

**HEALTH & WELLNESS: TEST STRENGTH AND BALANCE AT THE 'Y'**

# US BOWLER

JULY 2012

**LIZ  
JOHNSON**

## IN THE BALANCE

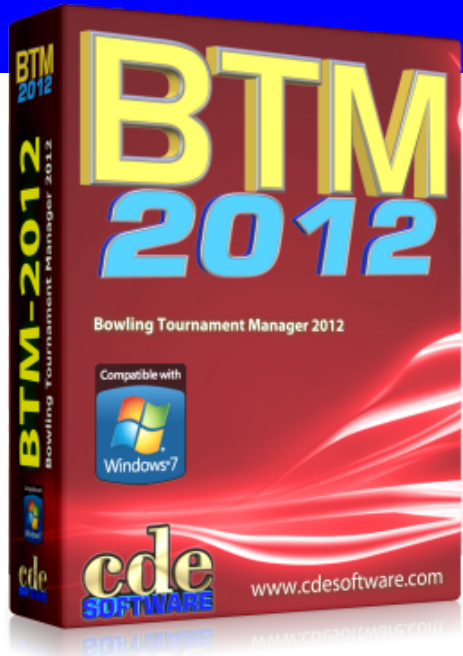
**IMPROVE YOUR  
BALANCE ON THE LANE**

**TARGET  
PRACTICE**  
AN EASY WAY TO  
ASSESS ACCURACY



# Complete Bowling Software Solutions

## Get Prepared for Fall Leagues Now!

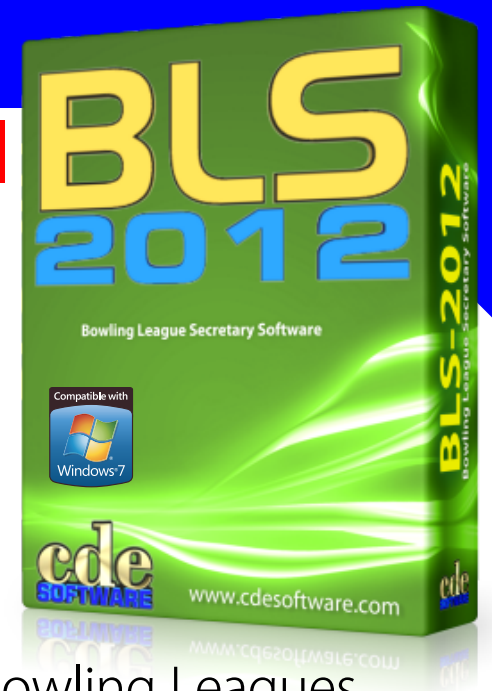


- Manage bowling tournaments
- Singles, Doubles, Trios, Teams
- 6 Games (12 Pro) per event
- All-Event entries and reports
- 6 events per tournament
- Powerful, yet very simple to use
- Linked and Derived Events
- Bowler and Team Divisions

- Multiple, Customizable Reports

### SPECIAL OFFER AVAILABLE NOW!

- 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
  - "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 & centers



### BTM-2012 Standard

Upgrade from **\$30.00**

### BLS-2012 Standard

Upgrade from **\$29.00**

### BTM-2012 Professional

Upgrade from **\$30.00**

### BLS-2012 Professional

Upgrade from **\$29.00**

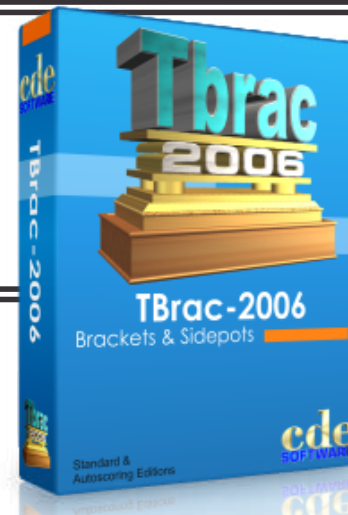
### Buy BLS-2012 now and get upgrade to BLS-2013 Free!

Purchase BLS-2012 between Jun1-Aug 31, 2012 and get free upgrade to BLS-2013 provided via electronic delivery!

### 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

### TBrac-2006 Standard

Upgrade from **\$35.00**

©2012 CDE Software. All rights reserved. Pricing, promotions, features and specifications subject to change or end without notice.

**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 1806  
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 1806  
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](mailto:bowlinfo@bowl.com) for membership information. Editorial and other US Bowler questions can be e-mailed to [usbowler@bowl.com](mailto: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](http://bowl.com).

# **US BOWLER**

**CONTENTS**

**KELLY  
KULICK**

**6  
Street Cred**  
Bowling took to the streets of Reno for the finale of the U.S. Women's Open Championship.

**10  
Paper Chase**  
Tracking your accuracy is easy.

**13  
The Y In The Road**  
Strength and balance go hand in hand.

**16  
Balancing Act**  
Proper balance is critical to success.



## USBOWLER

### NATIONAL NEWS

The 2011-12 season at the United States Bowling Congress and the International Bowling Campus was full of highlights and surprises. The International Training and Research Center unveiled more cutting-edge technology and was a bevy of activity, hosting numerous high school, college and international squads. Team USA men's and women's squads enjoyed unprecedented success, with the women winning team gold at the World Women's Championships for the first time in 24 years, while the men captured a dozen gold medals in international competition. BowlTV offered more than 80 days of live streaming coverage, while both the Intercollegiate teams and singles championships were televised nationally. At the pro level, Diandra Asbaty won with USBC Queens, while Mike Fagan captured the USBC Masters. All in all, it was a banner year for bowling.



**A SEASON TO REMEMBER:** Great things happened during the 2011-12 bowling season. **CLICK ON THE PLAY BUTTON** ABOVE FOR A REVIEW OF THE 2011-12 SEASON



#### Baca Receives Laneman Award

Lane maintenance pioneer Sam Baca, the first Director of Lane Maintenance for the Professional Bowlers Association, was named the Jim Jaryszak Laneman Award recipient.

[CLICK HERE TO READ MORE](#)



#### Bowling Stadium Renovations Highlight New Deal

The National Bowling Stadium will undergo \$15 million in upgrades as part of a new agreement between the USBC and the Reno-Sparks Convention and Visitors Authority.

[CLICK HERE TO READ MORE](#)



#### Cast Your Vote For Best Bowler ESPY Award

Professional Bowlers Association Tour stars Jason Belmonte, Mike Fagan and Sean Rash are finalist for the coveted ESPY Awards, honoring top competitors in all major sports.

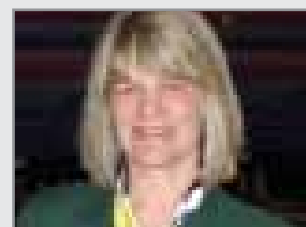
[CLICK HERE TO READ MORE](#)



#### Junior Team USA Sweeps Team Titles

For the first time in the history of the World Youth Championships, Junior Team USA boys and girls swept the gold medals in the team event in Bangkok, Thailand.

[CLICK HERE TO READ MORE](#)



#### Romeo Wins Senior U.S. Women's Open

USBC Hall of Famer Robin Romeo becomes the first female bowler to win both the U.S. Women's Open and Senior U.S. Women's Open.

[CLICK HERE TO READ MORE](#)



#### High School All-American Team Named

Ten high school bowlers were named to the Dexter/USBC High School All-American Team., including repeat selection Zachary Fylling of Bay City, Mich.

[CLICK HERE TO READ MORE](#)



# it's crunch time.



The Master™ line has long helped players across the globe achieve great levels of success. Look for the new IQ™ and IQ Tour Edition to continue that tradition.

Crankers, tweeners, and strokers alike are sure to see why Storm's IQ and IQ Tour Edition are THE SMART CHOICE!



facebook. twitter YouTube™

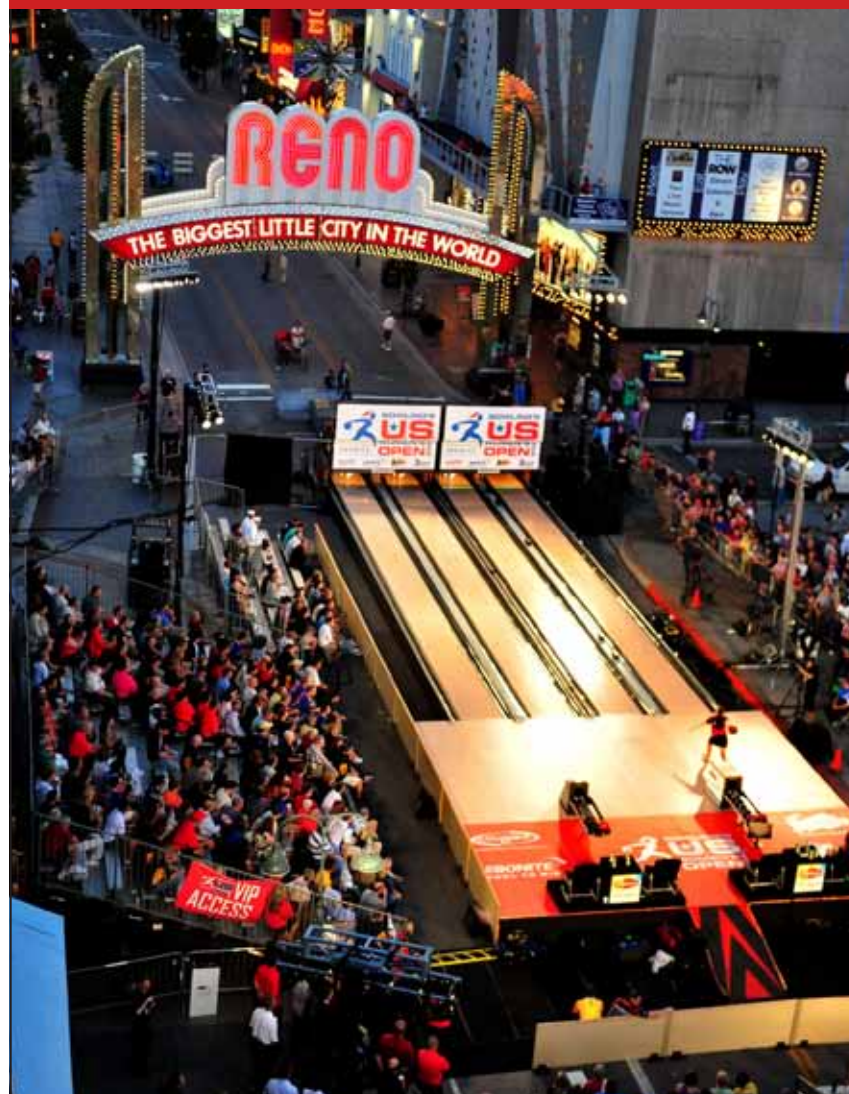


800.369.4402 | [stormbowling.com](http://stormbowling.com)



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

## ★ Bulletin Board



## STREET CRED

Hundreds of bowling fans packed Virginia Street, while more looked on from the windows of surrounding hotels. The objects of intrigue were the makeshift four-lane bowling arena perched beneath the famed Reno Arch and the televised Bowling's U.S. Women's Open finals that were about to commence.

Before the first ball was thrown, however,

downtown Reno was treated to a flyover from a pair of Nevada Air National Guard C-130s and retired Gulf War veteran Matt Peters' 160-foot rock wall climb carrying the American flag. The tournament concluded with a spectacular fireworks display from the rooftop of the Eldorado Hotel.

In between, the five finalists battled the heat, a setting sun, 20-mph winds and challenging lane

conditions. And when the dust literally settled, top-seeded Kelly Kulick of Union, N.J., emerged with her third U.S. Women's Open title. Kulick defeated Missy Parkin of Lake Forest, Calif., 170-160, to grab the \$40,000 top prize.

The finals, which also featured Stephanie Nation, Shannon O'Keefe and Lynda Barnes, was scheduled to air Tues., July 3, at 8:00 p.m. Eastern on ESPN2.



**Bulletin Board**

NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING



# LEADING ROLL

## Kulick Stars in Bridgestone Campaign

**T**hey say exposure creates opportunities, an axiom that translated both literally and figuratively for Kelly Kulick earlier this year.

Following an appearance in the Body Issue of ESPN The Magazine in 2011, in which she was photographed nude in a bowling pose, Kulick landed a spot in a national advertising campaign for Bridgestone Tires.

The Bridgestone campaign, in which the company (tongue-in-cheek, of course) announces its plans to bring its tire technology into the world of sports, used pro athletes in basketball, football,

hockey and bowling. The company's agency, having seen Kulick in ESPN The Magazine, contacted the Professional Bowlers Association offices in December in search of the 2010 Tournament of Champions winner.

"They were using bowling and I was the person they wanted," said Kulick. "Between the photo shoot and my accomplishments in the past few years, I think I was what they were looking for."

## Bulletin Board

NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING

**"I was eating in a restaurant the other day and [the commercial] came on. It's pretty cool. They even have posters of me in some of the Bridgestone dealerships."**

The commercial, in which Kulick rolls a road-gripping rubber Bridgestone bowling ball through three sets of pins in a single shot, was filmed in Irvine, Calif., on an 80-foot lane constructed by L.A.-based Murrey International.

"They had two balls," Kulick said. "One was the ball made from tire rubber. It was really cool, but it weighed less than a pound. I was tossing it in the air. You could have played volleyball with it.

"The other ball was a 15-pound bowling ball that they decaled to look identical to the tire ball. It looked 3D."



**WHERE THE RUBBER HITS THE ROAD:** Click above to view the new Bridgestone tire commercial, featuring recent Women's U.S. Open champion Kelly Kulick.

And that blazing strike she threw that mowed down all three sets of pins?

"My best shot made it through the first set and into the second set," she admitted. "Deflection kept it from going further. I would have had to throw the ball 25 miles an hour, and that wasn't happening! The rest

was computer-generated imagery."

Originally planned to run during the Super Bowl, Bridgestone's bowling commercial began running in late March and will continue to air for two years, according to Kulick.

"They've aired it a ton already, on cable and network television,"

she said. "I was eating in a restaurant the other day and it came on while I was sitting there. It's pretty cool. They even have posters of me in some of the Bridgestone dealerships.

"All in all, it was a great experience and great to be involved in."



HP4  
HOOK POTENTIAL



I don't want to be given respect.  
I'd rather take it.

I'm available at your local pro shop starting July 10th, call or visit them today.



## GUTS.

### SAME CORE. SAME DEFIANCE.

If my mentor has taught me one thing, it's that defiance starts from within. Featuring the same technological advancement found in the Defiant™, the unique elliptical shape of my Paragon™ core defines predictability of axis migration and allows you to perfectly match up your ball reaction to the conditions at hand. The pins won't even know what hit 'em.



## GRIT.

### THE BITE GETS A SHINE.

You may have never associated pearls with destruction before, but I'm about to change all that. My MicroBite™ pearl reactive coverstock uses extremely small structured additives to help smooth the transitions while maintaining entry angle at the pocket. This helps you create better pin action while reducing oil sensitivity that can send your ball through the break point. Powerful and smooth, like a beefed up Don Juan.



## GRIME.

### LESS OIL DOESN'T MEAN LESS POWER.

Confident. Cocky. Call it what you want, but I'm telling you right now, I am the ideal complement to the original Defiant. I provide the perfect combination of skid-hook-roll, even on medium-heavy oil. Separate, we're still the baddest to ever hit the lanes. But together, we're unstoppable.

LEARN MORE





# Technique



DIANDRA  
ASBATY

## HOW DO YOU MEASURE UP?

Try this skills assessment program to find out.

By Bryan O'Keefe

**S**o you have a decent average but you're not sure what parts of your game need improvement and what parts are functioning efficiently and effectively. You are not alone.

Players are always looking for direction as to where their game can be improved. For many players, though, coaching isn't always an option and high-tech systems like those at the International Training and Research Center aren't readily available.

Not a problem. There are several skills assessment programs that can be done at your local center with nothing more than permission from the proprietor to put a piece of paper on the lane.

Most bowlers have heard of CATS, the Computer-Aided Track-

ing System that analyzes a ball's path all the way down the lane. But if your local center doesn't have CATS, try PATS, a makeshift paper-aided tracking system that can still give you a decent assessment of your accuracy skills.

All you need is a piece of index cardstock paper or, better yet, a small two-sheet carbonless paper. First, mark the center of the paper from top to bottom with a 1-inch wide stripe. An inch is approximately the width of a board. If your center will give you permission, use painters tape to secure all four corners of



## Technique

BOWLING TECHNIQUES TO MAKE YOU A BETTER BOWLER

the paper to the lane where you will be playing at the arrows. (Painters tape comes up very easily without leaving any tape residue.)

The mark on the paper is your target.

Roll 10 shots, attempting to roll your ball directly over the 1-inch wide mark each time. The paper will record where the ball went over it on each of the 10 shots. The ball will give you a nice two- to three-inch track on the paper, which will allow you to calculate the range from left to right of how close your ball came to hitting that mark.

Measure the track, going from the edge of the farthest left track to the edge of the farthest right track. The total width of the measurement will tell you how accurately you repeated your 10 shots.

If the total width is four inches, you are within four boards of your target arrow. The narrower the total width, the more accurate you are targeting.

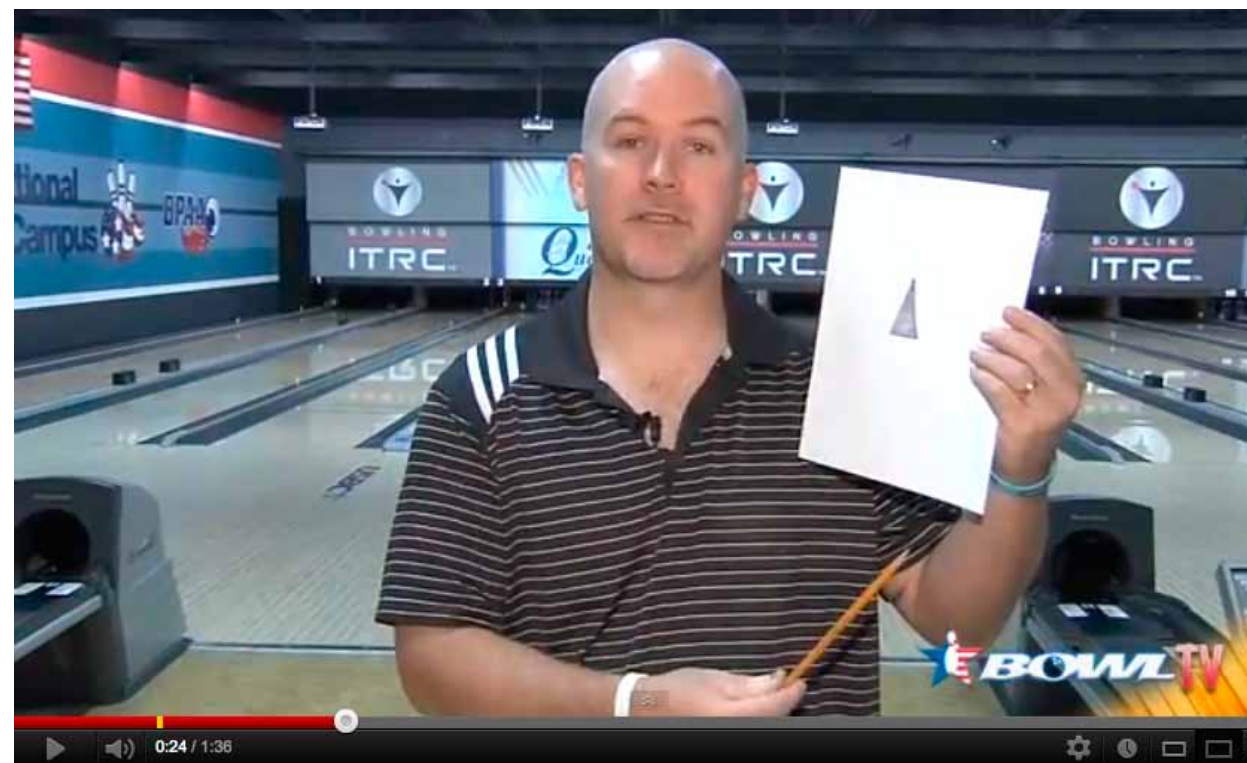
### TRACKING YOUR TRACKING

BOWLING AVG.	BOARD VARIANCE
220+	2 boards
200+	3 boards
180+	4 boards
160+	4.5 boards

To give some measurables to this test, the elite level bowler's target mark is less than 1.5 inches wide. A 220-plus average bowler stays within two board widths. A 200-plus is three boards. A 180 bowler has a range of four boards, left to right, and a 160-plus bowler is 4.5 inches.

You can do this as often as you'd like. Start with 10 shots, then change out the paper and throw another 10 shots. It is a good way to practice your accuracy hitting the target, keeping the range from left to right as narrow as possible. Your results allow you to see how your accuracy

**How does this assessment help? If you are a 220-plus average bowler but your range is 3.5 inches, clearly improvement on hitting your target will add pins to your average.**



**GET IT DOWN ON PAPER:** Click the video above as Bryan O'Keefe demonstrates an easy-to-do tracking system that will help assess your accuracy.

measures relative to your bowling average.

How does this assessment help? If you are a 220-plus average bowler but your range is 3.5 inches, clearly improvement on hitting your target will add pins to your average. It also tells you that you are stronger in other areas of your game, like speed control and release, and those areas are compensating for your lack of accuracy.

By the same token, if you have a 180-plus average but your targeting is within three boards, it shows that your targeting is above average

and other areas of your game are in need of improvement. Your ability to hit your target is performing at a higher standard than your average indicates.

In future issues we'll show you a few more at-home assessment programs, including measuring changes in ball speed and changes in your release. All are easy to do and allow you to track your strengths and weaknesses.

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



*It's where Bowlers go*



ORDER ONLINE:  
**www.bowlingball.com**

*Helping Bowlers Make Better Decisions™*

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





## Health and Wellness

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

### FITNESS

## SPEND TIME AT THE Y

Test your strength and balance at home.

By Nick Bohanan

**S**o much of bowling is about proper balance. If you are not balanced at any point of your approach, delivery and finish, chances are you are not going to be a consistent performer.

We've discussed numerous exercises to strengthen core, leg, wrist and back muscles. We've also discussed exercises to improve flexibility.

But how do you know if the exercises are doing their job? There are ways to measure your strength and agility, and the Y Balance Test will give you a good indication about your leg strength and balance, particularly at the finish.

This test is easily done at home. Start by using tape to create an inverted "Y" on the floor. Two pieces of the tape should be perpendicular to each other, creating a 90-degree angle, with a third line in front that bisects that angle. (See diagram)

Stand on one foot in the center of the three pieces of tape. Put a cup or

cone on the floor six inches in front of your foot. Maintaining a single-leg stance, push the object with the toe of your other foot as far as you can along the strip of tape leading out in front of you. Your reaching foot must never touch the ground. This will require you to balance on your standing leg, squatting lower and lower to fully extend your reaching leg. Make three attempts, recording the best result.

Measure the distance you push the object. The equation (see chart on pg 14) gives you a percentage that judges your reach relative to the length of your leg. Measure your leg (in centimeters) from the beltline to the bottom of your ankle. If your leg is 100 cm and your reach is 95 cm, your percentage is 95.

Standing in the same spot, place the object on one of the lines behind you. Using the same foot, push the object along that line as far as possible. Again, record your best result.

Finally, place the object on the third line of tape and repeat the process.

CAROLYN DORIN-BALLARD



BOWLER	Balance	Grade	Number of Imbalances	Grade	Total
Carolyn Dorin-Ballard	90.65	7	0	10	17
Shannon O'Keefe	103.295	9	1	6	15
Bill O'Neill	97.755	8	1	6	14
Wes Malott	85.895	6	0.5	8	14
Tommy Jones	102.93	9	1.5	4	13
Michael Fagan	94.145	7	1	6	13
Kelly Kulick	89.495	6	1	6	12
Diandra Asbaty	88.315	6	1	6	12
Stefanie Nation	88.11	6	1	6	12
Walter Ray Williams, Jr.	86.765	6	1	6	12
Liz Johnson	87.88	6	1	6	12
Chris Barnes	99.83	8	2	2	10
Shannon Pluhowsky	97.38	8	2	2	10
Patrick Allen	88.2	6	2	2	8
Average	92.90	7.00	1.14	5.43	12.43



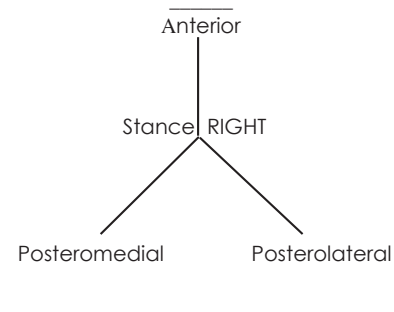
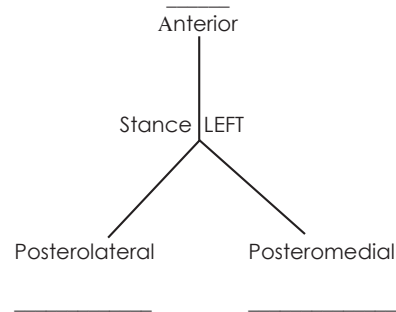
## Health and Wellness

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

### Score Sheet for Y Balance Test™ & Limb Length

Athlete Name: \_\_\_\_\_ Date: \_\_\_\_\_

RIGHT Limb Length: \_\_\_\_\_



	Left	Right	Difference
Anterior			
Posteromedial			
Posterolateral			

\*\*\* Difference should be less than 4 cm. for return to sport and preparticipation screening \*\*\*

Composite Score =  $\frac{(\text{Anterior} + \text{Posteromedial} + \text{Posterolateral})}{(3 \times \text{Limb Length})} \times 100$

Composite	
Right	
Left	

**BALANCE:** Touch the graphic above to download a PDF of this balance test scoresheet and chart your own strength and balance.



**BALANCE:** USBC Sports Performance Specialist Nick Bohanan demonstrates the Y Balance Test, one of the tests administered to Team USA players.

Repeat the test using the opposite leg.

This test measures strength, but balance is part of that. You need a strong core and strong legs to do this well. Ankle, hip and knee flexibility also play roles in the level of your success with this test.

Watch for imbalances from one leg to the other. Typically, the slide leg will be stronger, but if it is markedly dominant you could encounter knee and lower-back problems.

Check the chart on the previous page to see how your

scores measure up. If you are below average, improve your lower-body strength by doing squats, lunges and single-leg balance exercises. To improve hip and calf flexibility, try kneeling strides and hip rotation stretches.

Balance through the shot, and particularly the finish, has a great impact on shot repeatability. Not surprisingly, players with excellent shot repeatability do well on these balance tests.

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





# UNITED STATES BOWLING CONGRESS EAGLE TEE



*We the People* OF THE *United States Bowling Congress*,  
IN ORDER TO FORM A MORE PERFECT *Bowler*,  
ESTABLISH *Strikes*, INSURE *Spares*, PROVIDE FOR THE  
COMMON GOOD OF THE *Sport*, PROMOTE *Bowling*,  
AND TO PROVIDE *Benefits*, AND *Programs* THAT *Enhance*  
THE *Bowling* EXPERIENCE, DO ESTABLISH THIS SHIRT  
FOR THE *United States Bowling Congress*.

**USBC**  
SPORTSTORE.com

SHOP TODAY



A photograph of a male bowler, Patrick Allen, in a dynamic pose on a bowling lane. He is wearing a white short-sleeved shirt with red and blue accents and a large blue star on the chest, dark trousers, and bowling shoes. He is leaning forward with his right arm extended back and his left leg lifted, holding a red bowling ball. The background is dark, and the lane floor is visible.

PATRICK  
ALLEN

## FINDING BALANCE IS CRITICAL TO YOUR GAME

**E**ver lose your balance when you arrive at the foul line after delivering your shot and wonder how that happened?

Bowlers fall off the shot all the time, but rarely know why or how their shot was affected. They often rationalize that the ball is already gone, so their lack of balance didn't affect the path of the ball. Not so. Something has affected your balance leading up to the shot, and that will also affect the shot itself.

# Balancing Act

By Teresa Ross





MISSY PARKIN

Bowlers fall off the shot all the time, but rarely know why or how their shot was affected. They often rationalize that the ball is already gone, so their lack of balance didn't affect the path of the ball. Not so. Something has affected your balance leading up to the shot, and that will also affect the shot itself.

Balance is critical in bowling.

Without it you will never enjoy consistency in shot accuracy or shot repeatability. Repeatability is much more difficult if you lack balance because repeating the same mistake isn't easy, particularly if you don't even know what mistake caused the imbalance! Many of the symptoms that can lead to loss of balance are difficult to self-diagnose. You may never realize



PETE WEBER

**STAYING ON BALANCE:** Power players tend to finish with their trail leg in the air. That's fine, so long as the trail leg is providing proper balance at that point.

you're leaning too far forward, but if you were shown a video verifying the error, you'd probably be surprised.

Likewise, it's hard to feel where your trail leg is at the finish, or where your non-throwing arm is during the release. Either could be flailing all over the place, but it's unlikely that you would be aware.

If something is throwing off your balance, it needs to be diagnosed so that it can be corrected.

That's why it's so important to have a second set of eyes watching you bowl. Consult a certified coach (bowl.com), or a house pro. At the very least, find some-

one knowledgeable who is willing to watch you bowl for a while.

Here's what your second set of eyes should watch for:

## STANCE

To have balance at the finish, it would be wise to have balance in your stance. Make sure your feet are comfortably apart. You should be relaxed with the ball between your chin and shoulder. Your upper body posture should be slightly forward, and your knees should be slightly bent with your ball-side foot slightly behind your lead foot. Strive for balance and comfort.

**POSTURE** Check your upper body posture. If you start to lean forward with the pushaway it will create imbalance and your body will try to correct itself to maintain that balance. The result is you fall off your shot. Your upper body posture should remain constant through the shot, which helps keep your body weight centered and allows for a steadier finish position.

**TIMING** Timing is another culprit. Timing is unique to almost every bowler, but you should be aware that you might have to slightly alter your timing to achieve proper balance. Timing also varies from step to step. You can have textbook timing in the first two steps and then suddenly launch into your backswing or come down too fast. There are numerous variables with timing, which is why a coach and/or second set of eyes is



**The trail leg can be a great asset in helping you maintain balance. It can act like a kickstand or a balancing rod, like tightrope walkers use.**

helpful. You may think pushing the ball too early is causing the ball to get into the swing faster when in fact your forward posture is the culprit.

Based on a four-step approach with the ball being pushed out on the first step, early timing (or what is now being called Roller Timing) would put the ball ahead of the feet. The result is the weight of the ball can pull the upper body forward, creating an imbalance. Delaying the ball's start will help you retain good posture and balance. Conversely, late timing (now referred to as Leverage Timing) means the ball swing comes after the feet are already moving. This can cause the upper body to lean back, forcing you to stagger to maintain balance. Moving the ball sooner will help the upper body remain still and slightly forward, keeping the body centered throughout the approach.



**ARMED AND DANGEROUS:** Your opposite shoulder should move away from the ball and off to the side at release, and should never be higher than your shoulder.

**BILL O'NEILL**

**TRAIL LEG** The trail leg can be a great asset in helping you maintain balance. It can act like a kickstand or a balancing rod, like tightrope walkers use. Power bowlers tend to finish with their trail leg in the air. That's okay, as long as they maintain good balance at that point. If you are off balance at the finish, correction might be as simple as lowering the leg a bit to create better balance.

**OPPOSITE ARM** Likewise, your non-bowling arm is a great source of leverage when properly combined with the trail leg. Your opposite arm keeps you steady. Power players with the high leg kick normally need to open their right shoulder, so the opposite arm will often be slightly in front of them to create balance. Regardless, the opposite arm should be moving away from the ball and off to the side in a smooth motion. Don't allow it to get higher than your shoulder. The arm needs to come back to your side when going into the slide, which creates a natural counter balance.

**EYES** Remember, whether you like to target the foul line dots or arrows with your eyes, use your eyes only. Your head needs to remain steady throughout the approach.

*— Teresa Ross is Coaching Specialist and E-Learning Specialist for the United States Bowling Congress.*



# 12

Monthly issues of  
**Bowlers Journal International**

PLUS

# 52

weekly e-mail newsletters

PLUS

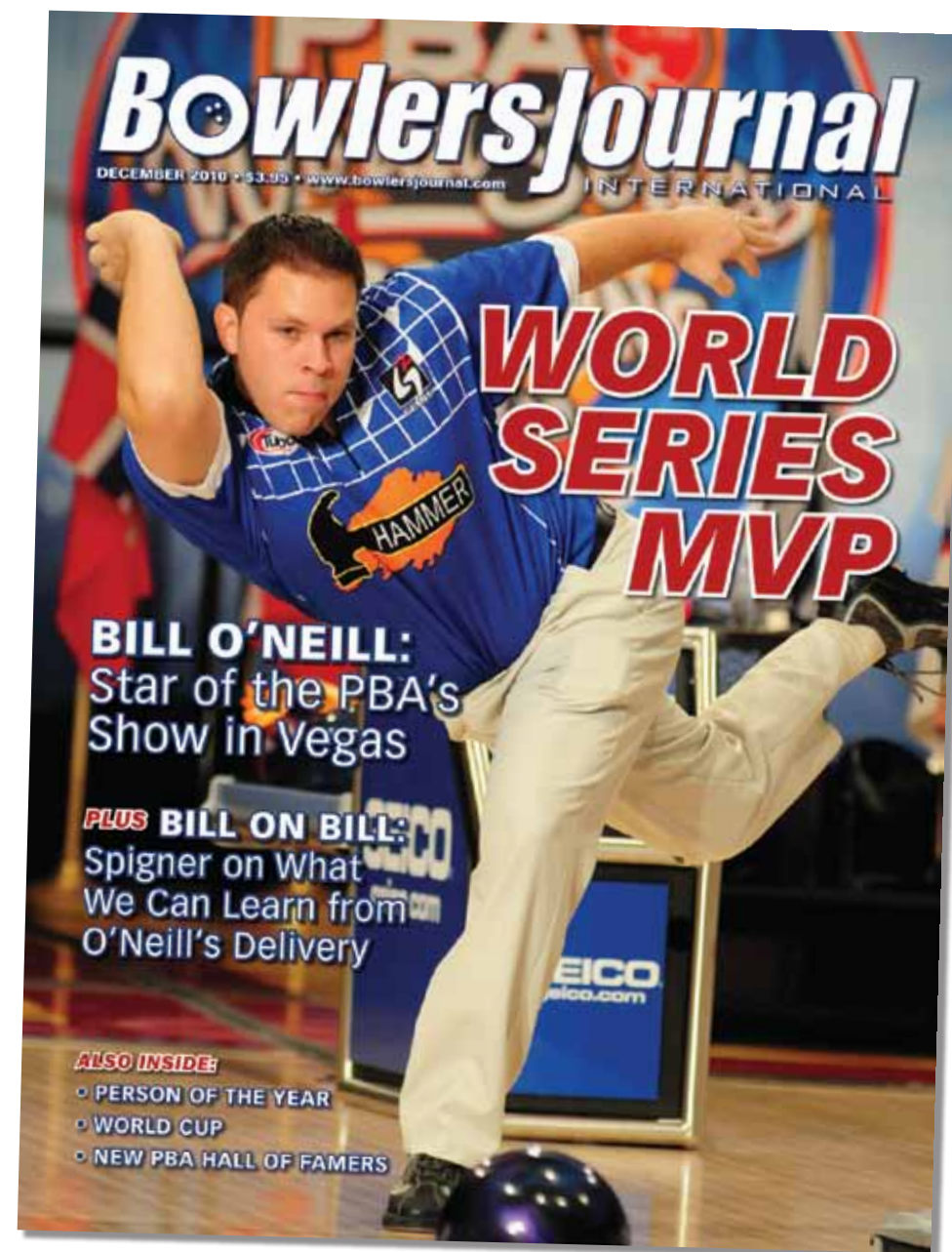
# Unlimited

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