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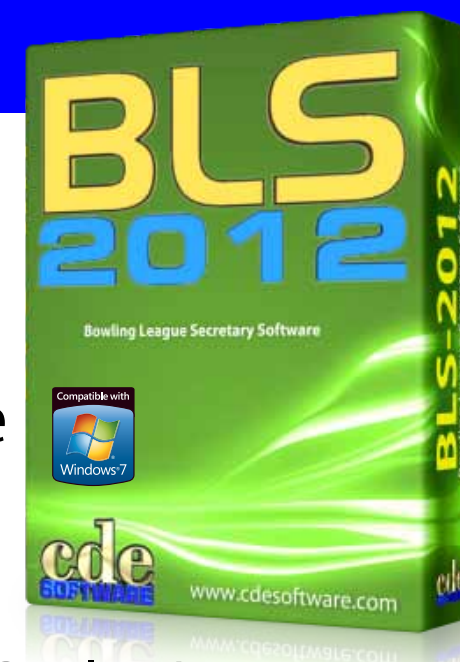
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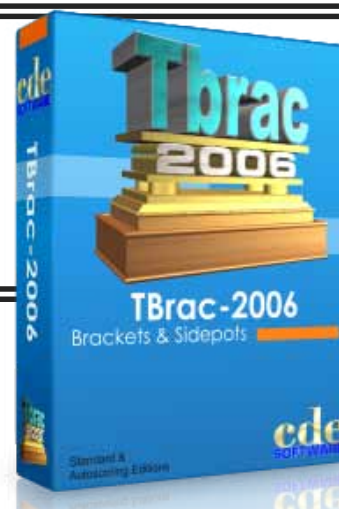
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# USBOWLER

## NATIONAL NEWS

In a battle of Texans, Mike Fagan of Dallas topped Chris Barnes of Double Oak, 246-213, in the title match of the 2012 Alka-Seltzer Plus Liquid Gels United States Bowling Congress Masters at Sunset Station's Strike Zone Bowling Center in Henderson, Nev. The victory was the first career major for the 31-year-old Fagan, who also has three Professional Bowlers Association Tour titles to his credit. "I know how few and far between these opportunities can be," said Fagan. "For me to take advantage of it is amazing." Fagan entered the four-player stepladder as the second seed and defeated Bryon Smith of Roseburg, Ore., 228-180, to reach the final. Despite failing to strike in the first four frames in the finale, Fagan reeled off seven straight strikes to pull ahead of Barnes. Barnes, who needs a Masters title to complete bowling's career Grand Slam, lost as the Masters' top seed for the third time. Fagan earned \$50,000 for the Masters crown.



**PLOP, PLOP, FIZZ, FIZZ:** Fagan wins Alka-Seltzer Plus USBC Masters crown.  
[CLICK ON THE PLAY BUTTON ABOVE FOR A VIDEO RECAP OF THE USBC MASTERS.](#)



### Changes On Tap for USBC Open Championships

The USBC Open Championships' return to Reno in 2013 will be accompanied by changes implemented to improve the tournament and make registration easier.

[CLICK HERE TO READ MORE](#)



### Pluhowsky Receives Double Honor from WBW

Shannon Pluhowsky, who garnered a record four gold medals at the World Women's Championships, was named World Bowling Writers Female Bowler of the Year and was elected into the WBW Hall of Fame.

[CLICK HERE TO READ MORE](#)



### Proposals on Ballot for 2012 Annual Meeting

A host of proposals involving bylaw, league rules and tournament rules will be voted on by delegates at the USBC Annual Meeting on April 27 in Arlington.

[CLICK HERE TO READ MORE](#)



### Wolfe Breaks Sport Bowling Mark

Brett Wolfe of Scottsdale, Ariz., rolled an 886 series on the 2011 USBC Open Championships lane condition, the highest ever in USBC Sport Bowling.

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### PBA/WTBA Unveil International Tour

The World Tenpin Bowling Association and the Professional Bowlers Association joined forces to create a true global professional bowling tour.

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### D.C. Public Schools Add High School Bowling

Bowling becomes a varsity sport for girls at D.C. Public Schools in compliance with Title IX, which mandates gender equity at federally funded institutions.

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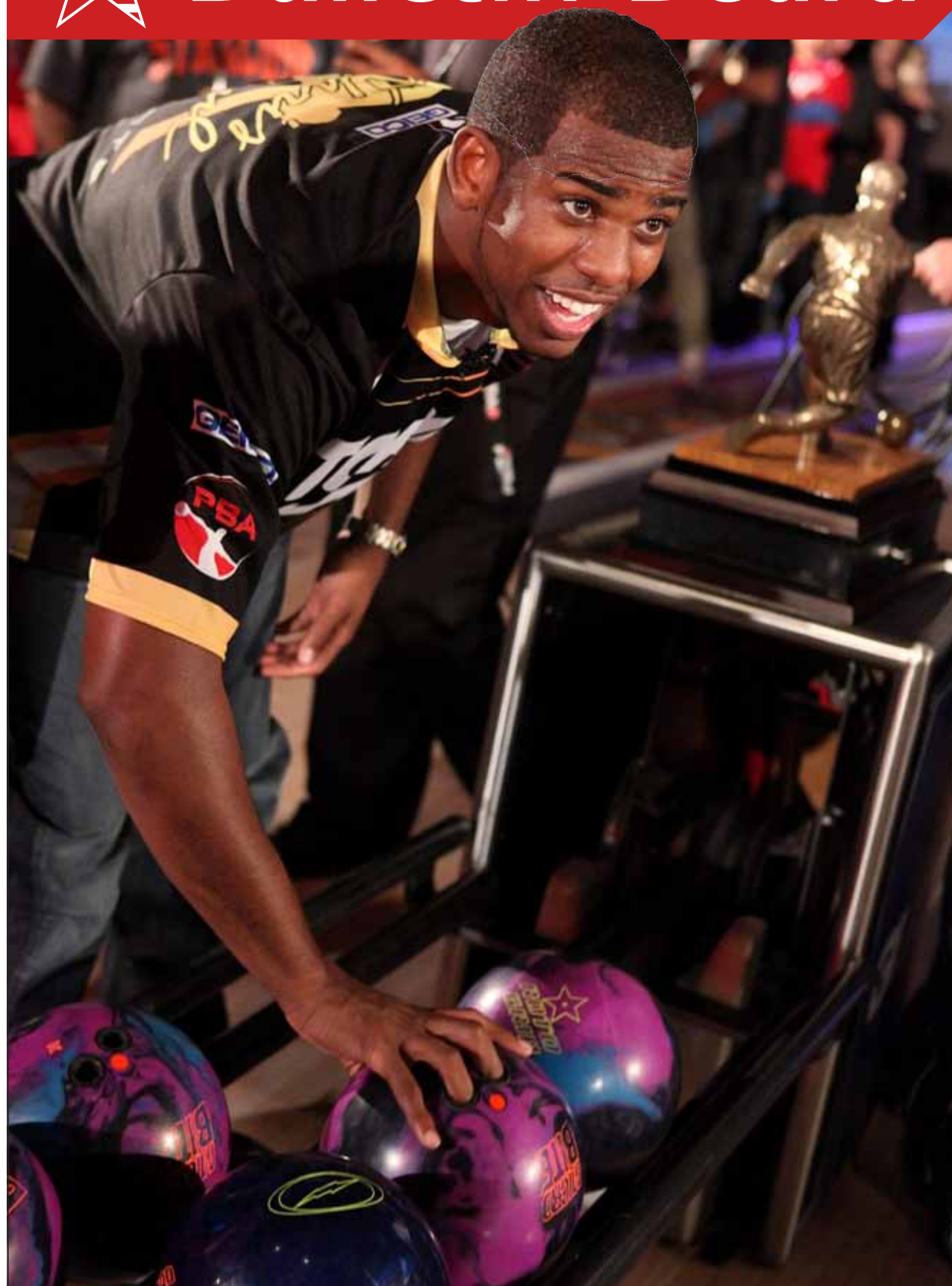




NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING /// FEBRUARY 2012



# Bulletin Board



# STAR POWER

Bowling basketball star Chris Paul's annual PBA Celebrity Shootout once again had star appeal.

**A**ssists are Chris Paul's life. The five-time National Basketball Association All Star averages 10 assists per game, the third highest in NBA history.

For bowling fans, however, Paul's biggest assists come when he uses his vast celebrity to profess his love of tenpins to a much broader audience than bowling is accustomed to.

And nothing exemplifies that affection like the annual Chris Paul PBA Celebrity Invitational. For the fourth consecutive year, Paul enlisted the help of some A-list friends and PBA stars for a bowling event to benefit Paul's CP3 Foundation. Since joining the NBA, Paul has devoted time, money and resources to promote education, health and social responsibility for



Blake Griffin

kids through programs and partnerships with his foundation.

The fourth annual celebrity invitational, which aired on ESPN on Super Bowl Sunday, featured eight stars



## Bulletin Board

NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING



Ciara



Pete Weber



Left to right: Ryan Shafer, Michael Strahan, Blake Griffin, Jerry Ferrara, Jess Williams, Kevin Hart, Chris Paul, Jason Belmonte, Wes Malott, Pete Weber and Reggie Bush.

of music, television and sports, including football's Reggie Bush and Michael Strahan, Grammy nominated hip-hop and R&B singer Ciara, TV stars Jesse Williams (Grey's Anatomy) and Jerry Ferrara (Entourage), comedian Kevin Hart and Paul's new Los Angeles Clippers teammate Blake Griffin.

A pair of celebrities teamed with PBA stars Ryan Shaffer, Wes Malott, Jason Belmonte and Pete Weber in the team competition, which Paul and Belmonte won each of the last two years.

"I just think it's odd that Chris has won his own tournament two years in a row, don't you?" wondered Griffin, a 6-foot, 10-inch power forward.

The event started with a Super Shootout, a one-ball, low-man-eliminated roll off between the celebrities.

The final pitted the hyper-competitive Paul against Williams, with Williams stealing the trophy with a strike after Paul had posted an 8-count.

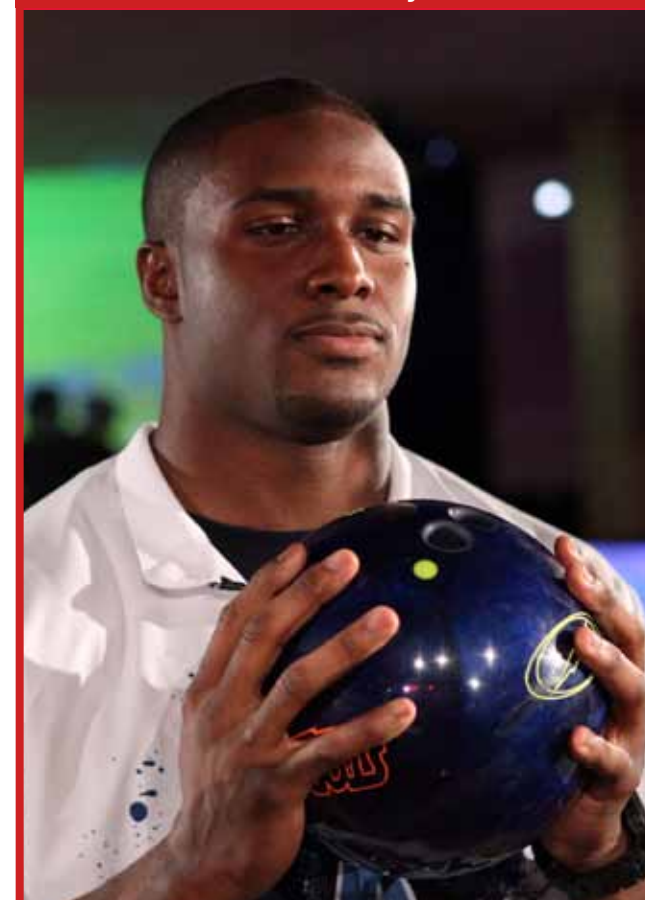
The team event would also leave Paul with the bitter taste of second place, as the trio of Weber, Griffin and the wrong-footed Ferrara squeaked out a 187-180 win. Belmonte doubled in the 10<sup>th</sup>, giving teammates Paul and Hart a chance at a three-peat, but Weber answered with a strike of his own to close out the match.

"I doubled to force Pete to strike," said Belmonte. "Then he did what he does best, which is strike when he has to strike."

The biggest strike, of course, was for bowling. The event delivered fun and drama, as well as an estimated one million viewers on ESPN.



Drew Carey



Reggie Bush



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## Bulletin Board

NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING

# MR. BOWLING

The bowling world lost its first “rock star” when Don Carter passed away at 85.

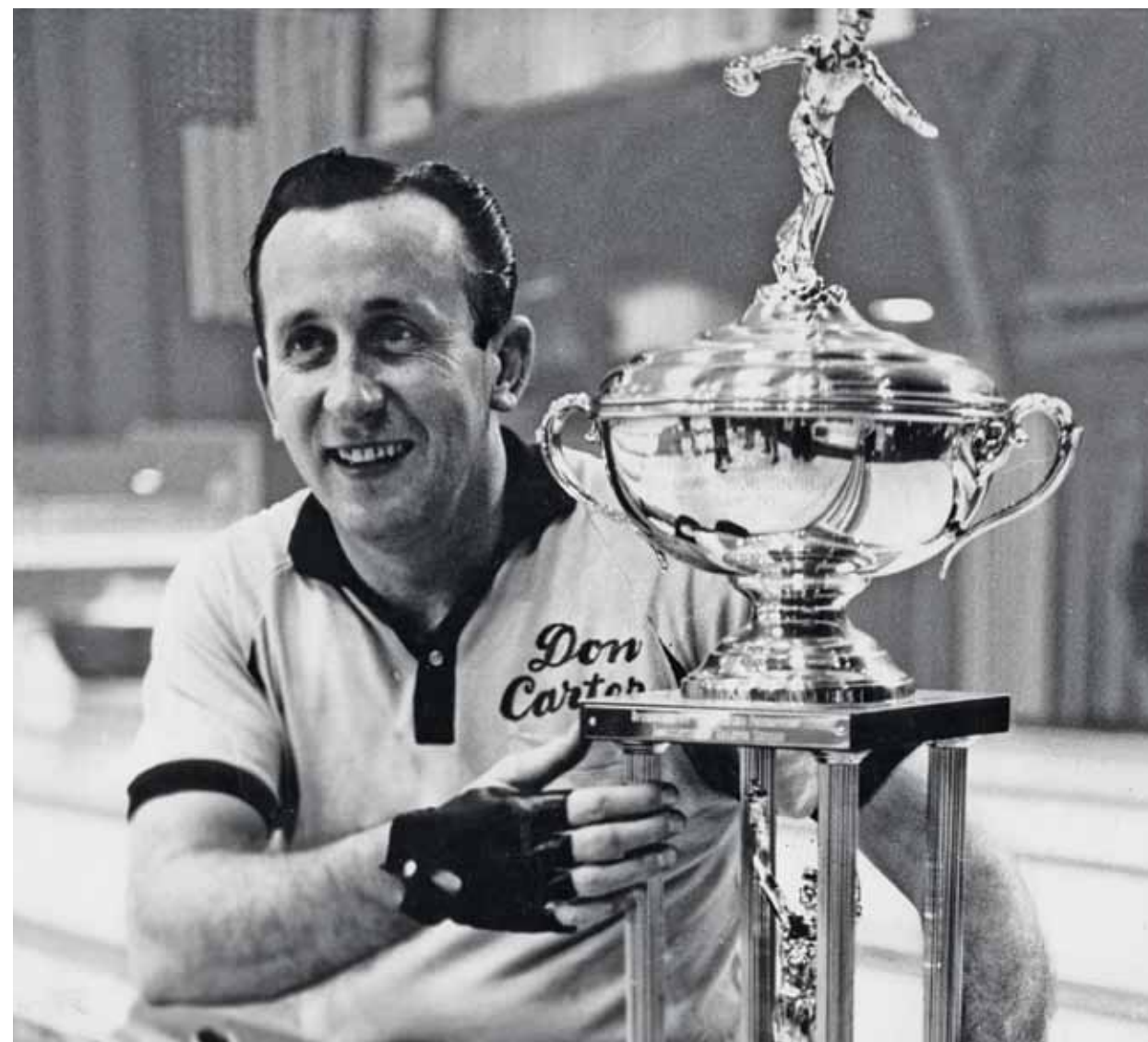
**D**ebate over where Don Carter ranks in the mythical list of greatest bowlers ever may not yield a unanimous conclusion. There is no question, however, that Carter, who passed away in early January at the age of 85, was the first bowler to truly transcend the bowling center and work his way into the national consciousness.

As bowling historians often claim, Carter did for bowling what Arnold

Palmer did for golf. He dominated the game with an engagingly unorthodox style and built an army of fans both in and out of the sport with a sincere smile, a dogged competitive spirit and a surprisingly keen understanding of business and marketing.

Along the way he transformed sport. In an 11-year stretch (1952-1962), Carter collected five World Invitational titles, four Bowling Proprietors' Association of America All Star titles and bowled leadoff for arguably the greatest squad in team bowling history, the mighty Budweisers.

And when Eddie Elias organized the Professional Bowlers Association in 1958, Carter's impact and influence as the face of bowling was never more important. His notoriety helped the PBA bring true professionalism and national exposure to the sport. In addition to appearing on television



shows like “Make That Spare,” “Jackpot Bowling” and “Championship Bowling,” Carter became a spokesman in TV commercial for products like Viceroy cigarettes, Palmolive Rapid Shave and Wonder Bread.

In 1964, Carter leveraged that popularity into bowling's first \$1 million endorsement contract, a deal he signed with Ebonite that included a Don Carter-branded line of bowling balls.

Carter amassed 10 PBA titles,

but chronic knee problems cut his pro career short, and his participation and effectiveness on the lanes was only sporadic after 1965.

Still, Carter's impact as a champion and ambassador has never been questioned. He was voted Greatest Bowler of All Time by *Bowling Magazine* and Bowler of the Century by *Bowlers Journal International*, and is honored in the USBC Hall of Fame, the PBA Hall of Fame.





## Bulletin Board

NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING

## THE CARTER LEGACY

While Don Carter retired from bowling in 1972, his impact on the sport is not lost on today's top bowlers.

### Walter Ray Williams Jr.:

Don Carter was one of the greatest players ever in our sport. I never got a chance to watch Don compete, but I did bowl with him in a Pro Am at one of his tournaments. One of the funnest experiences I had with Don was bowling in a doubles tournament with his wife, Paula. He was behind us cheering us on, so that was pretty cool.

**Mike Fagan:** When I hear Don's name I think about the founding fathers of the professional side of bowling. He helped create a name for himself that will live on forever in bowling. I did get to meet him once at the Cream of the Crop Tournament in Florida. I can't say I knew him, but his name will always have my respect.

**Jason Belmonte:** I'm not that familiar with the history of American bowling, but I talk to a lot of players and listen to all the old stories, and you gain a familiarity with the names. It's almost like you knew them. Don was one of those guys. I'm always conscious of who has gone before me. I know he was one of the originals, a Hall of Famer who helped pave the way



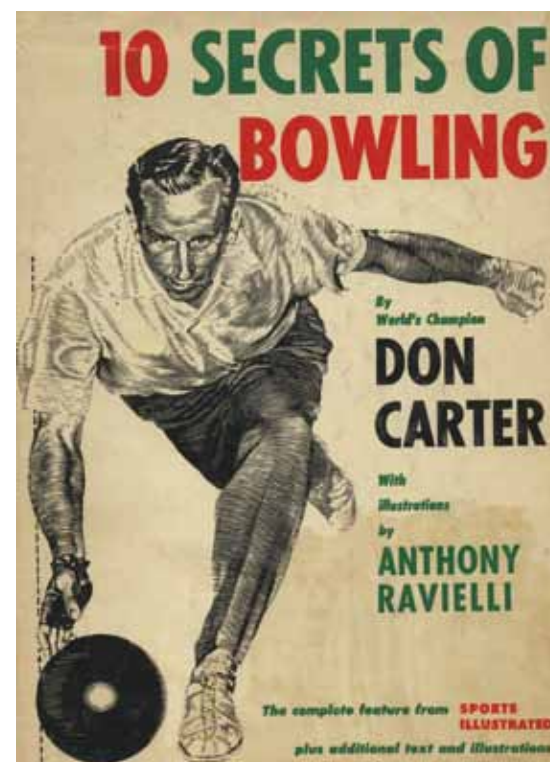
Carter (with first wife LaVerne) accumulated plenty of hardware.

for all of us out here on tour. And I think that means a lot out here. Hearing what he did on and off the lanes is something bowlers should strive to be like. I don't think I ever heard a bad story about him. I can't say I really knew him, but I bowled in a few tournaments with his name on them and was lucky enough to shake his hand a few times.

**Chris Barnes:** Don was probably the first superstar of the sport. All the pros know that he



Carter (second from right) bowled lead-off for the famed Budweisers.



signed the first \$1 million contract. I always think of him, Dick Weber and Don Johnson as the pioneers who set in motion the things we get to bowl for now.

**Bill O'Neill:** To me you think "legend." He was done bowling when I grew up, so I never watched him, but I always knew who he was and what he accomplished.

**Kelly Kulick:** The one word that comes to mind immediately is "legend." When you talk about the greatest players of all time, he's right up there. He took his success on the lanes and turned it a major business.





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## Health and Wellness

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

### FITNESS

## TRAINING IS PERSONAL

Know what to look for when choosing a personal trainer.

By Nick Bohanan

**C**hances are your New Year's Resolution for 2012 had some basis in fitness: losing weight, getting in shape, eating better, etc. That's good because today's bowlers need a higher level of athleticism than ever before.

But how do you achieve that level? Let's face it. If we were all self-motivated there wouldn't be much need for New Year's Resolutions! We need that guiding hand, that extra push.

Having someone to motivate you is the fastest and safest way to get in better shape. A personal trainer is a good source for information, motivation and guidance, but finding the right one can be a difficult task. There are many factors that go into making a good personal trainer, but there are a few key attributes every personal trainer should have:

**CERTIFICATION:** Don't blindly put your trust in all personal trainers hired by health clubs. There are many personal training certi-

cations out there, some of which can be obtained through simple weekend workshops.

Higher-level certifications are respected in the fitness industry because they require the candidate to pass a vigorous exam that includes questions on physiology, program development and video analysis of lifting techniques. Due to the content of those higher-level certifications, more emphasis is placed on the knowledge and experience of the candidate. Look for a personal trainer who is certified through the American College of Sports Medicine, National Academy of Sports Medicine, or the National Strength and Conditioning Association.

**EDUCATION:** Along with certification is education. Does the personal trainer have a college degree in exercise science, kinesiology or fitness? That can be in the form of an Associate's, Bachelor's or Master's degree. Such degrees will have given the personal trainer more in-depth knowledge in physiology, anatomy, injury prevention and motor learning. Having a working knowledge



**TRAINING WHEELS:** Know the factors that indicate a good personal trainer.

of the body and how it is affected by exercise will go a long ways in helping you achieve your goal faster while minimizing the risk of injury. Never underestimate the importance of proper technique.

**PERSONALITY:** You have to connect with your personal trainer if you want to be motivated to work with them. If a personal trainer does not have a personality that you mesh with, it will be difficult for you to become motivated to work with them. Everyone is different. Some people like an intense

trainer, while others prefer a soft, caring personality. A good personal trainer should have the ability to adapt to your needs and allow you to enjoy your time working out and achieving your goals.

**ADAPTABILITY:** A personal trainer's ability to adjust to your needs comes with experience. The longer a personal trainer has been working, the more clients they have successfully trained. Through experience, there will be a learning process and a development of the art of personal training. Part of that art is creativity. Creativity will enable a personal trainer to keep your workouts exciting and finely tuned to meet your specific needs.

In order to achieve your goals, a relationship needs to develop between you and your personal trainer. Just like any relationship, there needs to be a level of trust. You will put your trust into you personal trainer to help you achieve your goals. By ranking these factors by importance to your goals and personality, you will be able to find a personal trainer that will suit your individual needs.

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



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Jason  
Belmonte



## Selecting the Right Strike Ball is a Process

**V**irtually every tournament bowler, and most serious league bowlers, carries multiple balls in his or her arsenal. High-level bowlers carry as many as six or eight. All, of course, attack the lanes in a different way. And the purpose of carrying so many choices is because lane conditions offer such diverse challenges.

# PROS PICK 'EM





**Mike Fagan**



**Mika Koivuniemi**

Once you are on the lanes, however, selecting the right ball isn't automatic. Throwing several balls during the practice time before a block or league session begins will give you the information you need to make a decision.

Even then the choice might not be obvious. Sometimes none of the balls seem to hit the pocket. Other times you'll find yourself striking with two or three different balls.

When that happens, how do you choose the best option?

The pros are faced with that dilemma occasionally, and several offered insight into how they come to a decision.

**MIKE FAGAN:** It's a process, and I try to keep an open mind. I don't want to come in saying, "This is the ball I have to throw." I try to come in with a range of balls that will complement each other, but if the first one I throw feels good off my hand and reacts the

way I want it, I might not even go to another ball. Most importantly, I don't want to make dramatic changes as the block goes on. I might make a few subtle changes, like using the same ball with a different drilling, or using the same drilling on a different ball.

**MIKA KOIVUNIEMI:** I don't like to throw too many strikes in practice because I know the lanes are going to change. If I strike too much with one ball in practice, I'm not going to throw that ball. If I have a ball that feels good and goes through the pins, I'll stop using it until the end of practice.

**BILL O'NEILL:** I look for the angle into the pins. Even if a ball is striking, if it's deflecting in the pocket I know it's not going to continue to strike because the angle isn't right. And if I see a ball going too sharp into the pocket and running over the 8 pin all the time, that's probably not the ball ei-



ther because when I miss it's going to split. So I look for the ball that runs straight through the pins between the 8 and 9. It's not always there, so you may have to go with one of the other two reactions, but if more than one ball is striking I'm going to choose the one that runs through the pins best.

**JASON BELMONTE:** The first thing I look for is how the ball is going through the pins. Several balls may go through the pocket, but rarely does more than one ball go through the pins the way you'd like. I like to see all the pins go backwards. I like to see all 10 in the pit, instead of the messengers or the trip-4 pins. If I see one ball that does that, fantastic. If I see two balls doing that, my decision becomes a little more strategic. Then I have to determine which ball I think I can hold onto the longest before having to change or move. In three-game sets, it's really important that you see your ball going through the pins right because the difference between a ring-10 and a strike could mean the difference between winning and losing a match.

**CHRIS BARNES:** If I'm on fresh oil, the strongest ball that goes through the pins wins. By strongest I mean the earliest-rolling ball. The early rolling ball follows transitions better and they read easier. I'll always go with the earliest-rolling ball, the lowest RGs and slower response cover. High-response covers respond a lot to dry and oil. Low-response covers react much less. It's like a snow tire versus a slick tire. I always



**Chris Barnes**

***"If I'm on fresh oil, the strongest ball that goes through the pins wins."***



**Wes Malott**

go to the snow tire early on because it's more predictable and the changes in oil will be much more gradual. If I'm in between I'll always go with the one that has the smoother shape.

**WES MALOTT:** I had to make that very decision recently. I had a good look with two different levels of bowling balls. At first I thought I'd go with the mid-range ball because I thought I could stay with it longer. I was afraid that if I used the higher-end ball I'd have to get away from it sooner. But by the end of practice I didn't quite see what I wanted from the mid-range ball, so I chose the high-end ball. I ended up being able to stay with it the whole block. That's a decision you have to make, and you have to commit to it. The next day on fresh oil I started with the high-end and had to go away from it after three games. Sometimes the lanes will let you do it, sometimes they won't.



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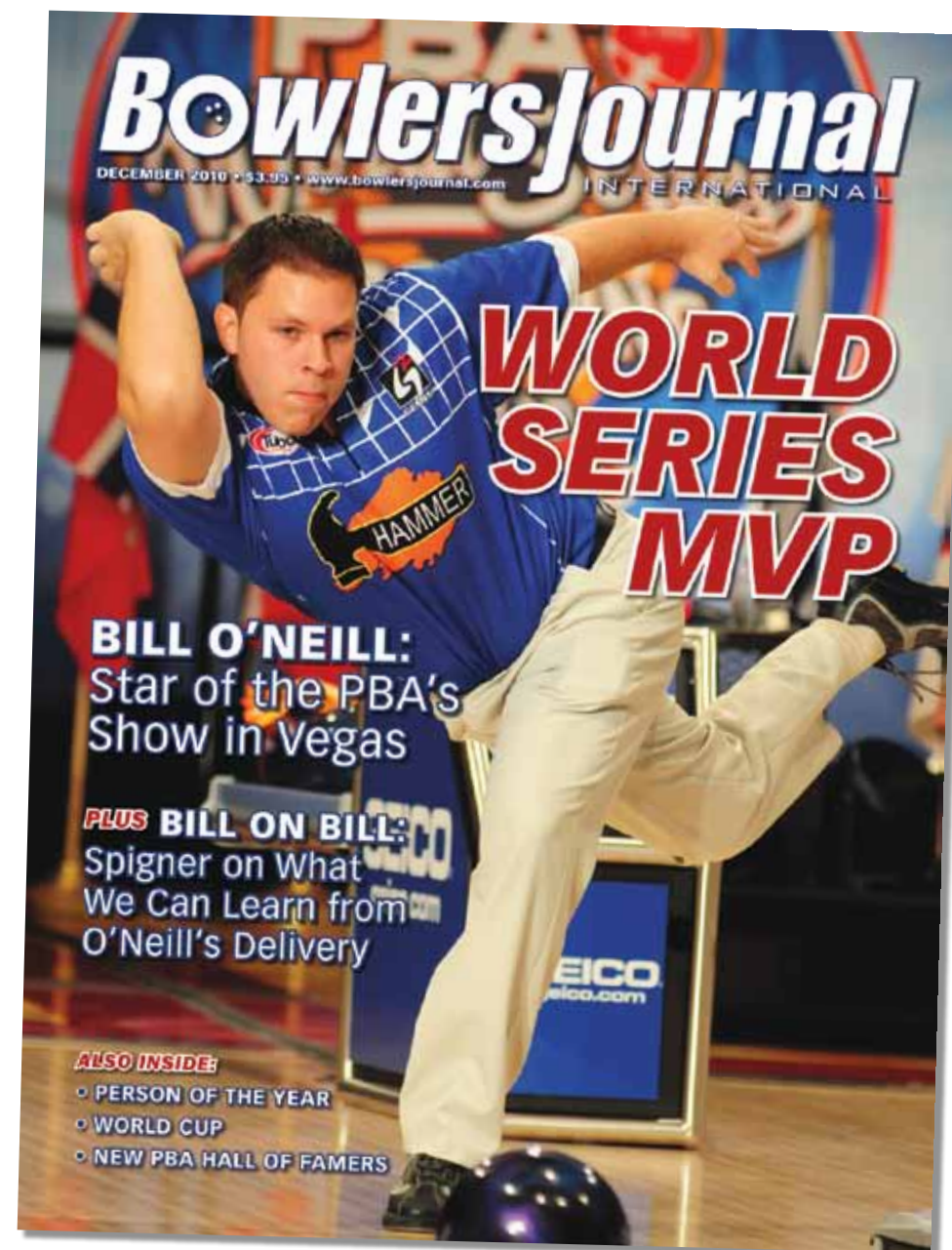
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