

# US BOWLER

November 2011

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◀ Kim Terrell-Kearney



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## US BOWLER

### NATIONAL NEWS

With the Texas Rangers battling the St. Louis Cardinals for Major League Baseball's 2011 World Series crown, the International Bowling Museum and Hall of Fame found itself at the center of attention in a battle of civic pride. For 25 years, the IBMHF's home was in downtown St. Louis, directly across the street from the old Busch Stadium. A portion of the building even housed the St. Louis Cardinals Hall of Fame. Plans for a new baseball stadium in downtown St. Louis led to the demolition of the IBMHF, and the museum decided to make a permanent move to the new International Bowling Campus in Arlington, Texas, home to the USBC and Bowling Proprietors' Association of America. Locals in Arlington have taken great delight in having lured bowling's sacred shrine from St. Louis. Unfortunately, the locals couldn't lure the World Series title to Arlington as well, as the Cardinals defeated the Rangers in seven games.



**A HALL DIVIDED:** Hall of Fame's move from St. Louis to Texas takes on added meaning. **CLICK ON THE PLAY BUTTON** ABOVE FOR A VIDEO CLIP FROM THE WORLD SERIES



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#### SMART Revisions Protect Student-Athletes

Revisions in the scholarship use policy by the SMART Bowling Scholarship Funding Corporation will offer eligibility protection for student-athletes and will ensure compliance with collegiate and state high school regulations.

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#### Special Bowlers Journal Subscription For Members

USBC partners with Bowlers Journal International, offering members a special bi-monthly subscription to the game's longest-running publication.

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#### League Celebrates 100th Anniversary

The City Lutheran Bowling League in Detroit, launched in the parish's church basement in 1912, has convened every Thursday night since.

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#### Schreyer Retires

Fred Schreyer, CEO and Commissioner of the Professional Bowlers Association, announced his retirement after 11 years at the helm of the pro tour. The PBA named Geoff Reiss CEO, while Tom Clark was named Commissioner.

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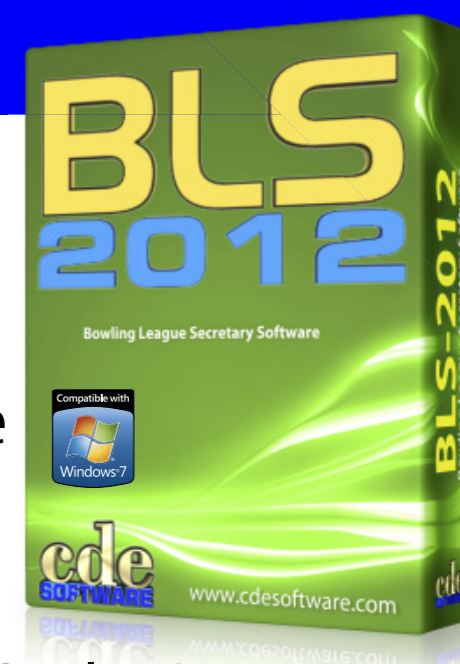
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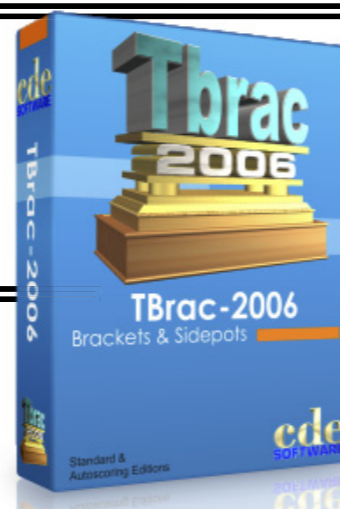
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NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING /// NOVEMBER 2011

## ★ Bulletin Board

# Gold Diggers

## Team USA Wins Three of Four Golds At the 2011 Pan Am Games

**F**or U.S. bowlers pining for the Olympic experience, the quadrennial Pan American Games offer a pretty decent view. The recently completed 2011 Pan Am Games in Guadalajara, Mexico, featured 6,000 American Zone athletes from 42 nations, competing in 36 sports (many of which are already contested in the Summer Games), making it the second largest multi-sport event.

And bowlers who have represented the United States since 1991, when bowling became a medal sport in the Pan Am Games, have enjoyed incredible success. Entering the 2011 Games, Americans had won 17 of a possible 24 gold medals in bowling.

The American quartet of Chris Barnes, Bill O'Neill, Kelly Kulick and Liz Johnson arrived at Bolerama Tapa-

tio hoping to up that total to 21, and for a while it looked like that might well be the case. The Americans dominated qualifying in both doubles and singles, and in the end returned with three of the four possible gold medals.

In a field represented by 16 nations, Barnes and O'Neill topped the men's field by 193 pins in doubles, leading from start to finish and finishing with a 12-game total of 5,211. Kulick and Johnson were even more impressive, leading from the opening game and blowing through the women's field with 328 pins to spare, completing the 12 games with 5,257.

"We worked very well together," said Johnson, of Cheektowaga, N.Y. "We both had a good look and continued to make great shots."

In 24 combined games, neither

bowler shot less than 190.

The Americans continued to dominate in singles, earning the top two spots in men's and women's qualifying. Johnson, who was second in qualifying, marched through three victories to reach the championship match, where she easily defeated Canada's Jennifer Park, 232-196 and 235-190, in the best-of-three format.

"There were some great players in this field," Johnson said later. "It was a tough battle but it feels great to come out on top."

Kulick, of Union, N.J., led the women's field with a 12-game total of 2,644, but bowed out in the opening round of match play, losing to Brazil's Stephanie Martins, 630-587, in a three-game total pinfall match.

In men's singles, Barnes, of Double Oak, Texas, came within a match of completing a gold-medal sweep for the Americans, but lost in straight games

to Colombia's Santiago Mejia in the title match.

"It is disappointing not to win the gold," said Barnes, who fell to Mejia 189-171 and 205-193. "He bowled very well and kept all the pressure on me."

Team USA's O'Neill, of Southampton, Pa., also lost to eventual champion Mejia in a three-game, total pinfall quarterfinal match, 711-589.

"Anytime you win three of four gold medals you can't say anything but that it was successful," Team USA head coach Rod Ross said.

"Just to be recognized with the Olympic sports here at the Pan American Games is a great feeling," Kulick added. "Any U.S. athlete who walks around with a gold medal around their neck is respected, and that's a really nice feeling."



**GOLDEN ROLLERS:** Team USA stars (l-r) Kelly Kulick, Liz Johnson, Chris Barnes and Bill O'Neill captured gold three of four available gold medals at the Pan Am Games.



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**Bulletin Board**

NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING

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MyBowlingVacation.com is the official travel website of USBC and not only gives members a single-source opportunity to plan their 2012 bowling getaways, but offers special discounted rates as well.

"Members don't have to search several websites or make multiple calls to get the best offer," said Kevin Terry, USBC Managing Director of Marketing

and Membership. "This site has everything our members need to book their trip."

Special hotel rates already are available for the 2012 Open Championships, including at the Belle of Baton

Rouge Casino and Hotel, the official brackets sponsor of the tournament. Members-only rates are also avail-

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

## Technique

# TARGET PRACTICE

**The eyes have it when it comes to targeting.**

**W**e say it over and over in bowling: Consistent success on the lanes is about adjustments.

Ideally, the best adjustments are the ones you can make without having to move laterally on the lane. Once you start moving your feet left or right, you change all of your angles and that's much more difficult. The longer you can stay in one spot, the more consistent your swing path, the more consistent your launch angle and the more confident you'll be.

Targeting is one of the easiest ways to make subtle adjustments in your game. It's also one of the least utilized. I always ask bowlers where they're targeting. Most times the response is a vague, "Out there."

That approach doesn't help much when the lane starts changing and you start losing your shot to the

pocket. If you don't have any idea of where your ball was going through the front part of the lane, how will you know how to adjust?

Targeting is simply picking a spot in the front half of the lane that you think will get your ball to within a board or two of your desired break point. With today's balls, if you can get to within a few boards at the break point, the ball does the rest.

Here's the trick on targeting: You target with your eyes, and the closer you move your eyes to the foul line, the sooner your ball gets into a roll. The farther down lane your target, the more likely you are to overthrow the ball and project it down lane.

Additionally, targeting closer to the foul line makes it easier to throw the ball out toward the gutter. Targeting farther down lane tends to narrow the path of the ball.

Here's how that works. Let's say



**READY TO BLAST OFF:** Click on the play button (above) to view ITRC Assistant Coach Bryan O'Keefe demonstrate the subtleties of targeting.

you're targeting the No. 10 board at the arrows to get out to your break point at the No. 4 board, but you keep pulling the ball left of your target. Try bringing your target from the arrows to the dots. You're still trying to get the ball over the No. 10 board at the arrows, but by targeting the dots you'll notice that it's easier to get the ball out to that break point.

You don't need to adjust your feet or your angles. Because your eyes are closer to the foul line it's easier to project the ball in that direction.

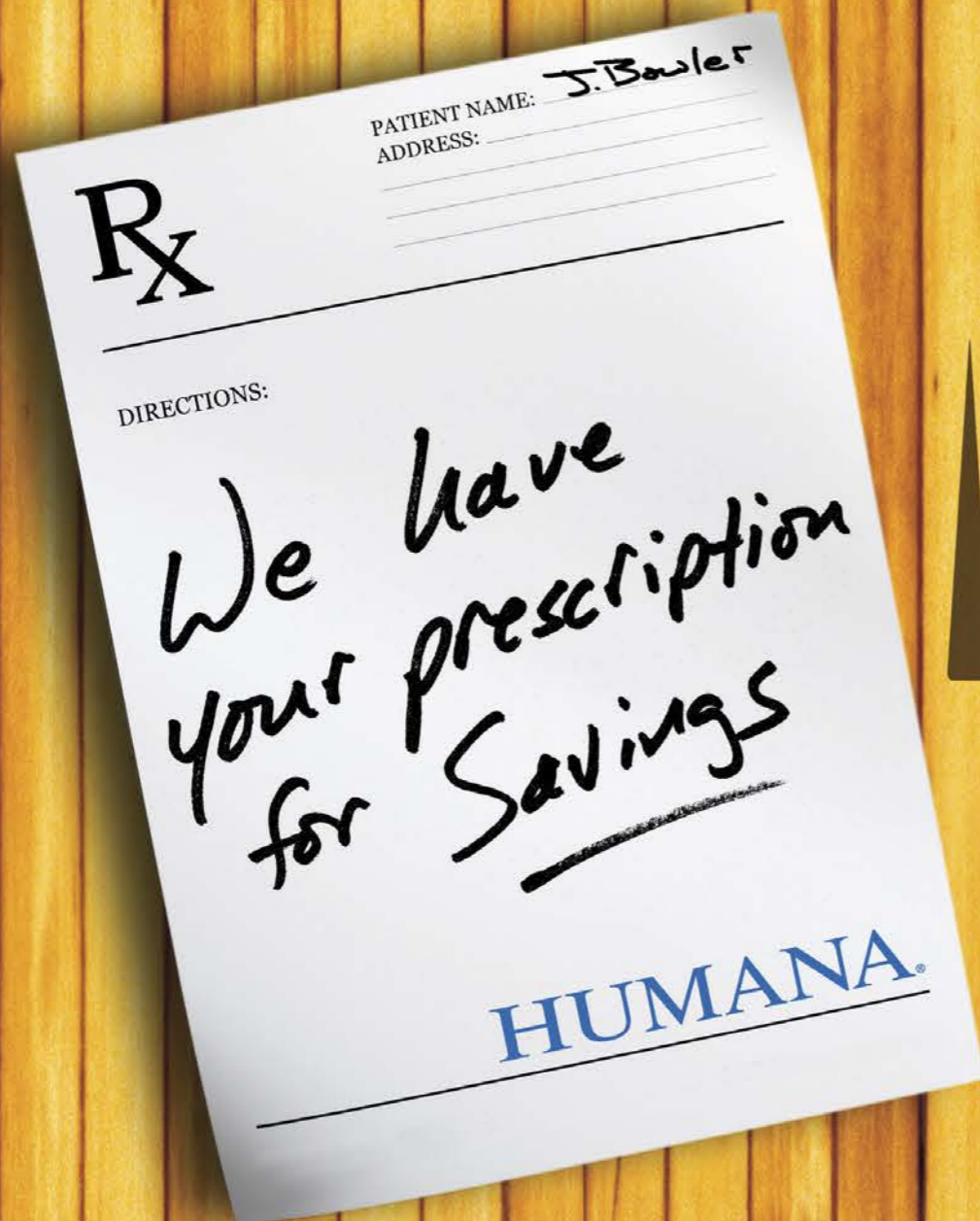
So why would someone want to target farther down the lane? Dry conditions tend to make the ball roll

earlier, making it necessary to project the ball farther down the lane to reach the desired break point.

Remember, targeting closer to the foul line not only gets your ball into a roll earlier, it allows you to get the ball farther out toward the gutter. It increases your launch angle.

Conversely, if you play the lanes straight with a shallow launch angle — not much left or right — targeting farther down the lane will make it easier to keep your line tighter.

— *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

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### FITNESS

## BE FLEXIBLE

**Stability is important, but you need to be flexible**

By Nick Bohanan

**B**owling is a sport that utilizes both strength and agility, which means you can't forsake exercises that keep your joints flexible for exercises that focus on strength. If you focus on one over the other, pain won't be too far behind!

The body is an alternating pattern of joints, some designed for stabilization and some designed for flexibility. In bowling, upper-back flexibility and hip flexibility go hand in hand. Your lower back is designed for stability.

If you are too tight in either your hips or upper back and you can't rotate as easily as you should, the tendency is to compensate with your lower back. The lower back is designed for bending and extension, so when you start rotating with your lower back that's when you feel pain.

Golfers run into this problem fairly often. Because there is so much torque and rotation of the spine, any tightness in their hips will cause them to shift that emphasis to their lower back.

Athletes too often focus on core-strengthening exercises to combat

lower back pain. No one will argue that strong core muscles are important, but in this case it's only half the battle. The root of lower-back pain is usually joint tightness either above or below it. If you don't work on the flexibility in your hips and upper back, the pain will return to your lower back regardless of how strong your core is.

If you want to keep your lower back healthy, keep your hips and upper back as flexible as possible. Upper-back exercises are beneficial because shoulder flexibility aids in a free backswing. Hip flexibility aids your stride and finish. Both take pressure off your lower back.

### Upper-Back Flexibility

Lay on the floor on your left side with your left arm straight out. Bring your right hip up and over at a 90-degree angle. This will lock your hip and lower back into place. Slowly bring your right arm back and try to touch the floor with the back of your hand. This exercise will give you a nice stretch through the chest. All of your rota-



**FLEX PLAN:** Click on the play button (above) to view USBC Sports Performance Specialist Nick Bohanan demonstrate exercises to add hip and back flexibility.

tion should come from the upper back. This works the area between the shoulder blade and lower back. It strengthens, but mostly increases, flexibility.

### Hip Flexibility

This exercise is called a kneeling stride. Start by kneeling on your right knee. Keep your heel on the floor and push your knee out in front of your toes. This will stretch the hip flexor in the leg with the knee touching the floor, and a bit of a stretch in the glutes as well.

You also should stretch your hamstrings. Lying on your back, put one heel up on a medicine ball or bowling ball and try to drive your heel into the ball. As the ball begins to move, try to keep it in place with your heel. You'll feel a good stretch in your hamstrings. To add difficulty, swing your other leg to add hip flexibility to the exercise.

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

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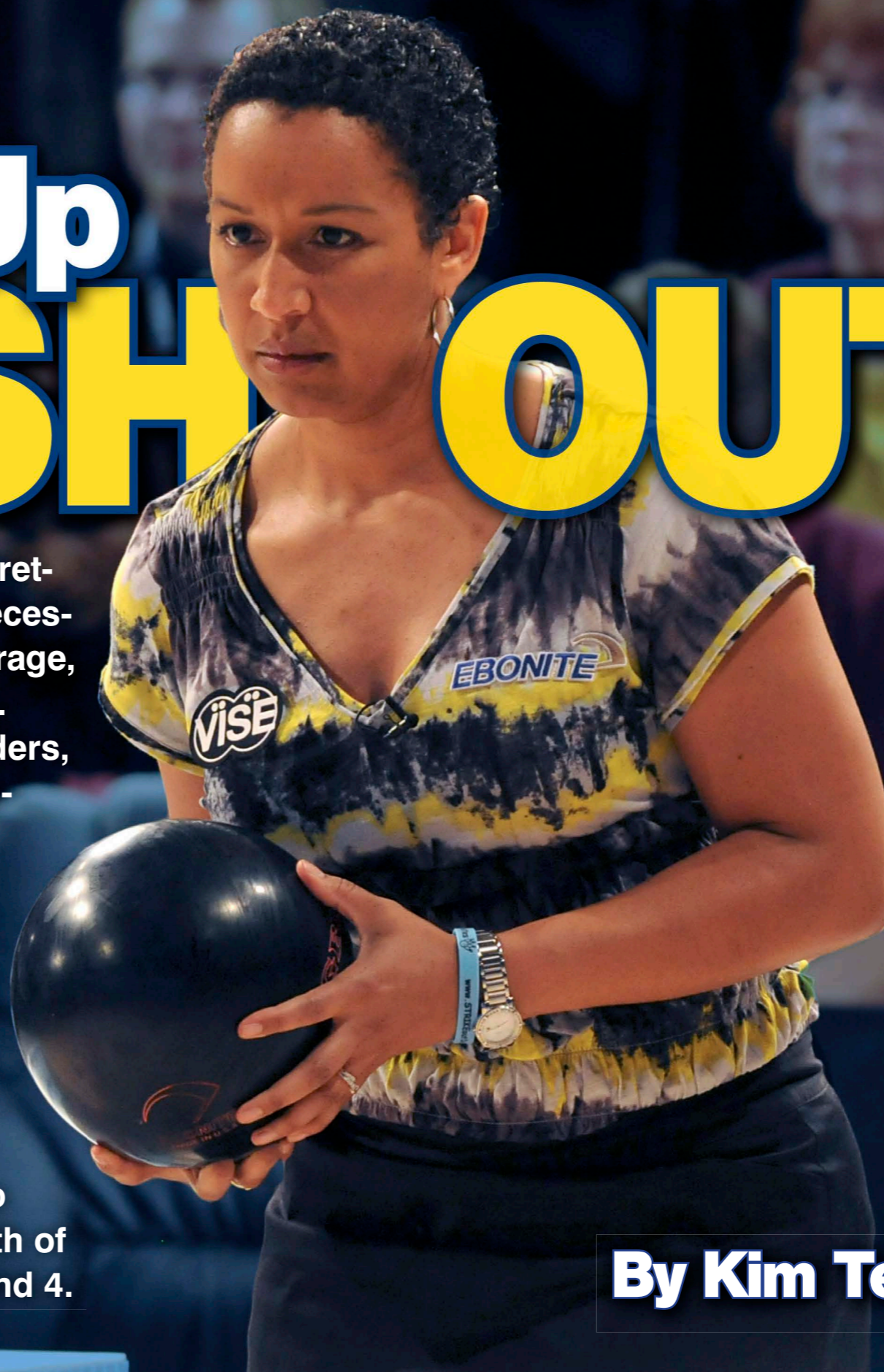
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# Clean Up WASHOUTS

**I** always considered myself a pretty good spare shooter. Not necessarily the best, but above average, particularly making washouts.

The washout, for right-handers, is the 1-2-4-10. It's a relatively common result when your strike ball comes in behind the head pin.

Like most bowlers, I always shot the washout from the right. Using your strike ball, the logic was that you would line up to get the ball to hook early and clip the left side of the head pin. The head pin would slide across to take out the 10, and the natural path of the ball would knock down the 2 and 4.



**By Kim Terrell-Kearney**



**READY TO BLAST OFF:** Click on the play button to view Team USA Assistant Coach Kim Terrell-Kearney explain an alternative approach to washouts.

The inherent problem with this is that you need to be lined up properly on the lane to make that shot. Obviously, you're already *not* lined up properly by the fact that you've left the washout to start with!

Now you have to make a double adjustment to pick up the spare. First, you have to figure out what you needed to do to get your strike ball to the pocket. Then you have to hope you make the right adjustment to get the ball to break early. That holds true when using your strike ball for any spare. It requires that you are lined up.

The benefit of using a plastic ball for spares, whether it is for the 10 pin or anything else,

is that you take the lane out of play. For me, it's pretty universal from pattern to pattern.

Still, even after I started using a plastic ball for spares, I shot the washout from the right, as tradition dictated.

About four years ago, Team USA coach Rod Ross introduced a new concept to junior Team USA at training camp. His argument was that taking a parallel line to the washout increases the surface of the head pin and allows greater margin for error. Rod always makes the analogy of shooting pool. If the head pin was the object ball and the 10 pin was the corner pocket, you'd never shoot it from the right

side of the table because the surface of the target is reduced.

For simplification purposes, forget the 2 and 4. The focus should be on kicking the head pin into the 10. If you make contact with the left side of the head pin, the natural path of the ball will take out the 2 and 4.

At first I was skeptical, but I went back to Delaware State, where I was starting my second year as head coach, and decided to try it with my team. At first my bowlers said it was a difficult adjustment and that it just didn't feel right. But halfway through the year we were by far the best spare-shooting team, particularly with washouts.

That summer I started practicing again and decided to give it a try. I immediately thought, "Wow! I'm a believer!"

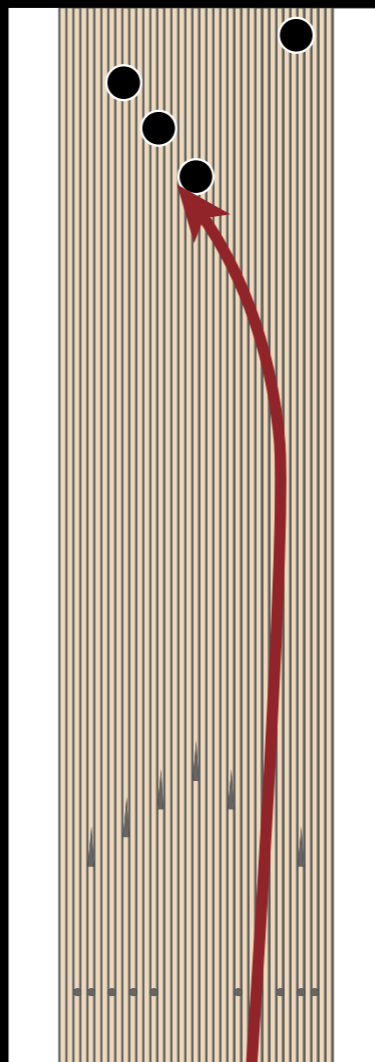
I usually line up at 22, which is just two boards to the left of the center arrow. I want to be square to the lane and square to my target. We've talked before about turning your body to the target on single-pin spares, but in this case you want to be as direct and straight up the boards as you can.

People who try this approach sometimes line up a little too far to the left and throw diagonally at the head pin. This may be successful, but the head pin can react a little differently. Ideally, you want

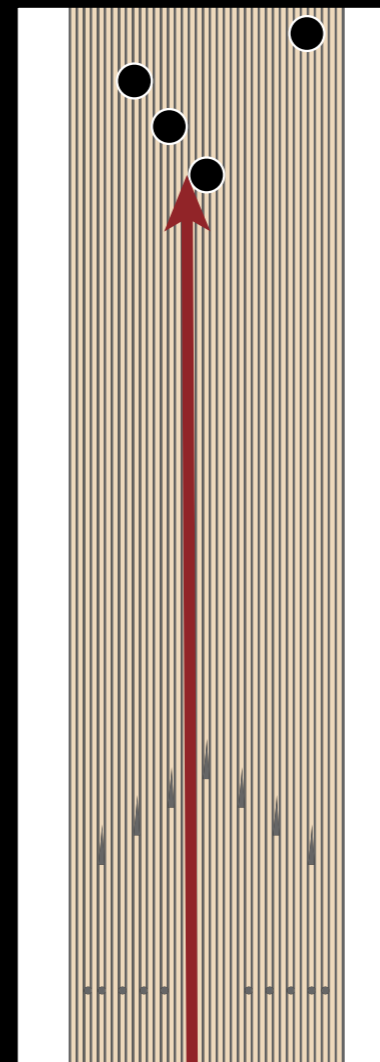


## Alternate Route

**Traditionally, bowlers have attacked the washout from the path illustrated in Figure A. Using your strike ball, you start far right and try to clip the left side of the head pin. Today's elite bowlers use a plastic spare ball, line up just left of the center arrow, and throw directly at the left side of the head pin (Figure B). This path actually increases the surface of your target.**



**FIGURE A**



**FIGURE B**

to get the head pin horizontally toward the 10, greatly increasing its chances of taking out the 10.

Taking this approach to the washout might be a little uncomfortable at the start because it is so different than what you've always done. At first you might feel a little closed down, but you'll see how your odds of making the spare increase and you'll get comfortable with it pretty quickly.

The same philosophy holds true for another relatively common spare, the 3-6-7-10. The most common approach is to shoot it from the far left, crossing the front of the 3 and hoping it slides over into the 7. Now we're suggesting you can shoot it straight up the right side of the lane, still getting the 3 to slide into the 7 while the ball takes out the 6 and 10.

The key to this process is to get you to better understand your angles, regardless of what spare you're shooting. A better understanding of how you move your feet and how it affects the ball down lane is a valuable learning technique. It will make you more cognizant and careful about where you stand.

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

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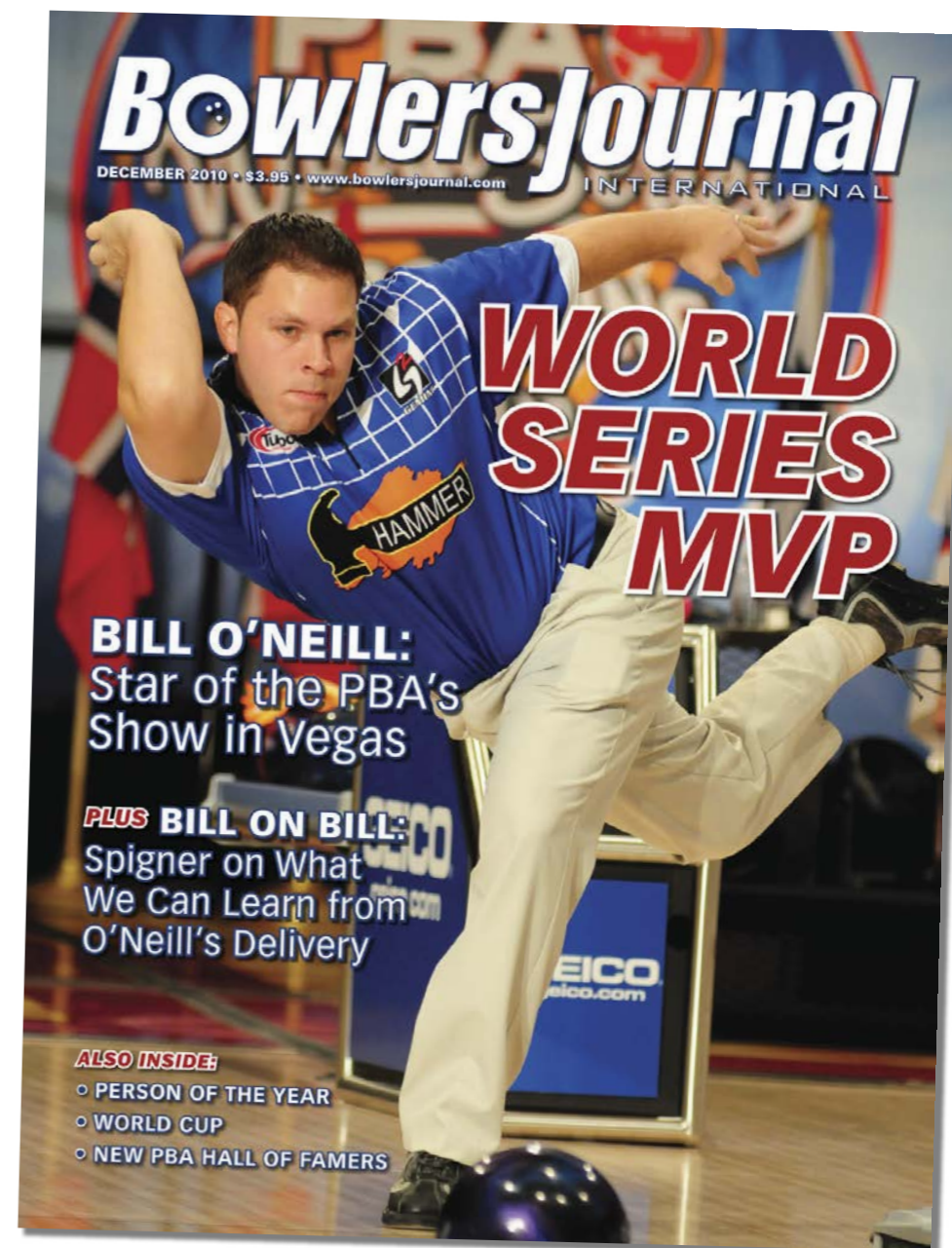
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