
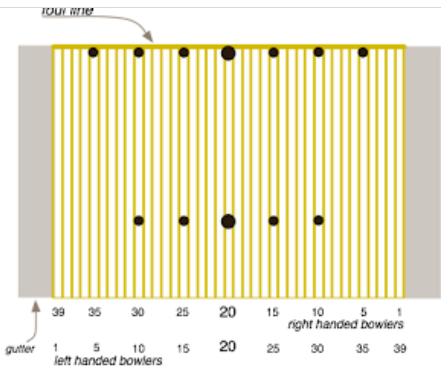
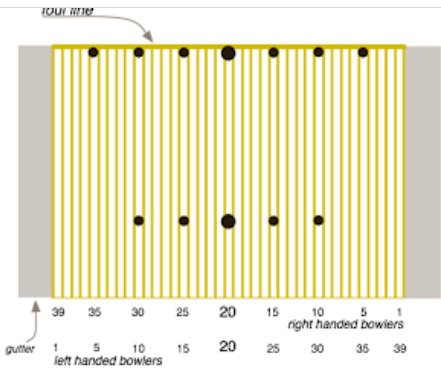
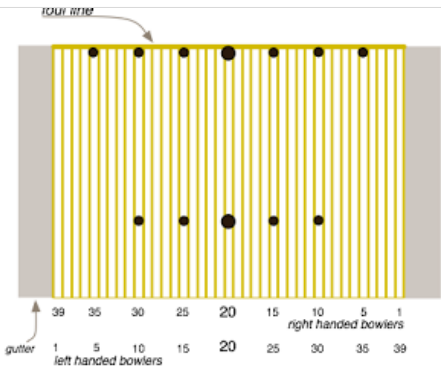


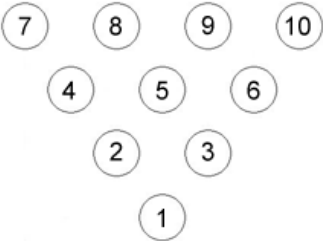
BOWLING TIPS FOR BARLOW BOWLING

See next sheet for useful vocabulary / resources. Read over this list. This list compiled by Jonathan Lam. Please tell me any tips that helped you so that I can add them here!

Level	Skill	Problems Solved	Solution / Tip
	Practice days		Practice days don't have to be high-scoring. If Coach gives you a tip and it means you have to try something new, try it! Your performance on practice days doesn't have any effect on your match scores, so use practice days to your advantage.
	Positivity		ALWAYS STAY POSITIVE! A positive mentality can be one of the greatest score boosters. Keep in mind that while the sport is competitive, it is also fun.
Beginner	Holding the ball		Hold the ball with the thumb, third, and fourth fingers. (Don't use your pointer finger!)
Beginner	Finding a ball that fits	Ball finger holds are too tight/loose on hands	With the thumb fully inserted into the thumb hole, the second knuckles of your third and fourth fingers should be in the center of their respective holes.
Beginner	Footwork		Take a four-step approach. Right foot: cross over left Left foot: straight step Right foot: straight step Left foot: straight step/slide
Beginner	Where to look to aim		Choose an arrow (15 feet out on the lane) to aim for instead of a specific pin. This will make be much easier to hit.
Beginner	Following through / holding position	Unstable release	Follow through straight toward your target with your swing. Make the <i>phone call</i> -- after your swing let your hand continue up next to your face. If this all happens in a fluid motion the motion should be straight.
Beginner	Swing timing		Match up parts of your swing with your steps for a fluid, systematic approach. First step: move ball forward, easing into drop Second step: let ball drop Third step: ball at peak behind you Fourth step: slide, release
Beginner	Elbow tuck		Keep your elbow tucked inwards throughout the whole swing. An outward elbow indicates a non-straight arm and an inconsistent release from the outside of the ball.
Beginner	Stretch before bowling		Stretch your muscles before bowling! Especially make sure to stretch your forearm and shoulder to avoid injury.
Beginner	Don't rush your steps		Take relaxed steps -- don't run up the approach. Being with three small steps, and finish with a long and relaxed slide step.
Beginner	Initial ball push		On the first step, push the ball straight out forward from its starting position. A straight initial push will set the ball moving on a good path towards the pins, and gravity should take care of the rest.
Intermediate	Hitting the pocket	Splits from hitting the pins head-on	For right-handed bowlers, aim to hit between the 1-3 pins, with as much leftward angle as possible by starting on the far right of the lane. For left-handed bowlers, the 1-2 pins and start on the left of the lane. This increases the likelihood of a strike like throwing a hook, but less extreme.
Intermediate	Free ball swing		Never force the ball. Once the swing begins, let gravity do its job and pull the ball straight.
Intermediate	Slide step		Take a long fourth step, sliding on the tip of your foot.
Intermediate	Bending knees	Unstable release	This will keep your center of mass lower and maximize the time the ball is on the lane (and not in the air where it is unstable).
Intermediate	Spare shot aiming		Shift your feet's starting position. For every pin left you want to hit, move 3-4 boards right. Aim for the same arrow you normally shoot for a strike. This pivots your shot around your target arrow by shifting only your starting position but keeping everything else consistent. Adjust as necessary.
Intermediate	Hand behind the ball	Preparing for hook bowling, better rolling and control	Instead of letting the ball hang from your hand throughout the swing, lock your wrist in a bent position (with your thumb perpendicular to your arm) for the majority of your swing. Your thumb should be pointed straight forward.
Intermediate	Rolling ball release	Ball sticking to thumb	Release the ball like a yo-yo: allow your wrist to roll into an "open" position, with your thumb parallel to your arm and perpendicular to the ground. This is especially important if your hand is behind the ball so that the ball rolls off of your hand smoothly.
Advanced	Hook bowling	High aiming, want to get higher strike percentage	Note: Don't attempt this before you learn to keep your hand behind the ball (see above). With your hand behind the ball, aim your thumb slightly left (for a right-handed bowler). As you release, the ball will go on a slight left roll, increasing the angle of incidence hitting the pins. For a larger hook, increase roll your release in a diagonal motion rather than a straight motion. Recommended to look up a video online or consult a hook bowler before trying this because it can quickly result in bad technique that puts a lot of stress on hands or doesn't give much hook (i.e., ball spinning like a top).
Advanced	"Breaking" your wrist for hook bowlers	Too much hook on spare shots	For hook bowlers only. On spare shots, <i>don't</i> put your hand behind the ball. Instead, have your thumb parallel to your arm, perpendicular to the ground, so the ball simply falls off your hand without any spin. (This is un-doing the hook on purpose!)

BOWLING VOCABULARY

Vocabulary	Definition	Image
approach	part of the lane from the back of the ball return to the beginning of the lane; only bowling shoes are allowed on this part to avoid outside dirt to get on it and interfere with sliding	
arrows	indications fifteen feet down the lane that are often used as targets for aiming	
ball return	the machine that collects and lines up the bowling balls for players to reuse again; never stick your hand in the hole of the ball return	
Brooklyn	getting a strike from the left pocket as a right-handed bowler, and vice versa for left-handed bowlers	
bumpers	(you don't get these -- never mind them)	
chop	hitting a pin in a spare but missing pins right next to or behind it	
CIAC	Connecticut Interscholastic Bowling League, a league of Southwestern CT bowling teams; the name of the bowling league we participate in	
clean game	a game with no open frames	
dots	refer to the dots on the approach used to guide a user's initial position; not to be confused with arrows	
frame	a set of one, two, or three throws taken at a time that comprise one box on a bowling scoresheet	
gutter	troughs on both sides of the lane that catch the ball if the lane is missed -- zero points are guaranteed if you get a ball in the gutter	
handicap scoring	pins given to players make competition more fair between different levels of bowling; not applicable to this league (see scratch scoring)	
head pin	pin 1, or the pin in the front of the triangle	
high hit	hitting the pocket at a greater angle or a little left of the pocket (for right-handed bowlers); more likely to leave a split	
hook	spin put on the ball so that it achieves a greater angle upon approaching the pins	
house ball	bowling ball provided by Nutmeg Bowl; generally have plastic surfaces (do not hook well)	

king pin	pin 5, or the pin in the middle of the triangle; known as the "king" pin because it is hardest to knock down, and it can sometimes be left standing when all the pins around it fall because of a lack of power in the shot	
lane	the 60-foot long run of wooden boards on which the bowling ball is thrown; consists of 39 boards	
light hit	hitting the pocket at a lesser angle or a little right of the pocket (for right-handed bowlers); more likely to glance off the triangle and not drive into the pins	
lofting	throwing the ball in an arc instead of letting it drop quickly to the lane; don't do this	
open frame	a frame without a strike or a spare	
perfect game	getting 12 strikes in a row in a single game for a 300 score	
pins	try to hit these; ten 3.5lb objects at the end of the lane, arranged in a triangle	
pocket	the area between the 1-3 pins (right pocket) or 1-2 pins (left pocket) that make a strike most probable; this is where you want your ball to finish	
scratch scoring	playing without handicap scoring; how this league is scored	
spare	when you knock down all remaining pins on the second throw of a frame; this counts as ten points plus your next throw (for a maximum of 20 points)	
split	when your first throw leaves two non-adjacent pins; not considered a split if the head pin is still standing	
split conversion	making a spare on a split	
strike	when you knock down all ten pins on the first throw of a frame; this counts as ten points plus the sum of your next two throws (for a maximum of 30 points)	
throw	a bowling shot	
turkey	three strikes in a row (four in a row is a "four-bagger," five is a "five-bagger," and so on)	
vocab list compiled from:		
https://www.ecenglish.com/en/social/blog/miami/2012/09/20/bowling-vocabulary		
http://shop.bowlersparadise.com/blog/2014/05/22/bowling-glossary/		