Cairns Amputee Bowls Perfect 300 in Tenpin Bowling

**BOWLING the perfect 300 game is hard enough on two legs, let alone one.**

But Cairns tenpin bowler Mark Sheehan, who lost his leg in a car accident in 2006, can tick it off his list. His flawless display, with the delivery of 12 consecutive strikes, is believed to be the first by an amputee in Australia.

That is still to be confirmed by Tenpin Bowling Australia administrators, not that Mr Sheehan is losing any sleep over it. He is just glad he has something to celebrate after being forced to give cricket away when his right leg was amputated through the knee six years ago.

“I never thought it was a possibility,” the 28-year-old said. “When I lined up to bowl that last one my hand was just shaking. But I got it and everyone that was watching just gave this huge cheer. Before the accident I used to play cricket, but I’ve got my wife and her brother to thank for introducing me to tenpin.”

The Cairns representative, who will captain the open team in the North Queensland titles in Ayr this year, started his career bowling from a wheelchair.

“But just as a muck around I thought I’d try it on my feet,” he said. Now, he is one of the city’s best bowlers and is the third person to bowl a perfect 300 at the Go Bowling Cairns centre since its revamp last month. The problem he faces now is, how to top that effort. Simple. “I want to do it again,” he said.

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**Some 300 Games Facts**

300 Games are only recognised and listed on the TBA website if they were bowled in an accredited league or tournament. More details on 300 games can be found on the TBA website under Recognised High Games.

The first recognised 300 game bowled in Australia was by Joe Velo in March 1963 at Northern Bowl, NSW.

The first person to bowl two recognised 300 games was Chris Batson. The first was on the 4th March 1974 and the second was on the 30th June 1975. Both were bowled at Rushcutter Bowl, NSW.

The first woman to bowl a recognised 300 game was Trish Datson on the 14th December 1974 at Rushcutter Bowl, NSW.

The first person to bowl back-to-back recognised 300 games was Derek Adams in February 2003, at Nerang Tenpin Bowl, Qld.

The youngest person to bowl a recognised 300 game was Adam Svensson who was only 13 years and 4 months, when he bowled the 300 on the 12th December 2009, at AMF Cannington, WA.

The oldest person to bowl a recognised 300 game was John Rapley on the 15th April 2003, at the age of 74 years at Orange Tenpin Bowl, NSW.
Andrew Frawley of Australia claimed the 2012 tour opening leg of the ABF Tour Bahrain defeating local favourite, Yousif Falah of Bahrain, 259-213 at the Ozone Entertainment Center on 10th March.

The Aussie started off well with a double to take a 10 pin lead over his opponent, Yousif Falah as the lanky Bahrani could not respond. When Yousif had an open frame in the sixth frame, Frawley went on a strike-fest reeling home seven consecutive strikes to close out the match with 259.

“At my age, every opportunity to win a title, I’ll gladly take it,” said the 47-year-old Kuwaiti Head Coach, who gets an occasional chance to bowl in these tournaments. “My last win was way back in 2010 with the Thailand Open. It’s a good feeling to get back on the top podium.”

The champion had earlier ended the host chance of an all-Bahraini final when he ousted Fawaz Abdulla with a convincing victory, 248-225 in the second semi-final to reach the Finals.

Frawley also breezed through Round 1 by beating Bahrain's Masoud Saberi, 237-160 and another Bahraini, Mohammed Sultan, 205-195 in the second round.

Yousif easily beat 2010 ABF Tour champion and three-time Asia No. 1, Hussain Al Suwaidi of UAE, 235-179 in the first semi to take on Frawley. Yousif eliminated tour debutant, Abdulrahman Al Jaidah of Qatar, 198-162 in Round 1 and compatriot and youth, Ahmed Al Goud, 218-207 in Round 2.

More results can be found on abf-online.org (Asian Bowling Federation)
**Tenpin Bowling WA News**

**WA Department of Sport & Recreation 2012 Official of the Year Awards**

About 180 people turned out at Burswood Entertainment Complex on Friday 24 February to see 24 Officials recognised for their outstanding contribution and commitment to their respective sporting codes and the WA community.

Recipients were put forward by their State Sporting Association to receive the honour and all levels of sport were represented, from motor sport community-level official Leanne Doust to football (soccer) elite-level official Mathew Cheeseman. As a WA Tournament Volunteer in 2011, Jeanie Garrett, President of Tenpin Bowling Association of Western Australia was honoured with an Official of the Year Award.

“The Sports Officials Awards were established in 1999 and are a chance for us all to acknowledge the valuable contribution officials make to sport,” said DSR Director General Ron Alexander. “Their job is not only one of the most difficult but also one of the most crucial roles in sport, however they don’t always get the pats on the back they deserve.”

“Officials help to make our sporting environment one that is enjoyed by all; they make the calls so the athletes and spectators can enjoy the game. Without them, fairness in sport would simply not exist, so it’s great that we can gather to acknowledge their achievements.”

In addition to the Official of the Year awards, 68 commendation certificates were presented in Rookie of the Year, Youth Official of the Year, Most Improved, Special Achievement and Service Award categories.

Many of those who were awarded the top prizes on the night have not only acted in their official capacity, but have also made significant contributions to the development of their sport and individual athletes.

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**Rabbitohs Go Bowling at AMF Morley**

National Rugby League and 20 time Premiers, South Sydney Rabbitohs were in the Wild West for a winter battle on the football field against the mighty Brisbane Broncos.

While the boys were in town, they dropped in to AMF Morley on Thursday 22nd March. The boys brushed up on other ball skills with expert coaching from home grown bowling hero, Carol Gianotti. Their strikes (and occasional spare) never looked so good.

Carol was recently inducted into the USBC Hall of Fame, the bowling world’s equivalent of the Hollywood star strip. Being the only Australian to have made this honour list, there was no one better to get the guys bowling like a pro!
Youth International Challenge Cup – Final Results

Australia dominates in Singles & Wins the Challenge Cup, but US Bowler Wins Masters

Rio Rancho, NM, 10th March 2012

Australian youth bowlers from the Chermside & Strathpine Centres in Queensland, along with one from South Australia recently travelled to Rio Rancho in New Mexico to compete in the Youth International Challenge Cup, held at Tenpins & More.

Zach Kemp said the experience of bowling in the US was ‘really amazing’. “It’s a lot bigger over there and the way they are is just so much ahead of us” he said.

And Madeline Kemp said she was thrilled to get the chance to learn from the top US Bowler Dana Miller-Mackie.

The young Aussies turned a two-point deficit, after two days play, into a commanding 11-point lead in Singles Competition at the Youth International Challenge Cup. Zach Kemp and Jayden Leming of Brisbane beat Mikey Conway of Rio Rancho and Robbie Garcia Jr of Tijeras 8-0 in the opening matches, while Joshua Kemp and Ben Johns of Brisbane won 5.5-2.5 against Rio Ranchoans, Paul Carper and Josh Hellick.

In Women’s action, Janeyl Carper beat Brisbane’s Tamara Harmsworth 3-1, while visiting Madeline Kemp swept past Sabrina Vargas 4-0. Adelaide’s Louise Ingoe beat Tanya Paris 3-1 but Sara Vargas took 3-1 over Australian left-hander Tarmeka Tritton.

Scoring was high, with Joshua Kemp 198, 257, 279 (734) splitting his match with Paul Carper who rolled 217, 257, 223 (697). Johns fired 257 and 248 in a 691 set against Hellick. Louise Ingoe (SA) bowled 213, 244, 228 (685), while Janeyl Carper struck out to win the series from Harmsworth 643-633. Kemp, 15 years of age was the youngest in the 16-person field. He had 13 strikes in a row over two games for 232 and 257. Paul Carper salvaged some pride for the American squad, winning the Masters with a tenth frame strike out from Joshua Kemp. Carper went 6-2 in match-play, while Kemp had a 5-3 record, causing a 16-pin difference at the end.

Australia beat the US 21-15 in the Masters to win the inaugural Challenge Cup trophy by 78.5 points—61.5 points.

Individual Averages:
USA – M Conway 184/9 games, R Garcia Jr 174/9, P Carper 221/17, J Hellick 177/9, J Carper 189/17, T Paris 178/9, Sabrina Vargas 191/17, Sara Vargas 199/17.

Australia – J Leming 200/9, B Johns 223/17, Z Kemp 197/9, J Kemp 218/17, T Tritton 181/9, M Kemp 202/9, T Harmsworth 206/17, L Ingoe 203/17

It even snowed for our young Aussie Bowlers while they were overseas!
2012 is the 50th year of the Walter Rachuig Trophy Tournament, and we need your help!

We are calling on all bowlers to help us to put together a photographic history of this very prestigious event. We have accumulated over 300 photos so far, dating from 1963 through until 2011. These can be viewed online at http://www.tenpinevents.org.au/Records/Rachuig_History/History.html

However, there are very few photos of Rachuig from back in 1970’s and 1990’s. So if you have any photos - or know of someone who does – please send these to tbaheroes@optusnet.com.au. Please do not reduce the quality of the photo.

We would like to produce a slide show of the 50 years of Rachuig to release on the anniversary of 50 years of Rachuig in October.
New Development Officer for Tenpin Bowling Tasmania

Tenpin Bowling Tasmania are pleased to announce the appointment of Kim Nolan to the position of State Development Officer.

Kim will be based in Hobart and commenced in her role as from 1st March. Kim’s main focus areas are with the disability sector, community and school groups and to implement and facilitate programs to increase participation at all levels in the sport.

Tenpin Bowling Tasmania welcomes Kim to the sport, and we wish her luck in her new role.

New Inclusion Officer for VicTenpins

VicTenpins are proud to announce the appointment of Erica O’Brien in the position of Inclusion Officer.

VicTenpins receive generous support from VicHealth through the State Sporting Association Participation Program. Erica will work to increase the participation of people with a disability in the sport and will work closely with Disability Support Organisations, Local Government, Bowling Centres, Schools and key partners including VICSRAPID, Blind Sports Victoria and Special Olympics.

Erica can be reached via email at Erica.obrien@victenpins.com.au

CALENDAR ANNOUNCEMENTS 2012

YOUTH RANKED TOURNAMENTS

SYDNEY YOUTH CUP 19th-20th May, Campbelltown City Bowl
Contact: Leanne Triulcio Ph: 0418 889 888 email: leagae@bigpond.com

OPEN & WOMEN’S RANKED TOURNAMENTS

VIC 150 6th-8th April, AMF Keon Park
Contact: Sue Raphael Ph: 03 9460 4602 email: rapsan@bigpond.net.au

SCHWEPPES MELBOURNE TENPIN CUP 9th—11th June, Oz Tenpin Chirnside Park
Contact: Lee Booth Ph: 03 9727 0007 email: lee@oztenpin.com.au

SENIOR RANKED TOURNAMENTS

SA SENIORS CLASSIC 28th & 29th April, AMF Village
Contact: Ronda Hatchard Ph: 08 8261 1623 email: rondah@iprimus.com.au

BLACK & WHITE SENIORS CLASSIC 18th—20th May, Aspley Tenpin Bowl
Contact: Mary Flower Ph: 07 3865 8887 email: flink1@bigpond.com

SYDNEY SENIORS CLASSIC 16th & 17th June, AMF Castle Hill
Contact: Susanne Jack Ph: 0409 284 244 email: susannejack@bigpond.com
TBA Special Achievement Awards Program

We have had quite a few enquiries from bowlers confused between the old and new Awards Program which form part of the 2012 TBA Membership.

Your first ever 300 game award plaque is provided free of charge from Tenpin Bowling Australia Ltd to all TBA registered players in a TBA registered Centre. Other Awards and Plaques may also be purchased from Tenpin Bowling Australia Ltd. To be eligible bowlers are required to be a TBA registered player in a registered centre.

HAVEN’T GOT YOUR AWARD YET?
Awards must be applied for by either your league secretary or a representative from your local centre. When a bowler successfully applies for their first award they will receive a TBA header badge (only supplied once to each bowler) along with the award bar.

If you have any questions regarding Awards, please call our office on (07) 3262 4455 or United Tenpin Bowling Association on (03) 9532 2219.

Completed paperwork should be sent to UTBA
Email: info@unitedtenpin.com.au
Ph: (03) 9532 2219
Fax: (03) 9532 2215

COMING SOON!
A new-look Website for Tenpin Bowling Australia Ltd

TBA Special Achievement Awards

- 300 Game Plaque First ever 300 game free – additional plaque $40
- 295/298 Game Plaque - $40 available for purchase
- 900 Series (3 games) Plaque First ever 900 series free – additional plaque $40
- 800/700 Series (3 games) Plaque - $40 available for purchase
- 600 Series (2 games) Plaque First ever 600 series free – additional plaque $40
- 1000 Series (4 games) Plaque - $40 available for purchase

*Please note that all purchased awards have a registered post charge of $8.00.

Once Only Awards UTBA Administered

- 100 Game (Junior’s only)
- 125 Game (Junior’s only)
- 150 Game
- 175 Game
- 200 Game
- 225 Game
- 250 Games
- 275 Game
- 500 Series
- 550 Series
- 600 Series
- 50 Over Average
- 75 Over Average

Yearly Awards UTBA Administered

- 700 Series
- 100 Over Average
- Triplicate
- All Spare Game
- Dutch 200 Game
- 7-10 Split (converted)
- 4-7-6-10 Split (converted)

Replacement award bars are available for $1.00 each. Extra and replacement header bars are available for $3.00 each.

Just a reminder to Sign Up for 2012 Online - Save $3 and receive your Membership Card with 14 working days!!!
INCLUSION TIPS: DISCOVERING DISABILITY

There are around 4 million Australians with a disability. This makes up just over 20% of the total population or 1 in 5. As the Australian community grows and becomes more diverse, there is an expectation by the community that sport and community groups will become more inclusive and welcoming of everyone regardless of their age, religion, gender or ability. It is not only important for sport to think of how to accommodate people with a disability, but also how to attract them.

PEOPLE WITH A DISABILITY—WHAT WE KNOW:
- Disability is defined as any limitation, restriction or impairment, which has lasted, or is likely to last, for at least six-months and restricts everyday activities;
- People with a disability do not see their impairment as a reason for not participating in sport or physical recreation;
- Nearly 75% of people with a disability that currently participate in sport would like to participate more than they currently do;
- Cost is a major barrier for people with a disability to not participate in sport. This not only includes the cost of membership or game fees, but includes the cost of transport, equipment, support and extra costs associated with having a disability;
- People with a disability are 15% less likely to participate in sport than people without a disability.

Information Sources: Participation and non-participation of people with disability in sport and recreation (Australian Sports Commission)

THE RIGHT ATTITUDE:
The way we think about disability can create a barrier. It is important to ensure we have a positive attitude. This will go a long way to ensuring inclusion.

- People with a disability may face physical barriers to participation, but this can often be linked to negative or poor attitudes to disability.
- You don’t need to be an expert on disability to include. What’s most important is getting to know the individual and providing a range of opportunities for everyone to get involved.
- When providing bowling opportunities we should put the person first and focus on what the person can do. Instead of asking “Why should I include?” ask “What can I do to include?”.
- View including people with a disability as best practice. So just make it part of what you do.
THE PROFILES OF SAM AND PETER:
Sam and Peter are both 17 years old and live in the same suburb. Sam has a disability, while Peter lives without a disability. The profiles below, demonstrate the comparisons of people with a disability and people without a disability as a part of everyday living.

<table>
<thead>
<tr>
<th></th>
<th>Sam</th>
<th>Peter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Likelihood of completing Year 12</td>
<td>30%</td>
<td>49%</td>
</tr>
<tr>
<td>Likelihood of gaining a Bachelor Degree</td>
<td>13%</td>
<td>20%</td>
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<tr>
<td>Likelihood of gaining Employment</td>
<td>53%</td>
<td>81%</td>
</tr>
<tr>
<td>Likelihood of being Unemployed</td>
<td>8.6%</td>
<td>5.0%</td>
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<tr>
<td>Average Weekly Income</td>
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<td>$501</td>
</tr>
</tbody>
</table>

INFORMATION SOURCES: Australian Bureau of Statistics [4430.0 (2003) & 4177.0 (2010)]

TENPIN BOWLING—THE ORGANISED SPORT OF CHOICE FOR PEOPLE WITH A DISABILITY

The following web based resources contain useful information on how to include people with a disability:

Australian Sports Commission —

Play by the Rules —
www.playbytherules.net.au

For more information on how Tenpin Bowling Australia includes people with a disability, please email our National Inclusion Coordinator, Matthew Dunstan at matthew.dunstan@tenpin.org.au
Welcome Georgia Aaliyah Voukolos

Baby Georgia Aaliyah Voukolos was born 25th February, weighing in at 7lb 12ozs.

She is the first born for Rebecca and Ronald Voukolos, and the first grandchild for June and George.

Rebecca is a current member of the National Training Squad and Ronald’s list of achievements include representation on the NT Rachuig Team, along with being a former Australian Team Member.

A future member of TBA!

Congratulations on the arrival of your beautiful bundle of joy!
**Bowler Profile**  
**Simon Pearce**

**Birthday:** 27th April 1993  
**Star Sign:** Taurus  
**Born At What Town:** Grafton, NSW  
**First Job:** Counter Staff at Grafton Tenpin Bowl  
**The Reason I Bowl:** The competition, travel, friends and the fact that you are always learning  
**If I wasn’t a bowler I would be:** A soccer player  
**The Bowler I’d most like to partner in a doubles tournament:** Norm Duke or Chris Barnes  
**Sporting Hero:** Tiger Woods, Lance Armstrong, Roger Federer, Norm Duke  
**My Proudest moment in my bowling career:** My first Australian Team or winning Sydney Junior Cup  
**Favourite Food:** Chicken Schnitzel or a big steak!  
**I Can’t Get By Without:** My phone or sport.  
**I Like to Watch On TV:** Hawaii Five-O, CSI Miami, anything sports related  
**I Like to Listen to:** Pete Murray, Foo Fighters, Coldplay and Nickelback  
**Favourite School Subject:** Maths or PE  
**Where I Would Like To Be In 10 Years:** A successful business man and making a name for myself in the bowling world.

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**Emily Rigney**

**Birthday:** 16th October 1997  
**Star Sign:** Libra  
**Born At What Town:** Newcastle, NSW  
**First Job:** Never had one  
**The Reason I Bowl:** My parents introduced me to the sport, and I loved it immediately! A dancer – I gave it up for bowling.  
**If I wasn’t a bowler I would be:** Sean Rash  
**The Bowler I’d most like to partner in a doubles tournament:** Tiger Woods, Tim Tebow, Sean Rash, Parker Bohn, Mike Fagan  
**Sporting Hero:** When I made my first Australian Team Calzone or Reese’s Peanut Butter Cups My phone, my family and friends. Big Bang Theory, Hawaii Five-O Amy Meredith, The Wombats, whatever’s mainstream Science and Art  
**My Proudest moment in my bowling career:** Studying something in forensic science and making it somewhere high up in the bowling world.
How to Get Great Balance at the Foul Line

As you know great bowler’s come in all different shapes and sizes and all get to the foul line in a different way. There are however a few fundamentals that all good bowlers possess - one of those is good balance at the foul line.

So why is good balance so important? First and foremost it ensures consistency in delivering each shot and provides maximum power and leverage to ensure good pin carry. It’s amazing how many of those dreaded 10 pins you leave when you fall off your shot.

If you find yourself struggling to consistently maintain good balance at the line, here is a drill that will help improve this part of your game. Not only will the 2 step drill improve your balance at the foul line, it will improve your power step (3rd step in a 4 step approach and 4th step in a 5 step approach), enable more revolutions on the ball and lead to improved accuracy.

The Two Step Drill

Because of variables in our body shapes and leg/arm length ratios, a bowler’s timing leading up to the power step, will differ in almost all athletes.

For bowlers with longer arms and shorter legs there can be a tendency for a longer swing plane, with legs going too fast to the line, causing a “wait” time for the swing to catch up and subsequently fall. Therefore to improve consistency the feet pattern will have to be adjusted to suit the swing plane time.

Conversely for the bowler with short arms and long legs a shorter swing plane will normally be observed and sometimes the bowler’s legs do not go “fast enough” to the line. This will cause the athlete to pull the swing higher to allow the feet time to catch up and get to the line. These are just examples of two timing scenarios – there are many more. It is imperative that coaches use video analysis to identify and importantly show the bowler if and where their timing is out.

However regardless of this, practising the two step drill is an excellent way of improving balance at the line.
How to Perform the Two Step Drill

The first step in performing this drill is to determine where to stand on the approach. Remember that your last step should always be the biggest with a shorter second last step. To determine where to stand on the approach, go to the foul line and turnaround with your back to the pins. Take 2 large steps towards the front of the approach and this will be roughly where you will start from, however this is just a guide. Its important not to overstretch to try and make it to the foul line but rather step naturally to see where you finish and then you can adjust your starting position accordingly.

The key to doing this drill correctly is to start with the feet together - not staggered and the knees should be slightly bent with the balance arm out for stability. With the sliding knee bent let your weight go forward. If your knee is not bent enough your body will come to an abrupt stop and your ball will go left of your target (right if you are left handed) so a good knee bend is important. A gradual slide to stop is a sure sign that your knee bend is correct.

The ball should be held down by your side. To begin, take 2 practice swings with the first movement of the ball backwards rather than forwards. After 2 practice swings take the non sliding leg forward as the ball goes up into the backswing and try not to muscle (pull) the ball up into the backswing. A relaxed swing is imperative for this drill.

After your first attempt look down to see where you finished on the approach. You should finish just behind the foul line. If you finish up short move closer and give yourself a little more room should you go over the foul line. Remember to keep the knees slightly bent throughout the drill otherwise your weight distribution will be incorrect resulting in you projecting the ball upwards rather than down the lane.

With the weight still moving forward and the knee bent the ball will be projected down the lane and the fingers will be able to rotate around the ball. The follow-through will continue on through your target and the body will stay down with your body weight to be on the sliding leg thigh.

If you execute this correctly, you will have good balance at the foul line shot after shot and be able to get more revolutions on the ball. If after some practice, you still have problems with your balance, most likely you will need to make your first step shorter or alternatively start with more bend in your knees.

On the Lanes with Chris Batson cont...

The starting stance position for the two step drill

Proper execution of the 2 step drill will lead to improved balance at the foul line