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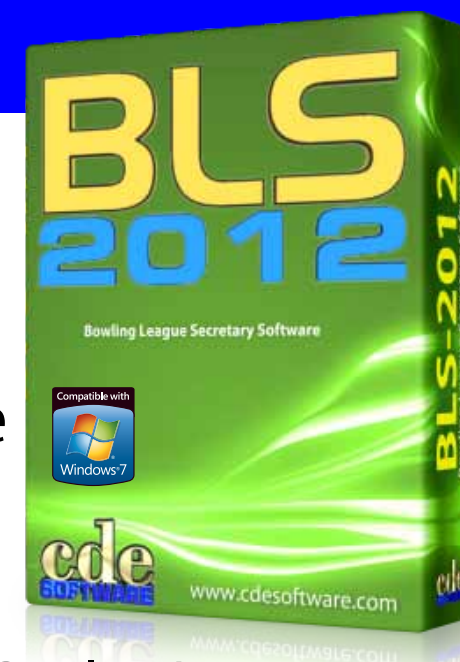
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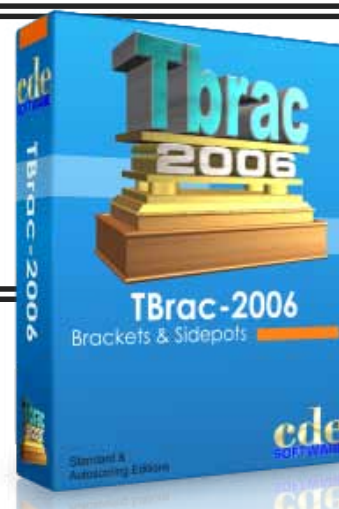
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7 American Idols

**2012 US Bowler
All-American teams
unveiled.**

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Get fit with bugs
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US BOWLER

NATIONAL NEWS

The 2012 United States Bowling Congress Open Championships will draw more than 60,000 bowlers to the Baton Rouge River Center in Baton Rouge, La., during its five-month run. But for the time being, a pair of teams from La Crosse, Wis., are dominating the team competition. Nicholas J's Pro Shop 2 and Nicholas J's Pro Shop rolled to the top two spots in early March with 3,401 and 3,204, respectively. The 10 young bowlers spent hours together in recent weeks, practicing on the Open Championships pattern before rolling into Baton Rouge with a sound battle plan. "We all worked toward the same goal, with all 10 people working together as one team, breaking it down and doing the best we could," said Nick Heilman, 29, the veteran of the group with nine Open Championship appearances. Nicholas J's 3,401 marked just the 33rd time in the 109-year history of the Championships that a team topped the 3,400 mark.



TEAMWORK PERSONIFIED: Wisconsin squads roll to top two spots in team event. [CLICK ON THE PLAY BUTTON ABOVE FOR A LOOK AT WISCONSIN'S YOUNG GUNS.](#)



Raising Brand Awareness...and YES Funds

Corporate teams representing the industry's top brands will battle head to head while raising funds for the Youth Education Services in the YES Corporate Cup.

[CLICK HERE TO READ MORE](#)



South Point To Host USBC Senior Masters

Nearly 300 of the nation's top senior bowler are expected to compete for a piece of the \$125,000 prize fund at the USBC Senior Masters in Las Vegas, June 10-15.

[CLICK HERE TO READ MORE](#)



USBC Convention Highlights Association News

Activities for the 2012 USBC Convention, April 24-27, in Arlington, include a trip to the Queens TV show. Also, the annual Breast Cancer Survivor Meeting will take place during the convention.

[CLICK HERE TO READ MORE](#)



Bowling Combine Expanded for 2012

Inaugural success spurs expansion, as the Bowling Combine will once again bring youth bowlers and collegiate coaches together.

[CLICK HERE TO READ MORE](#)



PBA's Animal Kingdom Expands

The Professional Bowlers Association's animal pattern lane condition program will expand into a series of PBA Regional championship tournaments.

[CLICK HERE TO READ MORE](#)



Fagan Flirts With Perfection in France

Mike Fagan opened with nine consecutive strikes in besting Finland's Jonas Jehkinen, 279-213, to win the Brunswick Euro Challenge, part of the new PBA/WTBA World Bowling Tour.

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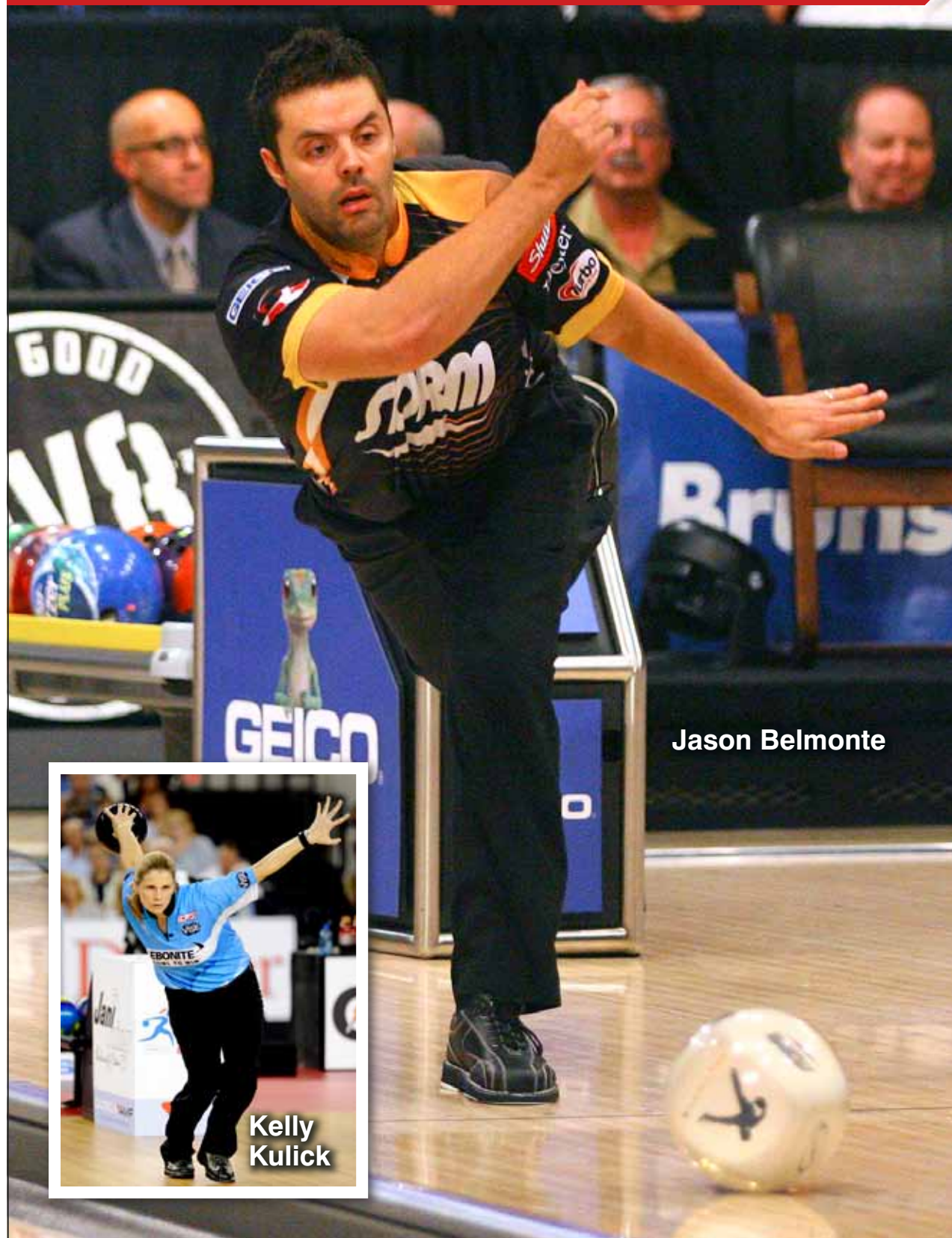
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NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING /// APRIL 2012

★ Bulletin Board



Jason Belmonte

Kelly Kulick



Shannon Pluhowsky

ALL AMERICAN IDOLS

US Bowler All-Americans Named

With a pair of Professional Bowlers Association Tour titles, the Qubica/AMF World Cup crown and Thailand Open title to his credit in 2011, Australia's Jason Belmonte was the runaway top vote-getter for the US Bowler All-America team.

Mika Koivuniemi, Chris Barnes, Sean Rash and Bill O'Neill joined Belmonte on the All-America team, which was based on players' statistics for the 2011 calendar year.

Belmonte, the two-handed international star, broke through in a big way in 2011. He won the



Mika Koivuniemi

Bulletin Board

NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING



Chris Barnes

game in PBA Tour history.

The 28-year-old globetrotter also bowled a 300 game in the final of the Thailand Open, besting fellow PBA star Mike Fagan, 300-205. Representing Australia in the World Cup, Belmonte defeated American star Tommy Jones, 2-1, in the championship match.

For the second consecutive year, Kelly Kulick of Union, N.J., was the top vote-getter for the women's All-America team. Kulick earned four medals for Team USA in international competition in 2011. Kulick also finished second at the U.S. Women's Open, losing in the title match to Leanne Hulsenberg at Cowboys Stadium, and posted a 13th place finish at the 2011 USBC Queens.

Hulsenberg was also voted to the 2011 All-America team, along with Queens winner Missy Parkin, Liz Johnson and Shannon Pluhowsky,

who earned a record four gold medals at the 2011 World Tenpin Bowling Association World Women's Championships in Hong Kong.

On the strength of four Senior PBA Tour titles in 2011, Ron



Liz Johnson

Mohr topped the ballots for the senior All-America squad. The Eagle River, Alaska, resident also posted five top-five finishes during the year.

Mohr was joined by Walter Ray Williams, Jr., Tom Baker, Harry Sullins and Dale Eagle.

US Bowler is the official membership publication of the USBC. All-Americans were selected in voting by a national panel of bowling journalists, USBC Hall of Famers and the USBC association leaders.



Missy Parkin

PBA Chameleon Open and GEICO Shark Open for his second and third career PBA titles, and finished fourth in the 2011-2012 PBA World Championships. Belmonte advanced to the World Championship finals after winning the Mike Aulby Division, in which he rolled a televised 300 in the division title match against Brian Kretzer. It was only the 21st televised 300



Bill O'Neill



Leanne Hulsenberg



Sean Rash



Mother's Day 2012

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Bulletin Board

NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING

Another Legendary Carter Passes

Barely two months after the bowling world mourned the loss of Don Carter, LaVerne Carter passed away on March 9. She was 86.

"The Blonde Bombshell," as she was known in the '50s and '60s, Carter won numerous national titles, including the 1964 Women's All Star crown, the Women's International Bowling Congress all-events title in 1951, the Bowling Proprietors Association of America National Doubles crown (with Marion Ladewig), the WIBC team title in 1974 and a pair of Professional Women's Bowling Association Tour titles.

Known for her beauty and theatrics on the lanes, Carter, formerly LaVerne Thompson and LaVerne Haverly, was a charter member of the PWBA. She married Don Carter in 1953. The couple had one child, Jim, and divorced in 1964.

With her outgoing personality and business savvy, Carter developed the "Bowl with LaVerne" instructional program in the '60s and introduced the program at more than 200 bowling centers.



Team USA Experience

For six USBC Sport Bowling members, the yearlong contest that culminated in a three-day bowling camp at the International Training and Research Center was well worth the wait.

"This isn't quite heaven," gushed Chuck Hayslett of Apple Valley, Minn. "But it's close."

Hayslett, David Jecko of Whitesboro, N.Y., Eric Payawal of Elk Grove Village, Ill., Kevin Prior of Allen, Texas, Lindsey Siegel of Gurnee, Ill., and Mike Reed of Honeoye, N.Y., earned three days of training, coaching and competition at the Team USA Fantasy Camp. Sport Bowling members were nominated to participate in the camp, with online voting determining the eventual campers during a 12-month contest on BOWL.com.

In addition to having the ITRC's state-of-the-art technology at their disposal, the six campers were tutored by Team USA coaches Rod Ross, Kim Terrell-Kearney and Bryan O'Keefe.



FANTASIA: Click the video above to see a recap of the Team USA Fantasy Camp, which welcomed six USBC Sport Bowling members to the International Training & Research Center in Arlington, Texas.

After two days of practice, the fantasy campers matched up with former and current Team USA members in a Baker format competition. Terrell-Kearney, Shannon O'Keefe, Leanne Hulsenberg, Stefanie Nation, Derek Eoff and John Janawicz represented Team USA at the camp.

"The Team USA members were very helpful in communicating about ball choices and lane conditions," Siegel said.

"I think the personal attention has given me the confidence and the knowledge to improve and adjust my game based on what I can do, not on what someone wants me to do," Siegel added.



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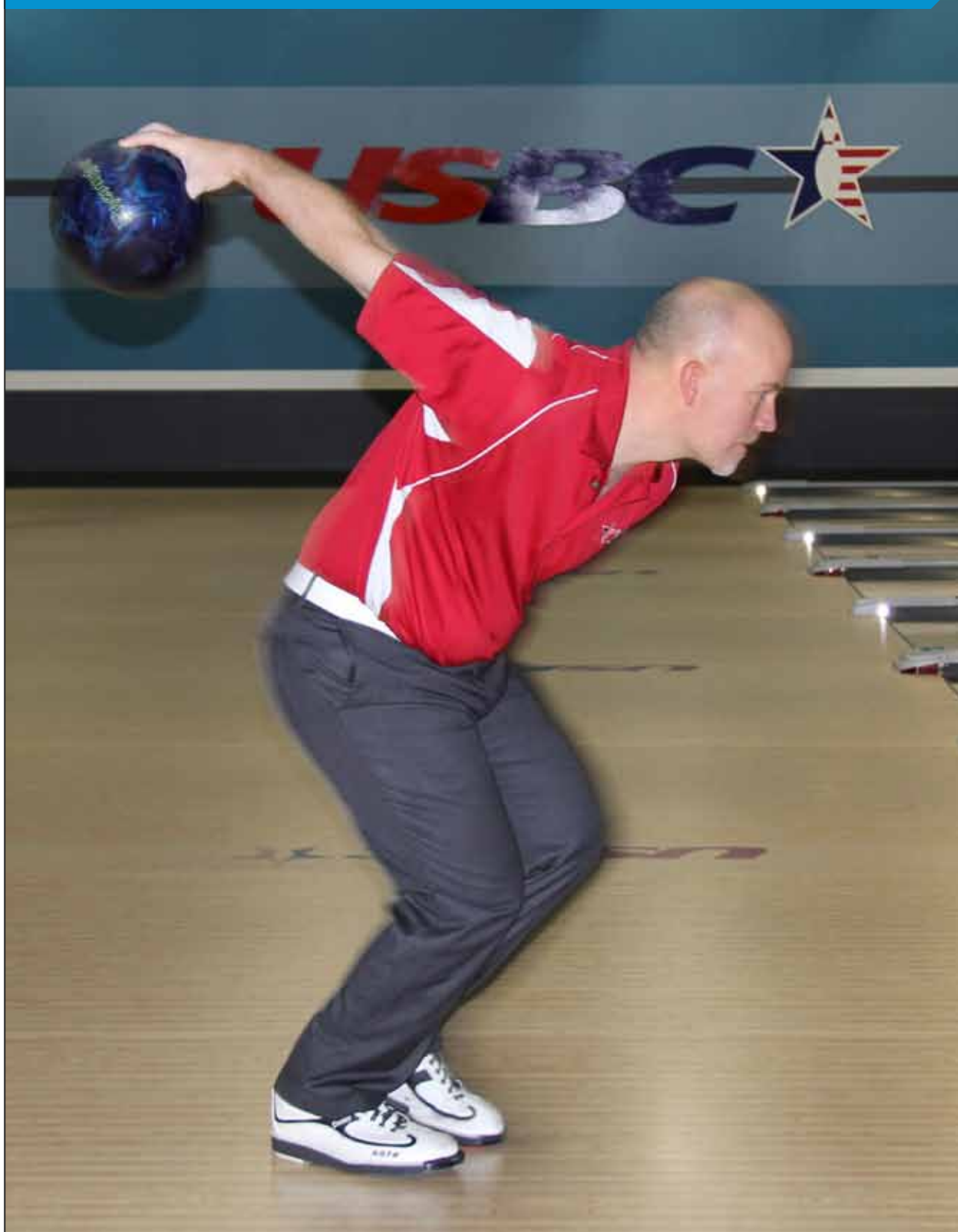
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Technique



BODY LANGUAGE

Your posture says a lot about your game.

By Bryan O'Keefe

One area that isn't talked about enough but plays a major role in your consistency is your posture at the finish.

It's interesting how many bowlers, even at the higher levels, change their posture during their last two steps.

In many instances, bowlers trying to get lower into the line end up crouching forward at the waist. In an effort to get their head lower, they look down and allow their body to follow their eyes. Or they pull back with their shoulders during their slide and lift the ball at the release.

The point is that once the ball reaches the top of your backswing, it's important to

keep your upper body posture consistent through the slide and into the release.

Changes in posture after the ball reaches the top of your backswing affect a number of things. For starters, it's very difficult to repeat shots. The chances that you can repeat the exact same change in your posture are pretty slim. Naturally, that inconsistency will also affect your release.

Because most bowlers tend to lean forward toward the finish, the change in posture will affect your swing plane. As you lean forward your swing plane will become steeper. Instead of a smooth release right at the foul line, you're more likely to be driving the ball into the lane, which can even produce a double dribble. Conversely, if you pull your shoulders

Technique

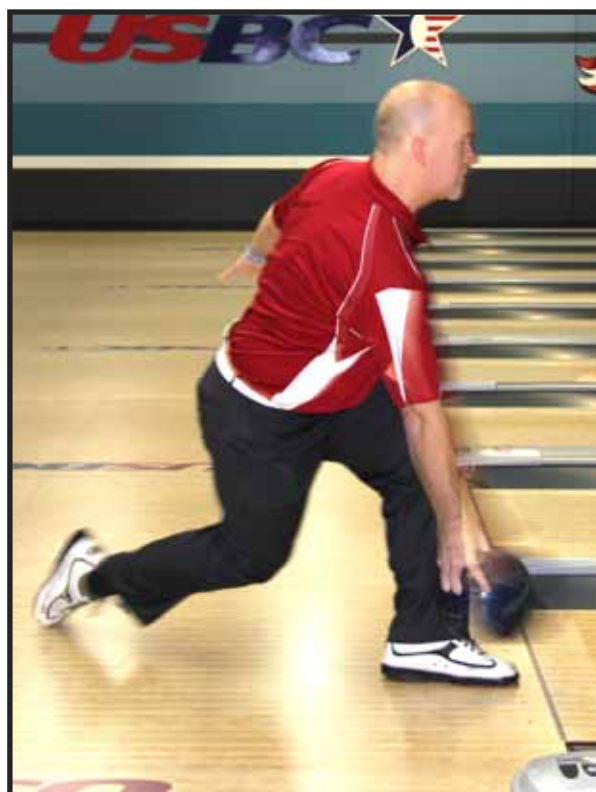
BOWLING TECHNIQUES TO MAKE YOU A BETTER BOWLER

One Step Away



Trying to change that muscle memory that has you lunging forward in the slide and finish?

A good drill to practice is the one-step drill. Stand two feet from the foul line and get the ball to your backswing. When the ball is at the top of your backswing, start your slide step and finish the shot. If you can break down the exercise into small pieces you will get comfortable with what consistent posture is supposed to feel like, and you will have a better chance of correcting that bad habit.



CONSISTENCY: Don't pull back (left) or collapse forward (center). Keep your head and torso steady through the finish (right).

back, you're likely to project ball in the air.

Finally, allowing your posture to change can affect your balance. Bowlers who collapse forward from the waist and with their shoulders will have a difficult time maintaining good balance at the finish.

Understand that there is no single "correct" body posture. Bowlers come in all shapes and sizes. The power players tend to lean forward. Other bowlers are more upright.

In the first couple of steps of your approach, your body can

move a little. But once the ball gets to the top of the backswing and starts to work itself into your downswing, it's important to keep that posture consistent to the finish. If your torso is bent slightly forward at the top of the backswing, maintain that angle through the release. If your body is perfectly straight at the top of the backswing, maintain perfectly straight posture through the finish.

The key, of course, is to keep your upper body still and drive to the foul line with your legs.

Maintaining proper posture

through the release is a matter of discipline and conditioning. If you don't use your legs a lot, they will get fatigued over time and your posture might start to change. So focus on your legs. Keep your head, upper body and shoulders steady, and bend at the knees instead of the waist.

You will be amazed at how much more consistent your finish will be.

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

Health and Wellness

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

FITNESS

FIT TO THE CORE

Better balance and mechanics through core strength.

By Nick Bohanan

Watch the top bowlers. They are almost always perfectly balanced through the approach and at the finish. And their mechanics are solid.

One thing that may not be obvious, but I guarantee is prevalent, is that their core muscles are balanced and stable as well.

In bowling, if your core lacks strength and stabilization you are going to lack consistency in your approach and finish. You might be leaning forward on some, or to the side on others.

Many people think the core is just their abdominal muscles. The core also includes the muscles in your hips and back. All the muscles that help stabilize your torso are considered core muscles. A stable core creates a balance between extension and flexion of the spine, and also lateral flexion.

Everyone likes to work on abs, but if our abdominal muscles are too strong compared to our back muscles, it is going to cause us to arch our back forward and cause

strain on the lower back. Likewise, if you have too much extension it is going to put pressure on the nerve roots in our spine and cause hyper-extension problems.

Two basic exercises can help strengthen the entire core and offer balanced stabilization. They are the Dying Bug and Plank.

Dying Bug

Lay on your back with your legs raised and your arms straight up (A, top). Simultaneously extend your left leg and lower your right arms straight back (A, bottom). If your back begins to arch, you've lowered your leg too far. Slowly bring both back to the start position. Alternate to the right leg and left arm and keep your abs tight. This exercise works on coordination by working the alternate arm and leg, and focuses on core stabilization.

Do 10 reps on each arm/leg combination. Do three sets.

Plank

Another exercise that strengthens the abs and back at the same time is the plank. Begin with your



HARD CORE: Increasing your core stability can be accomplished with simple exercises like the Dying Bug (A) and Planks (B).

forearms and toes on the floor (B, top). Keep your torso straight and rigid. Avoid arching your back or allowing your back to sag. Keep your head straight, looking at the floor. Hold this position for 30 seconds. Add time as you are able to hold the position. Once you start to lose the

proper body position, stop and rest.

To add difficulty, do three-point planks by reaching out with one arm or lifting one of your legs off the floor a few inches (B, bottom).

— Nick Bohanan is Performance Specialist for Team USA.

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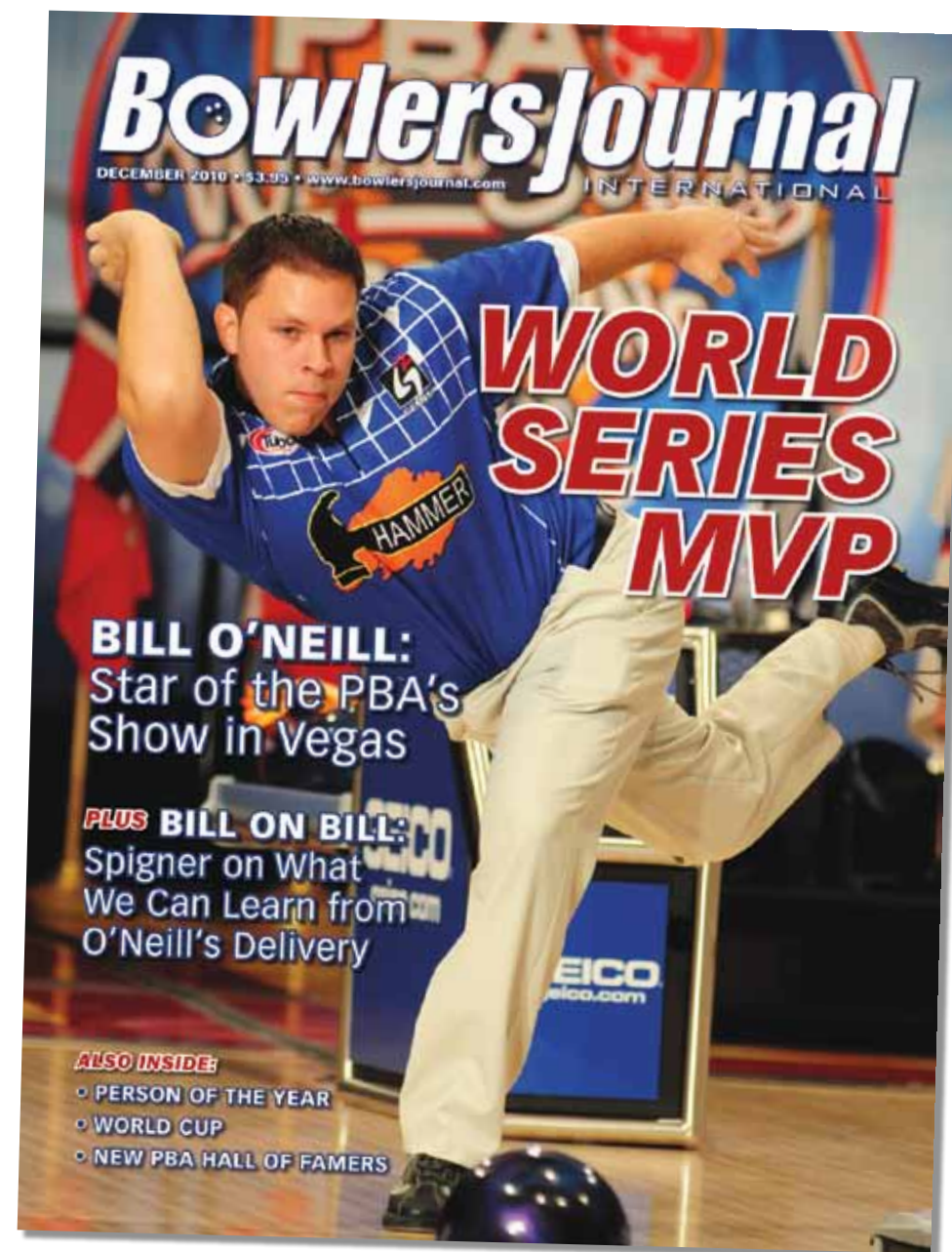
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Shannon
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Practice? We're **Talkin' ABOUT** Practice?

It's not glamorous, but devoting a week to an organized practice routine will pay dividends.

By Kim Terrell-Kearney

Most bowlers spend at least some time practicing before the start of the bowling season, but once the season starts few return to the lanes between league sessions to work on their game. Now that league season is winding down and tournament season is approaching, you should think about getting yourself better prepared for bigger challenges.

Obviously, preparation comes from practice. Not simple bowl-a-few-games practice, mind you. Good preparation comes from organized, purposeful practice. You should be willing to devote yourself to three to five organized practice sessions.

A good practice regimen should help improve your consistency and your ability to adjust. In today's game, versatility is critical. Be-

ing able to alter your speed and your release are key to that versatility, and are things that should be added into your practice routine.

The key to productive practice is to work not only on areas of strength, but also on areas of weakness. We all fall into the trap of working on things we're good at. But working on all areas of the game, particularly versatility, is important because when you find your-

self on conditions that call for something that may not necessarily be part of your "A" game, you can adjust with the knowledge that you haven't totally ignored that part of your game.

When I was coaching at Delaware State, I never asked my players to do something that they hadn't at least practiced. Naturally, there are several ways to accomplish most tasks, and as a bowler you need to know which ways work best for you. If a condition calls for you to get the ball further down the lane, one bowler may accomplish that through a change in speed, whereas another may do it with a change in release. You can only determine which approach you'll be more successful with if you've practiced that task.

Get Down To It

Set aside one week for practice. If you can manage to bowl five practice sessions, great. If not, try to set aside at least three days. An hour should give you ample time. Too much longer and it will be difficult for you to maintain focus and energy.

Practice should be broken down into three categories: Spares, your physical game and ball motion/lane play.

Always start with spares. There is no fun way to practice spares, and it is too easy to dismiss them. Get them out of the way first.

I'm a firm believer in just shooting 10 of whatever spare you are practicing, and aiming for a high percentage of success. Shoot 10 7-pins, then 10 10-pins, followed by 10 2-pins and 10 3-pins. There are no shortcuts to this.

If you are lucky enough to be at a bowling center whose pinsetters allow you to set up particular spares, great. If not, shoot these spares off of a full rack. If you're shooting at a 10 pin, you're successful as long as you don't hit the 3 pin in the process. The same with a 7 pin. As long as you don't hit the 2, it's a good shot. If you are shooting the 2 or 3, just make sure you don't hit the head pin.

NARROW MINDED:
The key to practicing on your physical game is to focus on one thing.

Patrick Allen



It's not fun, but it's critical that you practice spares every time you practice.

I don't usually practice multi-pin spares. Everyone's spare system is based on being able to convert these key pins. If you can pick up a 3 pin, you can likely convert the 3-6-10, and so on.

Physical Game

Every bowler has a pretty good sense of what makes their game work. For me, it's my first step. If I don't have that dialed in, the end result is never going to be consistent. I always practice my push direction. I'm sure most bowlers can single out something at the start of their approach that triggers a good shot, whether it's the direction of the pushaway, the timing of their pushaway, the shape of their pushaway or even the length of their first step.

You should spend 10 minutes or so working on that physical part of your game.

One of the biggest challenges is having a second set of eyes while you practice the physical part of your game. Sometimes you have to be a little creative. If I'm working on the size of my first step, I'll put a towel on the lane off to the side, but still in my peripheral vision. I can tell by looking out of the corner of my eye if I've overshot the towel.

Likewise, if you want to work on your crossover step (the second step on a five-step approach), get a straw from the snack bar and tape it on the approach where you want your crossover step to land. If you land on the straw with your second step, you've been successful.

If you have a tendency to push left with your push direction, take 10 consecutive shots focusing on pushing out over your right kneecap.

Another good practice routine is posting your shot. Throw 20 shots, holding your fin-



Day 1

SPARES: Best of 10 (Sevens, Tens)

PHYSICAL GAME: Pushaway timing.

(20 shots, tally those that move in sync with step)

BALL MOTION: **Speed Drill** 10 shots at your normal speed; 10 shots 1 mph faster than typical speed; 10 shots at 1mph slower than typical speed.

Day 2

SPARES: Best of 10 (Twos, Tens)

PHYSICAL GAME: Crossover step.

(20 shots, tally those that are successful)

BALL MOTION: **Versatility Drill** Pick three balls from arsenal. Get lined up with ball No.1. Double. While standing and looking in the same place, select ball No.2 and double. Repeat with ball No.3. (Goal is to strike from the same spot using versatility skills, i.e. speed or release to get to the pocket.)

Day 3

SPARES: Best of 10 (Threes, Sevens)

LANE PLAY: **Arsenal Drill** Pick three balls from your arsenal. Get lined up with all three balls. Strike with ball No.1, ball No.2 and ball No.3 in succession. (Goals are to gain an understanding of each ball's position in your arsenal, as well as practice playing different zones on lane.)

MENTAL GAME: Recommended Readings

Day 4

SPARES: Best of 10 (Sevens, Tens)

PHYSICAL GAME: **Post shot** - stationary until ball hits pins. (20 shots, tally those that are successful)

EQUIPMENT: Refresh ball's surface, replace tape.



PHYSICAL BARRIERS: Click on the video above to get practice tips from Kim Terrell-Kearney.

ish stationary and balanced until the ball hits the pins. Stay down on the shot. This will prevent you from running out the shot or using body English the second the ball leaves your hand, and will encourage good balance and commitment to the shot.

Skill Drills

There are several ball motion drills that will help you become a more versatile bowler.

The speed drill is great for teaching you how to adjust to different oil volumes on the lane. Most bowling centers clock your ball speed. Once you're lined up, throw 10 shots. Note the speed. Then throw 10 shots from the same spot throw-

ing the ball 1 mph slower. Then throw 10 shots 1 mph faster. To get softer, move up on the approach 6 inches and heighten the ball in your stance. To get faster, move your starting spot 6 inches back on the approach and lower the ball in your stance. The value of this drill is that it will allow you to adjust speeds based on the volume. When the volume is heavier you want to get the ball into a roll sooner. The easiest way to do that is to get softer with the shot. Conversely, as the lane breaks down there is more friction, so you need to get the ball further down the lane.

Another great versatility drill is to strike from the same spot using several different balls. If you have three balls, get lined up using Ball No.

1. Once you've doubled with Ball No. 1, try to double from the same spot with Ball No. 2. Once you've doubled, repeat the exercise with Ball No. 3. Repeat the process until you can throw six strikes in a row using the three balls. Success will require you to change speeds or release to get to the pocket without moving on the approach.

The next practice session, pick those three balls and get lined up with all three. In this drill, you can pick anywhere on the lane for each ball, but your goal is to throw six strikes in a row. You know that you can strike from a particular spot with Ball No. 1. Ball No. 2 hooks more, so you know you need to move the appropriate amount on the approach to get to the pocket. This drill will help you understand how each ball in your arsenal reacts, and will teach you how to play different zones on the lane.

Bonus Points

I'm also a firm believer that your practice routine should occasionally include work on your mental game and equipment. There are plenty of books out there that will give you a better understanding of the mental approach to sports. Likewise, it's always good practice to take care of your equipment, whether it's replacing your inserts or having the surface of your ball refreshed.

Practice isn't always fun, but it is important if you want your game to improve. An organized practice routine, even if you only do it a few times a season, will better prepare you to face the varying challenges that will surely be thrown your way in competition. And preparation breeds success.

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