Belmo Triumphs at ESPY Awards in LA

Lynne Clay

Aussie tenpin bowling sensation, Jason Belmonte, has another prestigious trophy to his credit. Just a fortnight before his 28th birthday, Belmo strode the red carpet at the Nokia Theatre in Los Angeles to attend the 2011 Excellence in Sports Performance Yearly Awards (ESPY). The glittering Awards ceremony was televised live globally and the nomination of Belmonte and fellow Aussie sports stars - Stephanie Gilmore (Surfing) and Lauren Jackson (Basketball) - highlights the prominent achievements of Australian athletes on the world stage.

The annual ‘big night out’ gathers top celebrities from sports and entertainment to commemorate the past year in sports, and honour the best athletes and most memorable moments from the world of sport. It allows fans worldwide to join in an online vote for the winners in more than 30 categories, and this year’s Awards ceremony was hosted by comedian and actor, Seth Meyers.

Described by commentators as the dark horse of the Bowling category when pitted against reigning PBA Player of the Year, Mika Koivuniemi from Finland and American stars Chris Barnes and Bill O’Neil, Belmo was given the longest odds by all pre-award prediction experts. However, Belmonte has wide-ranging credentials on and off the lanes. In 2009 he was named the Bowling Foundation’s first Goodwill Ambassador, appointed first Ambassador for the City of Orange, and voted ‘Best Male Sports Star of the Decade’ in the Central Western Daily poll in the same year.

His outstanding success - including dual WBW World Bowler of the Year titles, 2007 Bowling World Cup champion, Bill’s 2009 International Person of the Year award and 2009 Rookie of the Year on the PBA Tour - has made an indelible impact on the sport. He is the first Australian to win a PBA title and has been recruited as an international spokesperson for youth and the burgeoning two-handed approach delivery by the sport’s international governing body, the WTBA.

Belmo’s unique delivery and charismatic personality, together with a string of titles at amateur and professional level, have propelled the popular young bowler to superstar status in the elite ranks of the sport he loves and excels in, but Belmonte maintains a typically down-to-earth Aussie attitude to his success.

“I like to keep things in perspective and I’m very proud to know I have a very large support base of fans, as well as my family and friends, who recognise what I do for my sport, as well as my personal achievements”, he told GRANDSTAND ACTIVE host, Simone Thurtell.

“It’s wonderful to win accolades like this, but for me it’s not just about the financial gain or recognition of bowling on Tour, it’s all the things in between … bowling has taken me to more than 35 countries around the world and I’ve met some pretty cool people and seen some amazing things in my travels. Bowling has given so much to me, so I want to always give back to bowling,” he explained. “To think a kid from Orange can do what I’m doing is really humbling, and that’s something I try to convey when I’m coaching or just talking to younger bowlers,” he added.

Belmonte admitted that while the US Tour was a lot more cut-throat and demanding time-wise than the Asian or European tours, one of the biggest advantages of the sport is the fact that bowlers can compete at elite level for longer than in many other sports.

“The season before last, the Player of the Year was Walter Ray Williams, a 50 year-old gentleman, so I hope when I’m maybe 50 I can still be at this level and still able to win such accolades as an ESPY. “Plus it’s fun rubbing shoulders with other sports stars at events like the ESPYS, and the VIP pre and post parties hosted by people like Serena Williams … it was really cool,” he chuckled.
Carol Gianotti Inducted into the USBC Hall of Fame

She has endured a lot through her career and has battled it tough but it all seems worth it now for one of the USBC’s newest Hall of Famers and one of Australia’s greatest bowlers, Carol Gianotti.

Carol who was born and raised in Perth showed the rest of the world exactly what this true competitor is capable of time and time again. Growing up right next to the bowling centre that her parents built, it was brother Mark who first fell victim to Carol’s furious appetite to win. Soon enough Carol was showing the rest of Australia she meant business when she won the Australian Junior Masters in 1984 and started competing in Open Men’s bowling tournaments throughout the country.

At just age 18 Carol took the plunge and went over to the U.S. to bowl on the professional women’s bowling tour. Only months after leaving Australia she captured her first major title winning the 1989 USBC Queens. This was just the start of what would be an illustrious career on the professional women’s tour. Her career highlights include making six straight telecasts in 1992 and winning four of those six telecasts, three top 5 finishes at the USBC Queens in 1992, 1997 and 2008 and the four separate seasons in which she won multiple titles, all in all capturing 16 professional titles.

What made Carol’s achievements so great was her determination and desire to win even when she faced adversity. Carol has throughout her career battled through injury and bowled through pain that others would have surrendered to, only to repeatedly come out as the true champion she is. When she stepped up to bowl the 2008 USBC Queens her knee had already undergone no less than nine surgeries, and there was one more to come! Her knee has caused her great pain over the years with doctors even having to drain it in between squads on tour.

Always determined to achieve the very best she can Carol’s attitude is always ‘I may not be prepared, and I may not have practiced and I may be hurt, but I will be damned if I lose.’ Carol explaining her achievements given the circumstances stated ‘I have a really high tolerance for pain, and I am very strong willed with the things I want to achieve. If I want to do something, I am going to do it.’

It was not only this fiercely competitive nature that was the reason her peers enjoyed Carol’s company it was also her ability to have fun. Many recollect that it was all business on the lanes, but as soon as Carol had taken her shoes off you wouldn’t know whether she was leading the field or was looking shaky to make the cut. Either way she was enjoying life and enriched the lives of those around her.

When asked about the biggest influence on her career, Carol states that Wendy Macpherson’s support and friendship had the single greatest impact. Carol says that Wendy helped her immensely with the transition from an amateur bowler from Australia to professional athlete living most of the year in the U.S. If you were lucky enough to see the two in action at last years AMF Australian Masters their friendship is still strong and they still enjoy competing against one other.

Carol’s induction into the USBC Hall of Fame marks one of the greatest moments in not only her career but for the sport in Australia. TBA CEO Cara Honeychurch commented ‘Carol was the pioneer of women’s professional bowling for the international players. Carol not only showed that bowlers outside of the US could be competitive but she always encouraged others (including myself) to follow in her footsteps’. Carol is certainly not resting on her laurels and is preparing to head to Hong Kong for the Women’s World Championships in September.
The AMF Australian Masters tournament has been named as one of only eight major international tenpin bowling tournaments globally to form the World Bowling Tour for 2011.

The tournament, which offers over $100,000 in prize money, will this year host some of the finest bowlers from around the world when it takes place in Sydney in October, with the finals scheduled for Saturday 22 October.

Already confirmed are the 2010-11 PBA Player of the Year Mika Koivuniemi from Finland, defending Australian Masters female champion Lynda Barnes from the US, 2005-2006 PBA Player of the Year Tommy Jones, two time PBA titleist Mike Fagan and Canadian star Dan MacLelland.

The AMF Australian Masters was a collaboration launched in 2010 by Tenpin Bowling Australia and AMF Bowling to cement Australia on the competitive tenpin bowling circuit internationally.

“The young tenpin bowlers in this country are extraordinary – at last year’s tournament I was blown away at the talent we have here. This event is an important opportunity for our local bowlers to compete on a global stage and to raise the prestige of tenpin bowling as a competitive sport,” said CEO of AMF Bowling, Jordan Rodgers.

High ranked Australian bowlers competing this year include defending male champion from 2010 Sam Cooley; Carol Gianotti, who was recently inducted into the USBC Hall of Fame and Jason Belmonte a current member of the PBA and known around the world for his unique two-handed bowling style.

Prior to the introduction of the Masters tournament in 2010, it had been many years since Australia had hosted a significant international tenpin bowling tournament to attract the sport’s finest athletes from around the world.

The AMF Australian Masters will again be part of the TBA Adult National Championships taking place at AMF Bowling Rooty Hill RSL. TBA CEO and Commonwealth Games champion Cara Honeychurch commented, “With well over a 50% increase in entries and a 40% increase in the number of bowlers attending the Nationals from 2009, it clearly made sense to host the Championships at AMF Bowling Rooty Hill RSL again in 2011. We look forward to welcoming more of the world’s best athletes to our event this year.”

Registration is now open for the AMF Australian Masters on the TBA website http://www.tenpin.org.au. Footage from last year’s tournament is available online: http://www.youtube.com/watch?v=DiAZU82yzo

Look Who is Coming for the AMF Australian Masters

Mika Koivuniemi
Finland
2010-2011 PBA Player of the Year
9 PBA Tour Titles
Only European player to have won the Japan Cup
World Bowling Writers Hall of Famer
2010 AMF Australian Masters Champion
2005 QubicaAMF World Cup Champion

Lynda Barnes
U.S.A
World Bowling Writers Hall of Famer
2010 AMF Australian Masters Champion
2005 QubicaAMF World Cup Champion

Dan MacLelland
Canada
4 time member Team Canada—14 medals
2011 Canadian National Champion
One PBA regional title

Tommy Jones
U.S.A
2005-2006 PBA Player of the Year
13 PBA Tour Titles
PBA Tour Record—Shortest time between 1st and 10th title

Mike Fagan
U.S.A
Turned Professional in 2002
2 PBA Tour Titles
Highest finish in a PBA Tour Major—3rd
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Heading to the 2011 National Championships in Sydney? Book early to avoid disappointment and enjoy competitive rates & heavily reduced liabilities with Europcar. Whether you need a compact vehicle, full sized sedan, people mover or mini bus, Europcar has your rental needs covered.

Simply call 1300 131 390 and quote the Tenpin Bowling Australia discount code 50058275 when making your booking.

Want to book online?
Go to www.tenpin.org.au, click on the Europcar link and the discount code is already applied!
8th TBA National Disability Championships

AMF Woodville played host to the 8th TBA National Disability Championships from 4th -10th June. 220 bowlers from around Australia joined in the week long event. Congratulations go to all bowlers who participated throughout the week with a special mention to Northern Territory who won the graded state team challenge and Queensland who took out the scratch state team challenge.

There was a great mix of bowlers participating including athletes with vision impairments, intellectual disabilities, cerebral palsy, Les Autres, transplants, hearing impairments and bowlers in wheelchairs. The group put their ‘disability’ aside and competed with great sportsmanship and in the true spirit of the game.

The lane conditions proved tough, but the athletes proved tougher with 38 games exceeding 200 for the week. The first of these was bowled in the very first game of the Championships with Queensland Bowler, Shane Hurst rolling a very nice 218 game to start off his Championships campaign.

TBA would again like to sincerely thank the Tournament Team headed up by Tony Morris, who once again put on a great Championships due to their dedicated work not only during the tournament but also for the many months leading up to the tournament. Special thanks must also go to Karen Kelly from South Australia who kindly filled in for the draft teams in the State Team Challenges. Karen earnt herself a bronze medal for the trouble helping the TBA Scratch Team to a 3rd place finish.

Special Achievements

There were great scoring across the championships by all bowlers but some notable achievements are listed below.

**Most Pins Over Average (Game)**
Trevor Harrison (NT) 210 Game—78 over average.
Sarah Griffiths (Ipswich) 233 Game—86 over average.

**Highest Game**
Rhian Patching (QLD) 246 Game
Sarah Griffiths (Ipswich) 233 Game

**Highest Series**
Shane Hurst (QLD) 628 Series
Sarah Griffiths (Ipswich) 563 Series

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- All the scores from the 2011 Championships are now available on the Tenpin Events Webpage
- The National Disability Championships has been hosted by every state bar Tasmania and Northern Territory, with Tasmania hosting the Championships next year
Welcome Trent Masenhelder

Tenpin Bowling Australia Limited is delighted to advise that Trent Masenhelder has officially joined TBA as the new National Inclusion Officer. The new position created through the funding received from the Australian Sports Commission will have a major focus on the disability sector and will be the first time in the sports history that the National Sporting Organisation has had a dedicated resource to help promote and develop participation for people with a disability.

Trent joins us with a wealth of experience in a diverse range of areas. He has worked as a development officer for Athletics Australia delivering programs to diverse communities, including working with people with a disability, at the local, state and national levels. Trent has also worked as Sport and Recreation coordinator with Sacred Heart Mission and his most recent role was National Operations Manager of Reclink, setting up services in all states and territories. Trent has a passion for helping disadvantaged people and through his experience particularly at Reclink has seen the power sport and recreation can have on improving people's lifestyles.

The National Inclusion Officer’s role will mainly be responsible for the development of a participation program for people with a disability to engage with the sport. The program will be piloted in 3 states; Queensland, South Australia and Victoria and with the intent to expand the program to all 8 states and territories in the longer term. Trent will also help to define the pathways for athletes with a disability so every athlete can be given every opportunity to achieve the very best they can achieve.

Trent’s first day saw him attend the TBA National Disabilities Championships where he got his first taste of competitive Tenpin Bowling. Surprised by the talent and number of athletes competing Trent got to meet athletes, coaches, managers, parents and administrators alike. Trent commented, “In the very short time I have been with TBA I have been impressed by the passion and commitment by those involved in the sport including administrators, volunteers, coaches and participants to increase the profile of this fantastic sport and to ensure TBA becomes a respected and successful NSO”. Trent whilst based in Melbourne is more than happy to assist all states with any aspect of their disability inclusion programs. To contact Trent drop him a line at trent@tenpin.org.au.

WTBA & Special Olympics Partnership Formed

Arlington, Texas - The World Tenpin Bowling Association has become the first international federation to sign a proclamation of mutual support with Special Olympics International.

The agreement includes a Special Olympics event to be held in conjunction with the 2011 World Tenpin Bowling Association World Women’s Championships in late August in Hong Kong. In addition, the proclamation sets the stage for helping recruit coaches to train Special Olympics athletes.

“WTBA is proud to be the first international federation of Special Olympics International to sign the proclamation of mutual support,” said Kevin Dornberger, WTBA President. “It’s my hope that all of our future world championship events shall include a Special Olympics competition as well. The synergies of the combination of two organizations’ volunteers, spectators, media coverage and sponsors will improve both Special Olympics and WTBA.”

Dornberger recently attended a press conference announcing the proclamation at the Special Olympics World Summer Games in Athens, Greece. Also attending the press conference were representatives from the International Olympic Committee, the United Nations, UNICEF, SportAccord, FIFA and several famous athletes.

“Special Olympics is pleased to have the support of the World Tenpin Bowling Association as we strive to share the physical and social benefits of tenpin bowling with more athletes, more coaches and more sport officials through expanded competition opportunities,” said Brady Lum, President and COO of Special Olympics International. “In partnership with the WTBA, Special Olympics will use the sport of tenpin bowling as a platform for demonstrating the skills and capabilities of person’s with an intellectual disability, fostering a community of acceptance which celebrates the effort to be one’s best rather than a singular focus on the best.”

- At the last Women’s World Championships in 2009 Australian duo Ann-Maree Putney and Carol Gianotti won a silver medal in the doubles event
- Special Olympics is the largest sports organisation in the world for children and adults with intellectual disabilities, operating in 175 countries and supplying services to more than 3.1 million athletes.
Team Australia is back on home soil following an awesome performance at the 2011 Special Olympics World Summer Games in Athens.

Minister for Sport Mark Arbib and Parliamentary Secretary for Disabilities and Carers Senator Jan McLucas congratulated the Australian Special Olympics team. Senator Arbib praised the Australian team for their athleticism and sportsmanship which saw them take home 46 gold, 43 silver, and 32 bronze medals, and finish eighth on the medal tally.

“The Special Olympics World Summer Games has been one of the biggest international sporting events this year,” Senator Arbib said.

Senator McLucas, who supported the team in Athens, said the Special Olympics World Summer Games were an opportunity for people with intellectual disability to overcome prejudices and demonstrate what they could achieve when given the opportunity. “The achievements of our Australian team are an inspiration to all,” Senator McLucas said.

“Our athletes have achieved a number of personal best performances and a host of medals across a range of sports, but above all, the courage and commitment shown by our team has been inspirational. Australia should be very proud. Our athletes have all proven that disability is no barrier to achieving.”

The Australian team performed very well on the lanes, bagging six gold medals, five silver medals, and three bronze medals.

Kylie Trevarthan, Stephen O’May, Daniel Tsatsaronis and Raymond Scott claimed gold in the M6 Mixed Team event with a total score of 1910. Gerrelle King (score of 471 in Division 9), Vaughan Nilsson (528 in Division 10), Stephen O’May (496 in Division 11) and Krystal Petherick (431 in Division 29) all claimed gold in singles events.

Krystal Petherick, Belinda Hancock, Lyn Tanner and Gerrelle King bowled 1468 to take silver in the F2 Female Team event. Raymond Scott took out the silver medal in the Division 19 Singles with a total score of 412, and then teamed up with Steven Marshall to once again claim bronze in the Division 26 Doubles with a very good score of 791. In Division 23 Doubles, Vaughan Nilsson and Stephen O’May teamed up to take silver with 950, whilst Daniel Tsatsaronis and Villiamu Tumaalii took bronze with 945. The Aussies took the quinella in the Division 10 Doubles with Gerrelle King and Krystal Petherick winning gold with 827, narrowly beating compatriots Kylie Trevarthen and Belinda Hancock who finished with 824.

Steven Marshall won a bronze medal with 328 in the Division 39 Singles event, and then teamed up with Villiamu Tumaalii, Vaughan Nilsson and Matthew Hunter to claim another bronze medal in the M5 Mens Team event finishing with 1597.

For more information and to check out all the action from the Special Olympics World Summer Games 2011 head to http://www.specialolympics.org/world_games.aspx

- Tenpin Bowling is one of 22 sports to be offered at the Special Olympics World Summer Games
- The Special Olympics World Summer Games is held every four years, just like the Olympics
- The Special Olympics World Winter Games is to be held in 2013 in South Korea
Making News in New South Wales

There is a 15-year-old autistic boy grinning from ear to ear as he knocks down seven pins with a single ball and a vision impaired man, stick in hand, putting out a competitive challenge to his fully sighted partner. Meanwhile, at another lane is a bowling stalwart offering a few tips to a newcomer who has an intellectual disability, but a determination to learn all he can about his new-found “favourite sport” of tenpin bowling. But the one common occurrence across the lanes is smiles and plenty of laughter from all comers.

This is a scene at Highlands Ten Pin, Mittagong, and it is one that can be enjoyed every week at the Thursday bowling league. The friendly competition kicked off earlier this year and while the battle to secure bragging rights on the day is obvious the air of mate-ship, encouragement and great fun is even more apparent. Highlands tenpin league coordinator and certified coach Diane McAusland beams with pride about the success of the Thursday morning league, which continues to grow as people travel from as far as Goulburn to hit the lanes each week. “The league is open to everyone and anyone and has become very popular with people with disabilities,” she said. “We have certified coaches available to guide and support players and there is a mix of abilities among those who take part.”

Some have played tenpin bowling for a long time and rack up an impressive score each week, including regular Alex Smith, 25, who has competed in tenpin bowling in the Special Olympics. Others are just beginning and are equally thrilled to knock down only a few pins with each ball. But all, regardless of ability or experience, are eager to experience the thrill of a strike where all 10 pins go down in a single bowl.

Newcomer, Will Clarke, 15, who suffers autism, quickly immersed himself in the sport reveling in the excitement of knocking down as many pins as possible. His mum, Angela Clarke is equally excited about her son’s newfound passion. “The support of staff and other players in the league is incredible,” Mrs Clarke said. “Will hasn’t been able to play most other sports. He struggles to keep up with the play in games like soccer or football especially the sequencing of events such as catch the ball, run, put the ball down for a try for example. “The great thing about tenpin bowling is he can play it at his pace - it is a sport that can be slowed down so that he can grasp and manage each sequence.”

Another participant, Mick Cooper, who is visually impaired travels with a group of other visually impaired people from Goulburn to Mittagong each month to take part in the league. “We’ve tried tenpin bowling at other centres including going as far as Canberra, but the Highlands league and the staff at Mittagong are the best,” he said. “This is a great way for us to get out, have some fun and meet other people. “The funny thing is that the two people that come with us who have good eyesight are the ones that use the bumpers.”

Mrs McAusland said she had worked with a disability group several years ago and one of the greatest rewards in that job was seeing the smiles on people’s faces when they achieved something new or as they were cheered on by their peers. “That is what happens in this Thursday league and it’s great to be a part of that environment,” she said. “This is an all inclusive league and we are keen to see it grow. “We will even look to introducing it on other days in the future.” The Thursday morning league begins at 11.30am each week and newcomers of all abilities and ages are welcome. Coaching and other support is available.

Details - www.highlandstenpin.com.au or (02) 4871 1600.

VicTenpins News
Funding Boost for Victorian Inclusion

Thirty State Sporting Associations will share in $10.2 million from the Victorian Health Promotion Foundation (VicHealth) over the next three years in a bid to make sports in Victoria more welcoming places. TBA is delighted to report that tenpin bowling was one of the sports to share in the funding with a $210,000 grant over three years awarded to VicTenpins, the Victorian State Association for the sport.

The VicHealth State Sporting Association Participation Program 2011-2014 aims to increase the participation of priority populations through creating sporting environments that are safe, accessible, inclusive and equitable, with a particular focus on women and girls, people with a disability, Indigenous Australians and people from culturally diverse communities.

Beyond simply encouraging more people to play, the new grants aim to bring about sustainable organisational and cultural change at a state and member level.

VicHealth’s Acting CEO Associate Professor John Fitzgerald said the State Sporting Associations should be congratulated for taking initiative to make sport attractive for all members of society, in particular for groups within the community who are currently underrepresented in sport.

“Over the past 50 years, Australian culture has shifted from an active nation to one with a lifestyle that is mostly inactive. Physical activity can prevent heart disease, Type 2 diabetes and osteoporosis, some cancers and obesity, as well as providing protection from common mental health problems anxiety and depression,” Fitzgerald said.

“As well as guarding against chronic illness, physical activity strengthens relationships and contributes to healthy communities. It’s important to nurture safe and supportive sports that are welcoming of all.”

The Victorian State Sporting Associations that will work to become safer, accessible, inclusive and equitable are:


**Indigenous:** Canoeing Victoria, Victorian Rugby League Inc, Victorian Rugby Union Inc. **Culturally diverse communities:** Tennis Victoria, Netball Victoria, Cricket Victoria, LifeSaving Victoria, Volleyball Victoria Inc., Badminton Victoria, Victorian Softball Association.


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TBAQ News

Tournament News

Queensland bowlers are fortunate to have a wide range of events to compete in throughout the year, however, the Queen’s Birthday long weekend is the most action packed.

For the Over 45’s, ATBSO Queensland hosted their annual State Championships and State Team roll-off at Burleigh Heads Bowl. The choice of venue was no coincidence as Burleigh Heads Bowl will also hold the ATBSO National Championships and Interstate Challenge in September. Congratulations to the following bowlers who were successful in attaining a place in one of the Queensland State Teams. **Open Team**—Lawrie Hill, Brian Robinson, Larry Birch, Peter Mifsud, Graham Hall, Andrew Nicol, Barb Richmond, Donna Wingett, Anne Kirby, Gale Heley, Joyce Everson, Tracey Crisp. **Classic Team**—John Lilley, Alex Blakeley, Jenny Yarnold, Belinda Mifsud, Christine Titheradge. **Restricted Team**—Grant Barsby, John Filko, Ray Muller, Maurice Fadl, Richard Wallace, Gregaylor, Margaret Wingett, Delores Dunlop, Colleen Hayward, Amber Hansen, Rosemary La Spina and Ngaio Hadley.

Two other notable events held on the Queen’s Birthday long weekend are the “Intercity Shield” in North Queensland and the “Association Challenge” in South Queensland. This year Innisfail Sugarbowl Lanes hosted the Intercity Shield and the home side took advantage of their local knowledge coming away with a four point victory over Burdekin. Not to be out done by their Northern constituents, the Association Challenge hosts, Rockhampton, escaped a one game mixed team playoff to beat Caboolture in the Association Challenge. Congratulations to the All Stars of both events in what turned out to be some extremely challenging conditions.

President’s Shield Team Trials

The number of juniors rolling off for the 2012 President Shield teams at the end of June were very pleasing, and keeps faith that junior bowling is alive and well in Queensland. Over 50 youngsters throughout the State put their bowling talents to the test in order to secure a spot in the President Shield teams for North and South Queensland, and we congratulate the following who were successful in their endeavours:

**South Queensland**
Michael Tomicek, Dylan Lucas, Jake Otago, Jayden Lemming, John Margiolis, Nick Hohn, Zack Caldwell, Rebecca Jenkins, Madeline Kemp, Katrina Carr, Shannon Gallagher, Tarmeka Tritton, Kassie Baldwin and Rachel Manskie.

**North Queensland**
Chloe Wilson, Gena Ott, Emily Anderson, Katey Furze, Nicole Winfield, Mikayla Lovegrove, Christopher Hays, Jacob Nowak, Dylan Magatelli, Dylan Ross, Jarrod Langford, Matthew Dickson and David Dickson.

Australian Representatives

The makeup of teams for the 2011 Asian Senior Tenpin Championships was finalised following the Sydney Seniors Cup in June, and TBAQ would like to extend congratulations to the following Queenslanders who will travel to Guam in November as part of the Australian contingent – Lawrie Hill, Mike Sullivan, Vaughan White, Gary Bernardin, Alan McKay, Barb Richmond, Ann Kirby and Jeanette Davis.

TBA National Disability Championships

Queensland Disability bowlers returned from the TBA Disability Nationals in Adelaide with a swag of medals across all divisions. Individual awards went to Sarah Griffiths of Ipswich, for Highest pins over average for game, Highest Game and Highest Series (women), Rhia Patching of Aspley for highest game (men) and Shane Hurst of Ipswich for highest series (men).

Other Queensland disability bowlers in the news this month are Vaughan Nilsson and Stephen O’May, who have taken out a silver medal in the Division 23 Doubles event at the 2011 Special Olympics World Summer Games. Over 7,500 athletes are competing from 185 countries in what is the largest sporting event in the world this year. Tenpin bowling is one of 11 events in which the 130 Australian athletes are competing. Well done boys on a fantastic achievement!

State Training Squads & Junior Development Camps

Queensland bowlers are reminded that Queensland State Training Squads and Junior Development Camps are fast approaching – information is available at www.tbaq.org.au
Tenpin SA conducted the first ever Tenpin SA Awards Night on Saturday 18th June at the Prince of Wales Hotel. A great contingent of guests joined the celebration of volunteer contributions to the sport in South Australia on what was a fantastic night. State Manager, Lyn Alexander expressed how ‘great it was to see so many people coming out to support our valued volunteers. It just goes to show not everyone takes the work that goes on behind the scenes for granted.’ Dion Alexander, Sports Development Officer acted as MC for the inaugural awards night and spoke of the long way Tenpin SA has come in the last 18 months. He concluded the night with a passionate promise for the future that ‘SA Tenpin Bowling is a force to be reckoned with and we will not stop until this sport becomes one of South Australia’s major sports for everyone.’

The main highlight of the evening was the awarding of Tenpin SA Volunteer of the Year. This coveted award went to no other than Tracy Howie. Tracy who also received a Tenpin SA Say Thanks Award and an Honored Treasurer Award from the Westpac Community Treasurers Award Program, was awarded Volunteer of the Year and not before time. Amassing 10 years service for the Cross Road Tenpin Bowlers Association and Moonshine League, Tracy spends hours every week making our sport an enjoyable experience for all those touched by her work. Tracy received the Tenpin SA Volunteer of the Year Award because of the time she donates at so many levels of our sport. Not many put their hands up for the role of Treasurer and Tracy does it for two organisations in our sport, something truly remarkable. A great ambassador for our sport, Tracy also encourages new people to volunteer and be involved with Tenpin Bowling whether it be through the Moonshine League, the CRTBA, Tenpin SA or TBA. Tracy is one of a kind and as such Tenpin SA is proud to call her the Volunteer of the Year for 2011.

Tenpin SA is committed to ensuring volunteer contributions are celebrated and recognised and as such will be conducting the Tenpin SA Awards Night in conjunction with the 2012 State Championships. Stay tuned for more news about the 2012 Tenpin SA Awards Night and the 2012 State Championships which will be the fiftieth anniversary of the State Championships in South Australia.

For more details on who won awards at the 2011 Tenpin SA Awards Night check the Tenpin SA Website under the Awards Section www.tenpinsa.com.au

Plympton Primary School Victorious

Thursday 7th July 2011 marked the first SAPSASA Year 6 & 7 Tenpin Bowling Championships conducted by Tenpin SA at AMF Norwood.

8 teams from 4 different schools around South Australia battled out the Championships in what was a very competitive event. Teams came from Plympton Primary School, Burc College, Woodcroft Primary School and Marion Primary School.

The eventual winners were the Plympton Strikers representing Plympton Primary School. The team consisting of Stuart Taeuber, Sam Malek and Brayden Londen took out the first ever SAPSASA Tenpin Bowling Championships. In second place was the Marion Dynamos from Marion Primary School and rounding out the medals were the third placed Woodcroft Legends from Woodcroft Primary School.

For full results check the Tournament Results section of the Tenpin SA Website.

Tenpin SA would like to congratulate all the participants and hope to see more teams next year for the 2nd SAPSASA Year 6 & 7 Tenpin Bowling Championships.
Bowler Profile—Lexi Nicoll

Birthday: 12th December 1989
Star Sign: Sagittarius
Born At What Town: Gosford, New South Wales
First Job: Party Host at Gosford City Bowl
The Reason I Bowl: The game is always changing, so there is always something new to learn which keeps me on my toes. I love going away to tournaments and catching up with friends.
If I wasn’t a bowler I would be: A swimmer
The Bowler I’d most like to partner in a doubles tournament: Wendy Macpherson or Liz Johnson
Sporting Hero: Martina Hingis
My Proudest moment in my bowling career: Winning a gold medal for Australia in the singles event at the 2011 Asian Adult Championships in Abu Dhabi & winning back to back National Youth Cup Titles in 2009 & 2010
My Nickname: Sexi Lexi & Pengie
Favourite Food: Steak, Potato Bake, Lasagne, anything with Mango & Chocolate
I Can’t Get By Without: Raspberry Slushy & My Phone
I Like to Watch On TV: One Tree Hill, Gossip Girl, Two and a Half Men & Family Guy
I Like to Listen to: What’s on the radio and top of the charts
Favourite School Subject: Hospitality & Physical Education
Where I Would Like To Be In 10 Years: Own a house, living life and probably still bowling
# 300 Club for June-July 2011

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<td>Dominic Carswell</td>
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## YOUTH RANKED TOURNAMENTS

**TENPIN SA YOUTH MASTERS**  
13th-14th August, AMF Cross Road  
**Contact** Dion Alexander  
**Ph** 0431 241 415  
**Email** sadevelopmentofficer@tenpin.org.au

**SYDNEY YOUTH CUP**  
17th-18th September, Campbelltown City Bowl  
**Contact** Leanne Triulcio  
**Ph** 0418 889 888  
**Email** league@bigpond.com

## OPEN RANKED TOURNAMENTS

**AMF AUSTRALIAN MASTERS**  
21st-22nd October, AMF Rooty Hill RSL  
**Contact** TBA  
**Ph** 07 3262 4455  
**Email** tenpin.bowling@tenpin.org.au

## WOMEN’S RANKED TOURNAMENTS

**AMF AUSTRALIAN MASTERS**  
21st-22nd October, AMF Rooty Hill RSL  
**Contact** TBA  
**Ph** 07 3262 4455  
**Email** tenpin.bowling@tenpin.org.au

## SENIOR RANKED TOURNAMENTS

**NATIONAL SENIORS CUP**  
10th October, AMF Rooty Hill RSL  
**Contact** TBA  
**Ph** 07 3262 4455  
**Email** tenpin.bowling@tenpin.org.au

## NAME THE NEWSLETTER COMP

Check out the next edition of the TBA Newsletter to see the names suggested and the launch of the newsletter name.
On The Lanes With Chris Batson

In the last edition of the newsletter I talked about adjusting ball speed in order to slow down or decrease your speed. I am going to continue with speed adjustments but the focus of this article will be how to increase your ball speed. Just as there were some lane conditions where you will have to decrease your ball speed, there are also some lane conditions where you have to increase your ball speed for you to increase your scoring potential.

Part 2
Increasing Your Ball Speed

There are times when you will need more ball speed to overcome a drying lane condition, or to increase your carry percentage with your choice of ball on a certain lane condition. There are basically 3 levels of increased ball speed which I will explain now.

Number One
Slight Increase in Ball Speed

The first is a situation where we need just a little more ball speed. You might notice that you have depleted enough oil on the lane that the ball is starting to hook a little too early or even that the ball is starting to roll out (expend all its energy before it gets to the pocket). In this situation a little more ball speed can be appropriate to increase your carry percentage. At this first level we are not trying to break the sound barrier, but just trying to make a minor speed increase. An effective tool that many people find effective is to hold the ball 3 or 4 inches higher in the stance. Like I suggested in the previous newsletter to hold the ball lower in the stance to slow ball speed the reverse is true. I always suggest that most people try holding the ball about waist high for their normal ball speed. That gives you somewhere to go if you need to amp it up a little. When you hold the ball higher you will get a boost of speed from gravity. Gravity is a very powerful force and raising a bowling ball just a few inches higher in the stance will in turn make your back swing a few inches taller. This will add the extra speed you need to hopefully improve your carry percentage on that lane condition. Please always remember that it is best to use gravity over muscle. This is because gravity is the most constant force and will be more consistently applied than the amount of extra strength a bowler may try and apply.

Number Two
Medium Increase in Ball Speed

The second level of increased ball speed is more than just a minor adjustment to get the ball to skid a few more inches. This next level of speed may be needed to overcome a much drier lane condition. If you need to increase your speed up to a couple KPH, then you need to hold the ball even higher in the stance. Try holding the ball anywhere from 6 to 12 inches higher. Please note this will also change your swing cycle, so you most likely will need to move back on the approach as the length of your approach may increase. It is always a good rule of thumb to move back on the approach by the amount you raised the ball in your stance. So if you raise the ball 6 inches higher, move back 6 inches on the approach. To better suit your new arm swing this will stretch out your steps marginally and make them a little quicker allowing you to keep your timing.

This diagram shows the ball held at waist height; the most common stance position

The ball is held above waist height and is one of several ways to easily increase ball speed
On The Lanes With Chris Batson Continued

Number Three
Large Increase in Ball Speed

The third and final level of increased ball speed is the ‘express train’ speed for want of a better term. This should be a last resort move that we make if the lanes are way too dry for us to overcome with conventional methods of ball choice and hand positions. At this speed level we will need to apply some muscle to the swing, but this needs to be applied in the right way and at the right time. We need to apply the muscle in a manner that complements and works with gravity. This will make best use of our muscle power and have the least adverse effects on our approach and accuracy. Still use the higher ball position in the stance and move back on the approach as outlined in level two. This time though, you are going to muscle the ball downwards AFTER the peak of the back swing. This is a critical point and a big mistake that a lot of people make when they try to throw the ball harder. We need to wait for the ball to reach its peak in the back swing and then wait until the ball starts to fall naturally. Then and only then, do we apply a downward pressure on the ball and increase that pressure gradually until the ball nears the bottom of the swing. If you apply muscle to the ball too early then you will decrease accuracy which of course has adverse affects on your scoring.

Things to Remember

Remember that one of Newton’s laws of motion in physics is “for every action there is an equal and opposite reaction”. This equal and opposite reaction becomes torque in the upper part of your body that will tend to open your shoulder more as you force the ball forward. We minimize this by waiting on the ball to start falling and gradually increase the pressure to accelerate the ball. This is using the laws of physics to our best advantage. When you throw the ball at this kind of speed, you will need to make sure you have a quick enough approach to retain your natural timing. Since we are forcing the ball after the peak of the back swing, the ball can start to get to the foul line before our body is ready for the release. This will result in early timing and cause you to pull the ball inside of your target and or make you have a weak release. It is a good idea to push strongly with the right leg (right handed) into your slide as you complete your next to last step. This added approach speed will also add some speed to the ball. If you find that even with your increased speed, the ball still hooks off the lane, then I suggest that you break your wrist backwards to take some revolutions off of the ball. This is especially important for high rev players.

Next time you are out there training try holding the ball at different heights and standing in different places on the approach to see how much speed you can generate without losing control. Try to only use the added speed of gravity and not additional muscle in your swing to generate speed increases and see how you go. Incorporate changing your ball speed into your practice sessions so that the next time you come up against a lane condition where you are struggling to carry, it might just make all the difference!
The 13th Frame

Ideas For Bowling Team Names

XXX-Men
Strike Force
Strike R Us
Strikeasaurus
Ten Pin Wizards
Alley Masters
Alley Oops!
Lane Surfers
Bowling Stones
Ally McBowl
The B-City Bowlers
Lanes Rangers
Split Enz
Pickup Artists
Holy Rollers
Split Personalities
Spare Wars

Chitty Chitty Bowl Bowl
The incredi-bowl Hulks
Livin’ on a Spare
No Lane No Gain
Framed For Murder
That’s What Pins Are For
Time To Spare
The Pin is Mightier Than The Sword
The Rare Spares
Bowling Bunnies
Strike Queens
Dolls and Balls
Gutter—licious
Bowling Belles

Tenpin Bowling In Cartoons

Do you have a great story to share?
Then send an email to tenpin.bowling@tenpin.org.au with your story and photos so we can include it in our next newsletter