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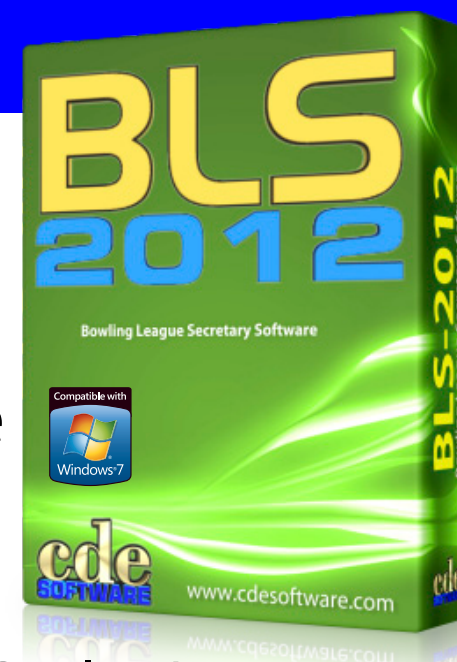
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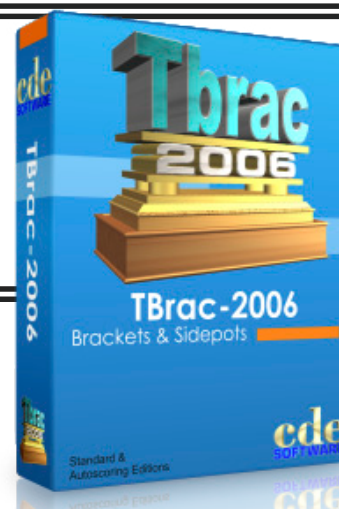
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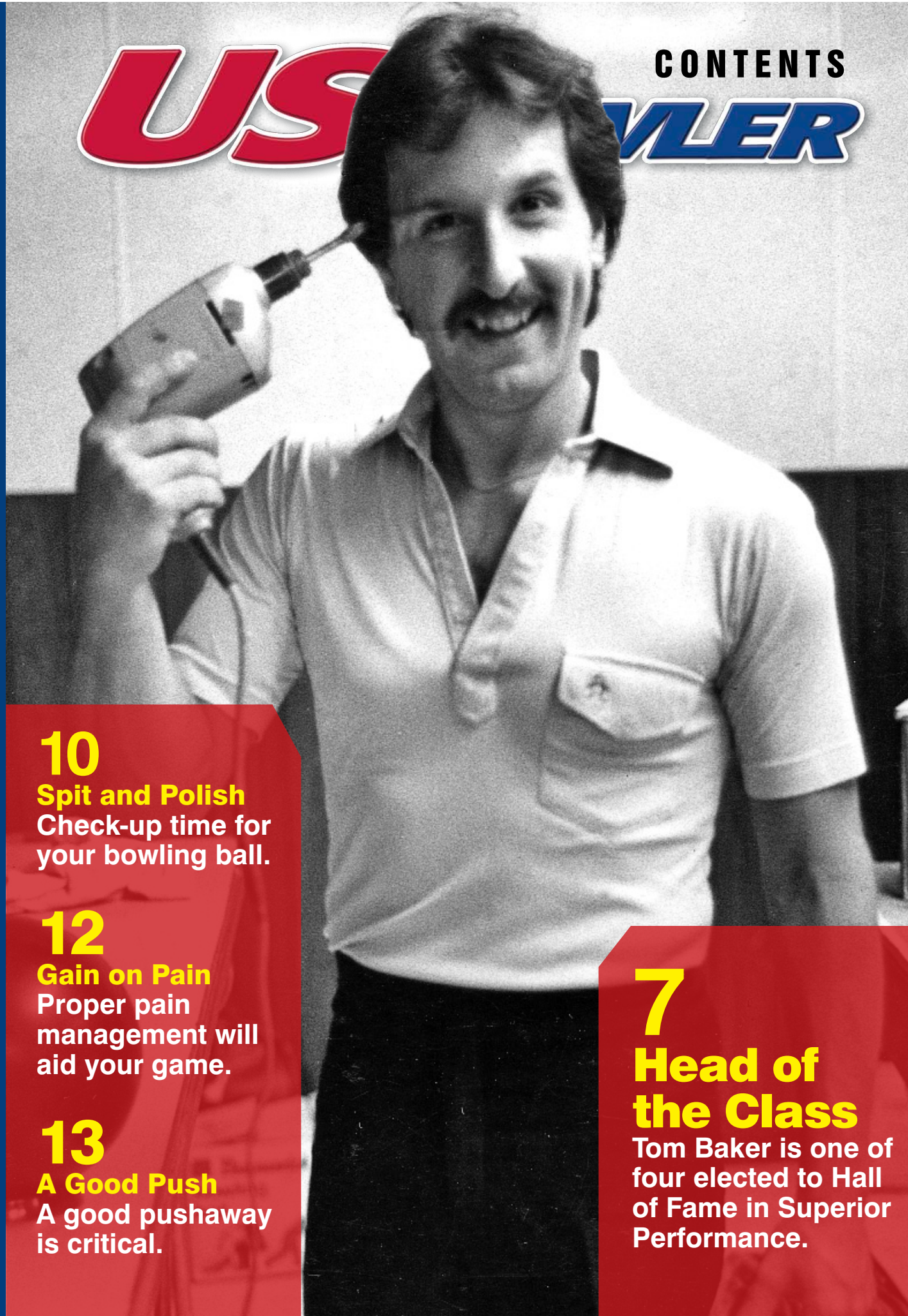
10
Spit and Polish
Check-up time for
your bowling ball.

12
Gain on Pain
Proper pain
management will
aid your game.

13
A Good Push
A good pushaway
is critical.

7
**Head of
the Class**

Tom Baker is one of
four elected to Hall
of Fame in Superior
Performance.



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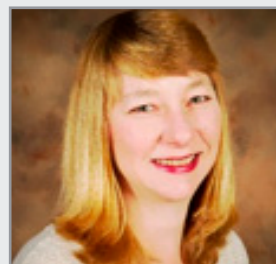
USBOWLER

NATIONAL NEWS

With automatic spots on Team USA as well as berths in the QubicaAMF World Cup at stake, the 2012 United States Bowling Congress Team USA Trials brought out a field stocked with America's top bowlers. The Team USA Trials, running through Friday, January 6, at Texas Station's Texas Star Lanes in North Las Vegas, Nev., will also feature a new system for determining the trials champions and automatic spot winners. Instead of relying on total pinfall for the four-day, 28-game event, rankings will be based on a point system designed to reward consistency and versatility. Players will be awarded points based on their finishing position after each day's round, with one point given to the day's top finisher. The player with the low point total after four days will be named Team USA Trials Champion. The Team USA Trials will be broadcast on BowlTV, which can be found at YouTube.com/BowlTV.



TRIALS AND TRIBULATIONS: Team USA spots up for grabs at Team USA Trials. [CLICK ON THE PLAY BUTTON ABOVE FOR A VIDEO CLIP ABOUT TEAM USA TRIALS.](#)



USBC Youth Volunteer Award Announced

Jori Peterson of Rockford, Ill., was selected USBC Youth Volunteer of the Year for her efforts in organizing and promoting youth bowling programs.

[CLICK HERE TO READ MORE](#)



Open Championships Pattern to be Unveiled

The USBC Open Championships tournament lane condition will be unveiled and discussed on BowlTV in a live streaming event from Baton Rouge on Friday, Feb. 10.

[CLICK HERE TO READ MORE](#)



Executive-Level Promotions Announced at USBC

Eric Kearney, Jason Overstreet and Mike Spridco were named to the USBC executive team as managing directors to add executive focus to important programs.

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Team USA Bowlers Finish Second at World Cup

Tommy Jones and Diandra Asbaty each reached the title match at the QubicaAMF World Cup in Johannesburg, South Africa.

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Shockers Dominate Carlson Invitational

Wichita State's men's and women's teams earned victories at the Glenn Carlson Las Vegas Invitational, a major event on the USBC Collegiate schedule.

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USBC Membership Cards Update

2011-2012 membership card delivery has been delayed due to fulfillment issues with enhanced-benefit bag tags.

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

★ Bulletin Board

THE FAB FOUR

The USBC Hall of Fame welcomes a quartet of superior performers.

With more than 50 pro tour titles among them, Dave Husted, Amleto Monacelli, Tom Baker and Dede Davidson enter the Superior Performance wing of the USBC Hall of Fame having excelled in perhaps the most competitive era of professional bowling...the 1980s and '90s.

The sheer number of competitors and tour stops on both the men's and women's pro tours made for yearlong marathons, with deep fields and ever-changing conditions.

The four recently-elected hall of famers will join USBC Open Championships standouts Lennie Boresch Jr., and Gary Daroszewski, wheelchair bowling pioneer Al Uttecht, and meritorious service

honorees Joan Feinblum and the late Kerm Helmer at formal induction ceremonies April 26, during the USBC Convention in Arlington, Texas.

In a sport that is now burgeoning with talent from around the globe, Monacelli was the Professional Bowlers Association Tour's first foreign-born star. Born in Venezuela, Monacelli came to America and joined the tour in 1982 with unique flair and style both on and off the lanes. The likeable Venezuelan was a fan favorite from the start, a status that only grew as Monacelli began winning. All told, Monacelli won 19 PBA Tour titles from 1987-2005, won back-to-back PBA Player of the Year awards in 1989 and 1990, and totalled more than \$2 million

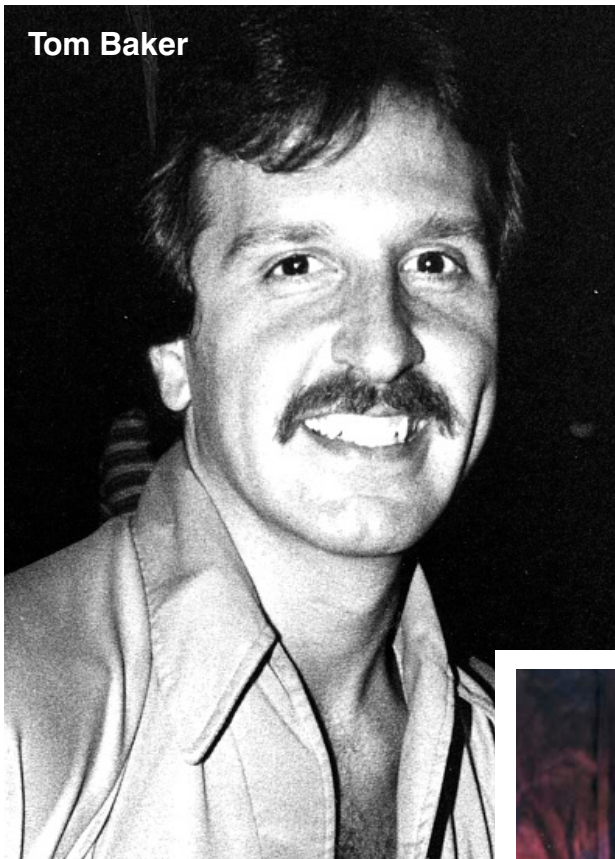


Amleto Monacelli

Bulletin Board

NEWS, NOTES AND HAPPENINGS FROM THE WORLD OF BOWLING

Tom Baker



in PBA earnings.

"This definitely is something I wanted to achieve in my career," said Monacelli, 50. "Now my dream is to win the USBC Masters in the same year as my USBC Hall of Fame induction."

Husted's career mostly paralleled Monacelli's, with the Milwaukie, Ore., native finding success early...and in a big way. The unassuming right-hander won the first of his three U.S. Open titles in 1982 at Big Texan Lanes in Houston. Husted then won the coveted U.S. Open eagle in back-to-back years,



Dave Husted

14 PBA Tour titles.

"I am of an age where the history of the game means a lot to me," said Husted, 51. "I have a lot of respect for the Bill Lillards and all those greats. So to be able to say that I am in the PBA Hall of Fame and the



Dede Davidson

winning in 1995 and 1996. Husted also won the Showboat Invitational twice (1990 and 1995) and the Brunswick Memorial World Open (1993) among his

USBC Hall of Fame is pretty strong and very humbling."

Few bowlers can claim PBA Tour titles a quarter-century apart, but Tom Baker did just that. After winning his first title in 1980, Baker, 57, of King, N.C., won eight more times, none of those victories being majors. Then came the 2004 PBA World Championship in Taylor, Mich., when the 49-year-old Baker, fighting for his PBA Tour life, scored his most unlikely victory. In the years that followed, Baker dominated the PBA Senior Tour, winning four consecutive Player of the Year awards from 2005-2008.

"I am of an age where the history of the game means a lot to me. I have a lot of respect for the Bill Lillards and all those greats. So to be able to say that I am in the PBA Hall of Fame and the USBC Hall of Fame is pretty strong and very humbling."

— Dave Husted

Davidson, 45, of Buellton, Calif., won nine titles on the Ladies Pro Bowlers Tour and Professional Women's Bowling Association Tour from 1988-2003. Among her titles were the 1991 USBC Queens, the 1993 U.S. Women's Open and the Sam's Town Invitational in 2000, completing the PWBA's Triple Crown.

More recently, Davidson won the 2011 USBC Women's Championships Scratch All-Events title. She is the only woman to shoot both an 800 series and a 300 game at the Women's Championships.

"I am really touched by this," said Davidson. "Throughout my career as a pro, this is where I wanted to end up. Knowing you're in the hall of fame for the rest of your life is just amazing."

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Technique

A REFRESHING CHANGE

Now is the perfect time to have your ball rejuvenated.

By Bryan O'Keefe

The league season is half over. Now is a good time to take your ball into the local pro shop to refresh the ball's surface and/or get it rejuvenated.

Without periodic maintenance, the ball's characteristics on the lane will change, adding one more challenge to your pursuit of consistency.

Over time, dull balls become shiny, and shiny balls will become gritty. When that happens the ball simply doesn't perform the way it was originally intended.

Balls that have had the surface dulled for a stronger reaction on the lane are like big sponges: the more grit, the faster the ball will lose its original surface. Oil tends to find its way into the cover stock and fills those tiny imperfections, essentially creating a shiny surface.

Now that ball, which was meant

grab the lane and get into its roll early, will start going longer. It's like a snow tire on a car. When the tracks get filled with snow and ice, the tire essentially becomes one smooth surface and loses its traction.

Conversely, shinier balls like to go longer down the lane and then change direction. After awhile, that surface becomes gritty and dull, and you'll notice it starting to hook earlier and lose its down-lane reaction.

Here are four indicators that will let you know whether your ball needs to be brought in for service:

The first is the overall appearance of the ball. If your ball is a popular model, take it into a pro shop and compare it to the same ball brand new. If they look like two different balls, it's probably time to get your ball cleaned.

Second, keep track of the amount of games you bowl. For



A CLEAN BILL OF HEALTH: Click on the play button to view Bryan O'Keefe as he explains factors that may indicate when your ball is due for mainten

every 30 or so games you bowl, you should have the surface of the ball freshened and returned to the surface that you started with. If you use a dull surface, the pro shop will take the ball down to a low grit to remove the imperfections and oil residue, and then return it to its desired grit.

If you use a shiny ball, continually clean it. And after 50 games, take it to the pro shop to have the ball shined to its original finish.

Third, watch the overall shape of the ball motion. If you notice the ball just doesn't have the same pop in the back end of the lane, it may be due to the ball's changing surface.

Finally, check for handprints!

When a ball hasn't been refreshed for a very long time, you might be able to actually see a handprint on the ball's surface. That's an indication that a trip to the pro shop is long overdue.

If that's the case, you need to have the oil extracted from the ball's shell. Bowling pro shops use small microwave ovens called the Rejuvenator and the Reviver, which use heat to extract the oil from the ball's surface.

In any case, don't neglect your bowling ball. Keeping it clean and refreshed will add pins to your score.

— *Bryan O'Keefe is Team USA Assistant Coach and facility manager at the International Training and Research Center.*



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Health and Wellness

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

FITNESS

PAIN MANAGEMENT

Let's face it. Bowling can be a pain!

By Nick Bohanan

Injuries and pain come with the territory in bowling, just as they do in all sports.

Part of my job while traveling with Team USA is to help the athletes minimize the negative effects of injuries, enabling them to perform at a high level while not risking further injury.

The most common ailments during competition are low-back tightness and muscle strains, wrist pain and knee pain. Naturally, at Team USA we have the benefit of advanced equipment (such as the TENS unit, which uses an electric signal to stimulate nerves), but there are plenty of ways for a bowler to lessen the impact of injuries during competition without the aid of a trainer.

LOW-BACK PAIN: Muscular strains and tightness of the low back is one injury for which I use ice with extreme caution. In my experience, ice tends to increase the tightness that the athletes feel. I prefer the use of heating pads (or heat therapy patches).

The heat helps relax the muscles that are tight and restricting movement. I use deep tissue massage, but stretching of the hips and upper back also help take pressure off the injured area.

At the 2011 World Women's Championships, the use of the TENS unit was very important and was even worn during competition.

WRIST PAIN: Wrist pain can be caused by an improper fit or by squeezing the ball during the swing. It is important in the management of this type of pain that the athlete consults a skilled pro shop operator and certified coach to have their ball fit checked and any faulty mechanics fine-tuned. Other causes can be from the use of static stretches prior to the muscle being properly warmed up. Massage and several repetitions of wrist curls and extensions, and circles can aid in loosening the wrist. Ice massage after bowling is recommended for controlling inflammation.

KNEE PAIN: General knee pain is easily managed in large part by



MY ACHING BACK...AND WRIST...AND KNEE!: Injuries are part of all sports, including bowling. Learning to manage pain and prevent further injury can keep you on the lanes.

properly warming up the muscles around the knee and hips. This would include stretching the hamstrings, quadriceps, hip flexors, glutes and calf muscles. The use of ice is recommended after bowling. An added benefit would be the use of ice massage around the kneecap.

When dealing with injuries, the preferred method of pain management is through over-the-counter non-steroidal anti-inflammatory

drugs (NSAIDs), such as aspirin and ibuprofen, and through RICE (Rest, Ice, Compression and Elevation). This method works great for muscular strains, swelling, and most joint sprains and pain. If you have no signs of improvement after a week of this treatment, a formal medical evaluation is recommended.

— Nick Bohanan is United States Bowling Congress Sports Performance Specialist.

START ME UP

A good start on the lanes is the key factor in a good finish.

We've given thousands of lessons at the International Training and Research Center, from amateurs to pros, and the majority of problems with arm swing, targeting and launch angle can be traced back to the start and pushaway. Once you gain consistency with your start, consistency through the rest of your approach (arm swing, targeting and launch angle) will come much easier.

There are two things we look for in the start, the push direction and the shape of the shot.

Direction: The direction of your push is critical. Amateur bowlers are inconsistent with the direction of their pushaway. They tend to push the ball in different directions, which forces their body to follow.

For the push direction at the start, we want ball placement between the chin and shoulder. The more you hook the ball, the more it should be positioned closer to your chin. The more direct you throw the ball, the more toward your shoulder it should be. Regardless, the ball should never be outside your shoulder.

The key factor at the start of the pushaway is the direction. Your pushaway should be straight up the lane. That's why it's so important to push the ball straight away parallel to the boards. A common mistake is pushing the ball toward your target, which will make your body follow in that direction. The first step is critical. If you push the ball to the right, it will make you step to the right. If you push the ball to the left, the ball's momentum will force you to step to the left.

Your initial step is another important element to the pushaway. The first step of the ball-side foot should be directly in front of the slide foot. Think of walking on a two-by-four or a curb. This step enables the space under your shoulder to open up, which will allow the ball to drop in and keep it nice and tight to your body.



OPERATION PUSH: The benefit of a straight and consistent start is increased accuracy. Your release will get stronger, which will result in a stronger ball roll.

Even if you push straight out, you'll run into trouble if you walk with your ball-side foot directly underneath the ball because the ball will run into your leg. When that happens, the bowler compensates by wrapping the ball around their body to clear the leg.

Remember, only the first step should be in front of your slide foot. After that initial step, your feet will fall into a natural balance.

Shape: The shape of the shot is equally important to a balanced start. You want to make sure you have a rounded shape as the ball drops into the swing down past your leg. By a rounded shape, I mean there are no

stiff arms or stops in the swing. Bowlers get into trouble by pushing the ball straight away until their arm is locked and the motion stops for a split second. It should be one smooth continuous motion. The shape as you push the ball out in front of you should have a nice arch. And keep your hand as relaxed as possible in the start.

Also, make sure the ball doesn't get in front of your hand. Think of a Ferris wheel. The ball is the passenger and your hand is the seat. You want to keep the seat under the passenger. Don't let the ball get out in front of your hand like you're reaching for it. When that happens, you're forced to grab the ball to pull it back, which

will eventually disrupt the rest of your swing. Once you have to grab the ball you can't relax your hand again.

Your hand should be leading the ball into the swing as it passes your leg. At the bottom of your swing your hand should be going straight back and the ball facing the pins. If the ball gets in front of your hand at the start of the pushaway, it will be on top of the ball at that point instead of behind it. It also will force you to squeeze the ball to keep it in your hand.

The tempo of your shot is also set in the pushaway. If you're trying to increase ball speed simply increase the tempo of the pushaway. If you're trying to decrease ball speed, slow the tempo of the pushaway. The tempo of your feet will follow accordingly.

The benefit of a straight and consistent start is increased accuracy. Fewer shots will get tugged to the left or pushed out to the right. Your launch angle will become more consistent and, if you can prevent the ball from getting ahead of your hand, your release will get stronger, which will result in a stronger ball roll.

Focus on your start and pushaway and you'll see immediate improvement because it balances many of the steps that follow.

Remember, if you don't start right, you can't finish right.

— Rod Ross is head coach for the International Training and Research Center and for Team USA.

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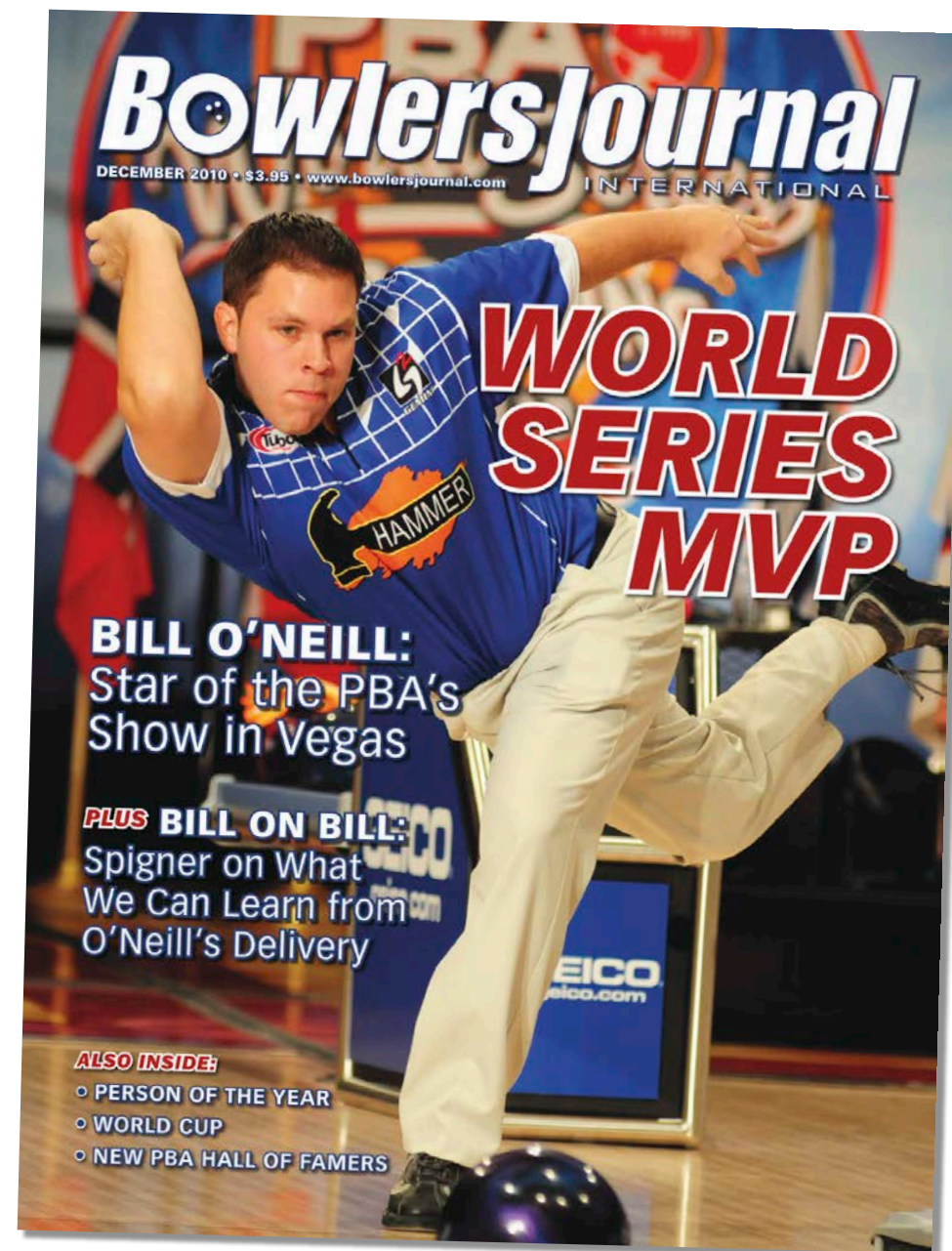
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