

WPS BOWLER

MAY 2012

TOP TIPS
PROS SHARE
THEIR BEST
ADVICE

**DIANDRA
ASBATY**

MAJOR STEP

HOW DIANDRA ASBATY WON THE QUEENS

Complete Bowling Software Solutions

Visit us at the 2012 USBC Convention Exhibits



- Manage bowling tournaments
- Singles, Doubles, Trios, Teams
- 6 Games (12 Pro) per event
- All-Event entries and reports
- 6 events per tournament
- Powerful, yet very simple to use
- Linked and Derived Events
- Bowler and Team Divisions
- Multiple, Customizable Reports

- Free Financial Module / Print checks with Pro edition
- Bracket sidepots and Master Bowler Database Import *

BTM-5 Standard

Upgrade from \$30.00

BTM-5 Professional

Upgrade from \$100.00

BLS-2012 Standard

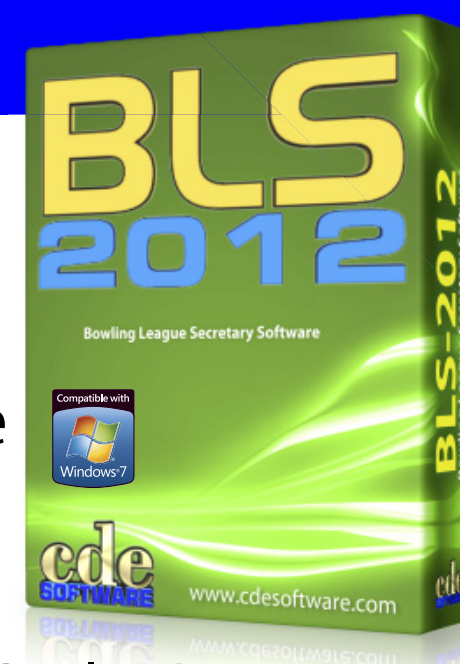
Upgrade from \$29.00

BLS-2012 Professional

Upgrade from \$29.00

Order Now - Now Shipping !

- 2011/2012 Season Changes
- Manage USBC Leagues
- Simple to use and customize
- Rapid score entry - Easy to use
- Pepsi USBC Youth qualifiers
- Free Financial Module
- Powerful and creative reports
- PBA Experience and Ultimate Bowling Leagues
- Individual Match Points, Bowler & Team Divisions, Peterson Points - "deluxe" features others charge extra for
- Bracket Sidepots and Master Bowler Database *
- Email PDF standings and send Twitter notifications *
- Upload to Bowl.com, LeagueSecretary.com and more
- Recommended by major associations & bowling centers



Bowling Clipart CD-ROM's

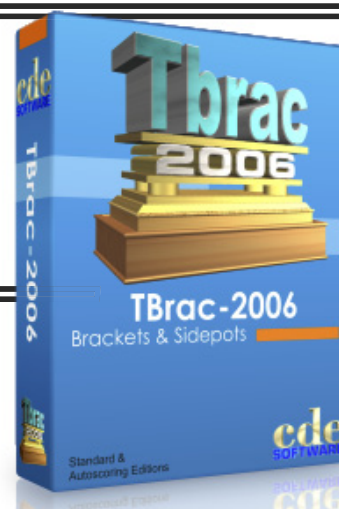
Jazz up reports, flyers & mailers!



More Product Features Listed Online!



Electronic Delivery Available. Save on Shipping and Materials.
Upgrade qualifications and full pricing available on our website.



- Bracket Sidepots
- Mystery Doubles/Sweeper Doubles
- High Game Pots
- Singles / ProAm Tournaments

TBrac-2006 Standard

Upgrade from \$35.00

©2011 CDE Software. All rights reserved. Pricing, promotions, features and specifications subject to change or end without notice.
* Professional Edition Feature

Place Your Order
Call 800-767-8927

www.cdesoftware.com



PUBLISHED BY THE UNITED STATES BOWLING CONGRESS

621 Six Flags Drive, Arlington, TX 76011 (800) 514-BOWL

**MANAGED BY
LUBY PUBLISHING**
122 S. Michigan Ave.
Suite 1506
Chicago, IL 60603
(312) 341-1110

USBC EDITORIAL STAFF

Pete Tredwell
Managing Director,
Media and Events

Jason Overstreet
Managing Director,
Communications

LUBY PUBLISHING STAFF

Keith Hamilton
President

Mike Panozzo
Editor

Barbara Peltz
Advertising Manager

Michael Stassus
Digital Content Specialist

ADVERTISING

Headquarters | 312-341-1110

Keith Hamilton
Luby Publishing, Inc.
keithh@lubypublishing.com

ADVERTISING REPRESENTATIVE

Barbara Peltz
Luby Publishing, Inc.
122 S. Michigan Ave., Suite 1506
Chicago, IL 60603

Ph: 312-341-1110 Ext. 235
Fax: 312-341-1469
bpeltz@lubypublishing.com

USBC EXECUTIVE STAFF

Executive Director
Stu Upson

Managing Director, Media/Events
Pete Tredwell

Managing Director,
National Governing Body
Neil Stremmel

Managing Director, CFO
Susan Merrill

Managing Director,
Tournaments
Brian Lewis

Managing Director,
Operations/Administration
Eric Kearney

Managing Director,
Communications
Jason Overstreet

Managing Director,
Rules/Association Services
Mike Spridco

Managing Director,
Information Technology
Jon-Paul Estes

Managing Director,
Marketing/Membership
Kevin Terry

US Bowler is an official publication of the United States Bowling Congress, 621 Six Flags Drive, Arlington, TX, 76011.
Email: bowlinfo@bowl.com for membership information. Editorial and other US Bowler questions can be e-mailed to usbowler@bowl.com, mailed to Customer Service at the address listed above, or call (800) 514-2695, ext. 3161. For more information, visit bowl.com.

US BOWLER

CONTENTS

**Mike
Fagan**

**9
Sage Advice**
Top pros share the
best bowling advice
they've ever received.

**7
Nice Pick, Dude!**
Bridges, Spears
added to Celeb
Hall of Fame.

**11
Wrist Rocket**
A strong wrist
is critical.

**13
Hail To The Queen**
Asbaty takes a
major step.

It's where Bowlers go



ORDER ONLINE:
www.bowlingball.com

Helping Bowlers Make Better Decisions™

ORDER BY PHONE:
1-888-265-2695
(BOWL)



 **PYRAMID®**
CHOOSE YOUR PATH

US BOWLER

NATIONAL NEWS

The first of an estimated 30,000 bowlers took to the lanes at the National Bowling Stadium in Reno, Nev., April 13, for the start of the 2012 United States Bowling Congress Women's Championships. USBC Hall of Famer Flora Mitchell, bowling in her 50th Women's Championships, rolled the ceremonial first ball, after which the first squad of bowlers lined up for the annual Mass Ball Shot Ceremony that signals the official start of the three-month tournament. Reno-Sparks Convention and Visitors Authority board chairman Dwight Dortch and local and bowling industry dignitaries were on hand for the ribbon-cutting ceremony and to welcome the women bowlers. It is the seventh time the Women's Championships has been staged in Reno. The start of the Women's Championships also coincided with the unveiling of the International Bowling Museum and Hall of Fame's first satellite museum at the National Bowling Stadium.



WOMEN GET ROLLING: The 2012 Women's Championships are off to a roaring start. **CLICK ON THE PLAY BUTTON** ABOVE FOR A LOOK AT THE OPENING CEREMONIES.



Board Members Elected At USBC Convention

Annual meeting in Arlington, Texas, features the election of four to the board of directors and the rejection of proposals related to membership dues.

[CLICK HERE TO READ MORE](#)



Seminars to be Offered by USA Bowling Coaches

The USA Bowling Coaching program will provide more than 52 seminars throughout the country to teach basic bowling coaching skills to coaches, volunteers and parents.

[CLICK HERE TO READ MORE](#)



Industry Unites for Youth League Promotion

The national "8 for 8" Bowling Club, an 8-week league for \$8, will be a collaboration of efforts by USBC, BPAA, Strike Ten, Brunswick, Ebonite and other industry partners.

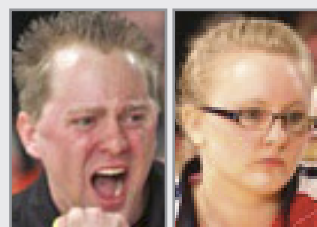
[CLICK HERE TO READ MORE](#)



IBMHF Satellite Museum Opens in Reno

The International Bowling Museum and Hall of Fame opened its first satellite museum at the National Bowling Stadium in Reno.

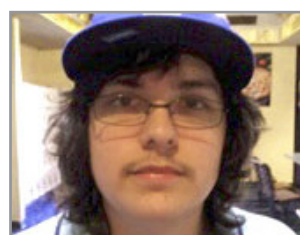
[CLICK HERE TO READ MORE](#)



Young, Drewes Win Intercollegiate Singles Titles

Wichita State's Geoffrey Young and Georgia Drewes of Newman University (Wichita, Kan.) win the nationally televised USBC Intercollegiate Singles titles in Lincoln, Neb.

[CLICK HERE TO READ MORE](#)



California Teen Rolls 900 Series

Eighteen-year-old Jimmy Schmitzer of Riverside became the 20th bowler to roll a perfect 900 series, April 20, at Brunswick Classic Lanes in Norco, Calif.

[CLICK HERE TO READ MORE](#)

The Nationwide logo, featuring the word "Nationwide" in white sans-serif font inside a blue square.

When things work
TOGETHER,
they just work better.

BUNDLE & SAVE up to **20%***

when you combine auto & home insurance with Nationwide®

Combining just your auto and home policies **could save you up to 20%.*** We have insurance available for other things too. You'll love the convenience of insuring more with a single insurance company.

For a
FREE
quote

Call 1-866-238-1426

Visit www.nationwide.com/usbc

Contact your local Nationwide agent



Nationwide may make a financial contribution to this organization in return for the opportunity to market products and services to its members or customers. *Savings compared to stand-alone price of each policy, based on national customer data from November 2010. Products Underwritten by Nationwide Mutual Insurance Company and Affiliated Companies. Nationwide Lloyds and Nationwide Property & Casualty Companies (in TX). Home Office: Columbus, OH 43215. Subject to underwriting guidelines, review, and approval. Products and discounts not available to all persons in all states. Nationwide, Nationwide Insurance and the Nationwide framemark are service marks of Nationwide Mutual Insurance Company. ©2011 Nationwide Mutual Insurance Company. All Rights Reserved.

AFO-0198AO (11/11)

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

Bulletin Board

OOPS . . . SHE DID IT AGAIN

Nothing says "bowling" like pop star Britney Spears!

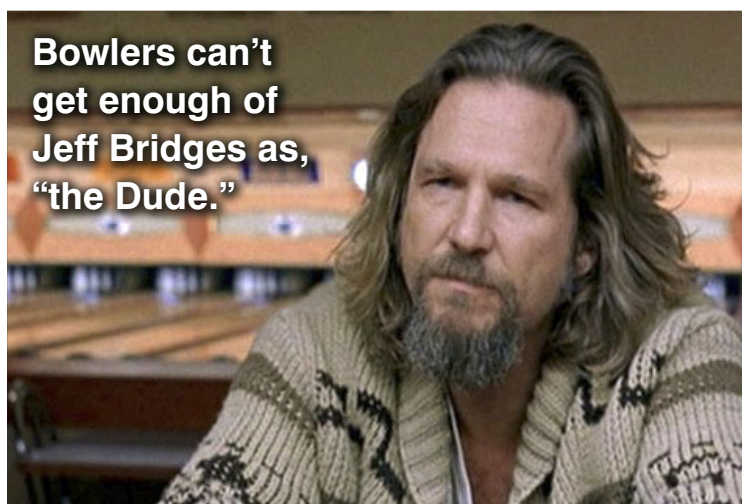


At least that's what online voters determined in the 2012 Celebrity Bowling Hall of Fame challenge hosted by the Bowling Proprietors' Association of America at GoBowling.com.

Spears, who seemed to take to the lanes with fair frequency during her pop diva days, and was spotted earlier this year toting her two kids to Camarillo Lanes in Camarillo, Calif., topped fellow recording artist and "The Voice" judge Christina Aguilera in a head-to-head vote.

And since one celebrity category isn't nearly enough, Jeff Bridges topped Bill Murray in online voting to enter the Celebrity Bowling Hall of Fame in the Legacy bracket. Bridges is best known for his role as The Dude in the cult movie classic "The Big Lebowski." Murray made his mark in bowling through his portrayal of self-absorbed bowling star Ernie McCracken in the movie "Kingpin."

Bowlers can't get enough of Jeff Bridges as, "the Dude."



For the first time in the three-year history of the contest's online voting, the winners were selected through bracket-style competition. Sixteen stars of sport, screen and song were matched up in the four-week vote-off. Music stars Drake and Justin Bieber were among the hopefuls, as were sports stars LeBron James, Tim Tebow and Jeff Gordon, and popular morning show hosts Kathie Lee Gifford and Hoda Kotb. The finalists were all deemed to have played a role in popularizing and supporting the sport of bowling.

The selection of Spears as the 2012 inductee completes a three-year sweep for female singers.

Country star Taylor Swift won the inaugural popular vote-style competition, while Miley Cyrus earned the crown in 2011. On both occasions teen sensation Bieber finished runner-up.

Both Spears and Bridges have received formal invitations from BPAA to accept the crystal bowling pin symbolic of their achievement at the 2012 Bowl Expo in Reno, June 24-28.

FATHER'S DAY 2012



With a wide selection of exclusive USBC and Tournament apparel, find the perfect gift for the Bowling Dad in your life at the USBC SportStore!



LIFESTYLE AND BOWLING TECHNIQUES TO MAKE YOU A BETTER BOWLER /// MAY 2012

Technique

"THE BEST ADVICE I EVER GOT..."

The Pros Share Their Top Picks

Everyone, at some point in their life, has been given a piece of advice that resonated with them. It usually comes from someone they respect — a family member, a teacher, a mentor, a historical figure or a contemporary.

That seems particularly true for athletes, and bowlers are no exception. Some bowlers picked up that lasting piece of advice early in their development. But as some of top professional bowlers shared, it's never too late to get a great piece of advice.

MIKE FAGAN: I've received so many great tips along the way. For me it's about giving every shot I take everything I can give. Recently I've been working with Mark Baker, and we've focused on body position and spine tilt and making sure your hips stay down. I try to work on things that help get the ball onto the lane a lot easier.



Mike Fagan

Technique

BOWLING TECHNIQUES TO MAKE YOU A BETTER BOWLER



Chris Barnes And Jason Belmonte

KELLY KULICK: Believe it or not, my favorite piece of advice is something Lynda Barnes shared with me. She told me, “Your body is not going to be the same every day. Things are going to be different. What feels good for you today may not feel the same tomorrow.” What I took away from that is to take what the day is giving you and find a way to make it work.

CHRIS BARNES: For me it's always been the old “keep your elbow in” rule. My elbow is always inside my hand and I think that's always been an advantage for me. That's something I took to



Kelly Kulick

heart when I was 7 or 8 years old, and when I'm bowling my best my elbow still fits right in that slot. The inside of my elbow should be touching my side on the way back and on the way through. That's part of keeping my swing straight up and down the line. That's one reason I can play straight or hook it.

JASON BELMONTE: Something I learned later in my bowling life is that you don't have to have the highest rev rate in the building. It used to be important to me to have the highest rev rate and hook it the most. But someone pointed out that my ball will strike at 550 rpm as well as it will at 650 rpm. It's more important to simply do what needs to be done on the lanes. On tour that can mean cutting the rev rate and throwing a really good shot as opposed to trying to send a three-wall messenger every third frame.

WES MALOTT: Recently I was talking with Del Ballard, and I mentioned that I was throwing the ball terrible. I was using the right ball, but I was throwing it terrible. He told me, “As long as you're already throwing it terrible, you may as well throw a different ball terrible.” Basically, he was saying



Bill O'Neill

that perhaps a different ball would give me something else and might allow me to loosen up my armswing. Once that happens I could go back to the original ball choice or in any other direction. It really opened my eyes.

BILL O'NEILL: With me, being taught that you need to disengage your muscles has been key. It always reminds me to take the muscle out of the swing. When I make a bad shot I'm usually pulling it down from the top, which means I'm really grabbing it.

Health and Wellness

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

FITNESS

IT'S ALL IN THE WRIST

A strong wrist aids consistency in your rev rate.

By Nick Bohanan

It should come as no surprise that the strength in your hand, wrist and forearm (which are interconnected) is critical to your performance on the lanes. The same muscles affect all three.

Strength in that area allows you to maintain a strong wrist position, which has a positive affect on your rev rate. It's hard to have a high rev rate with a weak wrist because it requires that you get your fingers around the equator of the ball.

A strong position is a neutral, firm position, meaning your wrist is straight. Some bowlers, like Sean Rash, take the strong position to the extreme by coiling their wrist. He's an exception. For the most part, however, you want to avoid coiling your wrist because the body's natural reaction is to uncoil.

Technique plays a role as well. If you get the ball too far in front of you at the pushaway, it's going to be hard to prevent your wrist from breaking, and even harder to get the wrist back into a strong position once it does break.

And while a strong wrist aids consistency in your rev rate and release, you want to maintain a level of flexibility so that you can be versatile in your axis rotation. This will give you better control of ball motion and allow you to adapt to changing lane conditions.

Here are a few exercises that work all the ranges of motion of the wrist. They are easy to do at home, and because wrist exercises generally don't require much weight to be effective you can use simple household items, like a can of soup or even a broomstick.

Hold one end of a broomstick as if you were shaking hands, with the other end resting on the floor. With your hand down at your side, try to raise the broomstick off the floor so that it is parallel to the floor. Slowly lower it back to the floor. Try the same exercise with the broomstick behind you. You can control how much weight you're lifting by moving your hand up or back on the broomstick. The closer your hand is to the center of the broomstick, the less strenuous the exercise. Try three sets of 15 reps.



THE WRIST MAKES THE MAN: Use a soft weight with your palm up for wrist curls, then with your palm down for extension exercises.

Flexion and extension exercises work the bigger wrist and forearm muscles. Seated with your arm on your lap, hold a soup can or soft weight ball in your hand, palm up, and curl your wrist. Keep your arm flat and your elbow still. Let your wrist drop down as far as possible, then curl it up as far as possible. This will allow you to use your full range of motion. If you are using a weighted ball, you will gain grip strength as well. Do five sets of 15.

It also helps to do exercises to strengthen your grip. Simply squeezing a tennis ball or softball

is good. The soft weights are also good. The technique is a simple squeeze, release, squeeze, release sequence. Work on squeezing with your palm and fingers, not your thumb. Your thumb should be nice and relaxed. By increasing hand and grip strength, but disassociating your thumb from the rest of your hand, you'll improve your ball release. The ball will come off your hand a lot easier and quicker if you can grip the ball with a relaxed thumb.

— Nick Bohanan is Performance Specialist for Team USA.

12

Monthly issues of
Bowlers Journal International

PLUS

52

weekly e-mail newsletters

PLUS

Unlimited

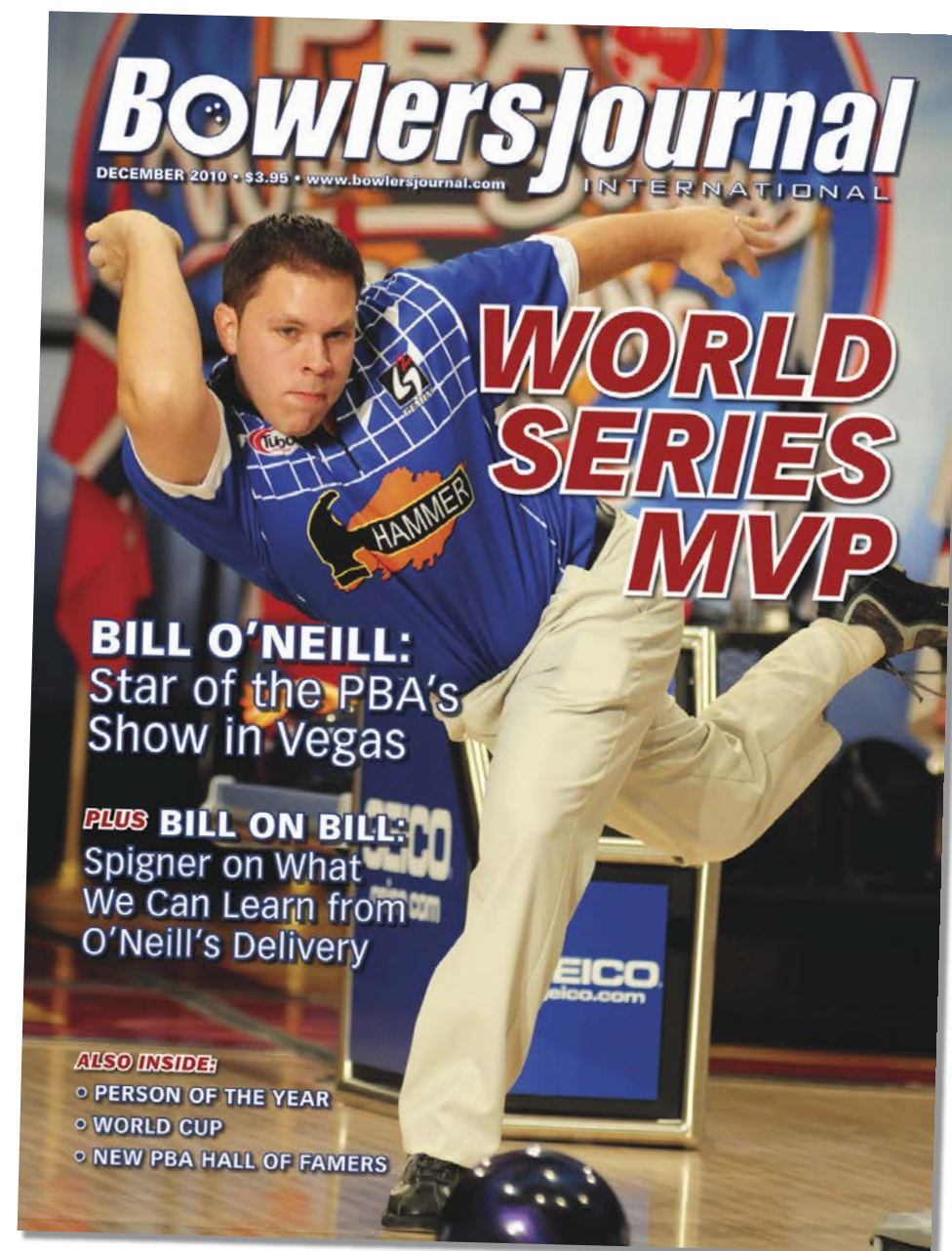
subscriber-only access to BJI web site.

When it comes to bowling –
Bowlers Journal International keeps you informed.

Subscribe to **Bowlers Journal International** today
and receive exclusive web access, as well as weekly
e-mail newsletters, all for just **\$32 Per Year**

ORDER TODAY ON-LINE AT:
www.BowlersJournal.com

OR SEND A CHECK OR MONEY ORDER TO:
Bowlers Journal International
122 S. Michigan Avenue, Suite 1506 Chicago, IL 60603



BowlersJournal

INTERNATIONAL

by Mike Panozzo

She was collegiate bowler of the year at University of Nebraska, Bowlers Journal's International Bowler of the Year and United States Olympic Committee Athlete of the Year in bowling all before she turned 20.

Still only 31, Asbaty has accumulated more than 60 international medals, including gold with Team USA and at the World Championships. She's captured pro titles under the glare of television lights, winning a PBA Women's Series event and a PBA Mixed Doubles title.

But none of those triumphs prepared her for the level of elation or flood of emotions that overcame her after the 10th frame strike that sealed a 244-218 victory over Carolyn Dorin-Ballard at the 2012 USBC Queens, securing her first major title.

"I felt a high I'd never felt before," Asbaty recalled days after claiming the Queens tiara. "I was in a state of euphoria. It was like a dream. I just couldn't believe it. I've won big titles in the past, but nothing ever felt like this."

The extra boost of adrenaline Asbaty experienced could probably be traced to several factors.

For starters, Asbaty is the first to admit that, despite all the hardware and accolades she's already collared, her career would have been painfully incomplete without a major professional title.

"The lack of a major was everything," she admitted. "I would not have retired from bowling until I had a major. I would have bowled forever chasing it if I needed to."

"I think that's one of the reasons I was so elated. The majors are so hard to win because



KILLER QUEEN: Click the video above to watch Diandra Asbaty close out her 2012 USBC Queens victory with three perfect strikes in the final frame.

there are so few opportunities, the fields are always so difficult and the players are so focused."

Additionally, for the first time since her youth, bowling wasn't the most important thing in Asbaty's life. The birth of her and husband John's son, Madden, in August 2010, was a welcome challenge to her career, but a challenge nonetheless.

"Having Madden was the best

thing ever," Asbaty acknowledged. "But I've struggled finding the balance in my life. I've got a lot on my plate with Madden, our coaching company [International Art of Bowling with pro bowler Jason Belmonte and renowned coach Ron Hoppe] and bowling. I wondered if I could still compete at this level and be a great mother.

"The answer is yes. You can have

a family and still reach your dreams. Carolyn and Lynda [Barnes] were the ones who showed me that was possible. They were on top, had kids and then got back on top."

Not that the road back to the top was easy or happened overnight. Asbaty struggled more times than not in pro events since Madden's birth. Still, she missed precious few opportunities to work on her game under

the pressures of tournament play.

"There aren't many chances for women to bowl out there," Asbaty said. "That's why I bowl with the men. I'm sure some people think I'm crazy for bowling the U.S. Open and Tournament of Champions, but I'll never pass up opportunities like those because they make me a better player."

"I have pretty realistic expectations when I bowl those events. I know I can cash, and I know something crazy can happen and I can

"I have pretty realistic expectations when I bowl those events. I know I can cash, and I know something crazy can happen and I can finish closer to the top."

finish closer to the top. I know I have that ability. But I use the opportunities as stepping stones. Every experience is a stepping stone for the next experience.

"I drilled some balls at TOC that really came into play at the Queens. If I hadn't bowled the TOC I wouldn't have had those tools and wouldn't have been as sharp at the Queens."

Asbaty was plenty sharp at the Queens, spending the entire week at AMF Euless Lanes in Euless, Texas, near the top of the 131-woman field, and qualifying third for the live ESPN broadcast

from the International Training and Research Center in Arlington.

And if the euphoria could be traced to several off-the-lanes factors, Asbaty's success in the 2012 Queens could be traced to several very specific keys on the lanes.

In the weeks leading up to the Queens, Belmonte, one of Asbaty's closest friends and business partner, noticed an oddity in her approach while viewing tape. Asbaty had switched to a four-step approach near the end of 2011, but

was stepping forward with her first step instead of crossing over in front of her left foot to clear her hips for a straighter swing.

"That's a common technique," Asbaty noted. "By crossing over and clearing your hip out of the way, your swing comes straight through and doesn't have to go around your body. Once I started paying attention to the first step it immediately allowed for a really loose, controlled swing."

"I've always known that's what you're supposed to do," said Asbaty, somewhat astonished by Belmonte's revelation. "I just never realized I

TAKING THE BULL BY THE HORNS



REAPING THE REWARDS

The residual benefits of winning a major title on national television started pouring in almost immediately for Queens champ Diandra Asbaty. Just days after winning the Queens title, Asbaty, who lives in Chicago, presented the official game ball before the Chicago Bulls regular season finale against the Cleveland Cavaliers at the United Center.



Two days later, Asbaty was on the pitcher's mound at U.S. Cellular Field to throw out the ceremonial first pitch at the Chicago White Sox game.

Completing a sports trifecta of sorts, Asbaty will also serve as a special guest at former Chicago Bear Jerry Azumah's annual Signature Event Fundraiser for the ASAP Foundation at Lucky Strikes Lanes in Chicago, May 16.

QUEEN FOR A DAY

Five years after a disastrous debut on national television in the 2007 USBC Queens finale, a focused and relaxed Diandra Asbaty blitzed her way to the 2012 Queens title at the International Training and Research Center in Arlington, Texas, on April 24.

Qualifying third for the live EPN telecast, Asbaty opened with a solid 233-191 victory over Liz Johnson. She followed with a message-delivering 270-185 triumph over second-seeded Stefanie Nation, a match Asbaty closed out with nine consecutive strikes.

In the title match, Asbaty overcame a seventh-frame split by firing five consecutive strikes to upend top seed Carolyn Dorin-Ballard, 244-227. Dorin-Ballard left the door open for Asbaty's big finish by failing to strike in the ninth and 10th frames.

"I learned everything from 2007," said Asbaty, who was the top seed for that tournament but

ONE AND DONE: Carolyn Dorin-Ballard was the top seed for the Queens finale, but came up just short in the championship.



suffered a 192-143 loss to Kelly Kulick in the title match. "That was my first time on live TV. I wasn't myself. I rushed. I missed spares. I was overwhelmed and didn't handle my nerves properly. And it was all over in a minute.

"In 2007 I tried to win. You can't do that. You have to focus on what you can control, which is your shot-making. This time I really enjoyed every second of it."

Asbaty seemingly enjoyed herself the entire week, finishing seventh after the first 15 games of qualifying against the 131-player field. In match play she averaged 223 in her first three matches before losing to Nation, 697-550.

TIARA TIME: Asbaty exorcised the demons of 2007 with Zen-like focus on national TV in the 2012 Queens finals.

With Dorin-Ballard and Nation locked into the top seeds, Asbaty bowled 706 in a three-game bowl-off against Johnson, Josie Earnest and defending champion Missy Parkin to determine the final three spots on the telecast. That score earned Asbaty the third seed, followed by Johnson and Earnest. In the first televised match Johnson topped Earnest, 268-223.

Asbaty, of Chicago, credited her remarkable 747 series on TV with a Zen-like focus that allowed her to eliminate distractions and enjoy her moment.

"Once you get on TV you get into a deeper focus," she said. "I never thought about what the score was. I was just throwing shots. I really had no idea I shot 270 or struck that many frames in a row. I was able to slow everything down and live in the moment.

"Being able to enter that really deep focus was crazy. I never thought about how I was acting. I was just reacting to everything.

"After the first ball in the 10th, when that shot was for everything, my reaction shows that I couldn't believe what I just did. It was amazing."

In addition to the symbolic Queens tiara, Asbaty picked up \$20,000 for her title. Dorin-Ballard earned \$10,000 for second place.



“When I’m coaching, I teach bowlers to stay down until the ball hits the pins. That’s exaggerated, but it will help complete the shot.”

wasn’t doing it, and no one has ever pointed that out to me before. Even when I was using a five-step approach I didn’t cross over on the second step. I never paid attention to it.”

So, during every frame of the Queens competition, Asbaty reminded herself to step left with her first step. She also reminded herself to stay down at the finish.

“Those were my two points of focus for every frame,” said Asbaty. “Staying down at the finish is something I’ve always struggled with, even in college. I get a little anxious and I pull up on the shot. I knew if I just stayed ‘seated,’ as my college coach would say, I would make a good shot.”

“When I’m coaching, I teach bowlers to stay down until the ball hits the pins,” Asbaty added. “That’s exaggerated, but it will help complete the shot. If you come up too early, you’re going to be inconsistent on hitting

your mark. Stay down and complete your shot. The ball will come off your hand the same way every time, and the angle it gets onto the lane will be more consistent. You’ll hit your mark far more often.”

The keys, of course, serve a greater purpose than simply correcting technical flaws.

“Focusing on a few keys like that allows the rest of your game to flow naturally,” Asbaty pointed out. “The more you can distract yourself from what you’re doing the better chance you can get yourself into the subconscious. I coach it all the time, but it’s not so easy to get there. Your conscious mind wants to take over. You want to think about your swing and little things like that.”

All of which led to an opportunity in the final frame to lock out top-seeded Dorin-Ballard with a strike.

“Again, I just told myself to step left and stay down,” Asbaty said. “To be able to step up in the 10th frame with a chance to win a major, against a Hall of Famer, that was a dream coming true.”

And in a single shot, all the tournaments, all the events her parents took her to, all the coaches who helped build her game and all the practice she’d put in converged.

“That’s why it was so special,” Asbaty acknowledged. “Everything I’ve done since I was 5 paid off in one frame.”