TBA Coaching Conference Reactivates Coaching Tenpin Network

TBA was delighted to hold the first coaching conference in over 5 years in Melbourne on 15th and 16th April. With over 20 of Australia’s most prolific and experienced Tenpin Bowling coaches gathered in the one place, the focus of the conference was how best to re-engage coaches across the nation with the ultimate goal to make Australian coach and bowler education world-class. The conference reinvigorated the Coaching Tenpin Network and National Coach, Chris Batson, focused on new aspects of the game especially techniques to be taught to grass-roots participants as well as the elite.

The conference was highly successful with a clear path forward for the future of coaching in Australia. High Performance Sub-Committee Convenor, June Vokoulos, commented on the conference as ‘a positive step forward in re-establishing the pathways and courses for coaches as well as reactivating the interest in coaching. It is important that coaches have input into the Coaching Network and are awarded an opportunity to network with their peers.’ She continued by saying ‘this group has achieved a lot at this conference, but there is still a great amount of work ahead of us’.

CEO, Cara Honeychurch, who was also in attendance at the conference said ‘it was great to see so many people in the same room with a common goal to move the sport forward. I have great confidence that the Coaching Tenpin Network and the newly formed High Performance Sub-Committee have the blend of experience and youth to re-establish the elite pathways to put Australia back in the top 5 bowling nations.’

TBA is planning another Coaching Conference later in the year to coincide with the 50th National Championships and the AMF Australian Masters. A tentative date of 23rd October has been scheduled for the conference. If you are interested in joining the Coaching Tenpin Network or want further details about the conference in October, please contact Dion Alexander, National Coaching Coordinator and Project Officer at dion@tenpin.org.au.

Become an Accredited Coach

A limited supply of subsidies for Level One Coaching Courses are still available so contact your State Association about becoming a Tenpin Bowling Coach TO-DAY!! For those level 1 coaches ready to progress to the next level, TBA have subsidies of $250 available to the first 40 successful candidates to complete Level 2. Some subsidies are still available, so if you are thinking of becoming a Level 2 coach the time has never been better.

Level One
Level Two
Successful Bowlers Making Successful Coaches

Whilst the age old adage that good players will make good coaches may not always be true, it certainly is for some very successful athletes who are now also successful coaches. Two of the most successful and well-known athlete-coaches in Australia are Jason Taafe from Victoria and Dion Alexander from South Australia. Whilst neither envisaged they would ever be coaching the sport they love when they began competing, they are now producing some talented bowlers.

Jason has been bowling competitively for over 10 years and has thoroughly enjoyed his experiences competing in leagues and competition not only in Victoria but also interstate. Based at Werribee Superbowl Jason attained his Level One Coaching Accreditation at the age of just 16 and then at 19 became the youngest Level 2 Tenpin Bowling Coach in Australia. Since gaining his Level 2 Accreditation, Jason has coached Victorian and Western Australian Presidents Shield, Youth and Restricted Teams as well as assisting the National Coach, Chris Batson at the Asian Youth Championships in 2010. He will also be one of the four Assistant Coaches at this years Asian Schools Championships heading to Thailand in July.

Like Jason, Dion has a rich history as an elite Tenpin Bowler. Representing Australia at this years Asian Adult Championships and with 4 National Youth Titles and 12 State Representative outings at Adult, Youth and Junior level to his name, Dion is one of the countries most experienced elite youth bowlers. His coaching resume is just as impressive, coaching the South Australian Junior Development Squad in addition to assisting athletes to make State Representative Teams on 6 occasions in his short three-year coaching career. Dion is also the TBA National Coaching Coordinator administering the coaching portfolio and is currently undertaking his Level 2 Accreditation. When asked about coaching Dion commented ‘I never thought I would actually coach anyone. I knew from an early age I wanted to get my Level One Accreditation to help my understanding of the game, but never thought I would help as many athletes on the lanes as I do now.’ Dion continued to say ‘thankfully it has been one of the most rewarding things I have done in the sport. It is a great feeling when someone achieves something and you were a part of making it happen.’

Jason and Dion are not alone as athlete-coaches with many others seeing not only the benefits to their own game but reaping the reward and satisfaction in helping others. Keryn Delaney, an Australian representative at the 2009 Asian Schools Championships also attests to this. He became involved in coaching as ‘it’s great helping someone else out and sharing your knowledge with them.’ Likewise Simon Pearce from NSW, who will represent Australia for the second time in July at the Asian Schools Championships, when asked about the benefits of coaching remarked, ‘you just learn so much more about bowling when you are helping someone else out and it opens your eyes to what you could be doing in your own game.’

These four athlete-coaches are only a few that are reaping the rewards of coaching and continuing to re-invest their time and knowledge back into the sport. So for all the bowlers out there who have some knowledge worth sharing with others, contact your local State Coaching Coordinator or check out the TBA website www.tenpin.org.au for more details on how to become an Accredited Tenpin Bowling Coach.

TBA is listening—your card is on its way!

TBA is acutely aware than many bowlers who paid their membership several months ago are still waiting for their cards. In most cases the reason for the delay is either the centre where you paid your membership hasn’t entered your details into our database (and therefore we don’t know about you!) or alternatively hasn’t passed on your payment to TBA.

To overcome this problem, TBA will now issue all membership cards once your information appears on our database, regardless of the payment status. In addition we have scheduled an extra card run in May to clear the backlog so that members should receive their card in early June. TBA apologises for the inconvenience caused and is committed to listening and responding to the needs of its members.
Queensland will field very strong Teams at the sport’s forthcoming National Championships in Sydney and Melbourne following two days of exciting and intense bowling competition at AMF Robina Bowl on 28th & 29th May.

The roll-off tournament was launched on Saturday morning with a colourful opening ceremony attended by sport and industry leaders from around Australia. Gold Coast Deputy Mayor, Cr. Daphne McDonald welcomed the large crowd of bowlers and officials who had travelled to the Coast from all around Queensland, and South East Regional Manager for Sport & Recreation, Craig Tichon, provided valuable insights and advice, along with greetings on behalf of the Minister for Sport, the Hon. Phil Reeves.

Event compere – media personality and former professional bowler, John Burgess - introduced Commonwealth Games triple-Gold medallist, Cara Honeychurch who now leads the sport’s governing body, Tenpin Bowling Australia.

With the Gold Coast bidding to host the 2018 Commonwealth Games, Cara referred to her personal experience of Commonwealth Games competition … “As one of the incredibly fortunate athletes that had the opportunity to compete in the 1998 Commonwealth Games in Kuala Lumpur, it is a personal goal and passion of mine to do what I can to ensure that someday other bowlers get the same opportunity that I was so fortunate to have,” she stated. “When I reflect on my career in the sport, being a member of a Commonwealth Games team is one of the highlights - not only my time as an athlete, but one of life’s great experiences,” she continued.

“Representing your State is an incredible achievement and honour, and is of course the pathway to ultimately representing your country”, Cara told the assembled athletes.

TBAQ President, Trevor Gilliland then acknowledged fellow Board member, Andrew Shinnie’s recent induction into the Queensland Association’s Hall of Fame before the MC invited Deputy President of the Australian Commonwealth Games Association, Mike Victor, to speak before cutting the maroon and gold ribbons to officially open the weekend of bowling. Representing ACGA President, Sam Coffa, Mike joined in welcoming bowlers from all around Queensland to the roll-off and introduced an entertaining and informative audio visual presentation featuring the Gold Coast’s bid to host the Commonwealth Games in 2018.

20,000 Members and Still Counting

Many of the Australian bowling community will be aware of the declining sports registration membership that TBA has been experiencing in recent years. As such, TBA launched the ‘I Love My Sport’ Campaign to promote the importance of the National Sporting Organisation and importantly the sport. So for the first time in many years, through improved relationships with key industry partners and the launch of the ‘I Love My Sport’ campaign, TBA membership is back on the increase and heading in the right direction. CEO, Cara Honeychurch stated ‘this is a significant result for TBA and for Tenpin Bowling in Australia. Without a well functioning National Sporting Organisation the sport can’t move forward and we can’t continue to deliver benefits to our members.’ Recognising that this was only the start of the hard work that still remained Honeychurch continued ‘while this result is a great start in 2011 we are committed to continue to grow membership to ensure the longevity of TBA and the sport of Tenpin Bowling in this country.’

- TBA Membership reached an all time low in 2010 with 15,265 members registering nationally
- Memberships to the National Sporting Organisation were as high as 120,000 during the 1980’s
- TBA League Membership is one of the cheapest memberships for all sports in Australia at $29.50
- Tenpin Bowling Australia is the only national sporting organisation recognised and funded by the Australian Sports Commission to govern the sport of tenpin bowling in Australia
Members Benefit with TBA Awards Program

Have you achieved something great lately? 100 over average? A 200 game? Then you may be eligible for a TBA Award. In January, TBA announced the launch of a new awards program. All TBA Members in 2011 are eligible to receive a TBA header badge and award bars for their individual achievements. A detailed list of the available awards is listed below so if you have something to celebrate make sure your league secretary, association representative or local bowling centre applies for your award today. For more information visit the TBA website at http://www.tenpin.org.au/index.php?id=42.

TBA Special Achievement Awards

- **300 Game**  
  Plaque First ever 300 game free – additional plaque $40
- **299/298 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)**
- **150 Game**
- **200 Game**
- **250 Games**
- **500 Series**
- **600 Series**
- **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)**

*Please note that all UTBA administered awards are free!
41st Australian Junior National Championships

Oz Tenpin Geelong hosted a very successful Junior National Championships from 9th to 23rd April. TBA would like to acknowledge the time and effort of the many dedicated Coaches, Managers, Guardians and Parents whose commitment to the event ensure its success each year. TBA congratulate all the Junior Bowlers who participated over the two weeks and in particular the following bowlers for winning their respective events.

Jarrad Langford (NQLD)  Sarah McRae (SNSW)
Tristan Foo (SNSW)      Natasha Jarvis (WA)
Ben Johns (SQLD)        Emily Rigney (NNSW)
Caine Thompson (WA)     Sarah Ghensi (NQLD)
Aden Roffey (SLSQ)      Morgan James (SLSQ)

2011 President’s Shield Overall Results

<table>
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<th>Points</th>
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<tr>
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<td>151</td>
</tr>
<tr>
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<tr>
<td>Victoria</td>
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<td>Southern NSW</td>
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<tr>
<td>South Australia</td>
<td>94</td>
</tr>
<tr>
<td>ACT</td>
<td>77.5</td>
</tr>
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Special Achievements

Two special presentations were made at the President’s Shield Dinner Dance. Melissa-Ann Fisher was presented with a plaque for achieving 10 years of participation in the Australian Junior Nationals. Just short of the all time record of 124 games in President’s Shield, Kaitlyn Commane from Tasmania was presented with a plaque for achieving 100 games in President’s Shield. This was Kaitlyn’s 7th time representing Tasmania in President’s Shield and she is part of the Asian Schools Team sponsored by Brunswick heading to Thailand in July.

Australian Masters Winners Tristan Foo and Jessica Nicholas

38th Junior Interstate President’s Shield

The President’s Shield as always was a keenly contested and highly competitive state versus state team event. Oz Tenpin Geelong was packed with parents and supporters cheering on the best junior bowlers in the country from all states and territories. After a gruelling three days on very challenging lane conditions the South Queensland team narrowly edged out Western Australia by one point to take the Shield. It was tight at the top of the table with Northern NSW only finishing 4 points behind Western Australia to claim third. South Queensland put on a fine performance over the three days with the Boys team claiming victory and the South Queensland girls finishing in third. Whilst the Western Australian girls tried their utmost to claim the overall Shield by winning the girls section for the second consecutive year, South Queensland proved their resilience in the closing stages of the tournament to hang on by the barest of margins. Congratulations must also go to the All Star Teams from the President’s Shield.

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
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</thead>
<tbody>
<tr>
<td>Jarrad Langford (NQLD)</td>
<td>Sarah McRae (SNSW)</td>
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<tr>
<td>Tristan Foo (SNSW)</td>
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<td>Caine Thompson (WA)</td>
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<tr>
<td>Aden Roffey (SLSQ)</td>
<td>Morgan James (SLSQ)</td>
</tr>
</tbody>
</table>

President’s Shield Boys All Star Team

Kaitlyn Commane
Australian QubicaAMF World Cup Representatives

More than just a tournament win was at stake at the Vic150 and Australian Open held at AMF Keon Park over the Easter weekend. The tournaments also decided the Australian Representatives for the 47th QubicaAMF World Cup to be held in Johannesburg, South Africa in November. The bowl was a buzz with PBA Tour star Jason Belmonte making the trip back over to Australia to compete for the qualifying spot following his success at the 2011 Orange Audi Open the weekend earlier. While George Frilingos, Australia’s Number 1 Ranked Player in 2010, threw out a formidable challenge to Belmonte, Jason hit his straps on day 2 averaging a massive 244.69 and winning 10 out of 13 match play games to qualify for the World Cup.

While it was experience fighting it out in the men, the youth of Australia showed that they are a force to be contended with in the female ranks. Jacinta Gilliland, Emily Robertson, Cassie Staudinger and Lexi Nicoll were causing trouble for the lady that is no stranger to the World Cup; Ann-Maree Putney, on the first day of qualifying. While Ann-Maree stepped up a gear on the second day, Jacinta Gilliland from Queensland held her nerve to qualify for the World Cup for the first time. Jacinta will be one of the youngest representing Australia at the World Cup at the age of 22.

Full results from the Vic150 and the Australian Open can be found on the Tenpin Events Webpage accessible from the TBA Main Page www.tenpin.org.au

TBAQ News

World Blind and Vision Impaired Team Selection

TBAQ and the Queensland Disabilities committee wishes to congratulate Rhian Patching on his selection into the 2011 Australian Blind and Vision Impaired team to compete in Kuala Lumpur from the 9th to 16th October 2011. While Rhian is not the first Queenslander to make the team, it has been sometime since Queensland’s last representative. Rhian will take with him a vast array of experience including the Gold Medal performance as a team member of the Queensland Scratch Team in 2010 at the Australian Disability Championships held at AMF Jondalup, Western Australia. He is also a valued member of the winning 2011 Queensland Scratch State team vying to repeat the victory in the State team challenge at AMF Woodville from 4th to 10th June.

The Executive, Committee Members and bowlers wish Rhian well in his endeavors in his first World BVIT Tournament, and ALL bowlers (Scratch Restricted and Graded) in the upcoming TBA Australian Disability Championships in June, in South Australia. Entry details and all the results from the Australian Disability Championships can be found on the TBA Website www.tenpin.org.au

Back to Back 300s

Bowling a 300 is an extraordinary feat at the best of times; so to bowl 2 in a row even more extraordinary. To do it when you are 70 – well that simply speaks for itself! Deception Bay bowler Jak McDougall rolled 30 perfect shots in a row during last months’ No-Tap Mini Marathon at Aspley 10Pin bowl, and has been verified by TBA as being the oldest bowler in Australia to achieve this feat. Congratulations on a fine performance.
TBAQ News Continued

TBAQ Hall of Fame

At the 2011 TBAQ AGM held on 26th March 2011, State Secretary Andrew Shinnie was honored publicly for his administrative efforts within Queensland Tenpin Bowling with his induction into the TBAQ Hall of Fame. Andrew has been associated with the Ashmore Tenpin Bowling Association (and the Greater Gold Coast region) for 20 years, and has also been a member of the TBAQ board for the past 15 years.

2011 Queensland State Based Training Squad

The first Queensland State Based Training Squad for 2011 was held in March at AMF Mt Gravatt. A cross section of Queensland bowlers representing Junior, Youth, Adult and Senior bowlers attended the informative weekend, designed to add to their knowledge through exposure to sport science, high performance coaches with our own well known tournament bowlers as mentors.

TBAQ have established a unique system to boost Qld bowlers’ performances on the National Stage through inviting many lead speakers from other sports, and using the best educators and bowlers from within our own sport to provide accelerated learning opportunities for bowlers and coaches. Participation in the SBTS is a compulsory requirement for ALL Queensland bowlers wishing to be part of a Queensland State Team.

TBA’s National Coach Chris Batson, was also involved in the program to identify and encourage those persons who have the potential to be selected into future National Teams. Tenpin Bowling Australia have made involvement in the State Based Training Squad a requirement for any player who wishes to be considered for Australian team selection.

The next Queensland SBTS will be held in Townsville (Kirwan) on the weekend of the 9th and 10th July with the final squad for the year at Mt Gravatt on the weekend of 8th and 9th October. Bowlers wishing to nominate for 2011 Queensland State teams who did NOT attend the first squad in March, are advised that they should go to the TBAQ website and follow the prompts in registering for either of the remaining STS weekends. Any Senior Challenge Team nominees are advised that they will need to attend the Townsville weekend if they did not attend Mt Gravatt in March, as the Queensland side will already be in residence in Sydney for the Nationals on the dates for the October squad.

Name the Newsletter Competition

Tenpin Bowling Australia is running a competition via its Facebook page to give a name to its newsletter. Think you have a catchy name? Press the Like button on the Tenpin Bowling Australia Fan Page at www.facebook.com/TenpinBowlingAustralia and suggest your name for the newsletter on our wall. If you don’t have Facebook, drop us an email at tenpin.bowling@tenpin.org.au

Please note Tenpin Bowling Australia will remove any profane or discriminatory comments in the interest of all members. TBA reminds all members they are bound by the Member Protection Policy when commenting on the TBA Facebook Fan Page and disciplinary action can be taken.

Tenpin Bowling Australia on Facebook!!
Northern Territory Tenpin News

2011 Arafura Games

2011 ARAFURA GAMES incorporating the Oceania Paralympic Championships commenced with an upbeat and colourful opening ceremony. With acts like Jessica Mauboy and Icehouse performing along with Arafura Games dance team and the Governor General opening the Games, the fireworks display and the Roulettes it was a night of nights.

The stadium erupted when the Northern Territory entered, made up of team members from 20 sports, tenpin bowling once again stole the show with Bec Voukolos being chosen to carry the NT Banner. This meant our bowling team could move to the front of the group to support her and lead all sports onto the stadium.

The bowling events included teams from Macau, Brunei, Philippines, China, Australian Defence Force and the Northern Territory.

With 6 days of events, the competition was tight as the lane condition proved to be a real test for all competitors.

18 year old youth bowler from Macau, Zoe Dias Ma bowled the first 300 in the Arafura Australasian Youth Championships but was beaten by Australia’s Josh Alvisse in the step-ladder final of the Masters. The ladies Youth Masters was won by Macau bowler Hui Tong. The Arafura Games Open Masters was won by competition leader Bec Voukolos and Ho Weng Hu from Macau.

Media coverage for the Tenpin Event was incredible with television, radio and print media picking up several newsworthy stories. The “Today Show” mentioned the participation of Bette Whetstone who appeared on the front page of the NT News as a 92 year old competitor in the “Sport for Life”.

Tenpin Bowling has been a major sport in the Arafura Games since 1997 when there was a graded and open division. As the Games have moved, the charter towards creating a festival for emerging athletes has seen the introduction of the Australasian Youth Championships to the Arafura Games which is open to countries, regions, states and territories.

Athletes enjoy free transport for all teams, free opening and closing ceremony, meal vouchers, backpacks, drink bottles and other gifts with their accreditation.

Following the Arafura Games is the Nationally Ranked Arafura Classic Singles. This year Nat Shelley narrowly outscored the Arafura Open Masters Champion Bec Voukolos to take the singles crown. Chris Kirwin completed a Northern Territory clean sweep of the Classic Singles and took out the men’s division.

No sporting festival runs without a huge input from volunteers and our sport is no exception with a workforce that covers lane marshalling, drivers, sports medicine, merchandise sellers, workforce and sport coordinators. The team works for 12 months prior to the event to ensure that it runs smoothly. Thank you volunteers!

All scores can be seen via TBA website on Tenpin Events.
Tenpin SA News

Superstar Sims

After a very high scoring March Adam Sims, a 14-year old Junior from Bowland Salisbury, was presented with the Tenpin SA Monthly Star Award for March. Adam who made his way to the Junior National Championships was well prepared to bring home some medals.

While Adam was nominated for his 278 game and 724 series he subsequently bowled a further two 278 games during March. This follows on from his great form in February where he captured the gold medal for the Junior Open Boys All-Events at the South Australian State Championships. He was certainly one of the surprise packets from South Australia at the Championships in Geelong snagging a number of medals.

Having started Tenpin Bowling ever since he could pick up a bowling ball, the last couple of years have been some of Adam’s best. Last year he was selected to join the Tenpin SA Junior Development Squad which has seen many of the states best junior athletes make the Junior State Representative Team, Presidents Shield. We are sure Adam is not far off from doing the same. He also finished 7th in the 2010 Classic Cup during the 2010 Junior National Championships.

While he might need a few more years experience until he reaches his goal of bowling on the PBA Tour in America we are sure he will achieve a 200 league average if he keeps bowling scores like this!

Tenpin SA would once again like to congratulate Adam for his great start to 2011 and hope to see more success come the end of his league season. One TBA Member will be awarded each month so if you know someone that deserves recognition like Adam for something great in Tenpin Bowling, NOMINATE THEM NOW!! Nomination Criteria and Forms can be found on the Tenpin SA Website at www.tenpinsa.com.au/index.php?id=320.

Tenpin SA would also like to recognise the achievements of the other bowler nominated in March:

- Jace Hortara for bowling a 277 game which was 128 over average (Norwood)

Tenpin SA Awards Night

Tenpin SA is excited to launch its first Awards Night. The night funded through Sport SA and Club One will recognise the significant contribution of volunteers to the sport of Tenpin Bowling. In what will be a night of celebration of Tenpin Bowling in South Australia the Awards Night will present 5 major award categories as well as 30 minor awards.

To be hosted at the Prince of Wales Hotel, 215 Port Road QUEENSTOWN for $25 per person the awards night looks to give back to those who give so much to our great sport. The 5 major award categories (Tenpin SA Volunteer of the Year, Tenpin SA Coach of the Year, Tournament Team Volunteer of the Year, Association/League Volunteer of the Year, Youth Volunteer of the Year) and 30 ‘Say Thanks’ Awards will be presented on the night. A nomination booklet including the nomination criteria and forms can be downloaded from the ‘Awards’ section of the Tenpin SA website www.tenpinsa.com.au/index.php?id=628.

If you know someone that deserves either a major category award or you would simply like to ‘Say Thanks’ for their contributions, nominate them NOW!!

Tickets for the Tenpin SA Awards Night can be booked through Dion Alexander saddevelopmentofficer@tenpin.org.au or ring 0431 241 415. We hope you will join us for what will be a great night of celebration of Tenpin Bowling in South Australia.

Tenpin SA Awards Night proud supporters
Bowler Profile: Keryn Delaney

Birthday: 11th June 1991

Star Sign: Gemini

Born At What Town: New South Wales—Bathurst

First Job: Party Host at Bathurst Tenpin Bowl

The Reason I Bowl: Fell in love with the sport ever since I started and now I’m hooked

If I wasn’t a bowler I would be: A Professional Tennis Player

The Bowler I’d most like to partner in a doubles tournament: Wendy MacPherson

Sporting Hero: Cara Honeychurch

My Proudest moment in my bowling career: Winning the 2009 Australian Junior Open Masters and representing Australia at the 2009 Asian Schools Championships

My Nickname: Kez

Favourite Food: Pasta & Pizza

I Can’t Get By Without: Love from all my friends and family

I Like to Watch On TV: NCIS

I Like to Listen to: Lady Gaga

Favourite School Subject: Hospitality

Where I Would Like To Be In 10 Years: Running a bowling centre and still bowling
300 Club for April-May 2011

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<th>Name</th>
<th>Centre</th>
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YOUTH RANKED TOURNAMENTS

GLOBAL YOUTH CUP
16th-17th July, Oz Tenpin Geelong
Contact Rob Zikman Phone 03 9408 3077
Email robert@oztenpin.com.au

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

OPEN RANKED TOURNAMENTS

MELBOURNE TENPIN CUP
11th-13th June, Oz Tenpin Chirnside
Contact Rob Zikman Phone 03 9408 3077
Email robert@oztenpin.com.au

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

WOMEN’S RANKED TOURNAMENTS

MELBOURNE TENPIN CUP
11th-13th June, Oz Tenpin Chirnside
Contact Rob Zikman Phone 03 9408 3077
Email robert@oztenpin.com.au

QUEENSLAND LADIES CLASSIC
23rd-24th July, Caboolture Bowl
Contact Mary Flower Phone 07 3865 8887
Email flink1@bigpond.com.au

SENIOR RANKED TOURNAMENTS

VENUTO CUP
11th-12th June, Oz Tenpin Geelong
Contact ATBSOV Phone 03 9464 2130
Email rapsan@bigpond.net.au

MACQUARIE BANK CLASSIC
25th-26th June, AMF Castle Hill
Contact Susanne Jack Phone 0409 284 244
Email susannejack@bigpond.com

SA SENIORS CUP
30th-31st July, AMF Village
Contact Ronda Hatchard Phone 08 8261 1623
Email ronda@iprimus.com.au
On The Lanes With Chris Batson

Speed Control on Different Lane Conditions

This month I wanted to share some tools to help you control your ball speed as this is one of the most influential factors in increasing scoring on different lane conditions. To score successfully your ball speed must match up with the lane condition and the bowling ball you are using on that lane condition. If the lanes are too ‘oily’ or ‘slick’ for your normal ball speed, the ball will skid right past the break point. From the last edition of the TBA newsletter you will remember that the break point is the spot on the lane where the ball starts to hook towards the head pin. Alternatively when the lanes are too dry for your normal ball speed, the ball will not get far enough down the lane before it starts to make its break for the head pin. Can you think of a day or night at league or even in a tournament where the ball just wasn’t hooking into the pocket like it normally would? Well next time it happens here are some tools to adjust your ball speed so you can score regardless of what lane condition you are bowling on. Please note this issue only focuses on decreasing your ball speed, next issue will focus on tips and tools of how to increase your ball speed.

Part 1
Decreasing Your Ball Speed

So if your ball speed is too quick for the lane condition how do we slow it down? This is dependent on your bowling style. It is much easier to adjust your ball speed if you use a fairly free arm swing. You may come into more trouble in adjusting your ball speed, however, if you use a very muscled arm swing and tend to really pull the ball down from the top of the back swing. Some lane conditions require us to only slow our speed a little, while a ‘flooded’ or heavy oil lane condition may require us to cut our normal speed almost in half. If you are a bowler competing at a high level I suggest practicing your slowest ball speed often. Heavy oil lane conditions are very rare and as such bowlers do not get the opportunity to practice this skill. So to be ready for when such a lane condition comes your way, make throwing the ball slow part of your normal practice routine.

One of my favourite sayings is there is no one way to bowl as long as it works, so keep that in mind when trying out these tips. I will list a few things that I have found work for most people and next time you come up against a lane condition you are having some trouble scoring on try a few of these tools.

Number One
Hold the Ball Lower in you Stance

Unless you already hold the ball very low in your set-up or stance, lower the placement of your ball to lower your ball speed. If you only require a small amount of change in your ball speed then lower your ball only two (2) to three (3) inches. If a greater change in your ball speed is required then lower the ball eight (8) to ten (10) inches. It also helps if you can bend your knees a little more. When you lower the ball in your set-up or stance it is very important to note that this will effect your swing cycle or the amount of time it takes for the ball to travel from the first motion to the release point. Even though you are throwing the ball slower, your swing cycle may actually become quicker as the ball is not travelling as far and can effect your timing. This is where tool number two can come in handy.
On The Lanes With Chris Batson Continued

Number Two
Move up on the Approach

Another tool I have found very useful when trying to slow ball speed for a bowler is moving them up on the approach so they start closer to the foul line than normal. The same ‘formula’ applies here where you only need to make a small adjustment (2 to 3 inches) forward to make a slight difference in speed and a large adjustment (8 to 10 inches) to really control the ball speed. As I said in tool number one, the swing cycle will change if you lower the ball and I have found that for a lot of people moving up on the approach will keep them in time and help this shortened swing cycle to achieve a slower speed. Perceptively your brain recognises that you are closer to the foul line and it will compress and slow the steps by the correct amount; especially if you have been bowling for a while. My tip is to keep practicing these two tools and see what really works for you. You may find that you have to make bigger or smaller adjustments than I have recommended to maintain your timing, but at the end of the day it is what works for the individual that is important. Bowlers that already hold the ball low in their stance or tend to force the ball should just try this tool.

Number Three
Slow Pushaway

When moving up on the approach it is also important to change the speed of your swing, especially if you naturally hold your ball lower in your stance. To change the speed of your swing and adjust the ‘swing cycle’ a slower pushaway will do the trick. When slowing the pushaway one of the easiest motions to concentrate on is that of leaving your support hand on the ball for as long as you can. This will naturally slow your pushaway which then slows down your swing speed and ball speed.

Number Four
Relaxed Follow Through

One of the things that is ultimately important to combine with the other tips is to make sure you have a very relaxed follow through when you release the ball. If you come through the ball with great force at the bottom of the swing or attempt to rev the ball more it will actually result in the ball skidding further down the lane and your ball reaction becoming less controllable. You only need the momentum from you arm swing going through the ball when the lane conditions are playing very ‘slick’.

Remember practice, practice, practice and you will find you are more adequately able to combat ‘slick’ or ‘oily’ lane conditions. Stay tuned for more tips in the next newsletter on how to increase your ball speed to combat ‘drier’ lane conditions.
THE 13TH FRAME

Once considered a winter novelty associated with winter festivals throughout the northern United States and Canada, ice bowling is slowly growing into a more established sport in areas with hibernal climates. For instance, in February 2009, the World Ice Bowling Championships took place in Anchorage, Alaska as part of the Anchorage Fur Rendezvous. Such events attest to the rising significance of the fledgling sport.

Ice bowling is strictly an amateur sport and no professional sport association exists for the game as of yet. Ice bowling lanes are often cleared from natural bodies of ice such as lakes, rivers, or streams, or are created from a field of compacted snow by drizzling with water and allowing the field to freeze solid in due course, a process similar to creating an improvised ice skating rink. Scoring, game format, and general rules and regulations parallel 10 pin bowling quite closely. However, similar to bumper bowling, hay or straw bails are often used in place of gutters, allowing the bowling ball to ricochet its way down the bowling lane. Another notable divergence from modern 10 pin bowling is the lack of automatic ball return mechanisms, necessitating a human lane attendant at the end of the ice lane in order to reset the bowling pins after the bowling ball is put into play, and additionally to return the ball to the hurler. A lane attendant is also responsible for grooming the ice between games in order to ensure a uniform surface free of shavings or impediments. Since the game is often played in inhospitable conditions, with snow, sleet, and hail not unheard of during day-to-day game play, several layers of winter outerwear, including parkas, gloves, scarves, ushanka, and mukluks would be common for players to attire themselves in while engaging in the sport.

Ask any bowler to list their top 3 bowling films and after a struggle they may come up with Kingpin, The Big Lebowski and then begin to falter as they can’t remember any more.

Here’s a list of films bowling has featured in:

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<tr>
<th>The Big Lebowski</th>
<th>Bowling For Columbine</th>
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<td>Kingpin</td>
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<td>The Big Lebowski</td>
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<td>The Simpsons</td>
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<td>in the Slimeball</td>
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<td>Bowl-O-Rama</td>
<td>A Stranger Named Desire</td>
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<td>Uncle Buck</td>
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<td>League of Ordinary Gentlemen</td>
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