

US BOWLER

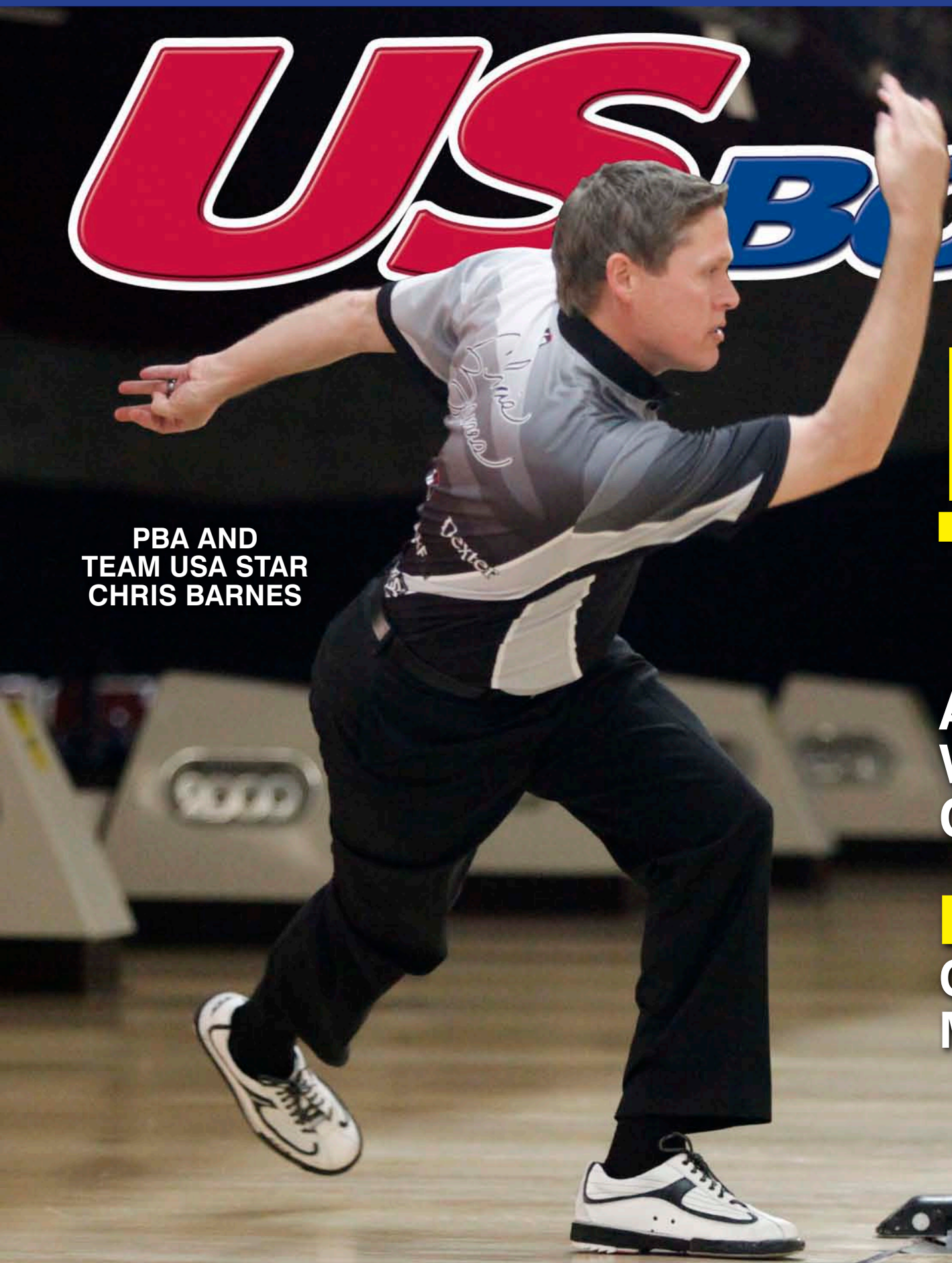
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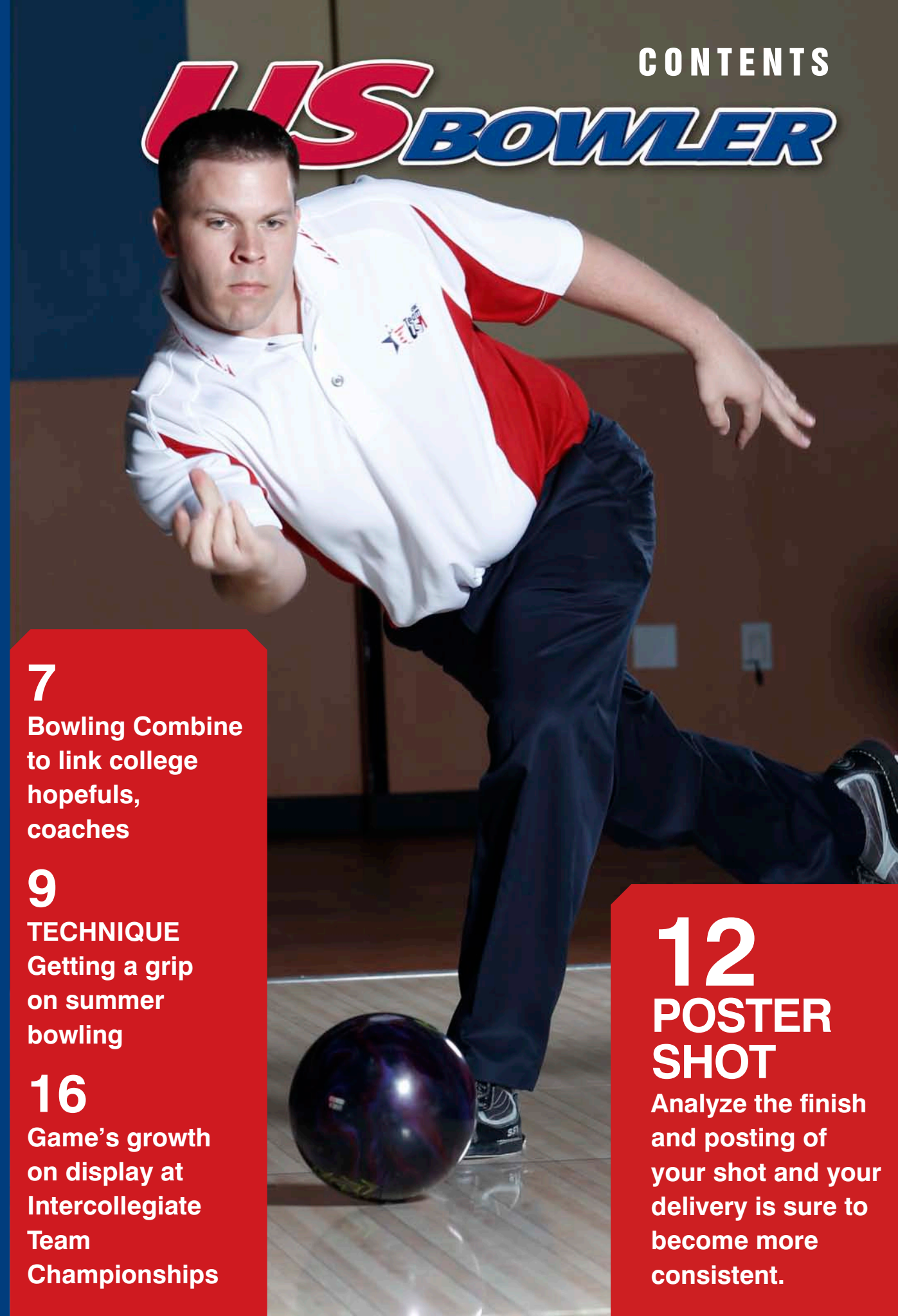
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Analyze the finish
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your shot and your
delivery is sure to
become more
consistent.



NATIONAL NEWS

The pain of a tenth-frame 7-10 split in the stepladder finals of the 2010 Queens is a distant memory now for Missy Parkin. The 29-year-old defeated Elysia Current, 214-189, in the championship match to win the 2011 USBC Queens at the Oncenter Convention Center in Syracuse, N.Y., Wed., April 27. Parkin, of Lake Forest, Calif., earned the No. 2 seed in the double-elimination match-play event. To reach the title match, Parkin defeated USBC Hall of Famer and 2002 Queens champ Kim Terrell-Kearney, 235-172. "Words can't describe how I'm feeling right now," said Parkin, who finished fourth in the 2010 event after failing to mark in the final frame against eventual champion Kelly Kulick. "I was raised in a pro shop and a bowling center, and this is something I've always dreamed about." For more on Parkin's Queens victory, [CLICK HERE](#)



Missy Parkin
2011 USBC Queens Champion

A CROWNING ACHIEVEMENT

Missy Parkin reflects on her recent triumph at the USBC Queens.

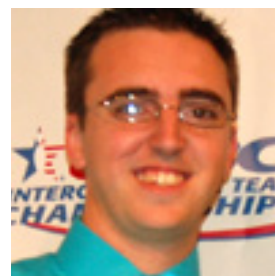
[CLICK ON THE PLAY BUTTON ABOVE FOR MISSY PARKIN INTERVIEW](#)



Vidad Wins Senior Queens

Paula Vidad, 51, of Sun City, Calif., set a championship record by rolling 715 to win the Seniors Queens title in Syracuse.

[CLICK HERE TO READ MORE](#)



Collegiate Bowling Awards Announced

Wichita State's Tan, Purdue's Schmidt named MVP for 2010-2011 college bowling season. All-American Teams announced.

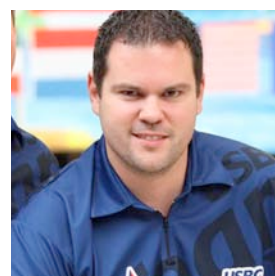
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High School Grant Program Says YES to Ohio School

Youth Education Services (YES) Fund to assist club bowling program in the face of high school's budget cuts.

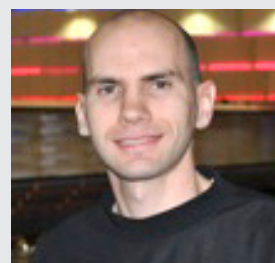
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Team USA Ready For American Zone Championships

Sextet of PBA heavyweights will represent USA Bowling at Pan American Bowling Confederation Men's Championships in Mexico.

[CLICK HERE TO READ MORE](#)



Iowa Bowler Sets Open Championship Record

Matt Weggen becomes first bowler to toss back-to-back 800's on the tournament lanes.

[CLICK HERE TO READ MORE](#)



Dates, Sites Set For Major Events In 2012

The 2012 schedule for bowling's biggest tournaments and the sport's major events has been set.

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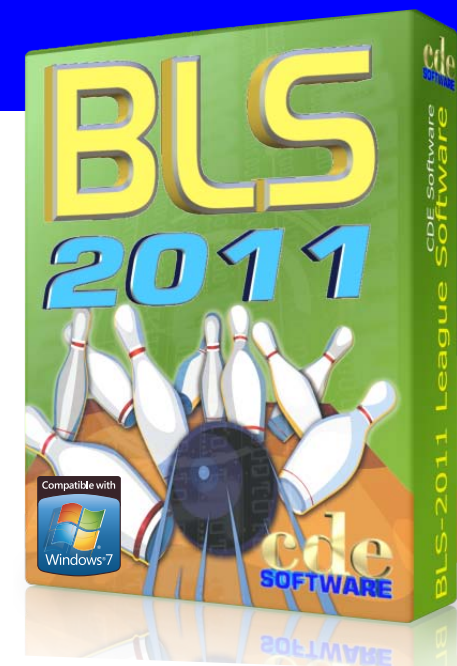
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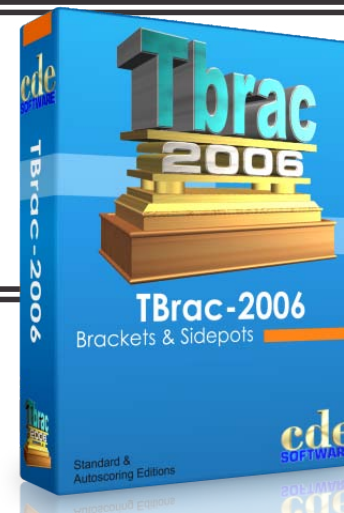
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InVince-A-Bowl

NBA Superstar Serious About His Bowling

Eight-time National Basketball Association All Star Vince Carter already has several nicknames, including “Half Man, Half Amazing,” and “Vinsanity.” But when Carter’s professional basketball career comes to an end, he may want to adopt “InVince-A-Bowl.”

In a recent interview with the Arizona Republic, the former NBA Rookie of the Year and 2000 Slam Dunk Champion said that “serious” pursuit of the excellence on the lanes is being considered.

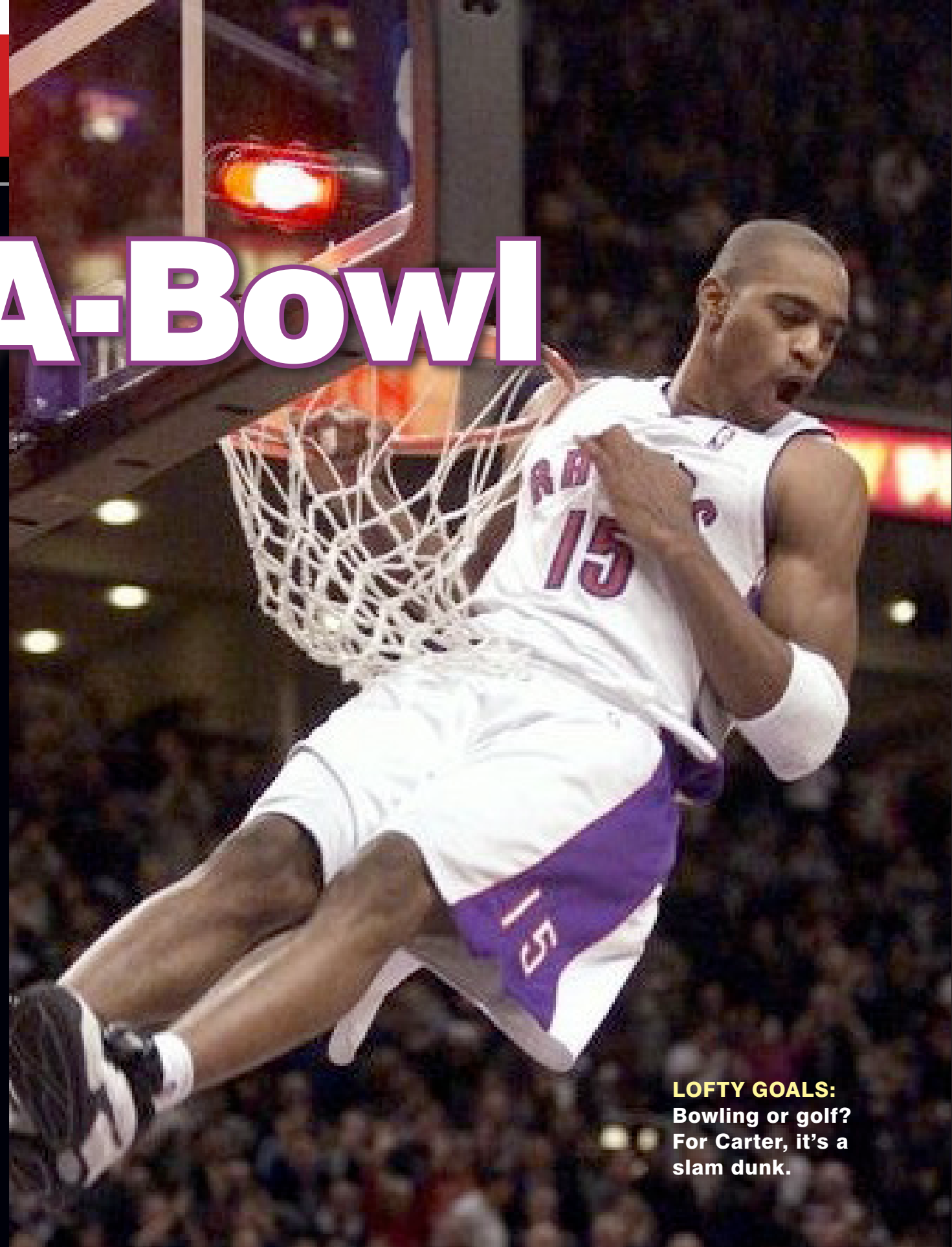
“[Bowling] is something I’d probably like to try to do once I’m done playing,” said Carter, 34 and currently a member of the Phoenix Suns. “I’m nothing great, but I’m like a 172 average. When I was bowling a lot, I was up there.”

Unlike many professional athletes, for whom bowling is a purely leisure-time activity, Carter says he takes his time on the lanes seriously.

“When I go bowling,” he said, “I go bowling! I’m not one for the leisure bowling, like at the Lucky Strike to have drinks and fun. I go to bowl. I can go by myself and bowl for hours. And I have a bunch of bowler friends who go bowl with me, and I have friends at the different centers that I bowl in.”

Carter also admitted to flipping to PBA tournaments on ESPN during the winter in lieu of NBA contests.

“I always watch the bowling matches when they come on TV,” he claimed. “I like golf, too, but I’ll take bowling all the way. I just enjoy it.”



LOFTY GOALS:
Bowling or golf?
For Carter, it’s a
slam dunk.

Advanced Scouting

YOUTH TO BE EVALUATED AT BOWLING COMBINE

NOT unlike professional football, which stages an annual combine to evaluate college talent in front of professional scouts, the International Training and Research Center will host a bowling combine to connect youth bowlers and college coaches.

The Bowling Combine for College Prospects will take place Aug. 10-11 at the ITC in Arlington, Texas, and more than 100 young bowlers are expected to be evaluated in the presence of as many as 30 college coaches.

"College coaches want to see potential recruits in person, and young bowlers hoping for an opportunity

to bowl in college want to be seen," said Gary Brown, IBC High School and Collegiate Manager.

The unique resources of the ITRC will not only give bowlers a better idea of how their skills stack up nationally, but will give coaches a much more detailed analysis of prospective student-athletes.

"Recruiting is difficult," said Kim Terrell-Kearney, assistant head coach of Team USA and the ITRC, and former head coach at Delaware State University. "Aside from going to Junior Gold every year, which virtually

exhausted my recruiting budget, the only way to evaluate talent was through a bowler's average and Junior Gold finishes.

"By the same token, kids who want to bowl in college have had a difficult time being seen. That's what makes the combine

such a great idea. We'll be able to measure the things that really make a difference, and coaches will be able to find the right fit for their program."

The Bowling Combine, open to bowlers who have collegiate eligibility remaining and have completed at least

their sophomore year in high school, will utilize the Team USA coaching staff and the ITRC's state-of-the-art technology, including Bowler Vision, ball motion technology, video analysis and more.

Bowlers, who will receive a Recruiting Kit with video and

a complete evaluation at the conclusion of the combine, will be evaluated in shot repeatability, release ratio, spare proficiency, breakpoint management, vertical leap and balance. The results

will provide an overall Performance Evaluation Test score.

"The PET scores are an objective measurement of the bowler's abilities," said Bryan O'Keefe, assistant coach for Team USA and the program director for the Bowling Combine.

The combine should be equally beneficial to bowlers and coaches.

"Helping coaches understand performance evaluation is one reason we developed the combine," added O'Keefe.





New Fashion Statements For USBC'S Young and Old

WITH updated USBC Youth jerseys and new achievement lapel pins now available, youth and adult bowlers will be adding style to their wardrobes this summer. USBC Youth Standard league bowlers will now receive a new jersey as a member benefit, and they'll look just like the pros with Storm and Ebonite logos on the sleeves.

"The design element gives a pro jersey feel that kids really like," said Chad Murphy, Director of Youth Development at the International Bowling Campus.

The jerseys, also available to Adult Leaders, have an open design on the back so to allow personalization by leagues and individuals.

Additionally, USBC created new lapel pins to recognize Pins Over Average accomplishments by adult members, starting Sept. 1. Members who score 75 or more pins over their average will receive a game award lapel pin, while those who bowl at least 140 pins over their average in a series will receive the series lapel pin.



Technique

LIFESTYLE AND BOWLING TECHNIQUES TO MAKE YOU A BETTER BOWLER /// MAY 2011

EXTRA GRIPPING POWER

Summer weather could affect your grip, so consider using tape inside your ball's thumb hole, or even on your fingertips, like PBA star Wes Malott.



GET A GRIP

THE MENTAL APPROACH TO BOWLING IS CRITICAL

With summer almost here and temperatures climbing, your hand doesn't quite fit the same way in your bowling ball as it did during the cooler winter months. Using tape is a necessity if your hand shrinks and swells, and many bowlers often tape their finger or thumb holes (or sometimes their fingers) to get a better feel and an ideal release. There are countless colors, textures and sizes to help bowlers make adjustments to their grip.

It's always best to have the thumb hole of your bowling ball drilled slightly larger to accommodate at least one piece of tape in either the front or back of the hole. Most commonly the thumb hole gets white tape (which has more texture and grip) against the thumb-print side of the hole while the back side gets black tape (which tends to be smoother). Practice replacing and removing one or two pieces at

a time so you're able to do it quickly between frames if needed during a game. If you do not use finger inserts in the ball, practice placing tape inside the gripping edge of the finger holes for a more secure feel off the fingertips at release, or against the fingernail side of the hole for a more secure, snug fit.

If you would prefer to tape your hand rather than putting tape in the ball, make sure that any tape is in contact with a fingernail if possible for better adhesion. Once you realize what types of tape work for you, it's always a good idea to have tape pre-cut in case it's needed during a competition. Hands will get sweaty or clammy as the pressure rises in competition.

Because no two bowlers have the same hands, the application of tape is different for every bowler. So get creative and discover what tape methods work best for you and for your grip on the game.

FITNESS

DON'T KNOW SQUAT?

Classic leg strength builders help your bowling balance

During the recent Team USA men's training camp, we tested the leg strength of the bowlers. We had each bowler stand on one leg and slowly extend his opposite foot as far out

along the floor as possible. To get maximum extension, the athlete had to essentially do a one-legged squat. Then we tested the athlete's other leg.

Not surprisingly, these elite athletes displayed great bal-

ance, which means they have great strength in both legs. And why is that important?

Leg strength is one of the keys to balance, and good balance is one of the keys to being a good

bowler, particularly in the finish position.

The easiest and most effective exercise to help increase your leg strength is the squat, in part because squats don't require weights or a gym. Squats concentrate on the quads in the front, and hamstrings and glutes in the back, and they can be done virtually anywhere.

At the start, try doing squats without weights and concentrate on technique.

- With your hands on your hips, begin by flexing the hips and knees slowly, maintaining a flat or slightly arched back.

- Your eyes should be focused straight ahead or slightly upward, your head slightly tilted back; this will help you keep your back straight.

- Keep the body's weight over the mid-

STAYING TIGHT

The trick to keeping your back straight is to stick your stomach out, arch your back and stick your butt out a bit as well. In many exercises, you're told to keep your abs tight. With squats, keeping your abs tight will force you to lean forward.

dle to back of your heels, and don't allow the heels to rise up off the floor.

- Keep the knees aligned over the feet as they flex, and avoid letting the knees move beyond the toes in the descent.

- Continue down until your thighs are parallel to the floor, or until your upper body starts to flex forward. Hold that position for a slight moment.

- When you rise, extend the hips and knees at the same rate to keep your back in its proper position. Your back should be straight or slightly arched through the descent and on the way back up.

Do three sets of eight to start out. As they become easier, move up to three sets of 12 or add weight and repeat three sets of eight. For weight, use a bar across your shoulders or dumbbells in each hand, with the weights hanging at your sides.

Establishing proper technique is key. The most common mistakes are rounding the upper back and leaning forward. That simply puts more strain on your lower back.

Done properly, squats will feel relatively easy. But believe me, you will feel the burn in your quads and glutes the next day!



BALANCING ACT: Click on the play button (above) to view Team USA's Shannon O'Keefe demonstrate the proper technique for leg-building exercises.

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Smooth Finish

FINISHING TECHNIQUES HELP ENSURE CONSISTENT DELIVERY

There are numerous ways to analyze your game, but the single most telling aspect is the finish position.

The finish position essentially is a byproduct of the approach, so it will give you all the information you need in order to analyze what you did right, and wrong, leading up to your release and follow-through. Few bowlers assess that part of the swing and then trace it backward.

For definition's sake, there is a slight difference between the finish and the overall "posting" of the shot. From the bowling perspective, the critical point is the point at which the ball is coming off the hand.

By Stephen Padilla



Heads Up

The finish position will give you all the information you need in order to analyze what you did right, and wrong, leading up to your release and follow-through.

That includes the follow-through and extension, but you need to be aware of what the shot felt like going through the release, as well as what it looks like after the shot is completed.

As a United States Bowling Congress coaching specialist, I like to use multiple views to assess a bowler's finish. The best views are from behind and from the side.

Those perspectives offer a good snapshot of the athlete's finish. Video-taping is another great way to assess a bowler's finish.

Most USBC league bowlers don't have personal coaches, and fewer have video equipment they can use to capture their mechanics. Still, there are various pieces of the finish an athlete can be aware of whether someone

else is there to watch or videotape.

THE FINISH, PIECE BY PIECE

Hold your position at the finish and make mental note of the following positions:

THE SHOULDERS:

The bowling shoulder should be lower than the non-bowling shoulder. Coaches used to urge athletes to keep their shoulders

square and level, but that's not the norm any longer. After all, you are swinging a heavy object, so it's natural the bowling shoulder is going to be slightly lower.

THE SLIDE FOOT:

Make sure the direction of your slide foot and slide knee are pointing toward the target. You don't want your slide foot pointing one way and your bowling ball and armswing going the other way. That will affect your balance, which is one of the key elements to a strong finish.

THE HIPS: Proper hip movement is critical to maintaining proper balance. They're the foundation for consistency and for properly posting your shot. Your slide-foot position is a reference point for the hips. The ball passes your hip on the down-swing, and as long as your hips are open and in the direction of the target, you'll have enough room for the swing to come through.



Assessing Your Finish

So, just how can Joe Bowler assess his finish position without hiring a coach or having video equipment set up laneside? There is plenty of technology right at your fingertips. Have a friend videotape you using your phone. Or, record yourself by setting your phone on a table and angling it toward the lane. Remember, you're not trying to dissect the smallest detail; you're just looking for general feedback. Is your shoulder down? Is your trail leg leading with the heel and then rolling to the toes? And if technology doesn't allow you to tape your finish, get another set of eyes to view it. Call a friend or teammate over, explain what you are trying to accomplish, and let that person observe.

Again, proper hip placement will allow you to stay balanced. After you release the ball, your hips should close slightly. In the finish position, you want your hips to be closed down and pointed at your target path.

TRAILING LEG:

When you get into your swing and the ball passes your hip, the heel of the ball-side foot should point away from the ball-side shoulder. Leading the trail leg with the heel is what opens the hips and allows the ball to come through cleanly. Once the ball clears the hip, the toe of the trailing leg should roll underneath and point away from the ball-side shoulder. This helps close down the hips, and is a move that few bowlers take advantage of. Your lower body can do so much to help maintain balance, and you lose that strength when your hips stay open.

OPPOSITE ARM:

Be aware of the position of your non-bowling arm, particularly at the finish. The action of that arm is important, too. Is it high and pointing toward the ceiling? Is it pulling back too hard? Is it pointing to the floor? Is it even being used in the shot?

The correct answer is that it should balance the momentum generated by the swing arm. So, as your bowling arm is at the height of its backswing, the non-bowling arm should be slightly forward. As the swing comes down to the finish position, the opposite arm should move to the bowlers' side to counterbalance the swing.

THE HEAD: Your head should be as stable as possible, with your eyes toward the target path. Your head should never pull left or right, leading the shot. When you lead sideways with your head, there's a ten-



Freeze Frame: Be aware of whether your finish looks clean. Elite bowlers like Hall of Famer Kim Terrell-Kearney are perfectly balanced and efficient at the finish.

dency to bring the rest of your body around the same direction. Again, what suffers is your balance and swing alignment. Remember, the body

goes where your head leads it.

POSTURE: The overall posture of the bowler is the final indicator. Be aware of whether your finish looks clean.

Ask yourself, "Am I too far forward?" "Am I pulling back at the finish?" "Is my finish smooth?" From a coach's perspective, it's easy to see whether the bowlers' body movement is balanced and efficient.

THE SIDE VIEW

You can view the same elements of the finish from the side to gain a slightly different perspective. The knee position and extension are best viewed from the side.

THE KNEE: When a bowler finishes with good balance, there's typically a space between their slide knee and trailing knee. That balances the momentum as the swing is being finished.

THE FOLLOW THROUGH: Is the extension outward toward the pins? Is it toward the ceiling? More importantly, which direction is the follow through? Ideally, it should be in the target path. Of course, some great bowlers follow

through with their arm across their body. That doesn't necessarily mean the bowler can't repeat that action, but it is a more difficult action to repeat effectively.

THE CONSISTENT FINISH: The key is to see if you can nail the proper finish position and make it a repeatable process. Usually, you can trace back an unbalanced finish position to a flaw in your approach. If you find yourself falling off to one side at the finish, you may take a look at the direction of your push-away or the direction of your armswing as it comes down to the release. Each of the "pieces" detailed above plays a role in the finish, and each can be adjusted to allow for better consistency. Tempo can play a role as well. If you're leaning forward at the finish, you may want to slow your approach.

In the end, make sure your finish feels comfortable and repeatable. It shouldn't feel like work.

A stylized blue icon of a person with a large circular head and a rounded body. Above the head is a thought bubble consisting of two smaller circles. The icon is set against a light blue background with a subtle gradient.

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Bowling Majors

The college game continues to feed the sport

Bowling's older generation might lament the disappearance of competitive team bowling when they reminisce about the great beer teams of the past, such as the Budweisers, and the thrill of the team game.

The energy and emotion generated through team competition is unique — and very much alive and well. Just ask the trophy-toting members of the Fresno State Bulldogs and University of Maryland Eastern Shore Hawks, who emerged atop the 16-team men's and 16-team women's fields at the United States Bowling Congress Intercollegiate Team Championships in Columbus, Ga.



We're No. 1:
Fresno State won its first collegiate title by beating Webber International in the final.

Those pining for the glory days of team bowling can catch all of the energy-packed action from the ITC on ESPN2, Sunday, May 15 at 2 p.m. Eastern.

“There just isn’t anything as exciting as team bowling,” said Fresno State head coach Chris Preble. “And at the collegiate level, the team aspect is even more emphasized because in college these athletes all live together, eat together and see each other every-day off the lanes.”

National intercollegiate club bowling (different from the NCAA programs) is made up of nearly 200 colleges, currently certified with USBC Collegiate. College programs that compete in USBC certified tournaments or conference play amass ranking points, with the top squads eligible to compete in the four postseason sectional tournaments. The top 16 men’s and top 16 women’s finishers at the sectionals advanced to the national tournament in Columbus.

The 2011 Kerm Helmer Cup, named for the legendary Erie Community College coach and symbolic of the collegiate title, was hoisted by Fresno State for the first time, while UMES became the first school to win both the Intercollegiate Team Championships and NCAA Championship title in the same year.

“At least we’ve eliminated any doubt about which women’s program

Making The Jump

Fifteen bowlers currently enjoying exempt status on the Professional Bowlers Association Tour bowled in collegiate programs.

Brad Angelo
Erie Community College

Chris Barnes
Wichita State University

Nathan Bohr
Wichita State University

Joe Ciccone
Erie Community College /
Arizona State University

Ryan Ciminelli
Erie Community College

Michael Fagan
St. John’s University

Kelly Kulick
Morehead State University

Anthony LaCaze
Saginaw Valley State University

Mike Machuga
University of Nebraska

Scott Norton
California State University-Fullerton

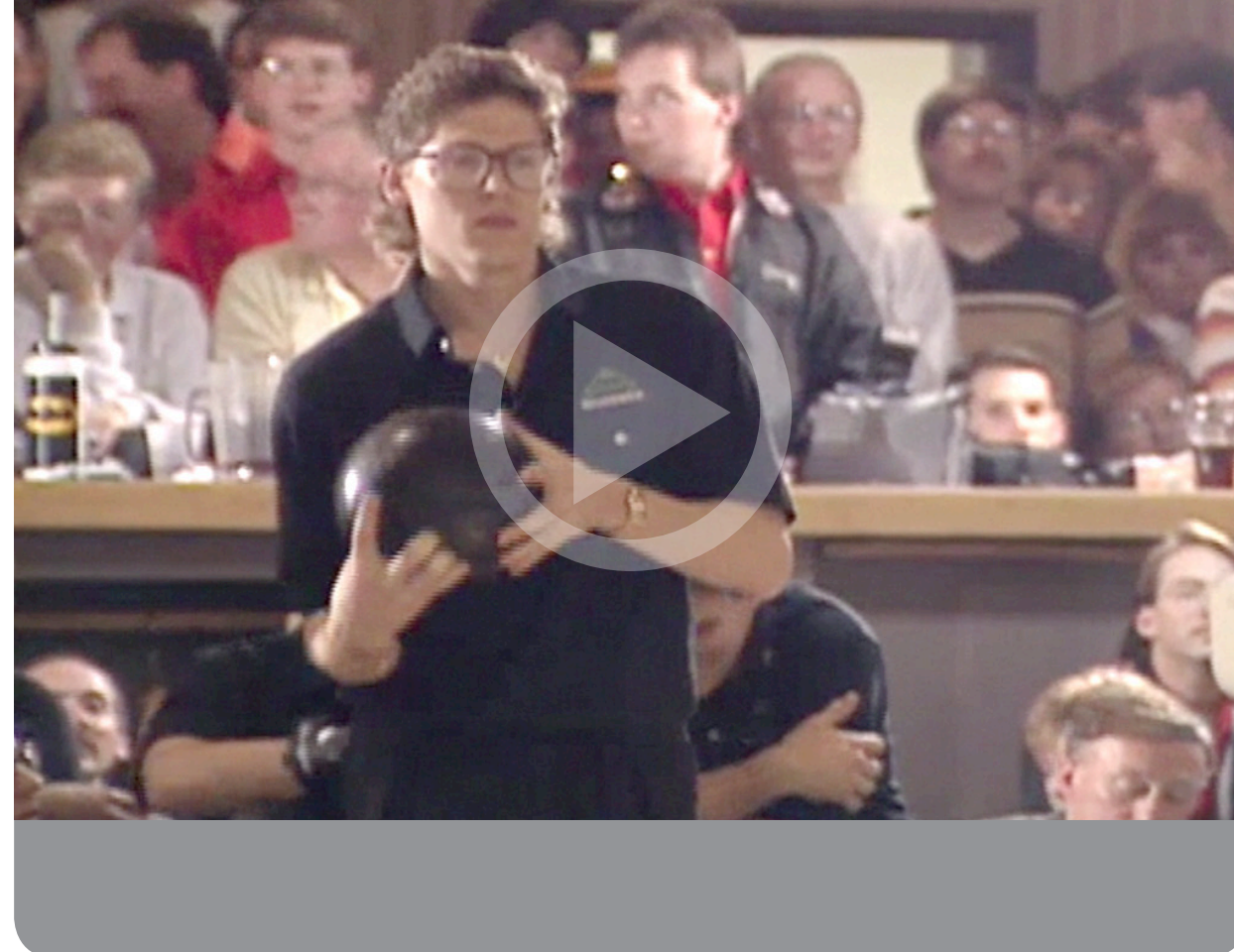
Bill O’Neill
Saginaw Valley State University

Rhino Page
University of Kansas

Sean Rash
Wichita State University

Ronnie Russell
Vincennes Univeristy

Lonnie Waliczek
Wichita State University



DIDN’T YOU USED TO BE...: Click on the video above to get a glimpse of some great collegiate bowlers who made the transition to the professional game, including Chris Barnes, Bill O’Neill, Rhino Page and Sean Rash.

is the national champion this year,” joked Sharon Brummell, now in her 13th year as head coach at UMES.

Occasional confusion in the women’s game aside, there is no NCAA bowling championship for men, so the USBC Collegiate program serves as a key component in keeping young bowlers motivated and excited about the sport through their college years, and continues to create awareness of the educational opportunities available through the sport.

“Of the 192 schools certified with USBC, more than half now offer financial assistance to student-ath-

letes,” noted Gary Brown, International Bowling Campus High School and Collegiate Manager. “We’ve made huge strides in that area over the past decade.”

And the results have been astonishing for the sport. The high school game continues to flourish, and the collegiate game keeps churning out incredible talent, many of whom move on to the “next level,” either bowling professionally or internationally as Team USA members... or both.

“There’s no doubt that improvements in coaching and training have

“There’s no doubt that improvements in coaching and training have changed the game in recent years.”

— Fresno State Coach Chris Preble

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**GEERING UP
Fresno State All-American Greg Geering (above) credits college bowling with elevating his game.**



OLD SCHOOL: Click on the video above for a look back at the 1987 USBC Intercollegiate Team Championships, which pitted West Texas State, led by Carolyn Dorin, and San Jose State, anchored by Kim Terrell.

changed the game in recent years,” said Preble, who was an assistant to the late, great Glenn Carlson before taking over the Fresno State program. “Before, the college game was all execution. The emphasis was on the physical game. Today, we spend more time on ball core, surface changes, oil patterns, etc.”

“Education has been the key,” added Brummell. “There is better coaching at the high school level today, and that’s had a big impact. Our program used to be girls throwing balls, but not really bowlers. The girls come to school now with better awareness of

all aspects of the sport.”

Brummell also pointed to the new International Training and Research Center at the International Bowling Campus in Arlington, Texas, as a driving force in further developing the game.

“I’ve taken the team down to the ITRC,” Brummell said, “and it’s as important to us coaches as it is to the players. As a coach it teaches me what kinds of things I need to look for in my athletes’ games. Things like the CATS system and ball speed analysis. These are things I don’t have at my disposal on a regular basis.”

All of which translates to developing better and more loyal bowlers, whether it's the student-athlete who will forever be grateful to the sport for providing an education, or the collegiate bowler who has "the dream."

"There's no way I'd have reached this level without college bowling," said Fresno State junior Greg Geering, a first-team All-American who also finished 10th at the Team USA Trials. "I was a good high school bowler for my area [Phoenix], but the structure of being in a team program turned my whole game around. Practicing four times a week and having coaching helped me understand so much more about the game."

Following his senior year, Geering hopes to take on the PBA Regional Tour circuit, take another run at Team USA and perhaps dip his toe into the new World Bowling Tour.

"There are some cool opportunities I might explore internationally," said Geering. "I'd love to see the world through bowling."

Until then, however, Geering is happy bowling collegiately.

"Bowling in college is a different world," he said. "I live with two of my teammates and we talk bowling all the time. It's nice to be a bowler with no distractions. And with bowling primarily being a singles-oriented sport, it's nice to share happiness with others when you do well."

"Team play is a microcosm for



life," added Preble. "The players don't always like each other, and they don't always get along. But they learn that they have to work through it, and when they do they see the benefit."

"In team play the mental game is so important because you do rely on each other," said Brummell. "That's when they realize how important it is to become one team."

And Brummell had a team for the ages.

UMES topped 2008 champion Vanderbilt University to win its second NCAA Women's Bowling championship in early April. At the ITC, Central Florida handed UMES a 4-0 loss in the best-of-seven, double-elimination match play, but the Hawks bounced back with a 4-2 victory to knock Central Florida from the competition in the semifinals. In the best-of-three title match, UMES dropped the first game to Lindenwood Univer-

THE "AYE" IN TEAM: Maryland Eastern Shore's Hawks captured both the NCAA and ITC titles in 2011, the first school to do so. "In team play you rely on each other," said UMES head coach Sharon Brummell (far left). "That's when they realize how important it is to become one team."

sity (St. Charles, Mo.), 182-156, but rallied to take the final two games, 189-183 and 164-158, to secure the crown.

"They put out a hard shot," said Brummell. "So it wasn't all that pretty, but the girls pulled it out."

The Fresno State bowling program was launched by Carlson in 1969, and the ITC title was a poignant tribute to the well-known and nationally respected coach, who passed away in 2008.

"This is such a great way to honor coach Carlson," said Geering, who tossed the title-clinching strike in the Bulldog's 2-0 win (183-168 and 205-166) over top-ranked Webber International (Babson Park, Fla.). "Without all the hard work and dedication he put into this program, there is no way any of us could have made it to this point."

Fresno State earned its way into the title match by twice defeating three-time defending champion Wichita State, 4-3 and 4-2. Webber International earned its spot by eliminating Robert Morris-Illinois, 4-3.

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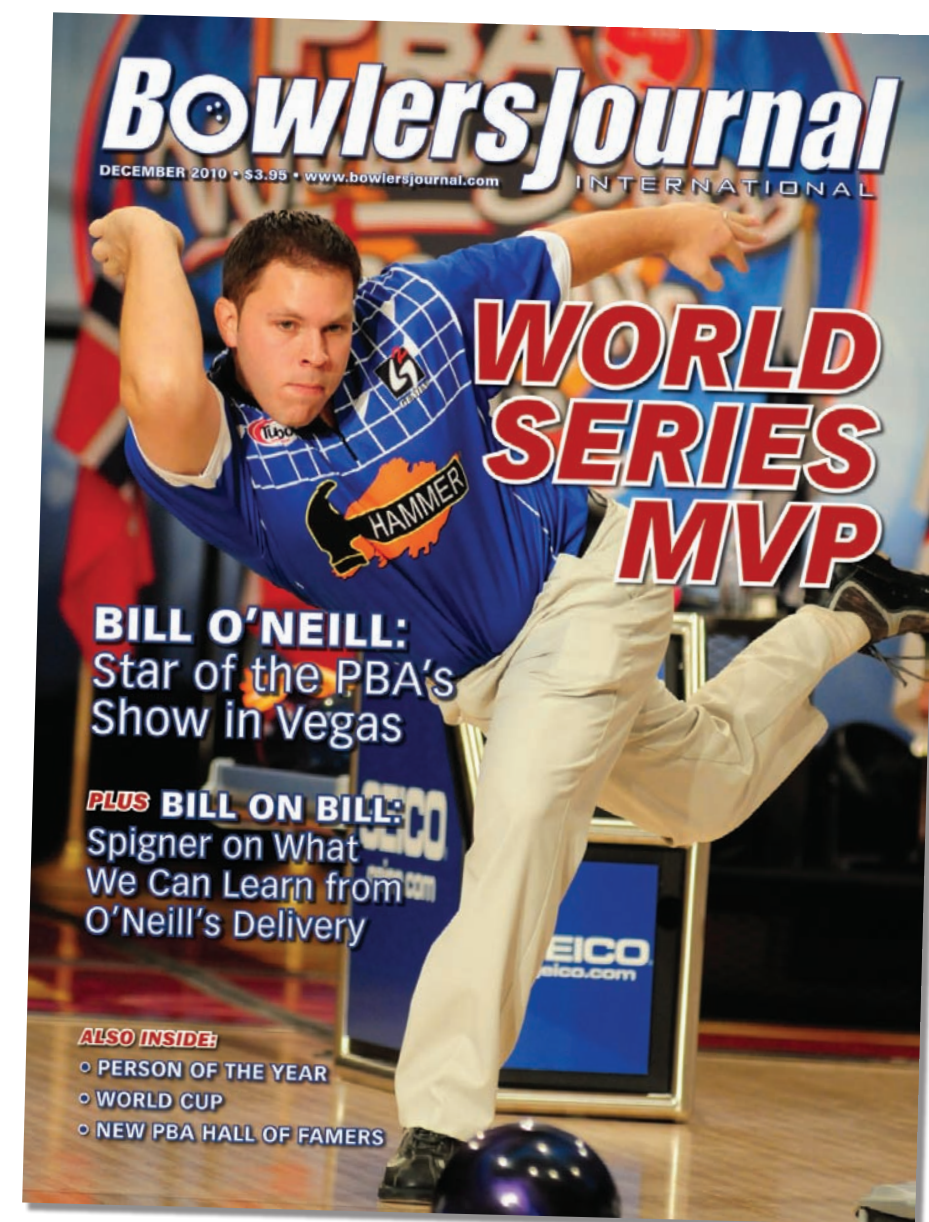
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