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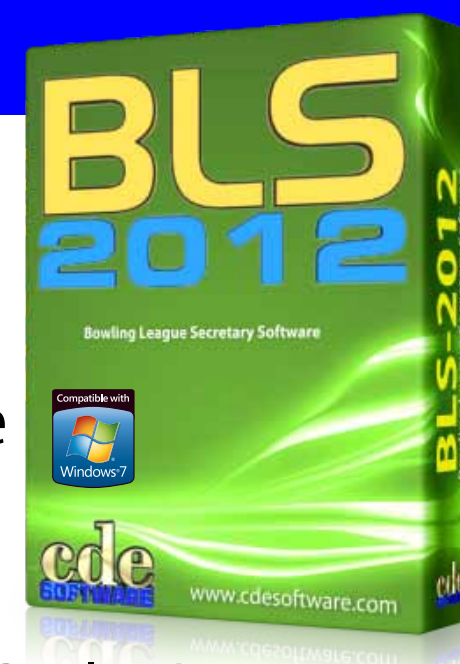
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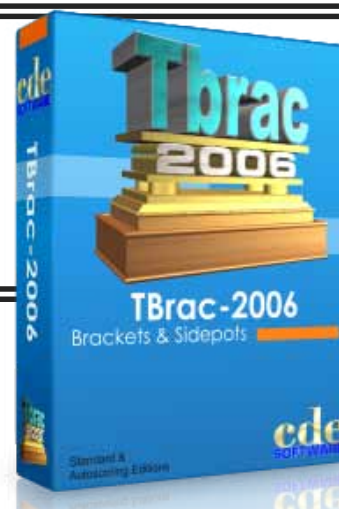
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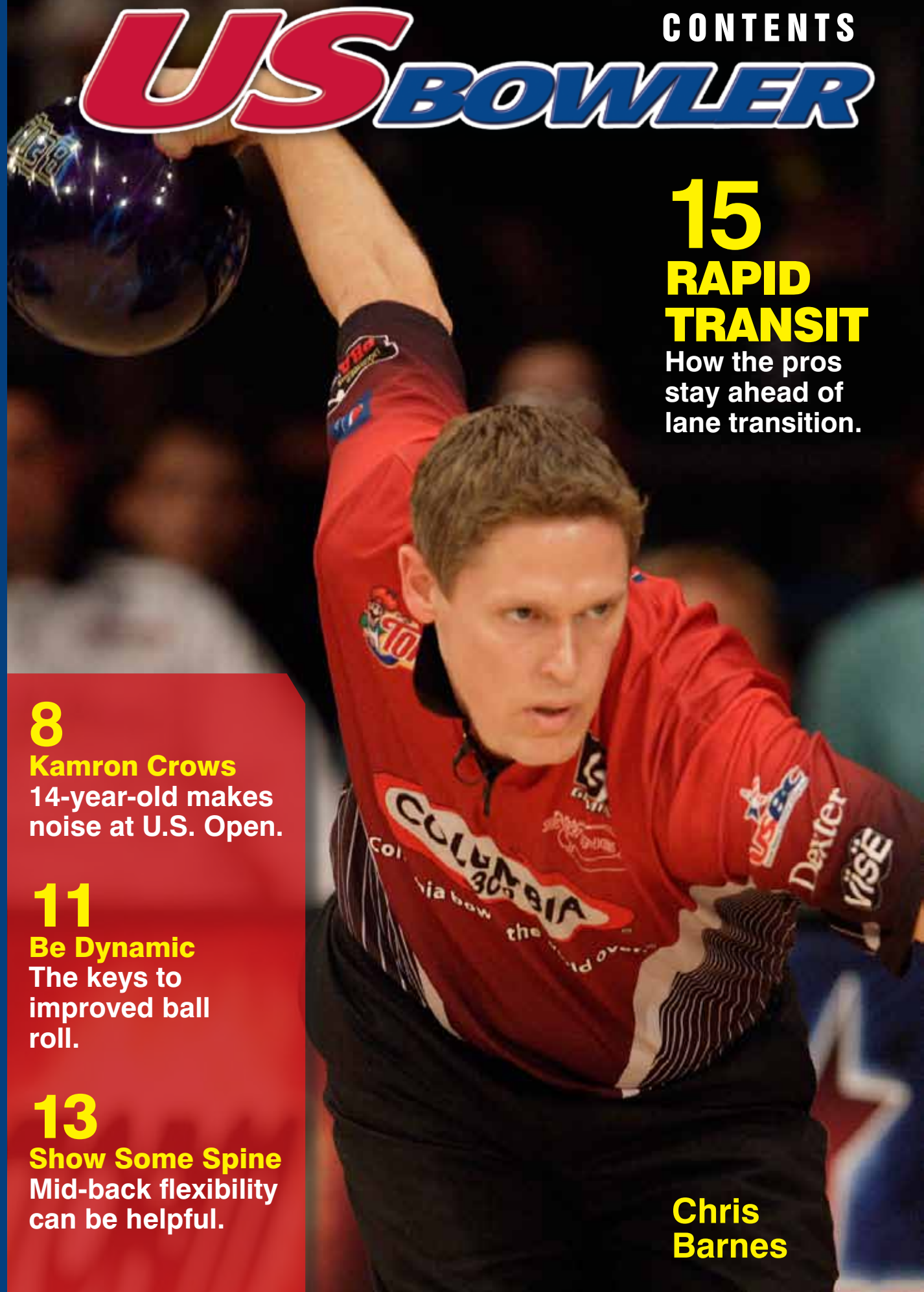
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## USBOWLER

### NATIONAL NEWS

Ushered in by a parade of Mardi Gras floats and Louisiana State University cheerleaders, the first wave of bowlers hit the lanes at the Baton Rouge River Center to signal the opening of the 2012 USBC Open Championships on Feb. 11. The 151-day tournament, which will feature more than 60,000 bowlers, officially got underway when Louisiana native Floyd Patterson, wearing the signature crown and cape, threw the ceremonial first ball as 2012 "Joe Bowler." It marks the second time that Baton Rouge has hosted the annual event, having previously done so in 2005. Visit Baton Rouge President and CEO Paul Arrigo, Baton Rouge Chief Administrative Officer John Carpenter and a host of USBC officials and bowling dignitaries joined in the ribbon cutting, which was followed by the traditional Mass Ball Shot. The 2012 USBC Open Championships run through July 10.



**LET THE GOOD TIMES ROLL:** 2012 Open Championships underway in Baton Rouge. **CLICK ON THE PLAY BUTTON** ABOVE FOR A VIDEO OF OPENING CEREMONIES.



#### Salute Raises \$30,000 for Bowling Museum

USBC Hall of Famer Mort Luby Jr.'s painting pulls in \$20,000 bid from European distributor Hans Krol at 23rd Salute to Bowling to benefit International Bowling Museum and Hall of Fame.

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#### USA Bowling Develops Youth Summer Camps

International Bowling Campus Youth Development team unveils a step-by-step guide to implementing a successful USA Bowling Summer Camp program.

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#### Weber Wins Fifth U.S. Open Title

Pete Weber surpassed his father Dick and Don Carter with his record fifth U.S. Open title. Weber, 49, also became the oldest player to win the crown.

[CLICK HERE TO READ MORE](#)



#### Recognition Awards Honor Two Texans

Donna Conners (left) and Sue Hunter (right) will receive 2012 USBC Recognition Awards for leadership and contributions to bowling.

[CLICK HERE TO READ MORE](#)



#### Squad Times Set for Notable Bowlers

Dates are set for appearances by professional bowlers, past champions and USBC Hall of Famers at the 2012 Open Championships

[CLICK HERE TO READ MORE](#)



#### High School Bowlers Take on Championships Lanes

More than 40 varsity teams from Louisiana converged on the USBC Open Championships venue to compete in the 2012 Coca-Cola High School Invitational.

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

## Bulletin Board

# BAD BOY MAKES GOOD

## Rash Making Dreams Come True

**S**ean Rash has been known to have a temper to match his pin-shattering power on the lanes. Outbursts against his fellow Professional Bowlers Association tour bowlers and fans alike are well documented and plentiful.

That does not, however, mean that the 29-year-old five-time PBA titleholder is without a heart.

Rash recently showed his softer side while making dreams come true for a pair of ailing youngsters. His budding friendship with 8-year-old Dan McCarty, whose battle against brittle bone disease confines him to a wheelchair, was on display in the televised finale of the Johnny Petraglia Division of the PBA World Championship. After spending a number of hours with McCarty, Rash aided the youngster in throwing out the ceremonial first ball

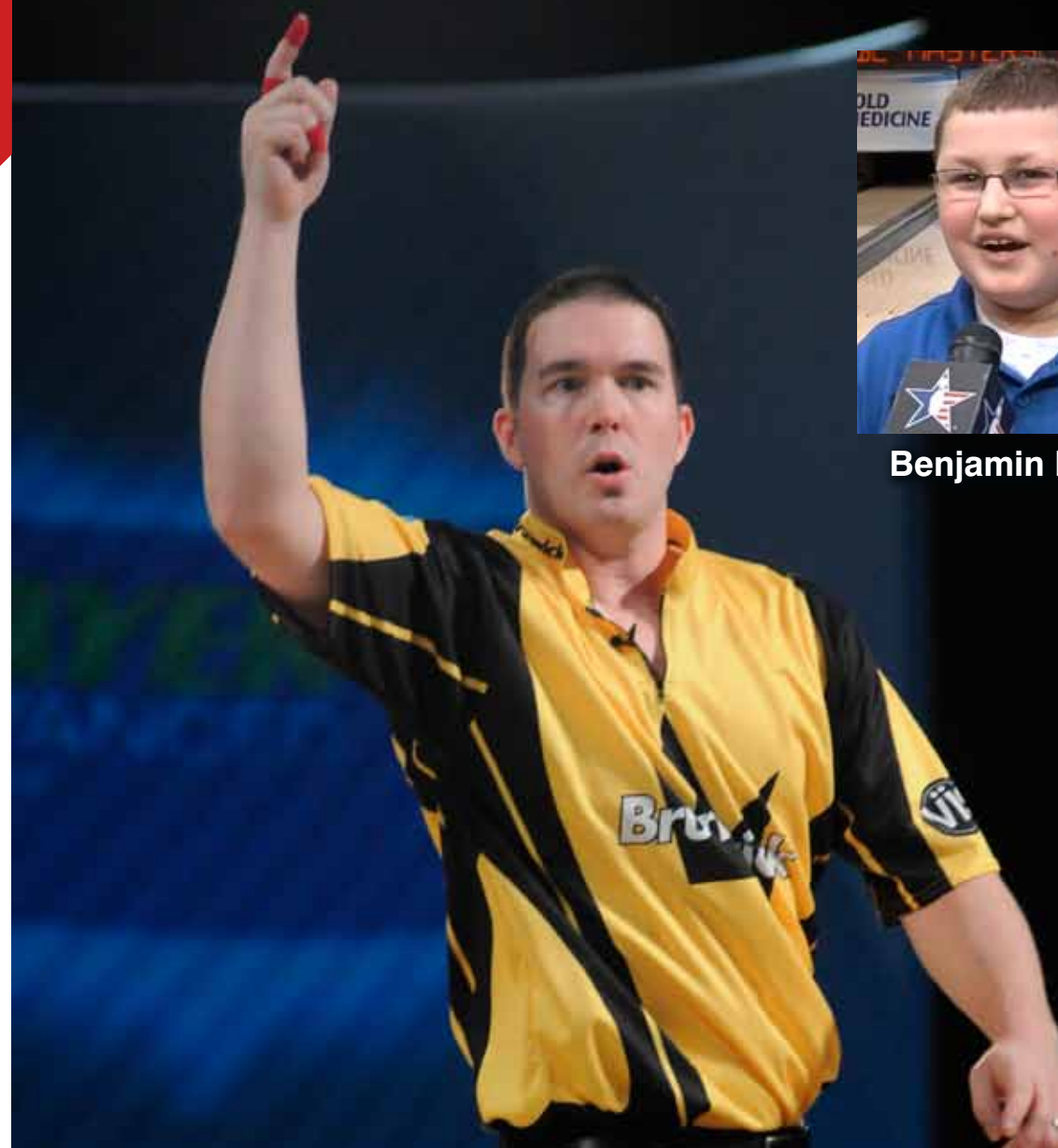
prior to the start of the finals, which Rash eventually won.

Several weeks later Rash was back in Las Vegas giving pointers to 16-year-old Benjamin Doyle, who has brain cancer, prior to the USBC Masters. Doyle, of Casper, Wyo., professed to being a Sean Rash fan from the first time he saw Rash on tour, and expressed his desire to bowl with his hero to the Make A Wish Foundation.

"I love watching him," Doyle said of Rash. "I want to be like him."

With a few helpful tips from his hero, Doyle came close, rolling a 228 game at Sunset Station.

"One thing athletes do well is give back," said Rash. "I enjoy opportunities like this. It's touching to work with these kids. They battle through things that are life-threatening, but they're just like you and me, and that's what matters most."



Benjamin Doyle



**WHEN YOU WISH UPON A STAR:** Click on the play button (left) for a peek into 16-year-old Ben Doyle's day with PBA Tour star Sean Rash.



## Bulletin Board

NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING

# LIGHTS, KAMRON, ACTION!

## 14-Year-Old Steals Spotlight At U.S. Open

**H**e looks like Justin Bieber, and throws like Pete Weber. Kamron Doyle, a mop-haired 14-year-old from Brentwood, Tenn., became the youngest player ever to cash in a Professional Bowlers Association Tour event, finishing 61<sup>st</sup> at the 69<sup>th</sup> U.S. Open in North Brunswick, N.J., Feb. 23.

***"The biggest lesson I learned is you have to make your spares."***



Doyle bowled with Hall of Famer Johnny Petraglia.

The 5-foot-5, 105-pound eighth grader averaged 202 over 18 qualifying games to reach the casher's round in 59<sup>th</sup> place out of a field of 394 amateur and pro bowlers. After eight more games of qualifying, Doyle completed his record-setting journey with a 200.77 average on the sport's most difficult lane conditions. He earned \$1,340, which was placed in his USBC SMART scholarship account.

Doyle, who took up bowling at age 7, previously cashed in a PBA Southern Regional event in Canton, Ga., in 2010, which was a record for non-national tour events.

"This is my first U.S. Open," Doyle said. "I heard how tough it was from my ball driller, but I didn't believe him. I do now. You have no idea how tough it is until you do it. It's brutal. You can't miss by a centimeter. The heads burn up. The ball hooks at your feet. The lanes are snot-tight in back.

"But the biggest lesson I learned is you have to make your spares."



**Kamron Doyle**

Doyle bowled his first three qualifying rounds with PBA Hall of Famer Johnny Petraglia, a 14-time PBA Tour champion and one of only six players to complete the PBA Triple Crown.

"I think [Kamron] is going to be terrific," said Petraglia. "I remember bowling with Pete Weber in a pro-am in St. Louis when he was maybe 15, and I see the same kind of swing, the same fiery attitude, the same attributes Pete had when he was a teenager. "His horizon is high."

Doyle, whose father is an orthodontist, has already packed nearly \$22,000 into his SMART account (which allows bowlers under the age of 18 to compete in professional events without forfeiting their amateur status). He's not sure where he'll attend college, or what his plans are for the future.

"I don't know what I want to do yet," Doyle admitted. "My dad's an orthodontist, so maybe I'll follow him. But if I'm good enough I may want to be a professional bowler."



# European Champs Look To ITRC For Improvement



**GREAT DANES:** Already the best squad in Europe, Team Denmark looked to improve its understanding of the game with a visit to the ITRC in February.

**T**he International Training and Research Center is quickly gaining a reputation around the globe as the premier training facility in the sport.

Already having hosted national squads from Central and South America and Asia, the ITRC recently welcomed the men and women members of Team Denmark, both reigning European team champions.

Taking advantage of the ITRC's cutting-edge training and coaching technology, like high-speed video cameras, motion-capture devices and foot-pressure sensors, the Danish coaches expressed hope that the visit would translate into a better understanding of the game's subtle nuances.

"We're trying to be better, of course," said Danish coach

Christer Backe. "The reason we came here is I believe [the ITRC] has the best facilities in the world. I'm really looking forward to seeing how things work and how they measure everything, and

***"This trip is not just about this week, but actually about the next six months to a year for the players."***

that we'll have something to take away."

In fact, said Team USA head coach Rod Ross, visitors take away a great deal more than a four-day training session.

"We're able to give them plans for their players when they go back to help develop them and continue their growth," said Ross. "This trip is not just about this week, but actually about the next six months to a year for the players."



## VIP Package A Hit At Open Championships

From express service to private coaching, from complimentary lockers to a guided tour of the facilities, the USBC Open Championships VIP package is giving bowlers that rock star feeling in Baton Rouge.

"We've combined all the best things from the tournament and added some special gifts," said Kevin Terry, Director of Marketing and Membership.

The VIP package allows bowlers to skip some of the long lines at check-in and weigh-in, and offers practical assistance in the form of a practice session on tournament conditions with international coach Bill Hall.

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## ★ Technique

# DYNAMIC BALL ROLL

Improve your ball roll with these five keys.

By Bryan O'Keefe

**T**he more bowlers try to force more energy from their hand to the bowling ball to improve its roll, the less responsive the ball.

With today's bowling balls, you simply want to let the ball roll off your hand. When urethane balls were more prevalent, bowlers were taught to release it after it had passed their ankle, and lift it a bit. "Lift" is a thing of the past.

Today, we're not trying to add muscle. Speed isn't everything. We're also looking for a relaxed, smooth release.

There are five keys to getting a more dynamic ball roll. Follow these and let your ball perform the way it was meant to.

**1.** Make sure your grip pressure stays relaxed. One of the

most common mistakes bowlers make is squeezing the ball at release, thinking that they will be able to put more on the ball. In reality, you're sapping energy from the ball. Squeezing leads to inconsistency and inefficient ball roll. The release shouldn't be thought of as a point in time. It should simply be a byproduct of trying to get from your backswing into a good finish position.

It's not much different than watching a baseball pitcher who throws the ball 95 mph. When pitchers try to squeeze the ball at the release to throw it harder, they invariably lose both velocity and control.

**2.** Make sure the ball is close to your ankle at release, and your elbow is tight to your body. When your elbow is flailing outside your hand (pointing to the side wall), you



**KEY STEPS:** Click on the play button (above) to hear an explanation of some of the key steps to improved ball roll.

end up with the dreaded chicken wing! Keep your elbow straight and tight to your body.

**3.** Stay in a strong, balanced finish position. Not only will this help with your shot repeatability, it will aid your effort to impart the same amount of energy to the ball every shot. If you're falling off to one side or the other your swing simply can't be producing the same energy.

Bowlers can get a little lackadaisical with their finish. A good way to test your focus is to bowl an entire game in which you hold your finish position until the

ball has hit the pins. If you can do that, you will more than likely bowl a good game. If you are not balanced at the line and can't hold that finish position, this drill will make the problem obvious.

**4.** Keep your fingers at or below the equator of the bowling ball at release. Your hand should be behind the ball and your fingers slightly under it. Keep your hand in a firm position. If your hand is above the line and on top of the ball, your ball roll is going to suffer. It won't be as strong or powerful as it can be.

**5.** One of the most important factors in improving ball roll is maintaining consistent upper-body posture as you enter the final steps of your approach. Regardless of what your body posture is during the first three or four steps of your approach, once the ball gets to the top of your backswing and you enter the slide, you need to maintain good upper-body posture. Make sure you are not bending forward at that point or pulling back with your upper body.

Failure to maintain consistent upper-body posture affects your ball roll, your launch angles, your shot repeatability and your ability to stay balanced.

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





—2011 USBC Queens Champion  
Missy Parkin

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## Health and Wellness

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### FITNESS

## SPINE TINGLING

**Flexibility in your thoracic spine key to bowling health.**

By Nick Bohanan

**M**odern bowlers, particularly power players and two-handed bowlers, rotate their spines more than bowlers in years past. In that respect, bowlers have become more like golfers and suffer from some of the same ailments: lower-back pain and shoulder pain.

While there are numerous exercises to strengthen the lower back and shoulders, not much attention is given to the thoracic spine, the area between your lower back and neck. Rotation should only come from the thoracic spine and from the hips.

Thoracic flexibility helps limit unwanted rotation from the low back and enables bowlers to get the opposite arm out in front of them, which helps players with high backswings take stress off their throwing shoulder.

Think of it this way: If you tried to throw the ball with your shoulders completely square to the lane, you wouldn't be able to get your backswing very high.

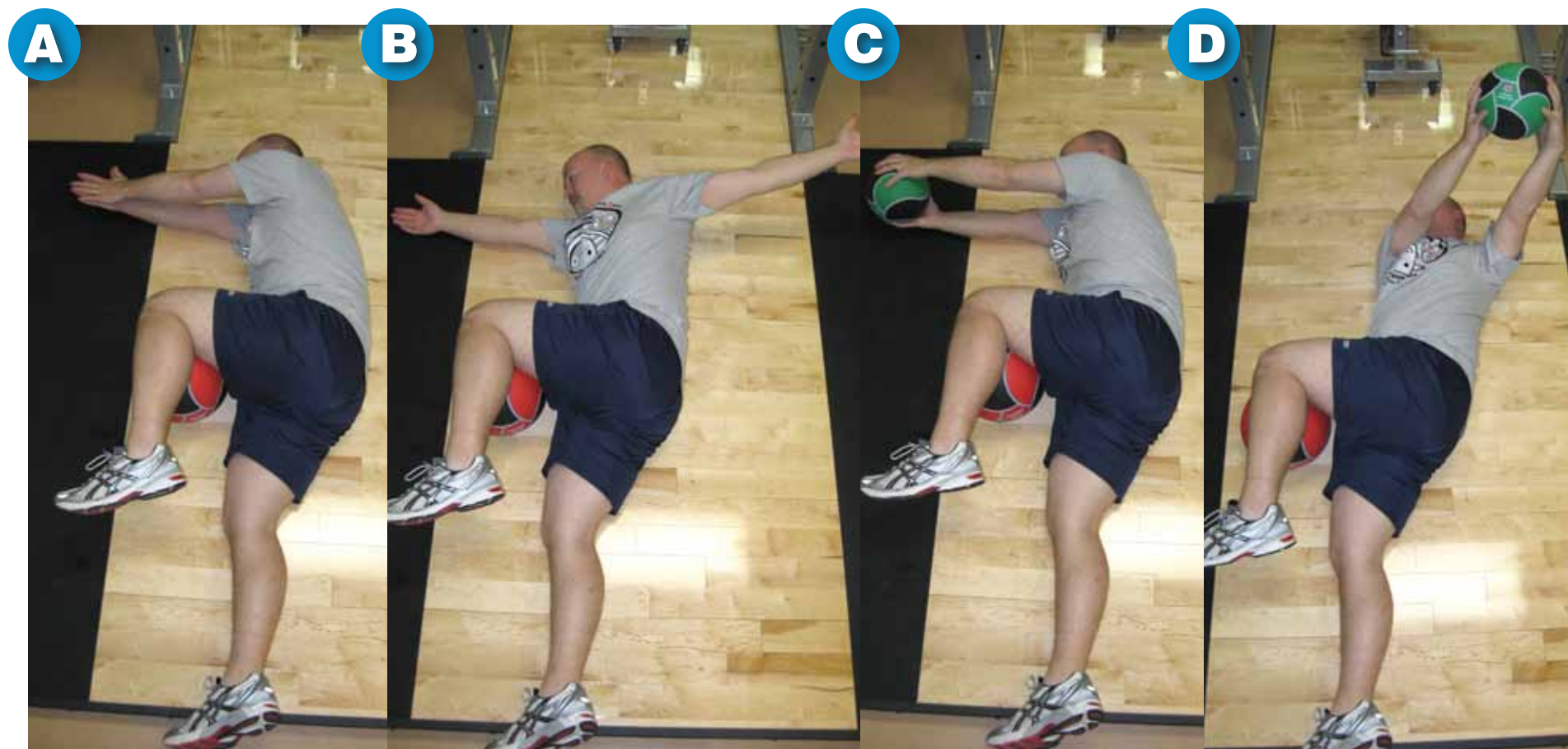
By rotating the thoracic spine, or mid-back, you are opening your shoulder and essentially bringing the ball out to your side instead of directly behind you. Consequently, you can get your backswing much higher without injuring your shoulder.

There are two common exercises which will help increase the flexibility of your thoracic spine. First, lying on your side with your arms out in front of you, place your top knee on a medicine ball (photo A). Keep your knee slightly above waist level. Take your top hand and reach back (photo B). Try to touch the floor without allowing your knee to lose contact

with the medicine ball.

To further increase your flexibility, start in the same position but add a medicine ball (photo C). Holding the medicine ball with both hands, slowly rotate your spine as far as is comfortable (photo D) with your knee maintaining contact with the first medicine ball.

— Nick Bohanan is Performance Specialist for Team USA.



**ROTATION STATION:** Lying on your side with your arms straight out and placing your knee on a medicine ball (A), reach back with your top hand (B). Add a medicine ball (C and D) to further increase your thoracic flexibility.



# WHEN YOU ARRIVE, ARRIVE IN STYLE.

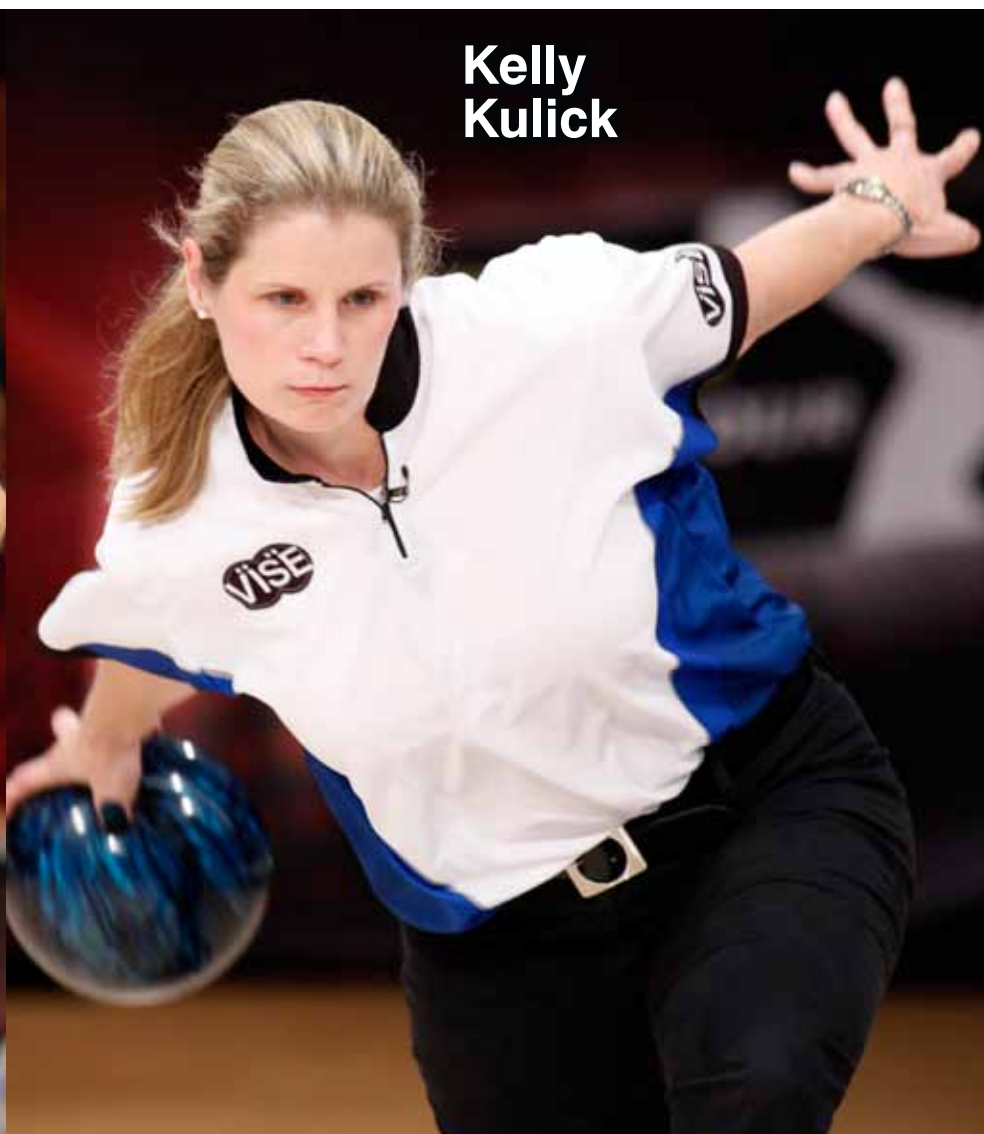
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**Chris Barnes**



**Kelly Kulick**



**Jason Belmonte**



**Bill O'Neill**

# RAPID TRANSIT

## How Do The Pros Stay Ahead of the Transition?

**L**ike most sports, bowling has its fair share of rituals. One of the most frequently played out rituals is what could easily be called the Transition Dance or the Lane Migration. Regardless of whether you're bowling on a house pattern on league night, or on Professional Bowlers Association conditions at the Tournament of Champions, the lanes continually change. As oil picked up from the front of the lane is carried down lane, those changes are going to affect the path of your bowling ball.





**Bill O'Neill**

As a result, the bowlers start to resemble a chorus line, continually shifting on the lane to make the proper adjustment. A game later, they're on the move again in search of the new line to the pocket.

One of the keys to success, then, is recognition of changing conditions and wasting as few frames as possible before making the proper adjustments. In other words, the players who recognize the transition earliest tend to be the most successful.

Not surprisingly, the race to stay ahead of the transition is fierce on the PBA Tour. What are the red flags that the pros look for? And how do they adjust?

Listen and learn.

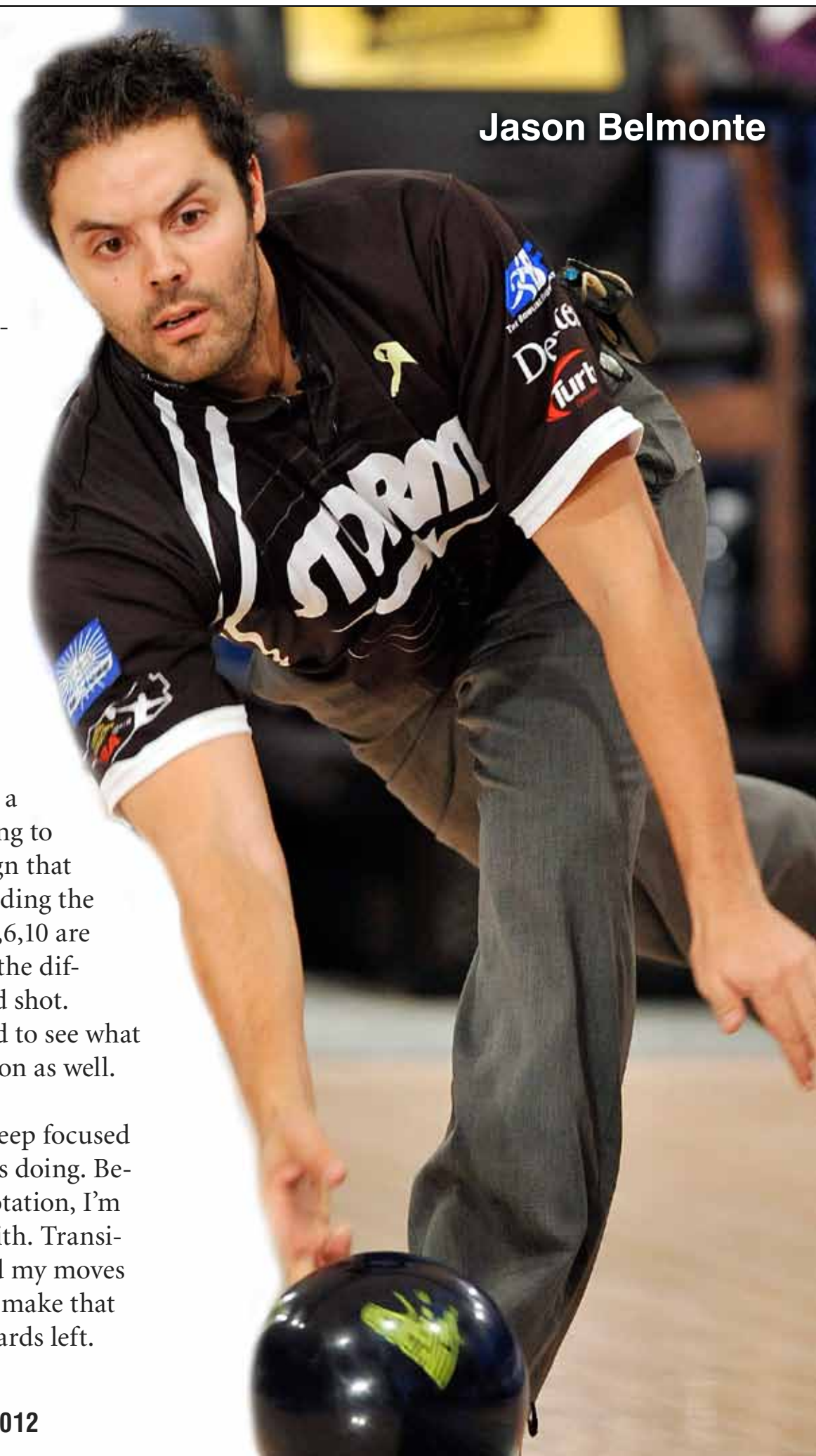


**Chris Barnes**

**BILL O'NEILL:** You just have to pay attention and move before you split. If my ball is rolling early and I go high flush a couple shots in a row then I leave a 4 pin I know that my next shot is going to go Big Four if I don't move. How much the ball is hooking will determine how much I need to move.

**CHRIS BARNES:** Watching your ball has a lot to do with it. That's why I always use colored grips, because it's easier to see where and when the ball starts to make its move. That's one of the things about using an earlier-rolling ball. You'll see it start hooking sooner and then flatten out a bit. Then you know the transition is coming. Bump it in a little bit and get ahead of that move. There are other indicators. Of course, a 4 pin is a sign that the lanes are starting to hook more. Flat 10s are normally a sign that the lanes are hooking sooner and bleeding the energy out of your ball. A 9 pin and 3,6,10 are good indicators, assuming you know the difference between a good shot and a bad shot. Paying attention and watching around to see what others are doing gives good information as well.

**JASON BELMONTE:** You have to keep focused and keep your eye on what your ball is doing. Being one of the guys who has a lot of rotation, I'm further left than most guys to start with. Transition happens a little later with me and my moves aren't all that drastic. When I have to make that move it's normally just a couple of boards left.



**Jason Belmonte**





**Kelly Kulick**

Also watch the other bowlers you're paired with. Let's say the players in your group all struck the frame before you moved pairs. If you come to a new pair and they all go Brooklyn with their first shot on the new pair, that's pretty good indication that the lane is hooking a little more. And vice versa if they miss the head pin to the right. So there are things to look for that will help you make your best guess.

That's one of the beauties of bowling. Every adjustment is blind. You can't see the oil and don't know where your hazards are. You have to make the best guess possible, and then after you throw the shot you have to make another adjustment.

**KELLY KULICK:** If I can figure out the answer to staying ahead of the transition I might win again!

You do have to look for signs. The guys that see it the best are the most successful. Typically, the back end gets tighter. Most of the men move left and go to a stronger ball. I can get caught a little in the transition because I'm usually an arrow to the right of them, so when I move left I move into where they started. The warning signs come when the ball pushes a little further down the lane. You might see a 2 pin or a weak 10 pin. Watch how your ball rolls off the end of the pin deck. Is it deflecting? If it is still moving into the 8 pin chances are you're still in pretty good shape. But if it starts to run too long and deflects, it's time to move or make a ball change. It may call for a slight angle change as well.

**WES MALOTT:** There are warning signs that will tell you it might be time to move. A flat 10 pin or a 4 pin are indicators. The flat 10 tells me the ball is burning up early and hooking early. That tells you it's not driving. Then, when you do get it to "face up" it leaves a 4 pin. That tells you to switch to something that gets down the lane a little bit better with a little more angle. That's a typical move. Another scenario is that the ball starts going too long or not reading early enough. At that point you need to determine which one it is. That's what makes this game tough. Even players at our

level might see it one way when in truth it is the other. Hopefully if we make the wrong decision, we can recognize that quickly. I think the pros know how to read off their bad shots as well as off their good shots. We understand what our bad shots do and how they feel, and we adjust off that. Also, out here on tour you're with the best bowlers in the world. Go out and find the one's that are bowling well and see what part of the lane they're on and what ball they're throwing. Ideally, you like to find a bowler with your style, but it doesn't have to be that way. Chris Barnes, being one of the best of the best, is worth watching even though we don't throw the same. I know the differences in our games, so there's still value in me watching him.



**Wes Malott**



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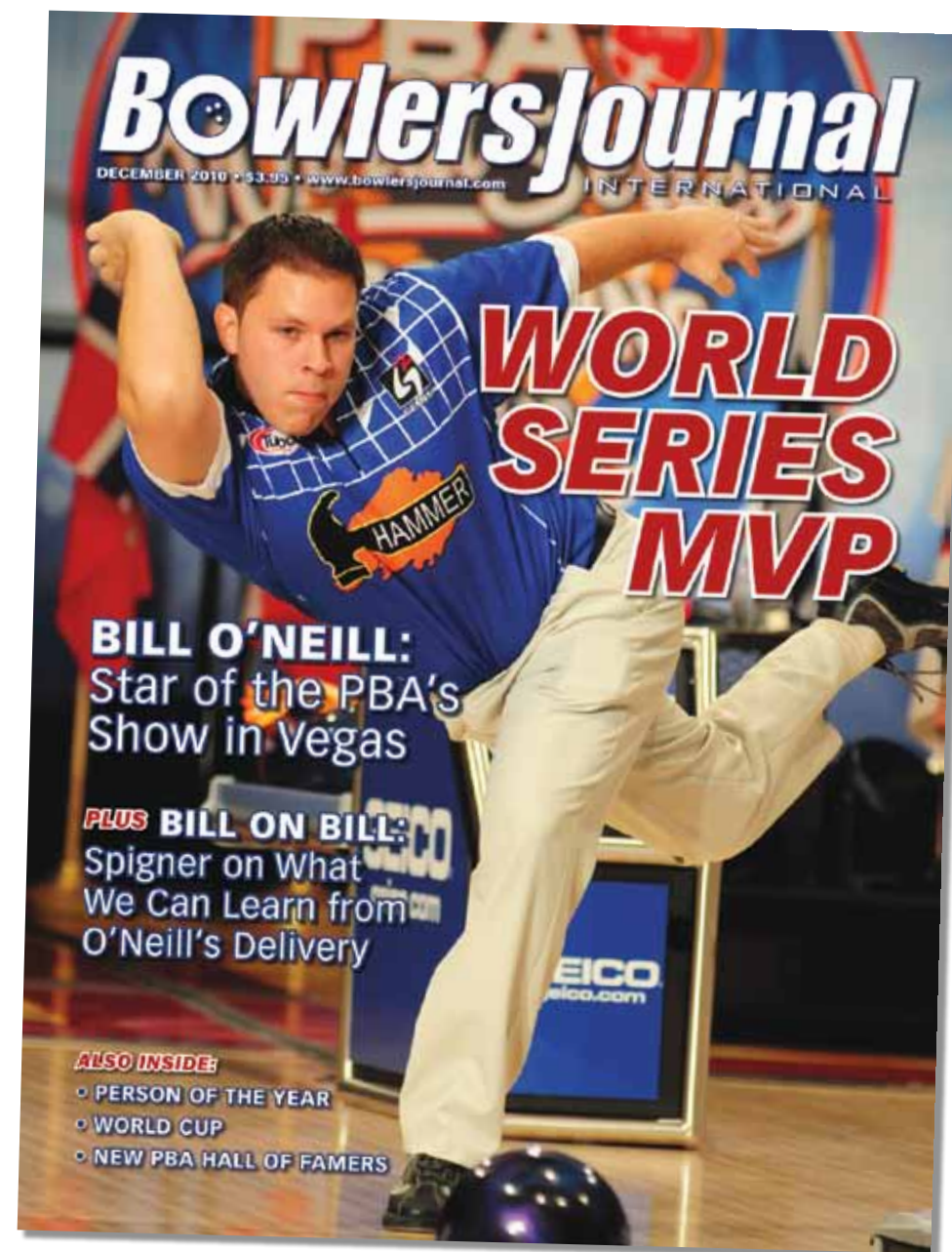
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