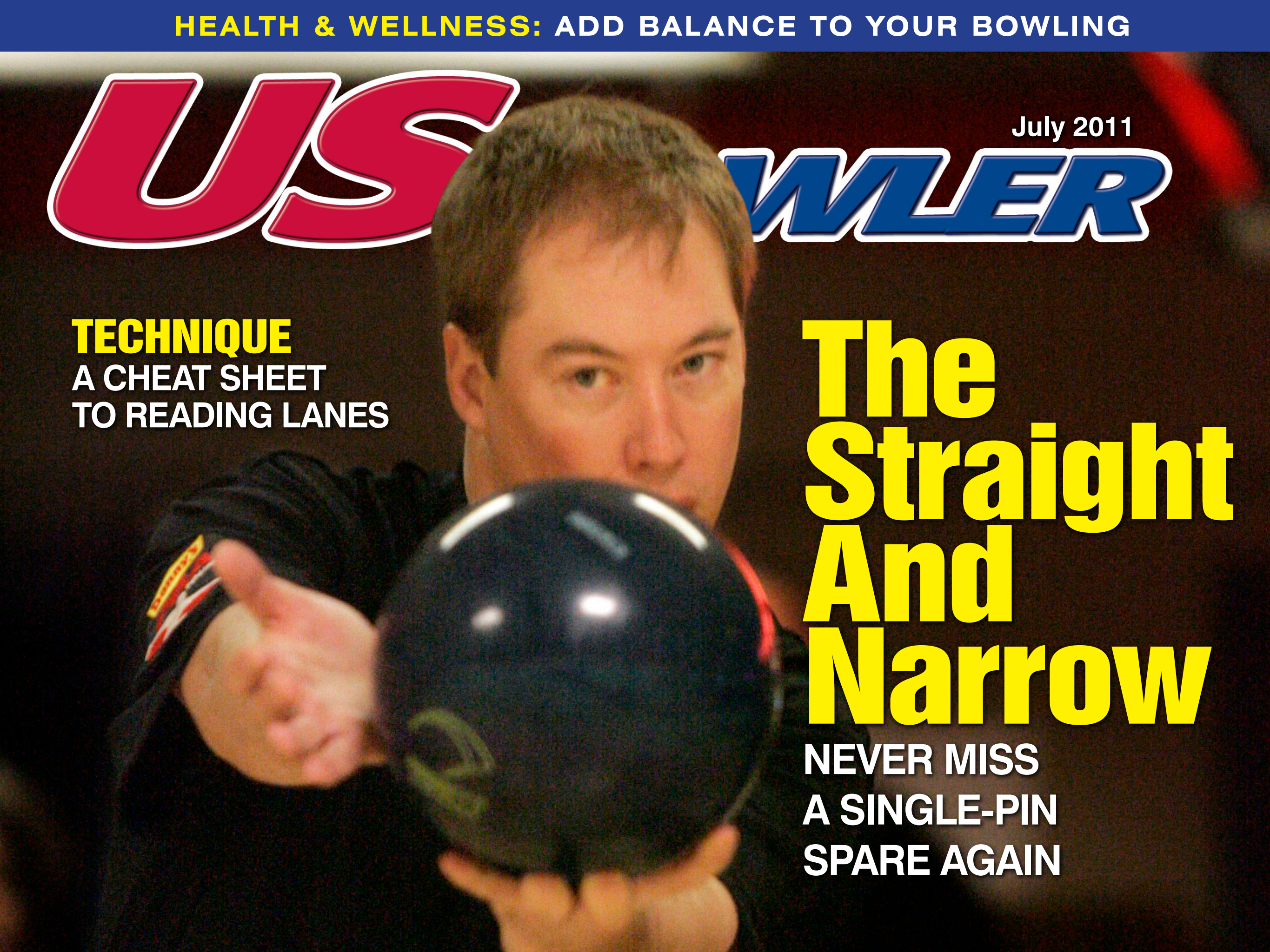
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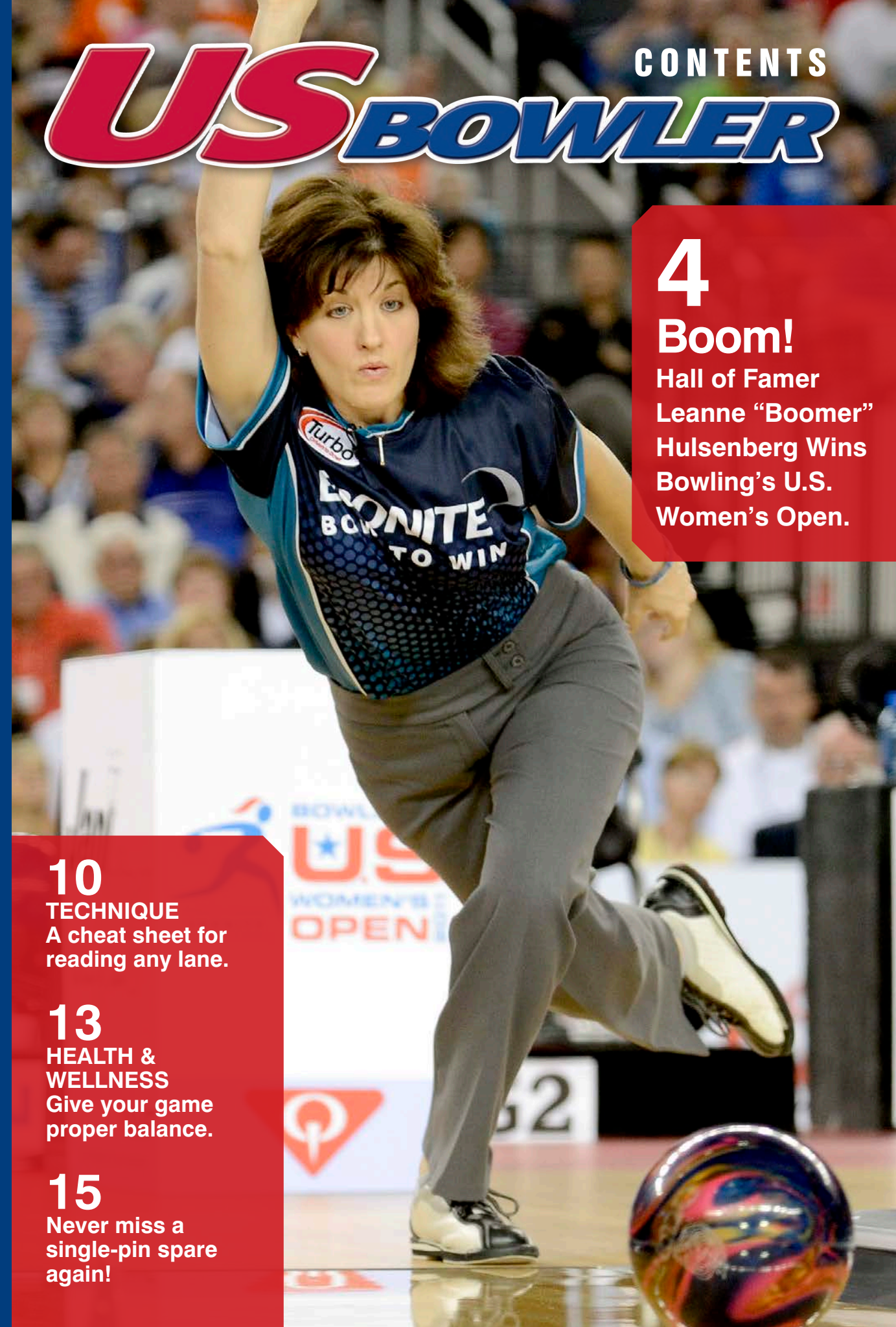
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single-pin spare
again!



US BOWLER

NATIONAL NEWS

USBC Hall of Famer Leanne Hulsenberg completed her own stepladder final of sorts by winning the 2011 Bowling's U.S. Women's Open in front of a crowd in excess of 6,000 at Cowboys Stadium in Arlington, Texas. The 27-time professional tour champion had previously posted finishes of fifth, fourth, third and second in the women's major, and her 218-183 win over defending champion and top qualifier Kelly Kulick earned Hulsenberg the U.S. Open title, her first since 2002. Hulsenberg, 42, of Roseville, Calif., entered match play in seventh position but posted a 13-3 record to earn the second seed going into the televised stepladder final. In the semifinal, Hulsenberg edged Lynda Barnes, 247-246, when Barnes left the 6-10 on her final shot. Liz Johnson and Shannon O'Keefe finished fourth and fifth, respectively, in the record 286-player field. Hulsenberg earned \$50,000 for the title.



TEXAS-SIZED VICTORY: Leanne Hulsenberg discusses her win at Cowboys Stadium
CLICK ON THE PLAY BUTTON ABOVE FOR LEANNE HULSENBERG INTERVIEW



Sturm Elected USBC President

The USBC Board of Directors elected Jim Sturm of South Charleston, W.Va., as president. Sturm, a former president of the Bowling Proprietors' Association of America, has been a USBC director since 2008.

[CLICK HERE TO READ MORE](#)



USBC Elections, Legislation

Four members were elected to the board of directors and three legislative proposals were considered by member delegates at the 2011 USBC Annual Meeting in Grapevine, Texas.

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Earl Anthony Memorial Scholarship Awarded

Brendan Pick of Florissant, Mo., was selected to receive the 2011 Earl Anthony Memorial Scholarship. Pick, who will attend McKendree University, had a 4.6 GPA at Hazelwood Central High School and was a three-year member of the bowling team.

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IBMHF Women's Pro Bowling Exhibit Lands Sponsor

Stations Casinos, whose Las Vegas casino properties include four bowling centers, gained exclusive naming rights sponsorship for the International Bowling Museum and Hall of Fame's newest exhibit, 50 Years of Women's Pro Bowling.

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PABCON Youth Championships Roster Announced

Eight of the nation's top youth bowlers, including Marshall Kent of Yakima, Wash., will represent Junior Team USA at the 2011 Pan American Bowling Confederation Youth Championships in the Dominican Republic in July.

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Membership Packages Offered At ITRC

The International Training and Research Center now offers a membership program that features time on the lanes, services from the pro shop and use of on-lane training software.

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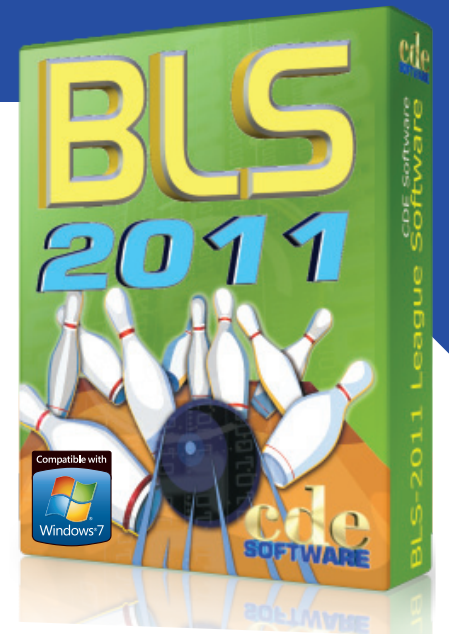
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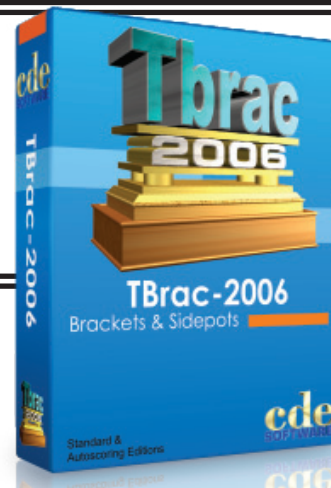
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Bulletin Board



Liz Johnson

*Kulick & Johnson
Set For
Pan Am Games*

DYNAMIC DUO

Arguably the most dominant women bowlers of the past decade, Kelly Kulick and Liz Johnson will form an intimidating duo for Team USA at the 2011 Pan American Games in Guadalajara, Mexico, Oct. 24-27.

The only women bowlers ever to reach the title match in a Professional Bowlers Tour event (Kulick won the 2010 PBA Tournament of Champions, while Johnson finished second at the 2005 PBA Banquet Open), Kulick and Johnson cemented their spots on Team USA for the quadrennial American Zone sports festival following their second- and fourth-place finishes, respectively, at Bowling's U.S. Women's Open in Arlington, Texas.

Kulick and Johnson were among a dozen Team USA members vying for the coveted trip to the Pan Am Games. Qualification points were earned through the bowlers' finishes at the USBC Queens and the U.S. Open (each event worth 20 percent of the qualifying criteria), as well as the Pan Am Game Trials at the International Training and Research Center in May, which accounted for 60 percent.

Both bowlers have enjoyed their fair share of success in international competition, including gold medal performances in previous Pan Am Games. Kulick, who has earned 22 medals representing Junior Team USA and Team USA, won a gold medal in Team at the 1999 Pan Am Games in Winnipeg.

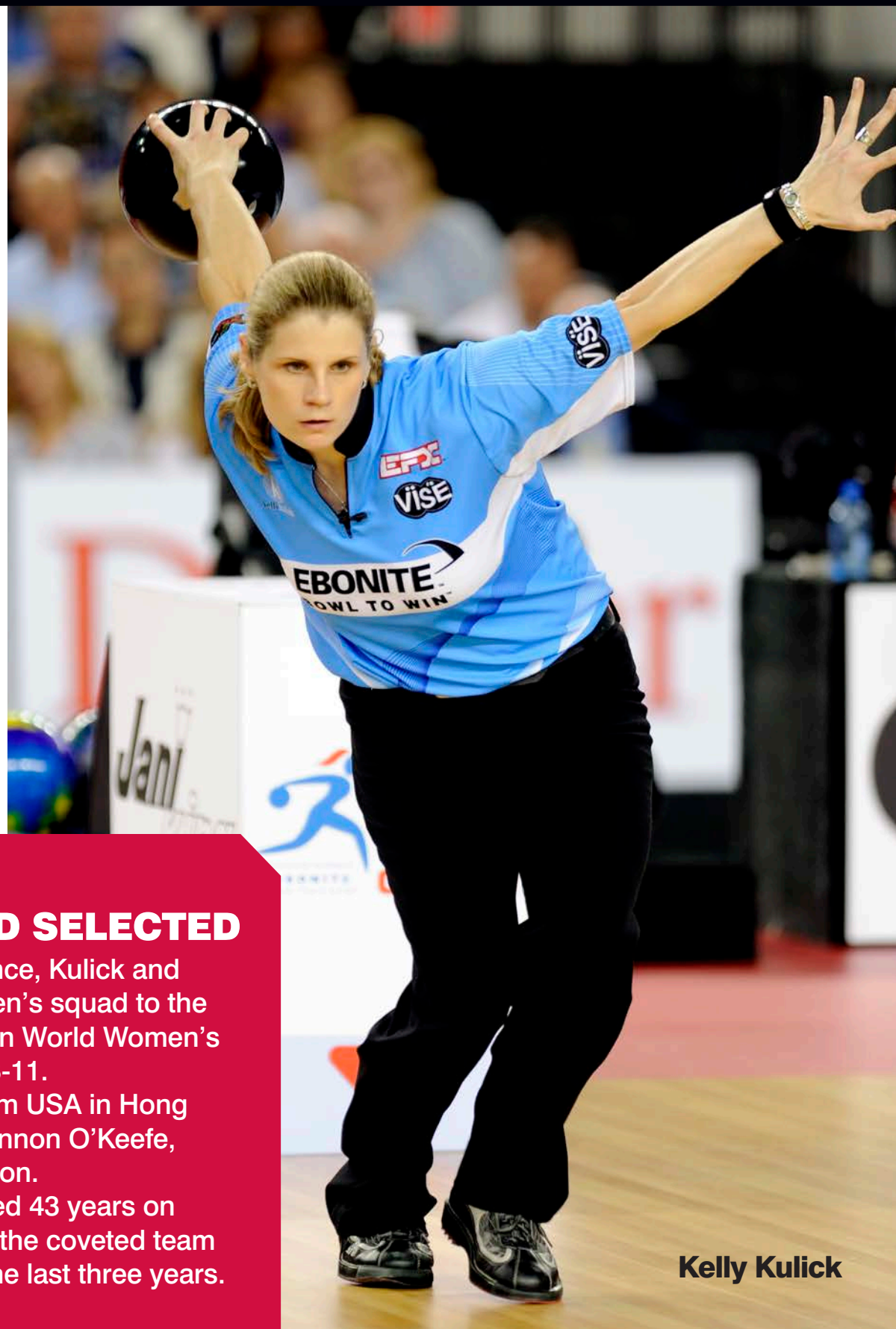
Johnson, a seven-time member of Team USA, boasts 18 medals as a member of Junior Team USA and Team USA,

WORLD WOMEN'S CHAMPIONSHIPS SQUAD SELECTED

Prior to their Pan Am Games appearance, Kulick and Johnson will lead the Team USA women's squad to the 2011 World Tenpin Bowling Association World Women's Championships in Hong Kong, Sept. 3-11.

Also being tabbed to represent Team USA in Hong Kong were Carolyn Dorin-Ballard, Shannon O'Keefe, Shannon Pluhowsky and Stefanie Nation.

The sextet, which boasts a combined 43 years on Team USA, will attempt to bring home the coveted team title after finishing second in each of the last three years.



Kelly Kulick

including All Events gold and Team silver at the 1995 Pan Am Games in Argentina.

"I'm absolutely thrilled to be going back to the Pan Am Games," said Kulick. "For bowlers, this is the closest thing to the Olympics. We get treated like special athletes there, and I feel we have the respect of all the other athletes from the other sports. It's a special feeling."

"Also, I'm really looking forward to bowling with Liz. We've bowled team and trios together before, but we've never bowled doubles. It's going to be a lot of fun and I think she's excited as well."

Kulick and Johnson will be joined in Guadalajara by Team USA men's teammates Chris Barnes and Bill O'Neill.

"I think the four of us together represent the most powerful lineup at the Pan Am Games," Kulick added. "Obviously, we've bowled with them on Tour before and they're the top bowlers in the world right now. Bill is an easy-going guy and has such character, and Chris is the smartest bowler on the planet. I'm sure we'll be practicing with them, and if I can steal any of their tricks I will!"

The United States will be one of 42 nations represented at the 16th Pan Am Games, with 19 nations sending bowlers to Bowlerama Tapatico for singles and doubles competition. Bowling, which has been contested as a gold medal sport in the Pan Am Games since 1991, will be one of 40 sports represented at the 2011 Pan Am Games.

GOOGLE BOWLING

FOUR LANES INSTALLED AT GOOGLEPLEX

MUCH HAS been written about the fun, informal corporate culture at Google, Inc. Google is an annual staple on Fortune magazine's list of best companies to work for. The company's corporate headquarters in Mountain View, Calif. (a five-building, 500,000-square-foot office complex) is decorated with lava lamps and old computer server clusters, and the halls are filled with exercise balls and bicycles. Employees have free access to multiple recreation and fitness centers, billiard tables, video games, washers and dryers, and even a massage room.

And if you're a Google employee who loves bowling, that culture just got better!

The company's Mountain View campus, fondly referred to as "Googleplex," recently added four lanes to its revamped fitness facility.

The four-lane installation includes soundproofing in the ceiling, so as not to disturb the workers above, and a state-of-the-art light and sound system (including LED lighting and lasers).

According to Patrick Murrey, president of lane equipment manufacturer



Murrey International, Google hired Northern California construction company Devcon Construction to oversee the project. Devcon, in turn, contacted Murrey. Construction be-

gan in Spring 2010, with the first balls hitting the lanes in January 2011.

"So far they're averaging about 40-50 lines per day at the facility," Murrey said.

And what did the bowling manufacturer learn during the process?

"I know that Google works," Murrey laughed. "That's how Devcon found us!"



Technique

LANE BRAINS

An Easy Information-Gathering Exercise Will Give You A Head Start

How much do you typically know about the conditions you'll be bowling on before you step onto the approach for your first practice shot?

By Bryan O'Keefe

Probably not too much.

But by walking into the center blind, you usually spend your practice time and first few frames feeling your way around the lane. It doesn't have to be that way.

Critical information is readily available, information that will allow you to focus on simply throwing good shots.

The first two items on your Lane-Reading Cheat Sheet are simple fact-gathering.

First, know the length of the pattern. You can get this information from the lane mechanic, or even someone at the front counter. Knowing the distance of the pattern will give you a good idea of where your breakpoint will be. The breakpoint is the farthest most outside spot on the lane that your ball can get to and still get to the pocket. To determine the break point, simply subtract 31 from the distance of the pattern. On a 40-foot pattern, the break point will be at the ninth board. (This formula is not exact, but will get you very close.)

Second, know the volume of oil that has been laid down for that pattern. Knowing the volume of oil will tell you what surface you need on your bowling ball. Generally speaking — the less volume, the less surface. The more volume on the lane the less friction, so your ball will need more surface to grab the lane. You want the ball to slow down and gain more traction before it reaches the end of the pattern. Again, you can usually get this information when you ask about the pattern length. Anything below 21ML is considered low volume; 21-24 is medium volume; and anything above 24 is considered high volume.

One misconception that needs to be addressed is the notion that your decision on using a shiny or gritty ball is based on the distance. Many bowlers assume they need a shiny ball on a short pattern because the ball comes out of the pattern early. The truth is that the surface of the ball should be altered based more on the volume than distance. The pattern's dis-



tance will tell you where to play, but the volume tells you how much surface you need to play that part of the lane effectively.

Finally, know your style.

Going back to the distance equation, if the Rule of 31 tells you not to let your ball get beyond the ninth board where you stand on the lane should be determined

HEAD START: A lot can be learned before you throw your first shot.

based on your ball speed and revs. Knowing your style tells you the angle you need to take to get the ball to that breakpoint. If you have a lot of hook you'll need to set up further inside. If you throw the ball straight, you can play the ball direct and straight around the second arrow.

Speed also affects your position. A bowler with slow ball speed but a high rev rate will play the furthest inside. A high rev rate combined with high speed (18 mph or higher) will dictate that you play not quite as far inside because your ball isn't on the lane as long and therefore has less time to hook.

Knowing this information before you step on the approach will make your 15 minutes of practice time much more valuable.

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

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FITNESS

ON BALANCE

A solid foundation at the foul line leads to greater consistency in your game

By Nick Bohanan

Balance, particularly at the foul line, is one of the keys to consistency in bowling. It makes it easier to repeat shots. Not surprisingly, the elite athletes who have been tested at the International Training and Research Center all have exceptional balance. Also not surprisingly, they are all able to consistently repeat shots.

Previously we discussed leg-strengthening exercises to aid your balance while bowling, but there are other ways to promote balance. Just because you have strong legs doesn't mean you're going to have good balance. We can use other areas of our body, namely our awareness of where our body is, as a means to increase our balance.

Your position at the foul line

forces you to maintain balance on one leg, which is not a natural position. By strengthening our bodies in positions we are not used to, we are better prepared to maintain balance. Simply put, if you trip you want to be able to catch yourself. If you have poor balance, odds are you are going to fall.

Start by doing single-leg exercises. Stand on one leg and lean forward with your arms stretched out in front of you and your other leg stretched out behind you. Try to create a parallel plane with your arms and back leg. Hold that position for just a few seconds, return to a standing position and repeat. Do a set of 10 repetitions. Switch to the other leg. Do three sets on each leg. This is a yoga-type position, but is made more dynamic by the repetition.

“Remember, bowling puts you in positions not normal in your everyday life. Balance is a combination of strength and awareness.”



DON'T BE A PUSHOVER: Click on the play button (above) to view Team USA member Bryanna Caldwell demonstrating exercises that will improve your balance.

Another single-leg exercise is to strike a similar pose and reach to the floor with one hand, using your other leg to balance yourself. Again, hold the pose for a second and return to an upright stance. Do a set of 10 repetitions, then switch legs. Do three sets on each leg.

To add a challenge to the second exercise, set 10 paper cups on the floor in a semi-circle. When you reach down, pick up the first cup. Return to your upright stance (try to maintain your balance without letting your other foot return com-

pletely to the ground), then reach back down for the second cup, and so on. Do the same exercise using the opposite leg. Take your time and bend slowly. Concentrate on maintaining good balance.

Remember, bowling puts you in positions not normal in your everyday life. Balance is a combination of strength and awareness. Let other areas of your body help you improve that balance.

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

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Spare me

By Kim Terrell-Kearney

Never Miss A Single-Pin Spare Again

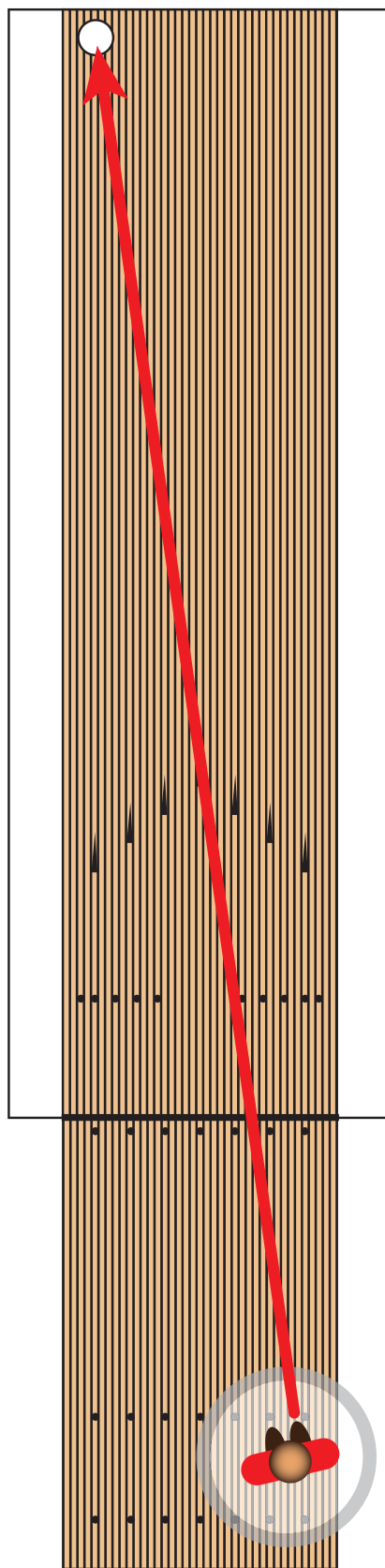
Every bowler likes to strike. A strike is cool, exciting. And like the slam dunk in basketball, pin-splattering pocket hits tend to dominate the bowling highlight reels. But, assuming you don't strike on every shot,

the key to consistent scoring lies in your ability to pick up spares. Pins left behind are a real drag on your score sheet. And the most painful of those is missing a single-pin spare.

Your shoulders, hips and ball-side foot should be in line with your path to the pin.

In general, spare shooting is a pretty personal thing. Most bowlers have their own preferences, although the common thread is “straighter is better.” I use a plastic ball for all of my spares, in part because I’m usually facing conditions in which the concentration of oil varies a great deal across the lane. Under those conditions, I feel the straighter you go at the pins the better your chances for success.

Spares, particularly single pins, are all about straight lines. That’s why I work with bowlers to become more adept at using a weaker ball (plastic) for spares. A plastic ball, because of its cover stock, doesn’t read the lane surface’s friction like a reactive ball. Because of that, it will roll straight to your target.



PATH TO SUCCESS

The key to picking up single-pin spares is not so much where you stand, but how you address the lane and how straight you keep your swing.

Determine where on the lane you prefer to stand, and envision a direct path to the pin. For your stance, your core should be facing the pin. That means your shoulders, hips and ball-side foot should be in line with your path to the pin. In essence, position your body for each single-pin spare as if it were the head pin.

Based on a right-handed bowler, if you are shooting at the 10 pin your entire body should be angled in a straight line to that 10 pin. If you’re shooting at the 3 or 5 pin, you’re going to be pretty square to the lane. All too often I’ll see a bowler address the 10 pin with their body square to the lane. Because the pin now seems far off to the right, the bowler will compensate by opening up his body after he begins his pushaway.



SPARE TIME: Click on the play button (above) to view Team USA Assistant Coach Kim Terrell-Kearney demonstrate the keys to picking up single-pin spares.

This becomes too hard to manage with any consistency. By presetting the angle the odds of a consistent result are much higher.

THE STRAIGHT SWING

Since we’re focusing on a straight line to the pin, your swing needs to be straight as well. A common problem in today’s game is that there is a lot more muscle in the everyday player’s swing. Once you add a lot of muscle, throwing straight becomes more difficult because you pull the ball and it has a tendency to go in and out of the direct line we’re trying to play. And I’m not necessarily talking about hooking the ball. There are a

number of reasons the ball doesn’t follow a straight line. Placement is one. If a right-handed bowler is pushing the ball too far to the right of their body, they’re going to end up pulling the ball to get their swing back in line. That requires more muscle and reduces the odds of a consistently straight swing. Using too much muscle could also be the result of timing. If you are late getting the ball into the pushaway, you’ll have to muscle it into your backswing.

BALL PLACEMENT

In order to ensure a straight swing, position the ball between your chin and your shoulder. This applies to

all single-pin spares, regardless of where you position the ball on a normal strike shot. The purpose of this ball position in your single-pin spare stance is that it will help keep your body in line with your target, which is that straight line to the pin.

FOOTWORK

Now that we've addressed the pin and have it lined up properly, footwork is the final piece to the puzzle. The first step with your ball-side foot (first step in a four-step approach, second step in a five-step approach) should cross over directly in front of your non ball-side foot. This enables your swing to stay underneath your shoulder.

This foot path not only allows you to get your leg out of the way, but also allows the pushaway to be very straight. In essence, the crossover step repositions your approach slightly to the left to make room for a straighter swing. Once you've completed the crossover step continue a normal approach and let your footwork proceed naturally.

The premise behind this approach to footwork is that we've found it's better to keep your swing straight and get your body out of the way. This contradicts traditional instruction, which preached keeping our footwork and body very straight. The old method forces you to swing around your body.

CROSSOVER DRIBBLE:
The first step with your ball-side foot should cross directly in front of your non ball-side foot.



PLASTIC FANTASTIC

The great thing about using a plastic ball to shoot spares is you take the variable of the lane conditions out of play. Even high-rev bowlers go straight at their spares with a plastic ball. And you can use your normal delivery. Bowlers sometimes over compensate by throwing their spare ball harder. Not necessary. Use a nice, loose swing. The more muscle you use, the harder it's going to be to keep the swing straight.

Your position on the lane is a matter of personal preference. The starting spot should be about comfort. Virtually every bowler throws across the lane at the 7 or 10 pin. But some will choose to move and come across the lane at the 2 pin, while others may choose to line up in front of the 2 and go straight at it.

Remember, the keys to consistently picking up single-pin spares are to draw a straight line to the pin, position your body squarely at that pin and use a crossover step in your approach to assure the line stays intact as you continue through your approach.

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

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