

THREE-DAY



GUIDE





STEPS TO SUCCESS: A Proprietors Guide to USA Bowling Summer Camps

INTRODUCTION

Summer camps are growing in popularity as a way for kids to experience new ventures, develop their skills and have fun. With over 20 million children bowling at least once per year, the opportunity for centers to grow their business through the implementation of summer programming is promising.

From beginners to advance level youths, USA Bowling Summer Camps were created with every child in mind. Each camp places a high emphasis on skill development and fun. Children are provided personal instruction from a coach and social time to meet friends and have a blast.

A step-by-step guide for each of the following USA Bowling Summer Camps and the coaches' curriculum are available at no cost. The only thing you need to do is decide which camp is for you:

- The one-day camp is perfect for introducing kids to bowling by utilizing instruction in a fun, social environment.
 - "Have fun learning to bowl!"
- The three-day camp is designed for a newer to slightly advanced youth bowler to develop their skills and improve their average.
 - "Prepare for the upcoming season!"
- The five-day camp is ideal for middle to high school bowlers who are serious about the sport and looking to participate in competitive play.
 - "Train to win!"
- OR use our curriculum and build your own!

Running a USA Bowling Summer Camp is as easy as 1, 2, 3!
See the 'Guide at a Glance' on the next page.



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INTRODUCTION cont.

THREE-DAY CAMP *guide at a glance*

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APPENDIX

If you have any questions, please contact:
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Three-Day Camp Schedule

DAY 1			
Start Time	End Time	Activity	Description
8:30 AM	9:00 AM	Check In	Bowlers Check in
9:00 AM	10:00 AM	Classroom	Staff Introduction / Physical Game (explain set up/stance, 4 & 5 step approach, footwork, release and finish position)
10:00 AM	10:15 AM	On Lanes	Warm-up
10:15 AM	10:45 AM	On Lanes	Bowler Evaluation
10:45 AM	11:00 AM	Break	BREAK
11:00 AM	11:45 AM	On Lanes	Phase 1/2 Stations / Coaches work with bowlers on physical game
11:45 AM	12:00 PM	On Lanes	Cool Down
12:00 PM	12:30 PM	Lunch	LUNCH
12:30 PM	1:00 PM	Break	Activities / Free Time
1:00 PM	1:15 PM	On Lanes	Warm Up
1:15 PM	2:45 PM	Competition	1 Team Game / 2 Baker Game
2:45 PM	3:00 PM	On Lanes	Cool Down



DAY 2			
Start Time	End Time	Activity	Description
8:30 AM	9:00 AM	Check In	Bowlers Check in
9:00 AM	9:30 AM	Classroom, Parents	Parents' Orientation
9:00 AM	9:30 AM	On Lanes	Equipment & (Choose Phase 1 Personal Equipment OR Phase 2 Personal Equipment)
9:30 AM	9:45 AM	On Lanes	Warm Up
9:45 AM	10:45 AM	On Lanes	Phase 1 Spares
10:45 AM	11:00 AM	On Lanes	Cool Down
11:00 AM	12:00 PM	Classroom	Health/Life Choices
12:00 PM	12:30 PM	Lunch	LUNCH
12:30 PM	1:00 PM	Off Lanes	Phase 1 Off Lane Drills
1:00 PM	1:15 PM	On Lanes	Warm Up
1:15 PM	2:45 PM	Competition	1 Team Game / 2 Baker Games
2:45 PM	3:00 PM	On Lanes	Cool Down



DAY 3			
Start Time	End Time	Activity	Description
8:30 AM	9:00 AM	Check In	Bowlers Check in
9:00 AM	10:00 AM	Classroom	Lane Play (Choose Phase 1 or 2)
10:00 AM	10:10 AM	Break	BREAK
10:15 AM	10:30 AM	On Lanes	Warm Up
10:30 AM	11:50 AM	On Lanes	On Lanes / Lane Play (Phase 2 Targeting Drills and Phase 2 Tracking Sheets)
11:50 AM	12:00 PM	On Lanes	Cool Down
12:00 PM	12:30 PM	Lunch	LUNCH
12:30 PM	12:45 PM	On Lanes	Warm Up
12:45 PM	1:15 PM	On Lanes	Provide campers with their Bowler Assessment
1:15 PM	2:30 PM	Competition	1 Team Game / 2 Baker Games
2:30 PM	3:00 PM	Classroom	Closing Ceremonies



STEP 1: PREPARE FOR YOUR CAMP

1.1 SET CAMP GOALS

“A goal properly set is a goal halfway reached.”

-Zig Ziglar

Goal setting is one of the most important steps in planning your summer camp program. The purpose of setting goals is to outline a set of clear objectives and determine the needs to accomplish them. Setting specific goals help individuals and centers track their progress and maintain motivation toward achieving their goal(s).

To set goals for your USA Bowling Summer Camp program, start by asking yourself the following questions:

- What do I hope to accomplish through the creation of a summer camp program?
- How many youths do I want to attract to my summer camp?
- How many of these youths am I hoping to sign up for a Fall youth league?

Be aggressive! But remember, it's important to set goals that are measureable and achievable. Achieving goals will continue to motivate a person to continuing striving toward further goals.

1.2 ASSIGN RESPONSIBILITIES

It's important to delegate responsibilities to eliminate confusion and clearly lay out responsibilities. Responsibilities lie among two key people for the creation of your camp:

1. Camp Director
2. Head Coach

Camp Director

The Camp Director should act as the main contact and general supervisor of task completion in preparation for your camp. The Camp Director could be a Manager, League Coordinator, Youth Director or anyone in your center who is organized and passionate about youth bowling.

After selecting your candidate for Camp Director, communicate their duties and responsibilities to them. It's important that they are clear what is expected of them.



Responsibilities of the Camp Director include:

- Scheduling the camp
- Training center staff
- Setting goals
- Marketing and promoting the camp
- Processing sign-ups and payments
- Ordering camp lunches and t-shirts
- Recruiting coaches
- Managing on-site check-in
- Hosting Parents' Orientation

Head Coach

The Head Coach is responsible for camp day operations which includes the following on-lane and in-classroom duties:

- Prepares camp day schedule
- Supervises and assists coaches during on-lane and in-classroom instruction

1.3 SCHEDULE YOUR CAMP

With most children out of school, summer camps are the perfect opportunity to fill your bowling center during hours when business may otherwise be slow.

Save the date!

Look through your center's calendar and choose a date that is free of other commitments, meetings or events booked.

Once you have a chosen date, reserve the date in your center's calendar and block off the maximum amount of lanes you are willing to utilize for your camp on those days.

We recommend no more than 4 children per lane or 8 children per pair of lanes during the on-lane portion of your camp. Because one of the main objectives of USA Bowling Summer Camps is skill development, one coach should be assigned to each pair of lanes. A smaller player to coach ratio will allow your coaches enough time to work with each child individually as well as with the group.



For example, let's say you have a 32 lane center and plan to block off 12 lanes on the day of your camp, the maximum number of entries you can receive for your camp is 48 and the number of coaches you will need is 6.

Camp day schedule

A USA Bowling Summer Three-Day Camp example schedule is provided in "STEP 3: Execute your camp" portion of this guide. Curriculum for your coaches can be found in the appendix. You may use the example schedule and curriculum to plan your camp or create your own customized agenda!

Each subject/topic is provided individually on the Youth Resource Center so you may alter the schedule and curriculum taught in any way you'd like.

1.4 TRAIN CENTER STAFF

Simply put, let every employee in your center know what is happening with your USA Bowling Summer Camp. Inform them of the dates and details so they are well-versed and prepared to receive questions from anyone who inquires about your camp.

Training tools available

Staff scripts and a list of Frequently Asked Questions for USA Bowling Summer Camps are available on the Youth Resource Center (www.bpaa.com/youthresourcecenter). Print them out and ask your employees to read through them. Encourage your counter attendants to inform every parent and/or youth who come into your center of your summer camp opportunities.

Informing your staff is key to the recruitment of potential campers.

1.5 MARKET AND PROMOTE YOUR CAMP

Create a marketing plan

Before you begin marketing your USA Bowling Summer Camp program, build a plan. All USA Bowling Summer Camp customizable marketing assets are available for your convenience on the Youth Resource Center. These assets include:



- Brochures
- Posters
- Table Tents
- T-shirt designs
- Web banners
- E-mail templates
- Logos

Download each of the above assets, add your logo and camp information and you're ready to begin decorating your center! Clearly display the contact information for your Camp Director for any interested person who has questions or is looking to sign up.

MARKETING IN-CENTER

Use YOUR assets

Place all USA Bowling promotional materials in high traffic areas within your bowling center. Make sure every item that speaks to kids is hung at their eye level.

Place posters near the entrance and/or front counter, pro shop and snack bar.

Place table tents on the tops of each table in the settee areas of the lanes.

Display brochures at or near the front counter and distribute them to families or large groups of children who come in for open play.

Use the USA Bowling Summer Camps logo and create a small card with details on your camp to slip inside youth sized rental shoes at the front desk. That way, you'll guarantee every open play child will leave with information.

Don't forget to create pieces that speak to parents and display them in your center as well!

More ideas

Summer is a time to expect high traffic from local child care groups who schedule outings at the local bowling center. Ask your center's Group Events Coordinator or look at your center's calendar for information on when large groups of children are scheduled to be in your center. Use those opportunities to market your summer camp. Provide each



child with a brochure or flyer with information on how to participate in your upcoming camp.

E-MARKETING

The internet has become the prime location for marketing and advertising your business.

Websites

At least eight weeks prior to your USA Bowling Summer Camp, place the web banner (available on the Youth Resource Center) on the front page of your centers website and link it to information regarding the camp and how to sign up.

Place an ad or web banner on a local, high-traffic, affiliate websites with information on available activities and program for kids. An example can be found at:

www.tulsakids.com

Social Networking

If your center has a Facebook or Twitter page, advertise your summer camp once a week for several weeks leading up to your camp. Continue to remind followers of the deadline to register and offer incentives.

- Examples of incentives:
 - Early registration: “Register by July 1 and receive \$10!”
 - Promote web activity: “Tell us you saw our ad on Facebook (or Twitter) and receive \$10 off!”

Speak conversationally when promoting your programs on your centers’ social network sites. Example: “Have you signed up for our USA Bowling Summer Camp yet? There’s still spots available!”

Email database marketing

If your center maintains a database of email addresses of youths and/or parents, use the e-mail template (provided on the Youth Resource Center) and send an e-blast with details regarding your summer camp to everyone in the database.



OUTSIDE OF THE FOUR WALLS

If it's one of your goals to attract new bowlers for your USA Bowling Summer Camp, it's imperative to market your program outside of the center.

Get into the schools!

Depending on your state, every institute or district has one person or team who oversees the distribution of flyers and information to students within their school. Understand their restrictions and policies for submitting flyers and explain the benefits kids have by participating in your summer program to them.

An example of the restrictions schools have on submitting flyers can be found at:
http://www.deforest.k12.wi.us/guidelines_2.html

- Make sure you explain to any contact the benefits of bowling for kids:
 - Skill development focused
 - Teamwork and leadership
 - Learn sportsmanship
 - Teaches responsibility
 - Builds character
 - Scholarship opportunities available

Print communications

Although printed media is slowly phasing out, local newspapers and magazines continue to be a parent's go-to place for information on community activities and programs to get their children involved in. Examples of local family magazines are:

www.fortworthchild.com
www.clarksvillefamily.com

Almost every community has these types of magazines and there are a few different ways to get involved:

- Contact a sales representative and discuss free or low-cost ad placement
- Pitch a possible feature story to an editor
- Offer a discount for your camp to magazine or newspaper staffer's children.
There's a good chance you'll make headlines!



Scouts

Seek out your area boys and girls scouts organizations. Find out if they offer a bowling badge and the requirements of a scout in order to achieve it. The material taught at your summer camp could cover the requirements to fulfill the badge.

Create a flyer and promote that attending your camp will help them achieve a bowling badge and provide it to the organization to be distributed.

Get out there!

Place in-ground signage stakes outside of your center near the closest busy street or intersection.

Post a brochure or flyer with information to community flyer boards. These can be found at your local grocery store, restaurant or laundromat.

Even retailers are sometimes willing to post fliers for local youth camps. Reach out to any business owners in the immediate area and offer a few free games in exchange for their support of your program.

Use your connections!

Advantages are huge if you obtain a sponsor for your USA Bowling Summer Camp. Be on the lookout everywhere for potential sponsors.

Ask your pro shop if they'd be willing to sponsor your camp and/or provide discounted equipment or drilling services to your campers.

When quoting camp t-shirts, ask the vendor if they'd be willing to supply a discount if you allowed them to print their logo on the back of the shirt.

1.6 PROCESS SIGN-UPS AND PAYMENTS

Registration

In order for a child to be registered for a USA Bowling Summer Camp, the parent/guardian or camper must:



1. Fully complete and sign the camp registration brochure AND
2. Pay the required fee or deposit.

Organize and record your registrants and parent/guardian contact information on an easily assessable spread. Example:

Name	Address	City	State	Zip	Emergency Contact	Emergency Contact Phone	Shirt Size	Paid?	Notes
Timmy Smith	123 Maple Way	Flowerville	TX	12345	George Smith	(123) 555-4567	YM	Yes \$50	Lactose intolerant
Alice White	789 1 st Street	Skyville	TX	67890	Susan White	(987) 555-6543	AS	Deposit \$20	

Don't forget to collect the child's shirt size and any allergies they might have to prepare you for your camp lunch and t-shirt orders!

The registration deadline should be the date you need to place the t-shirt list in order to receive them in time to hand out at the camp.

Fees

We suggest requiring the full amount of the camp registration fee to be paid once the camper submits their registration form. However, we understand that times are difficult and if a camper cannot or does not want to pay the full amount up front, a smaller deposit may be required of them. The reason a deposit is required is to avoid the chance that a spot is reserved for a player who does not show up on the day of the camp.

After paying a deposit, the camper is subject to losing their deposit if they do not show up on the day of the camp. If they do participate in the camp the amount of the deposit should be applied to their total owed.

1.7 PLACE ORDERS

Lunch

The snack bar in your center should be aware of the USA Bowling Summer Camp program you are preparing for. If not, inform them and decide on a lunch to provide to



the campers on each day of the camp. Remember have a backup lunch prepared for any child who has special needs or allergies.

Find out how far in advance the snack bar will need to know the number of campers you plan to provide lunch for. Typically, the snack bar will ask for at least a week's notice depending on the amount of lunches and type of food prepared.

T-shirts

Almost every sport provides a t-shirt to each child enrolled in their summer camp. Not only is a t-shirt something kids find valuable but it also promotes your center every time the child wears it.

Several weeks prior to your camp, we suggest beginning to research silk-screen shops to price out camp t-shirts. Estimate the number of campers you expect to have, request a price quote and expected turn around.

The cut-off to submit a camper's registration should be the date you need to place the t-shirt list in order to receive them in time to hand out at the camp.

If you were successful in obtaining a sponsor for your camp, don't forget to honor their request of putting their company logo on the t-shirt as well.

It's not a bad idea to order a few extra camp shirts should you receive any last-minute registrations. If you choose a design that's not date specific, any extra shirts can be saved. You would not want to turn away a paying customer or excited child!



STEP 2: ROUND UP YOUR COACHES

2.1 FINDING COACHES

Recruit, recruit, recruit!

Because one of the main objectives of USA Bowling Summer Camps is skill development, it's imperative to have qualified coaches on hand at your camp.

Excellent candidates for USA Bowling Summer Camp Instructors include:

- Any and all USBC Certified Coaches in your area (need help finding them? Contact USBC Coaching at (817) 385-8969 or email coaching@bowl.com)
- Current or former youth league coaches or volunteers
- Adult scratch league bowlers
- Graduated youth bowlers (collegiate level or higher)

How many you'll need

We suggest at least one coach to be assigned to each pair of lanes. There should be no more than 4 children per lane or 8 children per pair of lanes during the on-lane portion of your camp. A smaller player to coach ratio will allow your coaches enough time to work with each child individually as well as with the group.

For example, if 12 lanes are blocked for the day of your camp, the maximum number of entries you can receive for is 48 and the number of coaches you will need is 6.

You're hired!

We understand the need to hire coaches might come before the deadline of registration (knowing how many coaches you will need). Therefore, we suggest finding the maximum amount of available coaches you will need if the camp reaches capacity. That way, you'll be covered whether your camp fills up or not.

Show me the money!

While some coaches might be willing to donate their time at one of your camps, others will not. If funds are tight, offering center perks (free games, discounted food, etc.) is always an option. However, paying coaches (especially certified coaches) will attract the



most amount of commitment. Determine the amount you are willing to pay your coaches and offer it to them for their commitment to your camp.

Solicit graduating youth league bowlers to volunteer at your camp. Explain to high school bowlers that volunteer work is highly encourage on college applications.

2.2 HEAD COACH

The Head Coach is responsible for overseeing all camp day operations.

Duties of the Head Coach Include:

- Instructing coaches
- Leading the warm-up & cool down
- Supervising & timing stations
- Presenting classroom instruction

Camp schedule

The Head Coach should review the camp schedule and all curriculum to have an understanding of how to operate the camp. The Head Coach should then discuss the format of the camp to the remaining coaches and clarify any details.

Before any on-lane exercises are executed, the Head Coach should lead the group on the approach demonstrating warm up exercises. At the end of every on lane exercise, the Head Coach should also lead the group in a series of cool down exercises.

The Head Coach will assign each coach to a station or set of lanes. The Head Coach should explain all exercises for the camp to each coaches.

Some exercises will require campers to rotate stations. If so, the Head Coach should keep track of the time and announce when it is time for campers to rotate. In those exercises, each coach will remain at their assigned station. Each group of campers should rotate through each station so they experience each exercise.

In-classroom

The Head Coach will present the assigned material during the classroom portion of the camp.



STEP 3: EXECUTE YOUR CAMP

3.1 DAY ONE

Manage On-Site Check-In

First, you'll need to set up a table near the entrance to the bowling center. This table should be clearly labeled "USA Bowling Camp Check-In." This is the first area parents and kids should visit when they arrive at the bowling center on the first morning of the camp.

Once a parent and/or child has arrived at the check-in table, this is the Camp Director's opportunity to do a couple of things:

1. Note that the child is present
2. Check to see if they are fully paid
3. Hand out their camp t-shirt
4. Give them a name tag
5. Schedule of the day should be handed to the parent
 - a. Inform them of the "Parent's Orientation" following check-in
6. Assign the camper to a lane or group

Classroom – Phase 2, Physical Game

After everyone has checked-in, gather each camper in the classroom before beginning on lane instruction and exercises. Take this opportunity to introduce each coach by name to the group before beginning the daily lesson.

In today's classroom, the Phase 2, Physical Game lesson should explain to the campers how and why the following aspects are important to develop an improved bowling game.

- Stance/Set-up
- Footwork (4/5 step approach)
- Release position
- Follow through

COACHES CURRICULUM PROVIDED IN THE APPENDIX



Warm-Up

Each camper should be aware of proper bowling etiquette and safety, if not, it's a good idea to cover the basics before beginning your daily warm up.

Campers should now be led in a series of warm-up exercises by the coaches on the approach before beginning to bowl.

These exercises include:

- Jumping jacks
- Forward lunges
- Leg swings
- Torso twists

COACHES CURRICULUM PROVIDED IN THE APPENDIX

Bowler Evaluation

After warm up is complete, each coach should assist any campers who do not have their own ball in selecting a ball that properly fits their hand. Then allow the children to begin bowling while the coach assigned to their station fills out an evaluation form for each bowler.

Until the team competition at the end of the day, score should not be kept at any point during the bowler evaluation or stations exercises.

COACHES CURRICULUM PROVIDED IN THE APPENDIX

Phase 2, Physical Game Stations

Each coach should have been assigned a physical game exercise related to what was covered during the "Phase 2, Physical Game classroom lesson." After evaluations are complete, each coach should begin to explain and demonstrate their exercise to the campers. After a set period of time, each group of campers should rotate stations so they experience each exercise. Physical game exercises can include:

- Balance Arm
- Stationary Shoulder



- Release
- Head Still
- One-Step Finish

Cool Down

Once campers have cycled through most or all of the coaching stations, the Head Coach should lead the group in a series of cool down exercises.

Cool down exercises include:

- Toe touches
- Triceps stretch
- Shoulder Stretch
- Wrist Flexor Stretch
- Wrist Extensor Stretch

LUNCH

Free Time

During your camp, it's important to incorporate some fun, social time for the campers to enjoy. There are many things you can do during this time which should immediately follow lunch.

Ideas for free-time include:

- Set up off-lane bowling drills (curriculum and instructions provided in the appendix)
 - Weighted arm swing
 - Rolling the ball
 - Balance drill
 - Bean Bag Toss
- Provide a few arcade tokens for each camper
- Organize a game
- Handout fun activities (Bowling trivia, word search, word scramble, etc.)

Competition

Direct the campers back onto the lanes and execute a warm-up exactly as done in the morning. After which, campers should be split up into teams of 5 and bowl one team



game followed by one baker game. The team with the highest combined score at the end of the competition is declared the winner.

It's a great idea to offer some kind of small prize for the winners (certificate, trophy, tokens to the arcade, etc.).

3.2 DAY TWO

Parents' Orientation

After check-in is complete and each camper is assigned to a group or lane, The Camp Director is responsible for putting together a short presentation explaining to parents the benefits that children receive by participating in bowling.

The goal of the presentation is to make parents aware of all of the things bowling has to offer their child/family. A pre-built PowerPoint presentation with presenter notes is available in the USA Bowling Summer Camps section of the Youth Resource Center. Be sure to insert information regarding upcoming youth leagues and program available in your center into the presentation!

Youth Resource Center – www.bpaa.com/youthresourcecenter

COACHES CURRICULUM PROVIDED IN THE APPENDIX

Equipment & Personal Equipment

In today's classroom, a lesson on bowler's equipment should be taught to the campers. Be sure to explain the different types of bowling equipment and while it's important to maintain their up-keep. Topics that should be covered in this lesson include:

- Bowling balls
 - Polyester vs. High performance
 - Conventional vs. Finger-tip grip
- Bowling shoes
 - House vs. Personal

COACHES CURRICULUM PROVIDED IN THE APPENDIX



Warm-Up – as previously done

Phase 2, Spares

After the campers “Equipment” lesson, bring them on lane to practice spare shooting for the remainder of the morning. Coaches should on hand to evaluate campers spare shooting techniques and assist them in areas necessary. Topics and exercises that can be utilized include:

- 3-6-9 System
- Using a key pin, facing the spare
- Low ball, off-the-rack and other games

COACHES CURRICULUM PROVIDED IN THE APPENDIX

Cool Down – as previously done

Health/Life Choices

It’s important for athletes to maintain proper exercise and nutrition habits. Take this opportunity to explain to the group of campers how a healthy nutrition can help improve their quality of life. Topics that should be discussed are:

- Water
- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals

LUNCH

Phase 2, Off Lanes Drills

To wrap-up day two, set-up a series of “off-lane drills” for the campers to participate in. Similar as to how on-lane drills were organized, assign an activity to each station and have groups of campers rotate so they experience each exercise.

The purpose of off-lane drills is to incorporate fun activities while still promoting the proper fundamentals of bowling. While campers are enjoying each exercise, be sure to



explain how the specific drill is related to their physical bowling game. Ideas for off-lane drills include:

- Nerf football toss (proper release)
- Weighted armswing (loose armswing)
- Balance drill (balance)
- Bean bag toss (hand-eye coordination and balance)

COACHES CURRICULUM PROVIDED IN THE APPENDIX

Warm Up – as previously done

Competition – as previously done

Cool Down – as previously done

3.3 DAY THREE

Classroom - Phase 2, Lane Play

Today's lesson is centered around lane play and targeting. Areas that should be covered include:

- Strike Pocket
- Adjusting

COACHES CURRICULUM PROVIDED IN THE APPENDIX

Warm Up – as previously done

On Lane - Phase 2, Targeting

After the morning's "Lane Play" lesson, assign a targeting exercise to each station and have campers rotate so they experience each station. Stations exercises for teaching targeting habits should include:

- Bull's-eye Arrow
- Random Arrow
- Croquet Targeting

Some of the above exercises require the erecting certain tools that are explain on the curriculum attached.



COACHES CURRICULUM PROVIDED IN THE APPENDIX

Cool Down – as previously done

LUNCH

Warm Up – as previously done

Competition – as previously done

Closing Ceremonies

After the team competition has ended, it should be time to begin wrapping up the day. Get everyone together (parents, campers and coaches) and thank them for coming. Remind them of their opportunities to continue bowling and provide each camper with a small goodie bag of candy and/or free game coupons to return to your center at a different time.

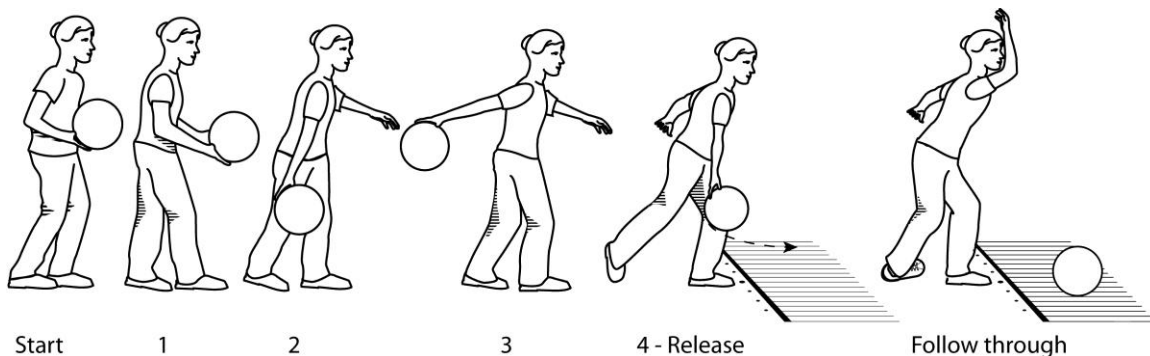
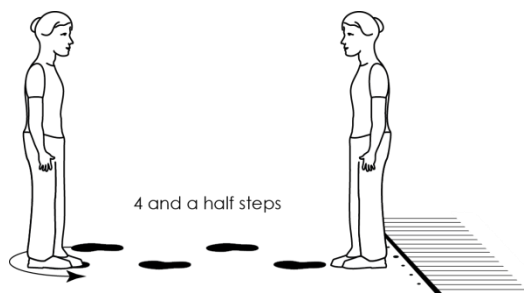


Phase 2 Traditional Four-Step Approach

The four-step approach is great for beginning bowlers to develop a sound set of fundamentals throughout a bowling approach.

The bowler:

- Walks to the foul line, turns around and stands with their back facing the pins with the center dot between their feet
- Takes four and one-half steps back from the foul line and turns on their toe to face the pins. This is the starting distance
- Picks up ball from the ball return using both hands on either side of the ball
- Set up in athletic pose
- Places hand in the ball inserting fingers first, followed by the thumb
- (Start) Positions the ball-side elbow at the hip and holds the ball waist level
- (1) Starts the push away and first step (ball-side foot) at the same time. As the ball starts into the swing, the opposite arm goes out to the side for balance
- (2) In the second step the ball swings down near the leg. The swing should be close to the body and straight
- (3) In the third step the ball reaches the top of the backswing
- (4 – Release) In the fourth step and while sliding, the ball swings down and is released as it passes the slide foot ankle
- (Follow through) Bowler follows through toward the target, bringing the bowling elbow above the ball-side shoulder, staying in a balanced position watching the ball until it rolls over the target



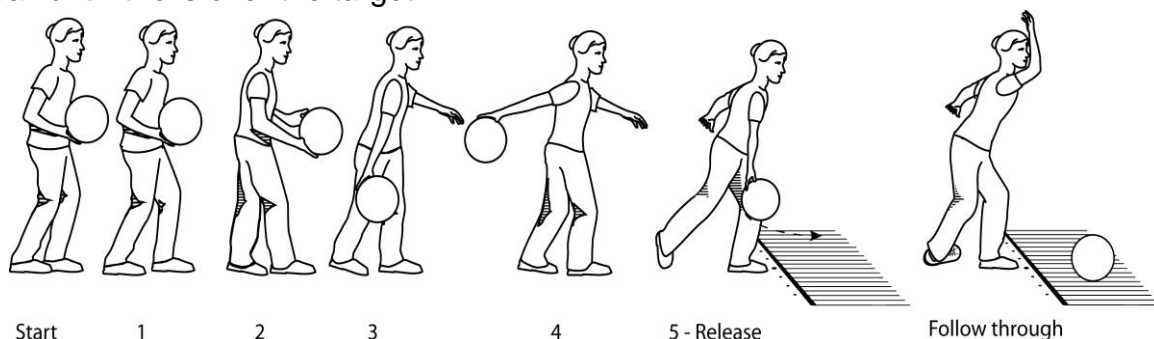


Phase 2 Five-Step Approach

The five-step approach can be challenging at first, as the five-step delivery is a developed skill. It will take practice to develop a consistent delivery.

The bowler:

- Walks to the foul line, turns around and stands with their back facing the pins with the center dot between their feet
- Takes five and one-half steps back from the foul line and turns on their toe, to face the pins. This is the starting distance
- Picks up ball from the ball return using both hands on either side of the ball
- Set up in athletic pose
- Places hand in the ball, inserting fingers first, followed by the thumb
- (Start) Positions the ball-side elbow at the hip and holds the ball waist level
- (1) Begins the approach by taking a small step forward with the slide foot without moving the ball
- (2) Starts the push away and the second step (ball-side foot) start at the same time. As the ball starts into the swing, the opposite arm goes out to the side for balance
- (3) In the third step the ball swings down near the leg. The swing should be close to the body and straight
- (4) In the fourth step the ball reaches the top of the backswing
- (5 – Release) In the fifth step and while sliding the ball swings down into the release. Releasing the ball as it passes the slide foot ankle
- (Follow through) Bowler follows through toward the target, bringing the bowling elbow above the ball-side shoulder, staying in a balanced position watching the ball until it rolls over the target

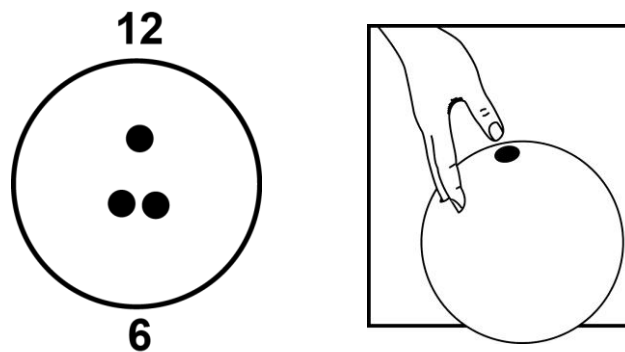




Phase 1 Release Hand Position

Hand Position - Release

To roll a straight ball, for both right- and left-handers, the thumb will be positioned at 12 o'clock with fingers at 6 o'clock. As the ball reaches the bowler's ankle, the ball rolls off the palm with the thumb exiting first followed by the fingers.

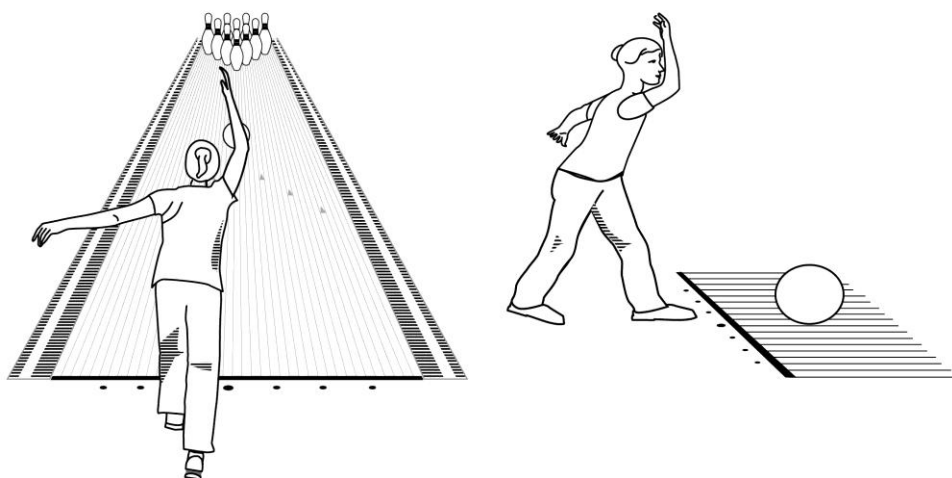




Phase 1 Finish Position & Follow Through

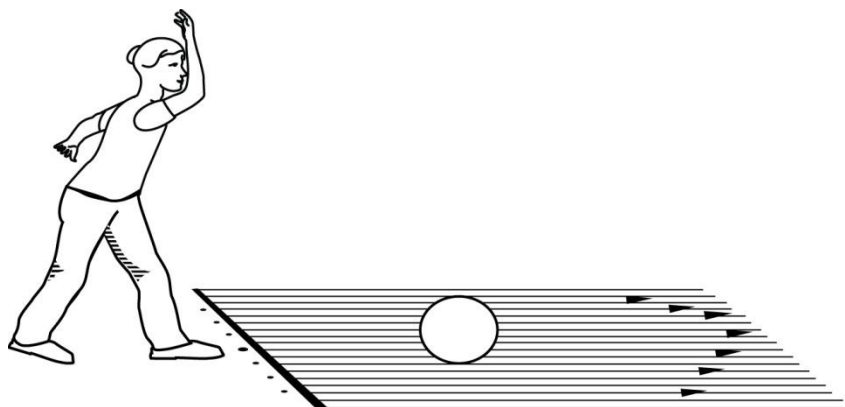
Finish Position

The finish position is the most important part of a bowler's delivery. The opposite arm is used to create a balanced finish position. It should go out to the side and stay there through the finish position; this will help keep the body pointed in the direction of the ball path. As the ball passes the slide foot ankle, the ball-side leg finishes behind the bowler.



Follow Through

It's important that bowlers reach out and fully extend their arm so the elbow is above the shoulder. This teaches a bowler how to complete the motion of the armswing and reinforces the direction toward the target.



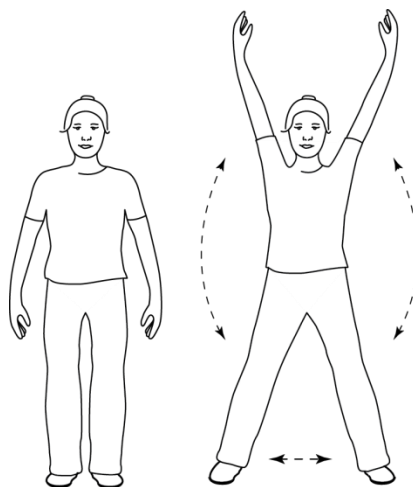
Warm Up

Introduction

Prior to practices and competitions, bowlers should participate in general dynamic warm-up activities. These consist of large movement activities that warm up the large muscle groups of the body. Dynamic stretches are more effective at increasing blood flow and warming up muscles which improves performance.

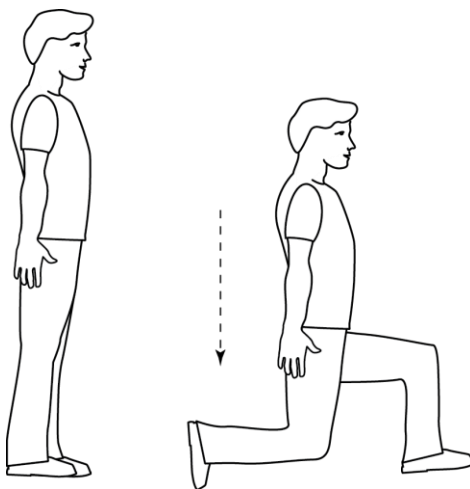
Jumping Jacks

Begin with feet together and arms at sides. Jump and simultaneously spread legs apart and move arms above the head. Jump again and return to starting position and repeat.



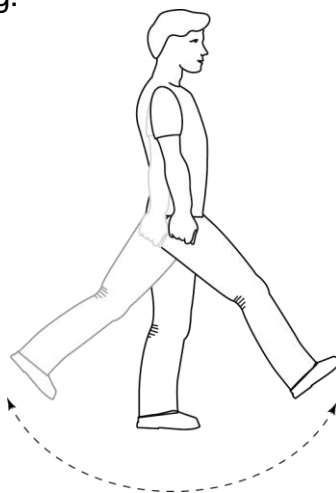
Forward Lunges

Stand with feet shoulder width apart. Step forward with right leg and lower the body until right knee is bent to 90 degrees. Step back to starting position and repeat with left leg.



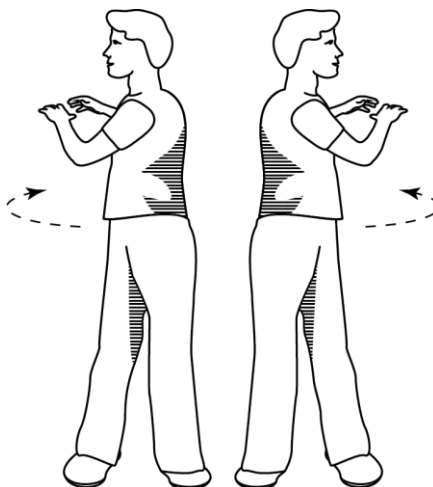
Leg Swings

Stand with feet shoulder width apart. Balance on left leg with the right foot off floor. Swing the right leg forward and back, gradually increasing the height. Return to starting position and repeat with left leg.



Torso Twists

Stand with feet shoulder width apart. Raise hands to chest level and begin twisting upper body from side to side.





Phase 2 Bowler Evaluation

Directions: Coaches give each player a check mark ✓ for areas that need improvement. Repeat the checklist as needed.

Coaches: Remember that your bowlers will have individual styles and you should work with your bowlers to help them become successful and confident.

Name _____

Date _____

- _____ Bowling ball fit
- _____ Picks up ball safely from ball return
- _____ Carries ball with two hands to starting position
- _____ Places hand in ball properly (fingers first, then thumb)
- _____ Setup in stance
- _____ Ball position (right, left, high, low)
- _____ Upper-body posture position (spine tilt)
- _____ Lower-body posture (alignment of hips, knees, feet)
- _____ Ball hand position (under ball, firm wrist)
- _____ Opposite hand supports ball weight
- _____ Ball start direction
- _____ Ball start and timing of step
- _____ Ball start height
- _____ Opposite arm goes out to side for balance
- _____ Ball position at end of second step
- _____ Opposite arm position at end of second step
- _____ Ball position at end of third step
- _____ Opposite arm position at end of third step
- _____ Ball position at slide
- _____ Opposite arm position at slide
- _____ Wrist stays firm throughout swing and release
- _____ Finish position (Hips and shoulders in line with target)
- _____ Head stays level and still throughout approach
- _____ Armswing stays close to side throughout swing
- _____ Armswing is free and loose
- _____ Backswing height
- _____ Hand position at release
- _____ Release (is the ball released before or after the foul line)
- _____ Balance at foul line (until the ball reaches the pins or leaves the lane)
- _____ Follow through
- _____ Ball rolls over intended target
- _____ Bowler uses lane courtesy

Coaches Notes: _____



Phase 2 Physical Game Drills

Balance Arm

Purpose To keep the bowler's shoulders and torso still during the approach, and act as a counter-balance.

Setup Athletic Pose

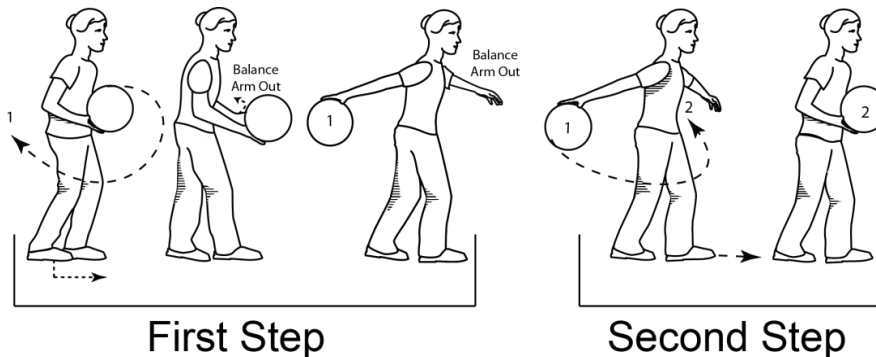
Instructions Bowler stands on the approach at the locator dots. The bowler will move the ball out and down while taking the first step. Before the push away reaches full extension, the opposite hand will leave the ball and go out to the bowler's side in a smooth motion while keeping it waist-high for balance.

Once the opposite hand leaves the ball, they should allow the ball to go into a free swing. As the ball comes forward, the bowler takes a second step and catches the ball, supporting it once again with both hands. (Repeat six times).

Variation(s) If a bowler starts with their slide foot, they will hold the ball still during the first step, then move the ball out and down while taking their second step with the ball-side foot and continue as instructed above.

If the bowler has trouble moving the ball and foot together, the coach can assist by standing next to the bowler and pushing lightly on the ball as the bowler's ball-side foot steps forward.

Coaching Notes Coaches should check the height and direction of the ball start. The ball should move straight out and then move in a downward motion. The bowlers should keep their bowling hand underneath the ball, while supporting the weight with the opposite hand (balance arm) until the ball starts its downward motion. The balance arm should move smoothly out to the side, staying at waist-level. The ball should be swinging freely without extra force and minimum movement to the bowler's shoulders and torso.





Stationary Shoulder

Purpose To teach bowlers the feel of a free ball-swing and to discourage pulling the ball down from the top of the backswing.

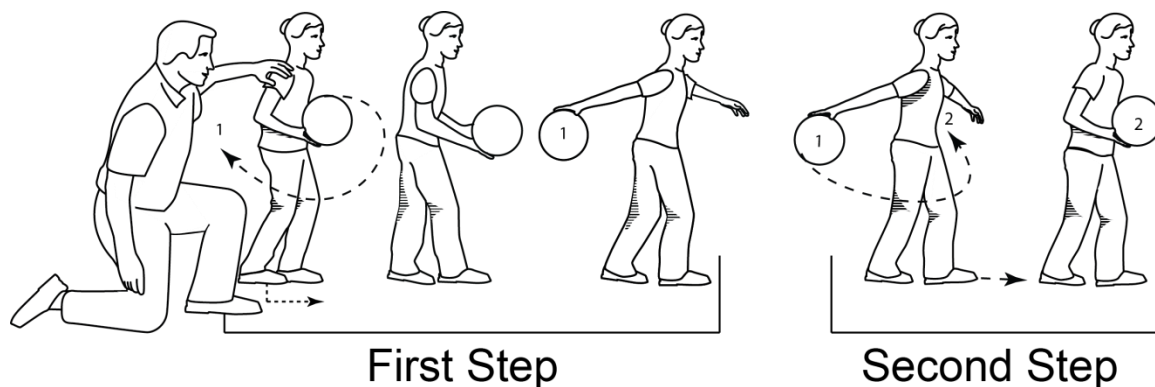
Setup Athletic Pose

Instructions This drill requires an assistant to hold the bowler's ball-side shoulder, keeping it still while the bowler swings the ball. (This drill is based on a four-step approach so the bowler's first step will be with the ball-side foot) The bowler will move the ball out and down while taking their first step. Before the push away reaches full extension, the opposite hand (balance arm) will leave the ball and go out to the side, keeping it waist-high for balance.

Once the opposite hand (balance arm) leaves the ball, the bowler should allow the ball to go into a free swing, and as the ball comes forward, the bowler takes a second step and catches the ball, supporting it once again with both hands. (Repeat six times).

Variation If the bowler starts with their slide foot, they will hold the ball still during the first step, then move the ball out and down while taking their second step with the ball-side foot and continuing as instructed above.

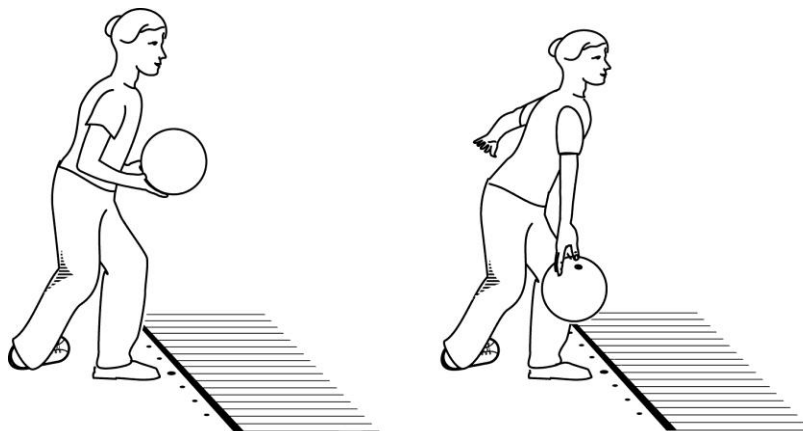
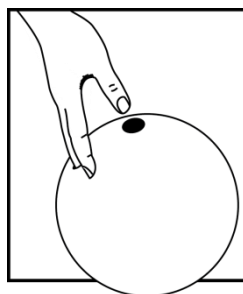
Coaching Notes Coaches should check to make sure the assistant is not pushing the shoulder back. The shoulder should remain still while the ball swings back and forward.





Release

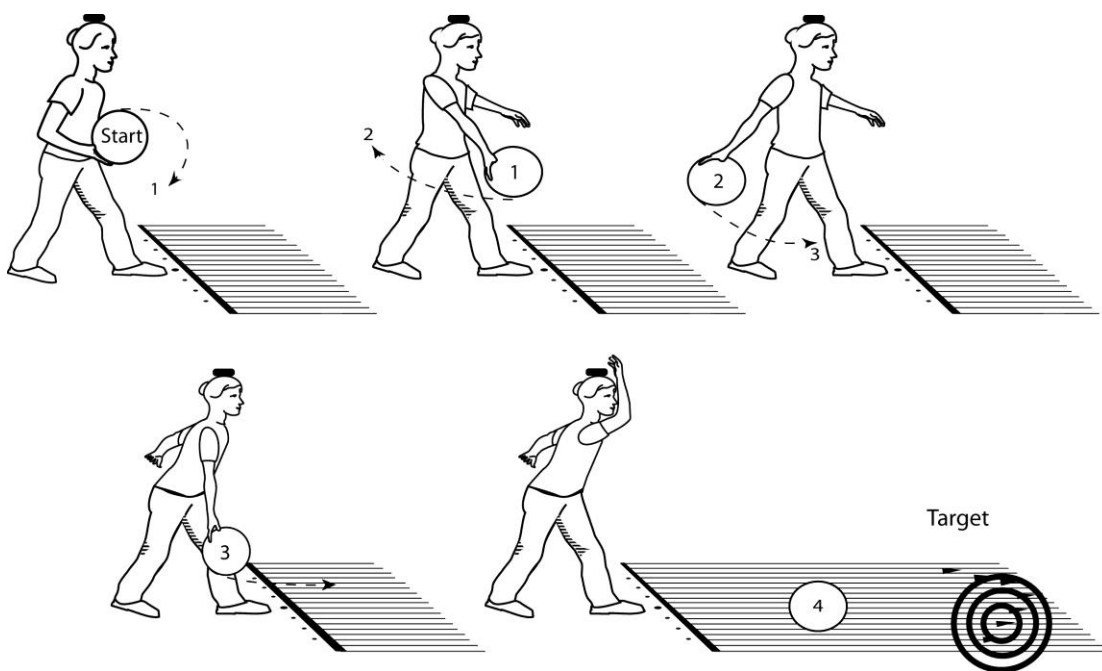
Purpose	To teach the bowler the feel of rolling the ball off the hand to create revolutions. They should see the ball rolling down the lane, not skidding.
Setup	Finish Position
Instruction	<p>The bowler stands a few inches from the foul line. Once the bowler is in position, they start the swing and the opposite hand (balance arm) will leave the ball and go out to the side, keeping it waist-high for balance.</p> <p>The bowler lets the ball swing from the shoulder. Once the ball is at the bottom of the swing, the bowler will roll the ball off their thumb and fingers (Repeat six times).</p>
Variations	If the bowler has trouble holding the finish position use The Staggered Stance Setup.
Coach's Notes	Coaches should watch the bowler's release and make sure the thumb came out of the ball first and that the bowler is rolling the ball with their fingers.





Head Still

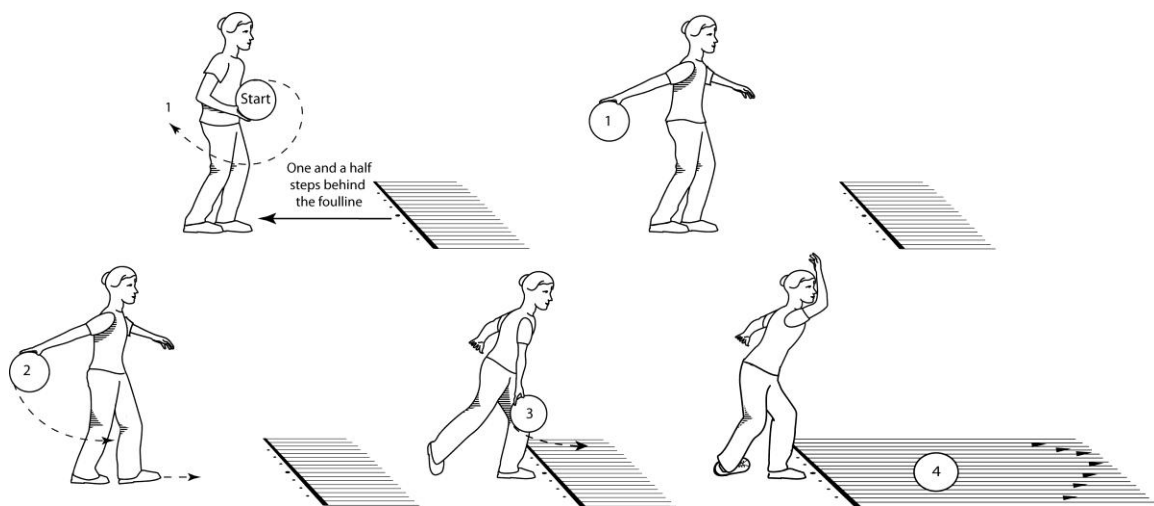
- Purpose** To teach the bowlers to watch the ball roll over their target. If a bowler is pulling the ball back and forward with their armswing and their head moves, or if they are moving their head to look down at the foul line dots, they will not be able to keep their eyes on the intended target.
- Setup** Staggered Stance
- Instructions** Coach chooses arrow for target. The bowler lines up and places a ball cup on their head. The ball cup must remain on the bowler's head as they swing and release the ball (Repeat six times).
- Variations** Use desired setup
Coaches also can have the bowler use their full approach.
- If bowler has trouble keeping the ball cup on their head while using a bowling ball, let them practice the approach without the ball.
- Coaching Notes** Coaches should watch to make sure the bowlers keep their head still and their eyes on their target. Check to make sure their armswing is smooth and swinging freely. If the ball cup falls off, coaches need to determine when and why it fell off, and then instruct the bowlers on how to fix it.





One-Step Finish Position

Purpose	To teach the bowlers the feel of a balanced finish position.
Setup	Athletic Pose
Instructions	<p>Coach chooses arrow for target. Bowler starts one and one-half steps from the foul line. Once the ball is in motion, and before the push away reaches full extension, the opposite hand (balance arm) will leave the ball and go out to the side, keeping it waist-high for balance.</p> <p>The bowler will let the ball swing from the shoulder. Once it reaches the top of the backswing, the bowler will step with their slide foot and, as the ball goes into the downswing, the bowler will swing the ball-side foot around behind them, ending in the finish position and holding their balance until the ball reaches the pins or leaves the lane. (Repeat six times).</p>
Variations	If the bowler has trouble ending in the finish position have them finish in the staggered stance.
Coach's Notes	Watch the bowler's step to make sure it does not move until the ball goes into the downswing and that they are stepping forward using the correct leg. The bowler should remain in a balanced finish position until the ball reaches the pins or leaves the lane.





Cool Down

Introduction

After practices, competitions and conditioning sessions, the body needs to return to a state of rest. Cool-down activities are performed to aid in this process. These activities need to be relaxing, which include deep full breaths. Stretching during this period will be in the form of Static Stretching, which includes:

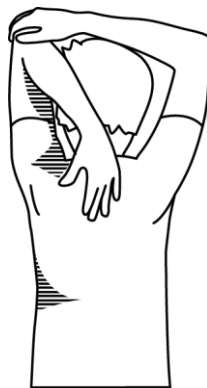
Toe Touches

Bend over and attempt to touch the floor or toes. Maintain a slight bend in the knees. Repeat with the legs separated to stretch out the inner thigh muscles.



Triceps Stretch

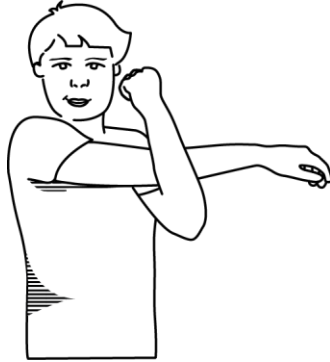
Lift elbow of one arm overhead (with elbow bent so the hand is behind the back). Grasp elbow with opposite hand and gently push back toward middle of head. Repeat with other arm.





Shoulder Stretch

Take arm across the body and apply pressure with opposite hand. Repeat with other arm.



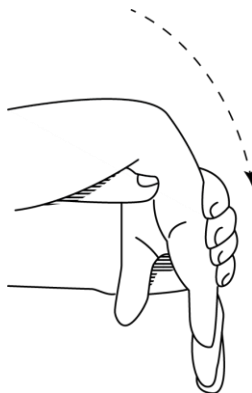
Wrist Flexor Stretch

Extend arm with palm facing down then bend up at the wrist. Grasp fingers with opposite hand and pull toward body. Repeat with other hand.



Wrist Extensor Stretch

Extend arm with palm facing down then bend down at the wrist. Grasp fingers with opposite hand and pull toward body. Repeat with other hand.





About the Baker Game

A Baker Game is when multiple bowlers bowl one game.

										Choose bowler
										↓
Bowler 1	Bowler 2	Bowler 3	Bowler 4							
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	
1	2	3	4	5	6	7	8	9	10	
8-	5/	35	81	71	X	9/	X	X	8/6	
8	21	29	38	46	66	86	114	134	150	

Team of four bowlers
Bowler 1 bowls in frames 1, 5 & 9
Bowler 2 bowls in frames 2 & 6
Bowler 3 bowls in frames 3 & 7
Bowler 4 bowls in frames 4 & 8
10th frame, choose a bowler to finish the game.



Phase 1 Personal Equipment

Personal Bowling Balls

Bowling balls can be purchased and come in a variety of colors, textures and weights ranging from six to 16 lbs.

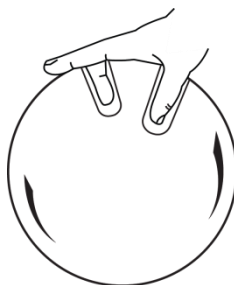
Entry Level Ball

The covers of these bowling balls are made of plastic (polyester) and are great for new bowlers.

Before purchasing a bowling ball, bowlers should consult an International Bowling Pro Shop and Instructors Association (IBPSIA) certified pro shop professional.

Conventional Grip

This fit will allow a secure grip. The fingers are inserted to the second joint followed by the thumb, which is placed all the way to the base.





Phase 2 Personal Equipment

High-Performance Ball

The covers of these bowling balls have a resin additive and hook more than plastic balls. This type of bowling ball can be found in weights ranging from 10 to 16 pounds and are recommended once a bowler has established solid fundamentals and can keep the ball in play.

Before purchasing a bowling ball, bowlers should consult an International Bowling Pro Shop and Instructors Association (IBPSIA) certified pro shop professional.

Fingertip Grip

This fit will give the bowler the ability to create a larger hook when released properly. The middle and ring fingertips are inserted to the first joint, followed by the thumb, which is placed all the way to the base. This grip should only be used once the bowler has established solid fundamentals and can keep the ball in play.





Phase 1 Equipment

Bowling Shoes (Rental)

Shoes can be rented at the front counter of the bowling center.

Bowling Shoes (Personal)

Some bowlers may prefer to have their own bowling shoes. There are two types of shoes that can be purchased: Recreational and High Performance. At this level, recreational should be used as they have a slide sole on both shoes so they can be used by left- or right-handed bowlers.

Bowling Shoes (Care)

Bowling shoes should stay dry and free of any foreign substance while bowling. Shoes can become wet from the restroom, drinking fountain, rain, snow, spills and oil on the lane. If a bowler's shoes get wet, they should be thoroughly dried or changed. Powders such as talcum powder or similar items can cause bowlers to slip. Sticking or slipping can result in a fall or injury.

House Balls

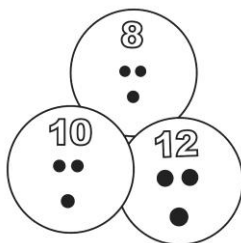
Most new bowlers use a ball provided by the bowling center, called a "house" ball. They are made of plastic (polyester) and range in weight from six to 16 pounds. The cover is smooth and does not generate a lot of hook. This is good for beginners as it will allow for more control.

Bowling Ball Weight

A ball that is too heavy could cause the bowler to squeeze the ball and create erratic physical movements; if the bowling ball is too light, the bowler will be able to manipulate the swing which could cause inconsistency. The bowling ball should fit comfortably and be a proper weight which is usually about 10 percent of body weight and adjusted from there for size, strength and ability.

Bowling Ball Fit

A ball that does not properly fit can sometimes cause blisters, calluses or sores. Finger and thumb holes that are too big can cause the ball to be dropped, and if the holes are too small the ball could stick on the bowler's hand. As youth bowlers grow, it is important to check their fit continuously and make adjustments when needed.





Phase 2 Spares

Using a Spare System

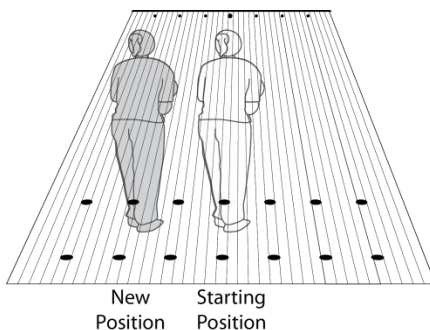
When beginning bowlers understand the basic moves and are using a waking approach, they can learn to use the board numbers and arrows for lining up to shoot spares. Bowlers will move their feet in three board increments. The **3-6-9 Spare System** is a way for bowlers to become more efficient at picking up spares. The following information explains how the system works.

The key pin

The key pin, in most cases, is the pin that is closest to the bowler in any spare combination.

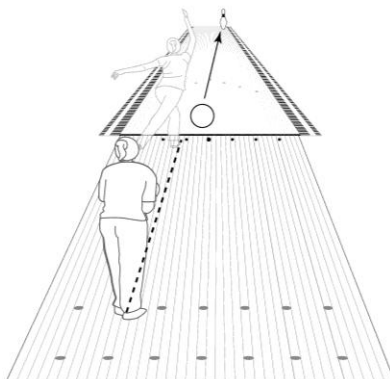
Move feet to a new position on approach

Once the key pin has been determined, the next step is for the bowler to move their feet the proper number of boards to make the spare. If the bowler leaves the No. 1 or No. 5 pin, no adjustment is made.



Face the spare

Once the bowler has moved their position on the approach, they should set up in the stance so the ball-side shoulder and feet are in line with the intended spare. This allows the bowler to shoot at the spare without changing the swing direction. The adjusted position is very slight and it encompasses the feet, knees, hips and shoulders. The bowler looks at the new target and draws an imaginary line through it to the spare.





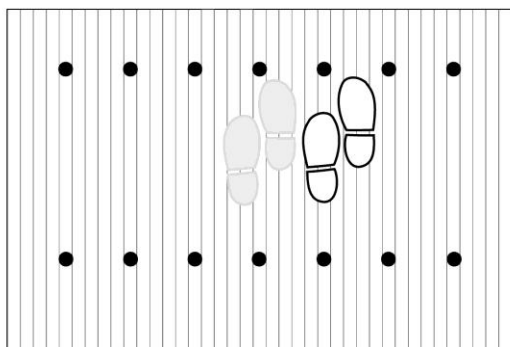
3-6-9 Spare System Adjustment Chart

For spares on the right side of the lane, the bowler moves their feet left, three boards at a time. For spares on the left side of the lane, the bowler moves their feet to the right, three boards at a time. The following chart gives the bowlers the movement for the feet and the target adjustment. This works for both right- and left-handed bowlers.

Key pin or single-pin conversion	Adjustment of feet on approach	Target Adjustment
1 (5)	None	None
2 (8)	3 boards right	Between 2nd and 3rd arrow
* 4	6 boards right	3rd arrow
7	9 boards right	Between 3rd and 4th arrow
3 (9)	3 boards left	Between 2nd and 3rd arrow
6	6 boards left	3rd arrow
10	9 boards left	Between 3rd and 4th arrow

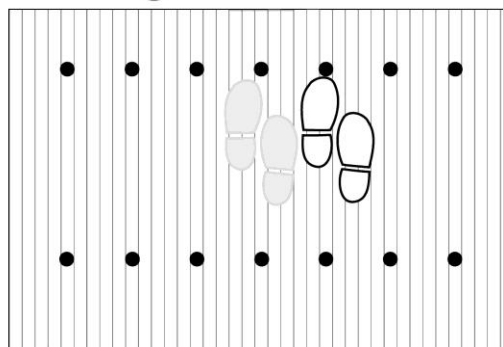
* Example of a 6 board move (4 pin)

Left-handed



Started on 20 moved to 26

Right-handed



Started on 20 moved to 14

(illustration demonstrates, using the inside edge of sliding shoe to line up)



Nutrition

Introduction

Proper nutrition is a vital component to the growth and development of children. The role of nutrition is to supply the body with the nutrients it requires in order to perform daily functions, to grow and to be active. Nutrients come from the foods and drinks that are consumed throughout the day and are grouped into six classes: water, carbohydrates, proteins, fats, vitamins, and minerals.

Water

Water is often taken for granted, but is, however, possibly the most important nutrient of the six. The body does not store large amounts of water, and therefore, regular rehydrating is required. Water is important for several functions including: temperature regulation, removal of waste products, lubrication of joints, and the production of saliva. The loss of water or dehydration can lead to serious decreases in physical and mental performance.

Carbohydrates

Carbohydrates are the main fuel source for the body; however, they are stored in low quantities in the body. Therefore, regular consumption is required in the form of simple and complex sugars. Simple sugars are found in table sugar, milk products, and fruit. Complex sugars are found in products such as whole grains, vegetables, fruit, beans, breads, pasta, and rice. Because of the complex structure of compound sugars, they are the preferred source for carbohydrates.

Proteins

Proteins are the building blocks for the body and are found in bone, muscle, blood, enzymes, and other organs. Proteins are formed by linking amino acids together. The body requires the use of 20 different amino acids in order to function properly. Of those 20 amino acids, nine are considered to be essential amino acids and must be consumed through food. The other 11 may be produced within the body. Most protein is consumed through eating meat products; however, peas, beans, soybeans, nuts, and seeds also contribute to protein consumption.

Fats

Fats and oils, also known as lipids, provide the body with energy and, because of their chemical structure, actually provide a higher amount of energy than carbohydrates. Fats are either saturated or unsaturated. Saturated fats are the fats that come from consuming meat products while unsaturated fats come from the oils of plants. Some unsaturated fats are known as essential fatty acids, which must be supplied in the diet in order to maintain health. Essential fatty acids are used by the body to regulate blood pressure and assist in the synthesis and repair of vital cell parts. The body has a limitless ability to store fat, which is used as an energy source, insulating the body from cold climates, and to protect vital organs from injury.



Vitamins

Vitamins are organic substances that are needed in small amounts in the diet for normal function, growth, and maintenance of the body. Vitamins themselves do not yield any energy to the body; however, they enable reactions that release energy from carbohydrates, fats, and proteins. There are two forms of vitamins: fat-soluble and water-soluble. Fat-soluble vitamins require dietary fat in order for the vitamins to be absorbed into the body. These vitamins are A, D, E, and K. Individuals who have certain medical conditions, or are on medications or dietary supplements that block the absorption of fat will have a difficult time absorbing fat-soluble vitamins. Water-soluble vitamins are more readily excreted from food and absorbed by the body. Diets that have an increase intake of these vitamins are excreted from the body as waste material in order to prevent toxicity. The recommended daily intake of vitamins is dependent upon each individual vitamin.

Minerals

Minerals are non-energy yielding inorganic compounds used by the body to assist in normal body development, function, and maintenance. Minerals are consumed in both plant and animal products, with those coming from animal products having a higher rate of absorption. Many factors can affect absorption amounts of minerals including fiber, other minerals, and vitamins. There are two groups of minerals: major and trace. When the body requires more than 100 milligrams per day of a certain mineral, it is considered a major mineral. All other minerals are considered trace minerals. Excess mineral intake can lead to toxicity. Toxicity is most common with trace minerals and when an individual is using supplementation improperly. Daily recommended allowances of minerals are dependent upon the mineral (Wardlaw 2003).

MyPlate.gov

MyPlate is part of a larger communications initiative based on 2010 Dietary Guidelines for Americans to help consumers make better food choices and designed to remind Americans to eat healthfully; it is not intended to change consumer behavior alone.

MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.





Energy Requirements

Food that is eaten is basically used to either repair and build the body or supply the body with energy. The amount of energy that food supplies to the body is measured in calories. The amount of food consumed needs to match the amount of energy required by the body. Supplying the body with too much of a fuel source will be stored as fat. Kids require a different amount of fuel than adults and boys require a different amount than girls. The following chart gives the average daily energy requirements based on age and gender (Malina, Bouchard et al. 2004).

	Energy Requirements for Girls	Energy Requirements for Boys
Age	Calories	Calories
8 – 9	1,830	2,070
9 – 10	1,880	2,150
10 – 11	1,910	2,140
11 – 12	1,980	2,240

Kids and Caffeine

The consumption of caffeine by kids has been a growing concern. Caffeine is found in soft drinks, tea, coffee, energy drinks, and chocolate. Although caffeine does not stunt the growth of children, its daily consumption should be kept to a minimum. Caffeine does, however, create jitteriness, difficulties in concentration, difficulty in sleeping, and nervousness. Studies also have shown that kids who begin drinking one or more 12 ounce soft drinks a day are 60% more likely to become obese (Nemours 2009).

References

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Nemours. (2009). "www.kidshealth.org."

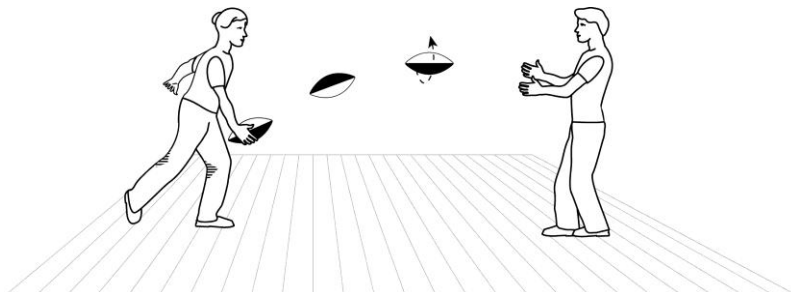
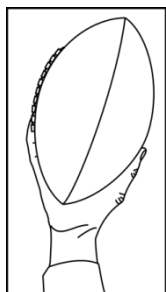
Wardlaw, G. M. (2003). Contemporary Nutrition: Issues and Insights. Boston, MA, McGraw Hill.



Phase 2 Off Lane Drill

NERF Football Hook Release

Purpose	To teach bowlers about hooking the ball and how it is achieved.
Setup	Finish Position
Instruction	Two bowlers will be needed for this drill. They will be taking turns releasing and catching the NERF football. Have the bowlers face each other about 12 feet apart. The bowler with the football starts by placing their thumb above the seam with the fingers below. They will swing the football back and, as it comes forward, they will release it trying to create an underhand spiral. The key is to release the thumb first from the football and rotate it with the fingers. (Repeat tossing the ball back and forth)
Variations	If they have trouble holding their balance, bowlers can use the Staggered Stance Setup or, to make it more challenging, have them use the one-step approach (refer to the one-step finish position drill) ending in a balanced finish position.
Coach's Notes	The coach should make sure the bowlers are releasing the football in an underhand spiral and assist if needed. Foam footballs come in various sizes; have at least two sizes available for your bowlers.



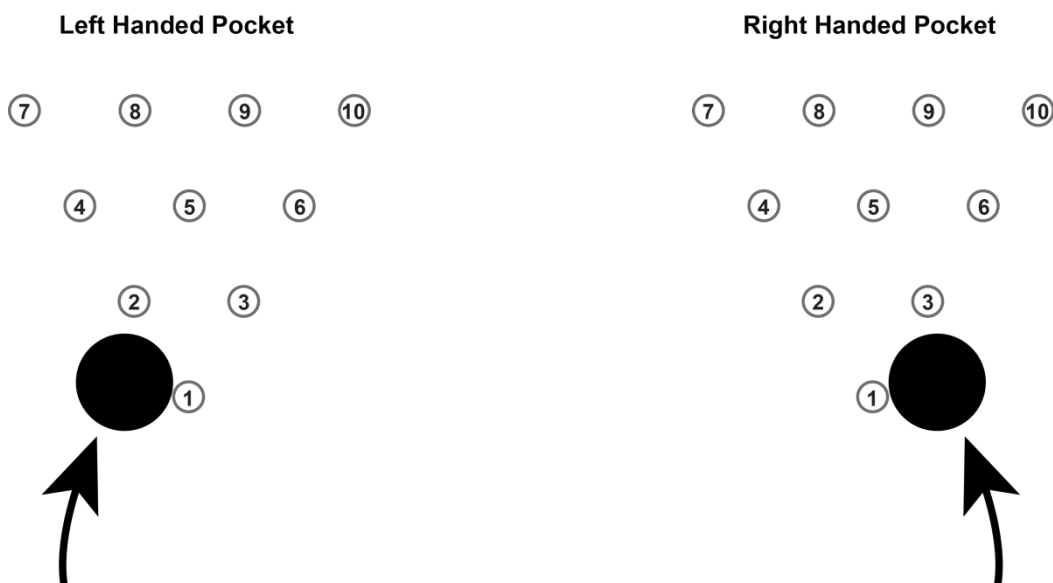


Phase 2 Lane Play

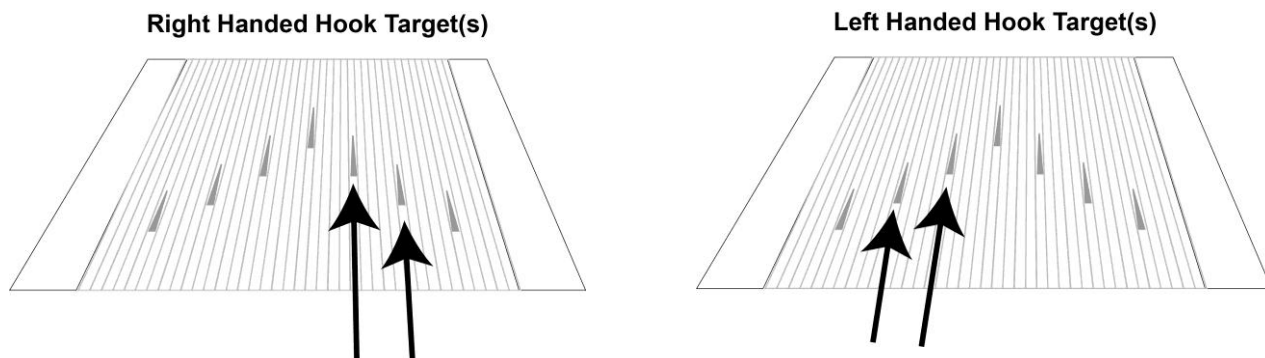
Strike Pocket

As a bowler's skill advances, a hook ball can be learned (refer to page 56, Hand Position Release phase 2). The challenge is learning to control the direction of the shot.

A bowler's best opportunity to get a strike (knock down all 10 pins on the first roll) is to have the ball hit the pocket. For right-handed bowlers, the pocket is the area between the No. 1 and No. 3 pins, and for left-handed bowlers between the No. 1 and No. 2 pins.



The bowler's target should be either the second or third arrow, depending on how much the ball is hooking. Right-handers will line up their feet to the left of the target and left-handers will line up their feet to the right side of the target.

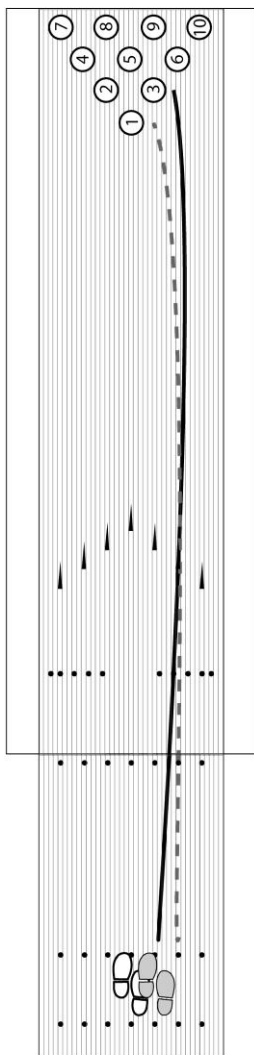




Adjusting

Moving the feet the direction the ball missed the pocket is the simplest correction for beginning bowlers to use. Changing the position of the feet on the approach and keeping the same target on the lane will create a different angle to the pocket.

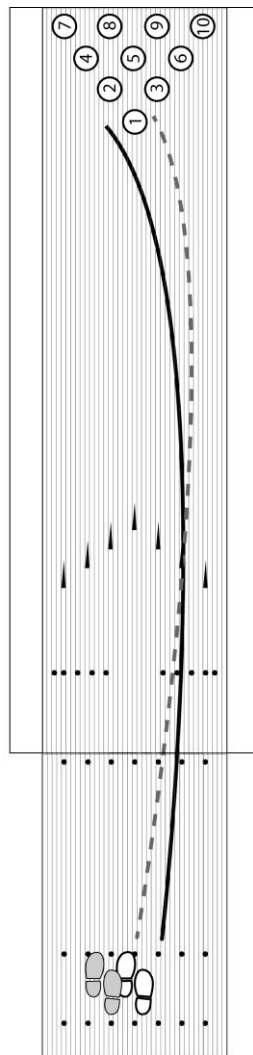
If a right-handed bowler misses the strike pocket to the right, they should move their feet to the right on the approach, keeping the same target. The same moves apply to left-handers.



Right-handed bowler misses the 1-3 pocket to the right



Bowler moves their feet to the right and rolls the ball over the same target



Right-handed bowler misses the 1-3 pocket to the left



Bowler moves their feet to the left and rolls the ball over the same target



Phase 2 Targeting Drills

Bull's-eye Arrow

Purpose	Teaches bowlers to keep their eyes on their target until the ball rolls over it.
Setup	Athletic Pose
Instructions	<p>Coach chooses arrow for target. A spotter stands behind the bowler in the settee area and watches the ball go down the lane and assigns points based on how close it is to the target. Bowlers keep score on Bull's-eye Arrow tracking sheet (Best out of 6)</p> <p>Points:</p> <ul style="list-style-type: none">3 Direct Hit – Ball rolls over arrow2 Just Missed – Ball rolls next to arrow (right or left)1 I So Missed – Ball rolls between arrows (right or left)0 Complete Miss – Ball rolls over the arrow next to it
Variations	Coaches can use Post-It-Note tabs to make it easier for the spotter to determine if the ball went over the intended target.
Coach's Notes	Coaches should observe bowlers and spotters to make sure they are scoring correctly. Bowlers should turn in their tracking sheet.

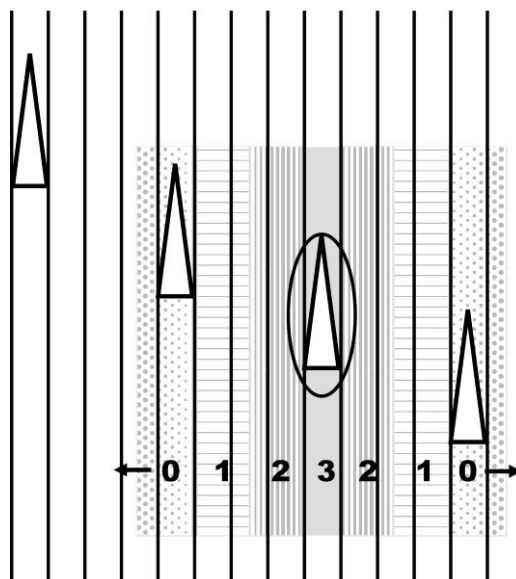
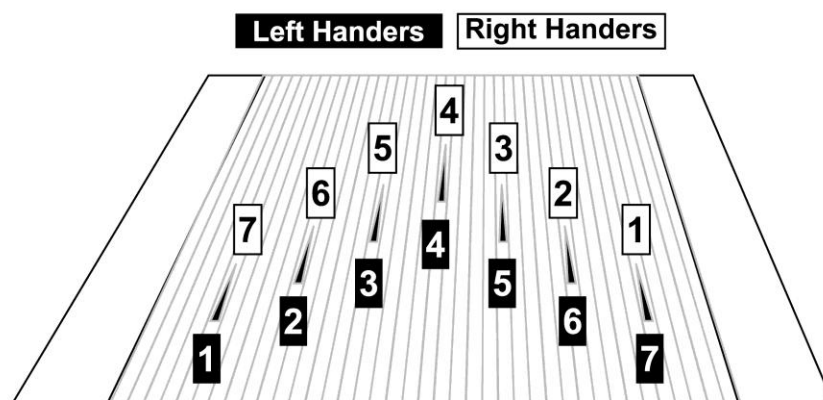


Diagram illustrates points based off the target being the second arrow



Random Arrow

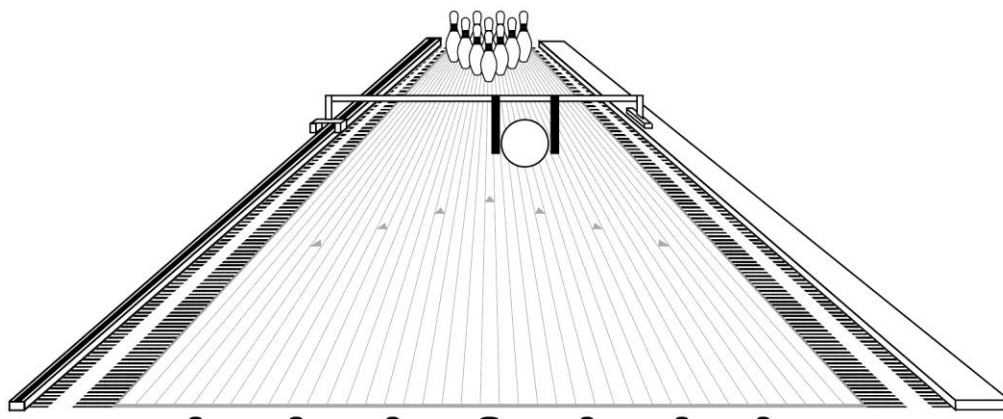
Purpose	To help bowlers become comfortable and confident shooting at different targets.
Setup	Athletic Pose
Instructions	Coach places the arrow numbers in a bag to draw: 1, 2, 3 or 4. Coach draws a number and the bowlers need to line up to shoot at that target. The ball needs to roll over the target to score a hit. Bowlers will mark hit or miss on the Random Arrow tracking sheet. (Best out of 6)
Variation	Bowlers can draw the arrow numbers themselves. Coach also can use between arrows (example: between second and third arrow).
Coach's Notes	Coaches should make sure bowlers line up properly for the intended target. Bowlers should turn in tracking sheets.





Croquet Targeting

Purpose	Flags make it easier for children to see where the ball is actually rolling and it teaches bowlers to keep their eyes on their target.
Setup	Athletic Pose
Instructions	Using the targeting device (Refer to instructions on how to build targeting device). Coach places two flags about 10 boards apart. The bowler must roll their ball between the targets without hitting the flags. Bowlers will mark hit or miss on the Random Arrow tracking sheet (Best out of 6)
Variations	Post-It-Note tabs can be used in place of targeting device.
Coach's Notes	Coaches should make sure bowlers line up properly to roll the ball between the targets. Bowlers should turn in tracking sheets.



PLAYER ASSESSMENT



"Take your game to the next level"

Name _____ ☐ RH ☐ LH Date _____

STANCE

Feet: ☐ Staggered ☐ Even ☐ In line with target path ☐ In line with the lane

Suggestions: _____

Knees: ☐ Bent ☐ Stiff **Ball Side Hip:** ☐ Back ☐ Forward

Suggestions: _____

Ball Side Shoulder: ☐ Back ☐ Forward

Ball Placement: ☐ Center of Body ☐ Side of Body ☐ In-between chin and shoulder
☐ High ☐ Low ☐ Waist Level

Suggestions: _____

Hand Position: ☐ Under ball ☐ Side of ball **Opposite hand supporting ball weight:** ☐ Yes ☐ No

Suggestions: _____

Wrist Position: ☐ Bent (Relaxed) ☐ Straight (Firm)

Suggestions: _____

Overall Position Balanced: ☐ Yes ☐ No

Suggestions: _____

APPROACH

Footwork: ☐ Good ☐ Needs work **Armswing:** ☐ Straight ☐ Pushes Left ☐ Pushes Right

Suggestions: _____

Opposite Arm: ☐ Good ☐ Needs work **Posture:** ☐ Good ☐ Forward ☐ Back

Suggestions: _____

FINISH POSITION

Posture: ☐ Good ☐ Forward ☐ Back **Balance:** ☐ Good ☐ Needs work

Suggestions: _____

Knee Bend: ☐ Good ☐ Needs work Suggestions: _____

RELEASE

Release Wrist: ☐ Bent (Relaxed) ☐ Straight (Firm)

Suggestions: _____