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US BOWLER

JUNE 2012

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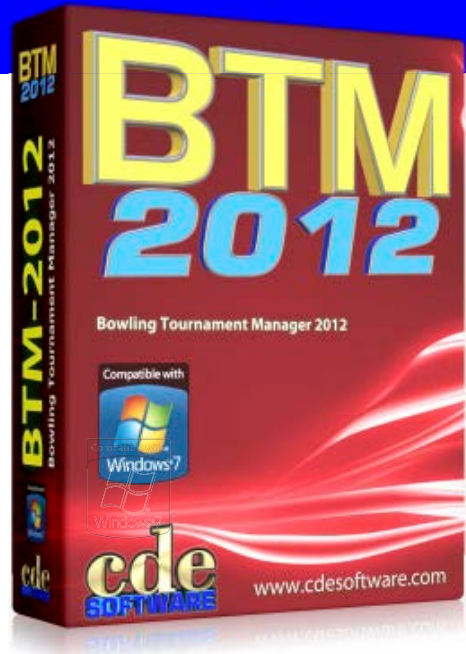
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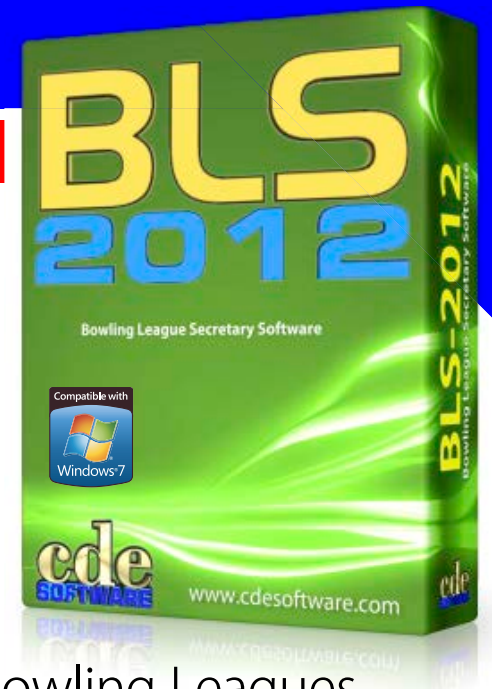


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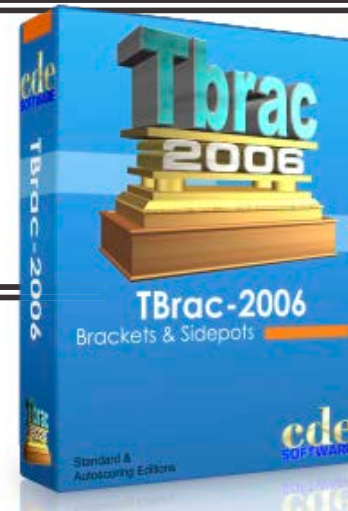
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US BOWLER

NATIONAL NEWS

"If I could have fallen to my knees, I would have." That was Sean Beam's initial thought after rolling his 12th consecutive strike to earn his first 300 game on May 18 at Cityview Lanes in Fort Worth, Texas. Confined to a wheelchair since birth, Beam became the first freehand wheelchair bowler to throw a 300 game, according to the American Wheelchair Bowling Association. The 36-year-old mailroom supervisor, from Burelson, Texas, has been bowling for 22 years and holds a 190 average. "I've never let my chair keep me from doing what I want to do," said Beam. "Wheelchair basketball guys will never be in the NBA, but you can compete with anyone in bowling." Of his perfect accomplishment, Beam added, "Bowling a 300 game is something I never thought was possible, and I can't explain what it feels like. I threw the last ball and I knew I had hit my mark. When it struck, I was overwhelmed."



PERFECTO: Wheelchair bowler Sean Beam rolls a certified 300 game.
CLICK ON THE PLAY BUTTON ABOVE FOR A LOOK AT SEAN BEAM'S 300 GAME.



XBowling Marks the Spot

International Bowling Campus collaboration with Sports Challenge Network spawns a new social mobile bowling app, XBowling, which allows bowlers innovative ways to compete.

[CLICK HERE TO READ MORE](#)



US Bowler Writing Awards Announced

Winners were announced in the 2011 US Bowler Writing Competition, with three named in the News/Feature category and three named in the Editorial category.

[CLICK HERE TO READ MORE](#)



Coaching Hall of Fame Welcomes Vadakin

Legendary Wichita State University head coach Gordon Vadakin becomes the fifth coach to enter the Bowling Coaches Hall of Fame. Under Vadakin, the Shockers have won 17 national championships.

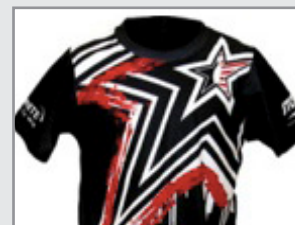
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USBC Revokes Charters of Non-Compliant Associations

Failure to file required IRS forms results in loss of tax-exempt status for some, causing USBC to revoke their charters.

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Youth Are Served New USBC Jersey

USBC Youth members were part of the process in selecting the new USBC Youth jersey, which was unveiled in May. The new jersey will be available for the 2012-13 season.

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Webber International Sweeps USBC Team Titles

Webber International becomes just the third school to sweep both men's and women's titles at the USBC Inter-collegiate Team Championships in Lincoln, Neb.

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★ Bulletin Board



RASH DECISION

Player of the Year award caps Rash's wild ride

As seasons go, the 2011-12 Professional Bowlers Association Tour will probably be remembered as one of the most difficult yet satisfying of Sean Rash's bowling career.

On the lanes, Rash dominated like few have, qualifying for a record five consecutive TV finals during the World Series of Bowling and finishing the season No.1 in both points and earnings. Yet prior to the final event of the season the 29-year-old had no hardware to show for his efforts.

That all changed when Rash defeated Ryan Ciminelli to win the season-ending PBA Tournament of Champions in April, Rash's first

PBA title since winning the USBC Masters in Milwaukee in 2007.

Not only did Rash's second major title put an exclamation point on his 2011-12 season, it also served as a springboard to the PBA's Chris Schenkel Player of the Year award. Rash was announced as the winner during the PBA Summer Series at 10 Pin in Chicago, May 28. Interestingly, whereas winners since 2007 had been determined by points, the

Bulletin Board

NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING



AND THE WINNER IS...: Watch the PBA's Xtra Frame live broadcast of the 2011-12 Chris Schenkel Player of the Year announcement.

2011-12 player of the year was chosen by vote among PBA Tour players and veteran members of the bowling media.

Rash, who received 29.04 percent of the votes, narrowly edged out Australian Jason Belmonte (26.61 percent) for the honor. Rash and Belmonte have had well-documented clashes both on and off the lanes over the past year. Dallas' Mike Fagan received 18.32 percent, making the 2011-12 race the closest in years.

Rash was visibly emotional after PBA Tour Commissioner Tom Clark made the announcement during a live broadcast on the PBA's Xtra Frame.

"We all had great seasons," said the Montgomery, Ill., resident. "I think winning the TOC put a stamp on it."

"Jason and Mike and I have bowled together in probably 15 different countries during the past year, and I think we made each other better."

Rash also credited his strong finish to patience and a relentless attitude.

"It was a difficult year for me," he said. "The struggle of making all those TV shows and not winning was frustrating. Everything seemed so close. But through patience, hard work, dedication and a great team behind me, everything worked out."



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Technique



Jason Belmonte

UP AND AWAY

Loft is often overlooked as a valuable tool for your game.

By Bryan O'Keefe

When conditions start to change, bowlers constantly look for ways to change the ball's reaction without having to move laterally, whether it's getting the ball farther down the lane or starting the skid phase later.

The most common variables in the bowler's toolbox are ball speed, rev rate, axis rotation and axis tilt.

The forgotten variable is loft. Loft is another great way to change not only the shape of the hook but also when the ball hooks on the lane.

At the pro level, it's not uncommon to see players loft the ball three or four feet before it hits the lane. You see it a lot with the high-rev bowlers when they really have to get inside. But we're not talking about Mike Fagan lofting to the arrows, or Osku

Palermaa lofting the ball over a bar stool.

We're talking about small loft distances: adding six inches or a foot to your shot can have a huge impact on ball motion.

Loft is simply a way of shortening the lane. Bowlers look to shorten the lane when the lane starts to hook a little earlier, or the front part of the lane starts to break down and get dry. Lofting allows the ball to save energy before it grabs the lane and starts to hook toward the pocket.

Technique

BOWLING TECHNIQUES TO MAKE YOU A BETTER BOWLER

Consider that the lane is 60 feet long. If you normally lay the ball down six inches past the foul line, your ball has 59½ feet to travel before it hits the head pin. If you loft the ball a foot farther, you've shortened the lane to 58½ feet. The ball starts its motion later on the lane. Simply put, you're starting the process later.

The problem most bowlers have with trying to loft the ball is the tendency to impart loft entirely with the upper body. Most bowlers try to muscle and hit up on the ball. They just try to throw it farther.

The proper way to impart loft is to stand up on the shot a little more when you're entering the slide-and-release portion of your shot. Instead of getting as low to the line as you can, keep your knee bend a little higher and don't drive into the line as much as normal.



PREPARE TO SET SAIL: Click the video above as Bryan O'Keefe demonstrates the keys to introducing loft to your game.

Practice Tool

Place a towel on the lane, a foot or two from the foul line, and practice clearing the towel. Remember, don't muscle the ball by using extra upper-body strength. Work on staying a little more upright, not bending your slide knee as much and releasing the ball from a higher position.

The keys to loft are the knee bend and posture. We've talked before about keeping your posture the same once you start your slide, and that applies here as well. Maintain your posture, just don't bend so much at the knee. It's important that you're not rising on the shot. Concentrate on staying a touch more upright through the shot.

Loft shouldn't really affect your release point much. You're just releasing the ball from a slightly higher point, which will make it hit the lane further out. You do want to release the ball just a hair past your ankle so that you're projecting the ball out onto the lane. Remember — out, not up.

Neither should loft affect your follow through. At first, holding your finish a

little higher may feel different, but after a while you will get used to how your finish feels. Make sure the things that make your normal shot consistent stay consistent when you're lofting the ball. You still want to post the shot properly. — *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

LOFTY EXPECTATIONS

Single-leg squats will get your body prepared for the introduction of loft to your shot arsenal.

By Nick Bohanan

Since Bryan O'Keefe's Technique article this month focuses on using loft, it seems appropriate to discuss a few exercises that will help you get more comfortable adding loft to your game.

The misconception most bowlers have is that loft comes primarily from the upper body. In reality, you create loft by adjusting your lower-body position. The key is to use your normal delivery, but do not get as low with your knee bend. The result is that your release is slightly higher than with your normal delivery.

There are a few exercises that will help you get accustomed to that difference in your knee bend. We've discussed single-leg balance exercises before, but a good way to prepare for what your body position should feel like when lofting the ball is what I call one-legged mini squats.

Put yourself in the finish position, with your trail leg behind you, but your trail-leg foot a few inches off the ground. Maintaining your upper-body posture, squat partway down and hold your position for 30 seconds. Relax, then squat again going a little farther down and hold that position for 30 seconds. Finally, go as low as you can on one leg while maintaining your balance and hold that position for 30 seconds.

The benefit of building various tiers is to get your body comfortable with each level. This will help when you want to loft the ball because you'll know what it feels like to maintain good balance at a slightly higher tier.

Once you become comfortable maintaining balance at those different levels, you can make the exercise more dynamic by moving your trail leg around while holding



BALANCE BEAM: USBC Sports Performance Specialist Nick Bohanan offers exercises to help you maintain proper posture and balance when lofting the ball.

your finish position. Move your trail leg to the side and even out in front of you while maintaining balance on your slide foot. It's important to maintain your center of gravity and not rise up or go lower while moving the trail leg. This is a great way to further improve your balance.

Finally, try holding your position at various levels and swinging your arm while holding a small weighted ball. (Do not try this using a bowling ball.) Work

on projecting the ball without actually letting go of it. This exercise will give you a sense of the difference between your normal release and lofting the ball.

If your body is better prepared for this added element to your game, your chances of success and consistency also will be improved.

— Nick Bohanan is Performance Specialist for the United States Bowling Congress

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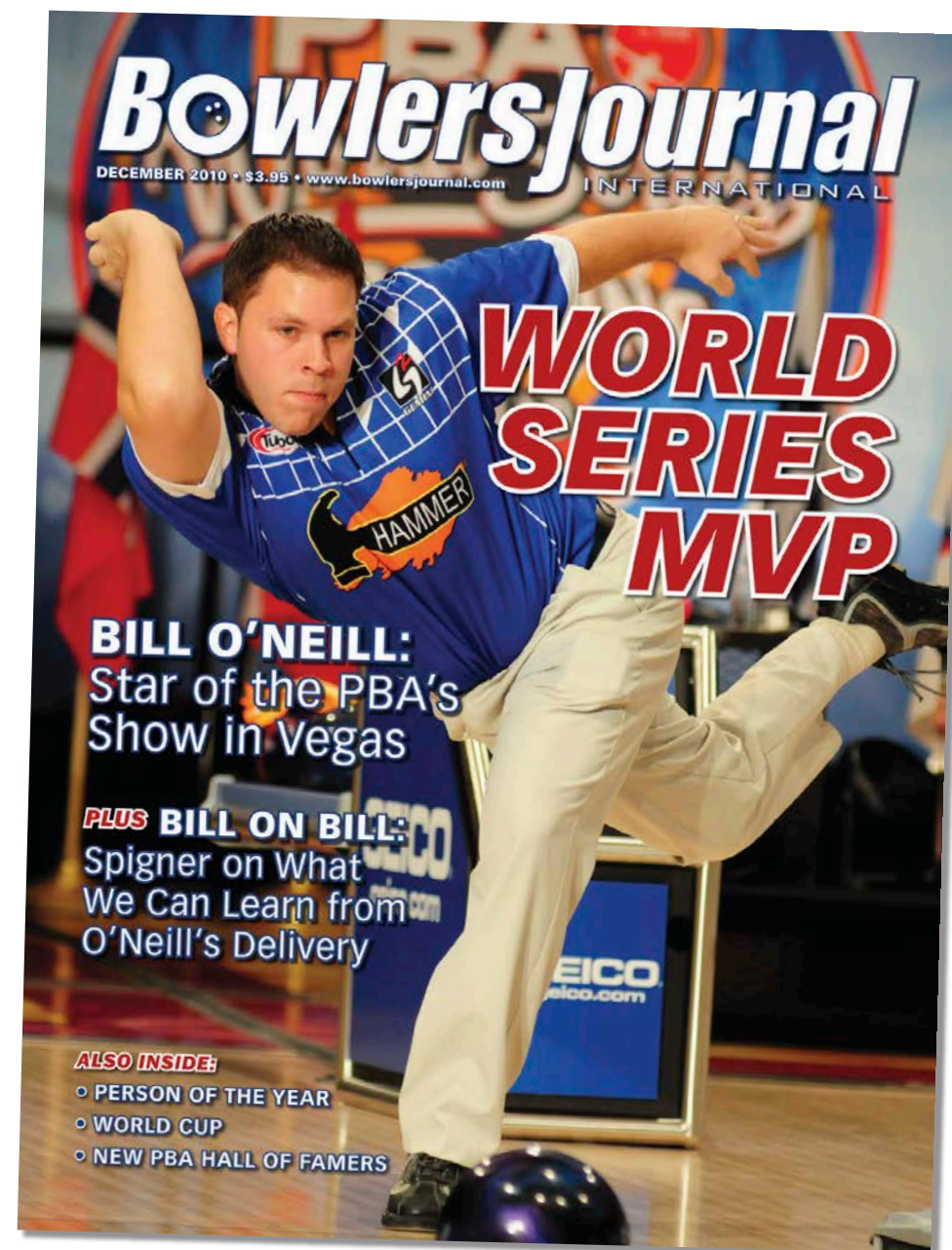
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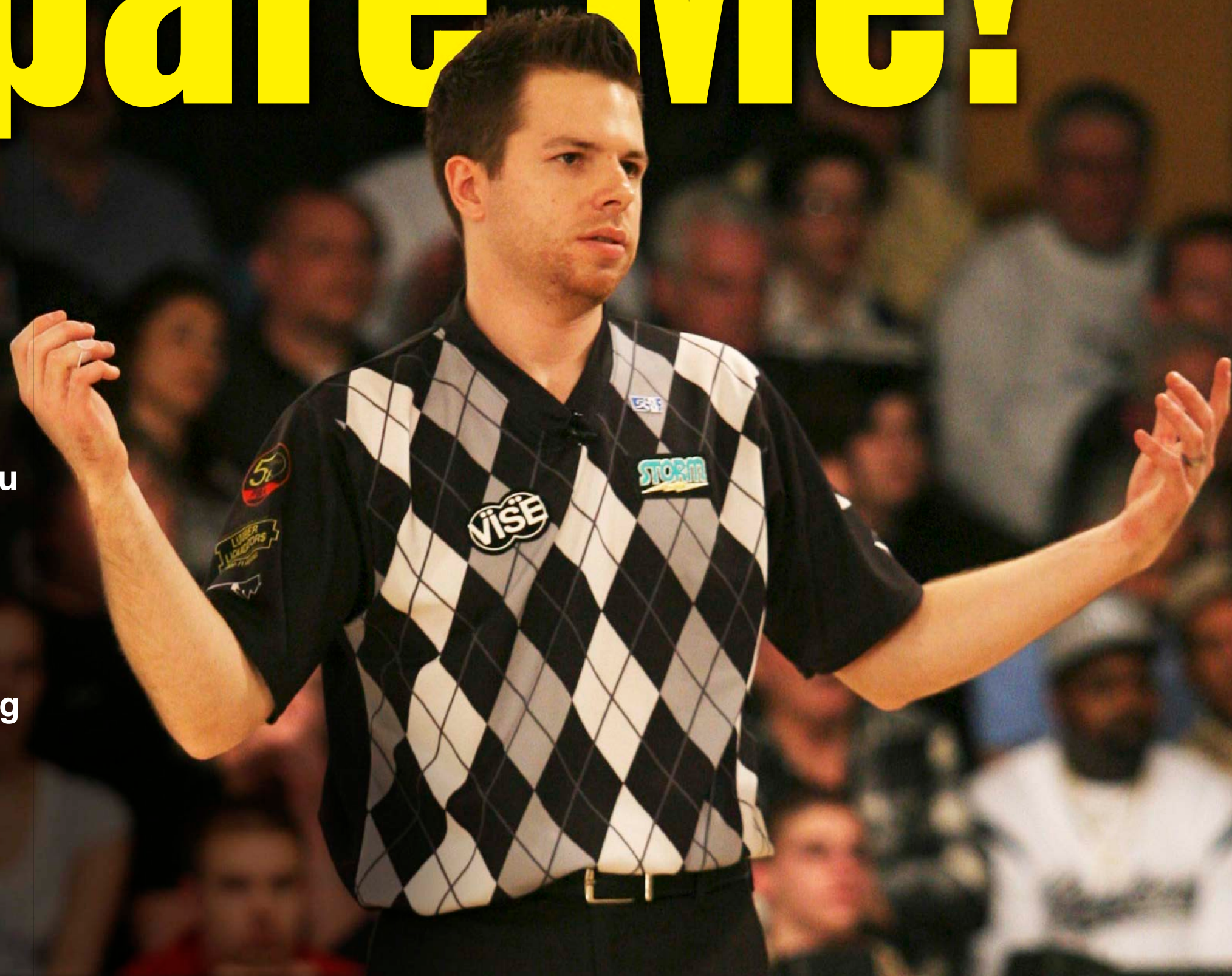
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INTERNATIONAL

Spare Me!

How Do The Top Pros Approach Spares?

In bowling, every pin counts and you only get one shot at picking up a spare. Those are absolutes. Systems for picking up those spares, however, are as varied as the number of spare possibilities.



Sure, there are a handful of accepted general spare systems, but most bowlers make slight adjustments or alterations to even those.

Just ask the pros. Tournaments have been won and lost by both the ability and inability to complete even the simplest of spares.

Not surprisingly, nearly every pro utilizes a slightly different system. Where they stand, what angle they take to the pins, what ball they use...all top bowlers tinker with systems until they find one they are comfortable with.

What system do you use?

WALTER RAY WILLIAMS, JR.: I don't really have a set system. I have my only little formulas, but they probably wouldn't work for most bowlers because I drift kind of funny. When I'm on the right side shooting at a left-hand spare, I walk pretty straight. When I'm shooting at a 10 pin, instead of walking to the right and toward the target I walk away from the target. Basically I walk left and throw right. It doesn't make much sense and I wouldn't teach it to bowlers, but it works okay for me. It's also part of my overall game. When I'm throwing straighter on my strike shot I don't drift very much left. But when I'm hooking the ball on my strike shot I drift a lot left. When I'm shooting the 10 pin, I'm not trying to hook the ball but my natural instinct is to drift left. Technically you want to walk towards your target. That makes the most sense.



UNIQUE APPROACH: Walter Ray Williams Jr. admits that his unique drifting habit forces him to approach spares in a manner he wouldn't recommend to others.

KELLY KULICK: Straighter is greater. Obviously, the shortest distance between two points is a

straight line. A good spare ball is crucial and I use a plastic spare ball. The only thing I hook at is

double wood, 2-8 or 3-6- 9-10. For most spares I use board 20, or the fourth arrow, and I pretend like that point is the fulcrum of a pair of scissors. My target doesn't change, but my feet change the angle. The center of the scissors is board 20, and the handles represent a line to the 7 and 10 pins. Then I just close down the scissors for different pins.

WES MALLOT: Typically, anything in the middle-left — anything with a 1, 2, 5, 8 — I'm always going to hook at. It's what I'm doing most of my shots, so I feel it's easier to repeat a shot than to suddenly switch to throwing straight. I will go straight at the 4, 7, 3, 9, 6 or 10. If a pattern has a lot of oil in the middle, I'll hook at a 3 or 9. The problem is the patterns are flatter on Tour, and once you get into a different zone on the lane you really don't know how the ball is going to react. In that case you almost have to throw it straight. With house patterns you can pretty much hook at anything because there's just more built-in area to miss. If you miss right, it's going to hook. If you miss inside, it's going to straighten out. On Tour going straight is a necessity. Even at home, if I'm getting ready to go out on Tour or to a tournament where I know the patterns are going to be tougher, I'll practice throwing straight just to get comfortable with it.

“I don’t exactly use a system. I shoot everything pretty straight, unless it’s a double-wood situation.”

– Mike Fagan

CHRIS BARNES: I have standard places I stand for just about everything. There’s a spot I stand for the 3, 6 and 10 pin. I hook at double wood, except at the U.S. Open. You shoot straight at everything because you don’t open up any room by hooking it there.

I throw straight and cross lane with plastic at anything else. Left-

side spares are from the right. Interestingly, right-side spares I walk toward my target. Because of the way our bodies and swings are, we’re not really set up to throw right-to-left, so I square up my whole body toward the 2, 4, 7 and walk right at the pin.

MIKE FAGAN: I don’t exactly use a system. I shoot everything pretty straight, unless it’s a double-wood situation. I look at the pin and draw a line back through the arrows. I throw straight with one of my core balls. I don’t use a plastic ball because it’s just another ball that I have to carry. We go to a lot of overseas events where you are restricted in the number of balls you can bring, so I don’t care to waste one of those slots with a plastic ball. For double-wood I try to stay on the same spot and maybe move my target one board left and slow my speed down a little bit.

JASON BELMONTE: I vary. I do have a specific stance for my 7, 4 and 2 pin with my plastic ball, and that’s pretty much at every house I’ve ever bowled in. For the 2 pin my right foot is on 14 and I try to hit the third



WES IS MORE: Surprisingly, Wes Malott prefers to hook at most spares, rationalizing that repeating his strike shot is easier than changing to a straight shot.

arrow. Then I move three boards left for the 4 pin, and three more for the 7 pin. Then with the 10 and the 6 I try to get to the left corner of the lane and just throw straight at it. I hook

at double wood, and if I leave the 2-8-10, I try to back the ball up. The only time I feel confident throwing a back-up ball is when I have to send pins to the right side of the lane.



SHEAR MAGIC: Kelly Kulick uses the center arrow and a scissors system for throwing straight at spares.