



Week One

BOWLER GUIDE

Getting Started KEY TOPICS

SHOES • THE APPROACH • THE LANE • LANE MARKINGS • LANE SURFACE
BOWLING BALLS • WARM UP • STARTING POSITION

1

This Bowling 2.0 bowler guide will help you focus on the fundamentals so you can become a better bowler.

SHOES



Before you can bowl, you will need to rent or buy a pair of bowling shoes. Bowling shoes are custom made with smooth leather or synthetic soles so you can slide on the approach.



SAFETY

It is important the bottom of your bowling shoes remain free of any liquid or debris.

BOWLING BALLS



Bowling balls range in weight up to 16 pounds. When choosing a house ball, use approximately 10% of your weight as a starting point (example: 140 pounds = 14-pound ball).

For a secure grip, your middle and ring fingers should be inserted to the second joint and your thumb should go all the way into the hole. Adjust according to your strength and to the hole sizes available.

TYPES OF BOWLING BALLS

Bowling balls come in different weights and coverstocks (the shell of the ball). A polyester or plastic ball will have less traction and go straighter, while a resin bowling ball will have more traction and can hook (curve) when using the correct hand position at the release.

BOWLING BALL GRIPS

Beginning bowlers start with a span known as a conventional grip. This means the fingers (middle and ring fingers) are inserted to the second joint and the thumb is fully inserted into the bowling ball. The span must fit the individual's hand size. A quick check for proper span is to insert the thumb in the ball and then lay the fingers over the holes. The span is correct when the second joint of the middle two fingers extend over the near edge of the finger holes (edge closest to the thumb hole) about one-quarter of an inch.



SAFETY

Pick up the bowling ball using both hands. Keep fingers away from other bowling balls coming out of the ball return.

THE LANE

The lane is the playing field. It is 60 feet long from the foul line to the head pin, and 42 inches wide between the channels on either side.

LANE MARKINGS

4 RANGE FINDERS
33-44 feet past the foul line

7 ARROWS
15-17 feet from the foul line

10 LOCATOR DOTS
seven feet past foul lane

FOUL LINE

THE APPROACH

The approach is the part of the lane where you start and complete your delivery of the bowling ball. It has three sets of dots, which can help you to properly line up by moving your feet. There are two sets of dots at the back of the approach and one set near the foul line.



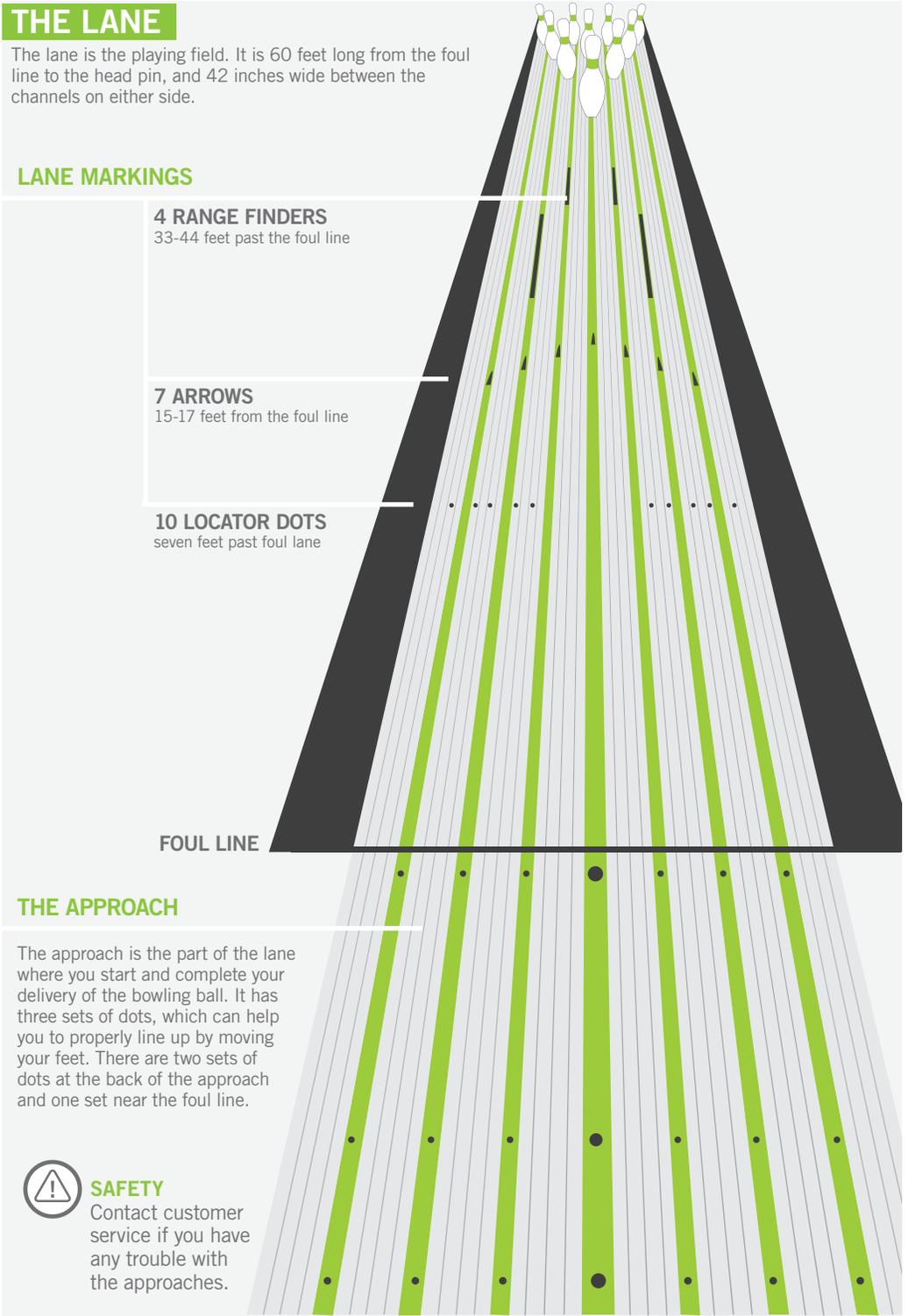
SAFETY

Contact customer service if you have any trouble with the approaches.

LANE SURFACES

Currently there are three types of lane surfaces. A bowling ball reacts differently on each surface.

SYNTHETIC **OVERLAYS** **WOOD**



WARM UP

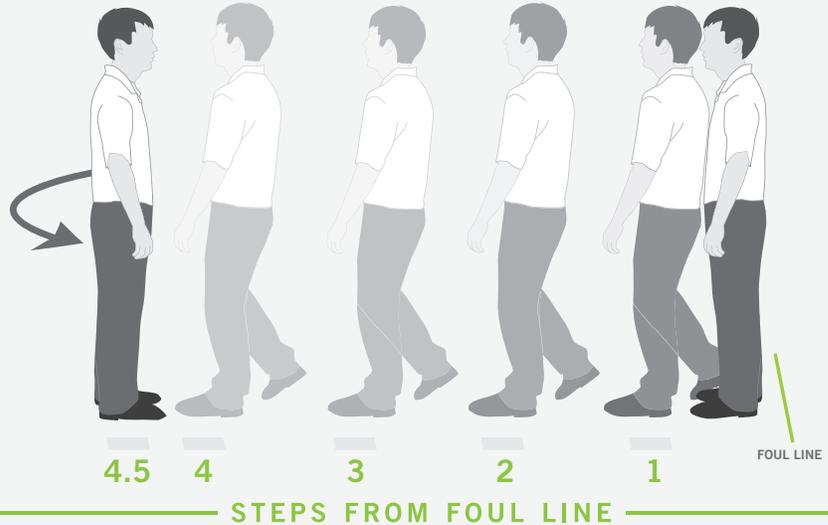
Dynamic warm-up is stretching that involves movement specific to a sport or a movement pattern in order to increase flexibility and temperature of a particular body part. Dynamic warm-up includes exercises such as jumping jacks, leg swings, torso twists, arm swings, shoulder circles and side bends. This is best used prior to practice and competition.

THREE QUICK TIPS

- 1 Choose a ball. Start with 10% of your body weight and try to find a ball that fits your hand comfortably.
- 2 Remember to show lane courtesy. Check to make sure no one is up on the approach next to you before you bowl.
- 3 The ball and steps move together in a synchronized motion.

STARTING POSITION

To find your starting position on the approach, walk up to the foul line, turn around and face the bowlers' area with your heels about two inches in front of the foul line. Take four and a half good-sized steps; on the last step, pivot on your toe. This will be your starting distance from the foul line. Adjust as needed. Use the dots on the approach as a guide for moving left or right on the approach.



FOUR-STEP APPROACH

1 SETUP

A good, balanced setup is important in developing a consistent shot.



2 FIRST STEP

THE BALL AND BALL-SIDE FOOT MOVE TOGETHER



3 SECOND STEP

BALL NEAR LEG



4 THIRD STEP

BALL AT THE TOP OF BACKSWING



5 FOURTH STEP

STEP AND SLIDE - BALL NEAR ANKLE



Release - thumb comes out first, then rolls off fingers

6 FOLLOW THRU

FOLLOW THRU TOWARD TARGET



WHAT SHOULD I DO?

My ball is stuck in the channel or the ball has not returned.

Do not attempt to retrieve the ball. Call customer service for assistance. Serious injury can result from trying to retrieve the ball yourself.

The ball is stuck in the ball return.

Do not attempt to reach in and remove the ball. Call customer service for assistance.

The pins fell before I rolled the ball.

Call customer service for assistance.

The pins are lying on the lane out of reach from the pin sweep or in the channel.

Do not roll a ball down the lane to move the pin. Call customer service for assistance.



SAFETY

Before stepping on the approach, you should wait for the bowlers on either lane beside you to complete their delivery. This is known as Lane Courtesy. Only one bowler should be on the approach.



THE BOWLER ON THE RIGHT HAS THE RIGHT OF WAY.

TWO REASONS YOU SHOULD NOT GO PAST THE FOUL LINE

1. There is conditioner on the lane and you will slip and fall.
2. You will foul and receive zero pin count for the delivery.