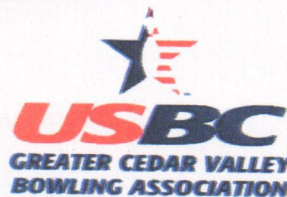


STRIKING NEWS



JANUARY 2018

USBC TRAINING SESSION

I attended a training on Saturday November 4th and Sunday November 5th in Bettendorf with some members from USBC heading the class.

Discussion started off with Bowler's Ed—In school bowling. One of the ways to help promote youth bowling. Bowler's Ed is a fun, progressive and innovative approach to promoting a healthy and active lifestyle while teaching a lifetime sport to children at an early age.

A teacher's book is supplied to introduce children to the lifetime sport of bowling. To develop cross-curricular through bowler's Ed curriculum plan. To incorporate health and fitness into a child's daily life through bowling. Most of all provide resources to teach and support bowling in every community.

The USBC mission states that USBC is the natural Governing Body for Bowling to provide services, resources and the standards for the sport.

We did a hands on with lanes certification. Learned about Lane/approach-Pit-Topography-Tape.

Lanes: crosswise and lengthwise tilts. Crowns and depressions. Lane panel, drop offs and gaps. Lane length.

Approach: Length, depressions and foul line.

Pits: Distance between kickback plates, lane width, gutter width and depth, Edge strips, pit depth and length and pin spots

Lane Topography/tape: Lane Topography is measured annually

The question is always asked by bowlers who pay their sanctions

"What's in it for me?"

1. Rules
2. Bonding
3. Certified Averages
4. Certified Lanes
5. Certified Equipment
6. Member Awards
7. Membership Support
8. Recognition

In closing just remember your leagues and members are USBC and building a future for the sport.

Theresa Allen, Director GCV



Bruce and Julie Ehlers receives from Connie Rommel a \$690.00 check donated to Iowa's Bravest from the cash raffle in Oct/Nov.

Iowa State BVL Tournament

By Connie Rommel, Tournament Chair

The Greater Cedar Valley bowlers have done it again. We have over 600 of our local bowlers who entered the Iowa State BVL Tournament. Two dollars of every entry goes to BVL. That means at least \$1200 from the GCV will help our Veterans with entertainment in some form.

Scores are coming in right now so the tournament prize list won't be out for a few weeks. When the tournament is completed, look for the prize list on our web site and the Iowa WBA web site.

I can't thank you enough for helping us support our veterans. Most of the funds we send to BVL return to Iowa to help our veterans with entertainment. The Des Moines VA, Marshalltown VA and Iowa City VA receive checks each fall. Marshalltown uses the funds we send so their veterans can go bowl in their bowling league. Each veteran league member pays approximately \$2 per day to bowl. We help with the other costs. What a great way to get our veterans out of their home (room) to enjoy a sport we all love!

We also help with the National TEE (Training, Exposure, Entertainment) Tournament held at Riverside Iowa in September each year. The veterans come from all over the USA to enjoy time horseback riding, canoeing, golfing and bowling and more. If needed, equipment is adapted so each and every one of the veterans can enjoy the fun. I have been fortunate to help with the bowling venue. Most of the veterans who bowl are legally blind and a few in wheelchairs. It's so awesome meeting and making friends with these men and women who have given to their country.

Again, thank you to those who supported this tournament. You did a great thing!!

Coaching Corner

Training the Young Ones Expectations

One of the questions / concerns I often hear from parents and coaches is regarding pin carry for their youngsters. As their biggest fans, we always want our kiddos to knock down as many pins as possible, and when they throw a good shot we want them to be rewarded. We feel they will grow frustrated by continuously getting 9-counts, or worse yet...pocket splits.

The first thing we always look to do in this situation is put the kids in a heavier ball, to try and generate better carry for them. What we have to remember is at their young age (under the age of 10 for sure) they are only going to be able to generate so much power...regardless of the weight of the ball. Unfortunately what happens (and I can attest to this from experience with my own) when you start increasing weight too soon, is they lose very valued ball speed (that is tough to regain), get into poor arm-swing habits, they lose the ability to learn proper wrist action, and can develop bad hops in their approach. As parents we don't want any of these things to happen. They are just byproducts of us trying to 'help' them knock down more pins.

As parents and coaches there are two windows of opportunity that we need to be mindful of, and really do our best to not miss. These windows are for kids' athletics in general and not just specific to bowling. Too often we get focused on the score, results, competition and not the skill development or training. These two windows we need to pay attention to are Speed and Skill.

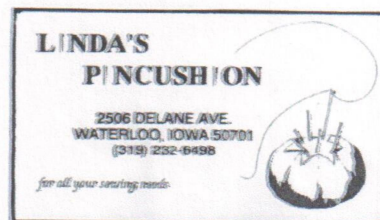
For boys, the first speed-training window occurs between the ages of 7 and 9 years and the second window occurs between the ages of 13 and 16. For girls, the first speed training window occurs between the ages of 6 and 8 years and the second window occurs between the ages of 11 and 13 years. During these phases...it's imperative they learn how to get enough speed and momentum on the ball. It doesn't matter if they take 2 steps or 10, throw the ball one handed or two...they must develop speed during this time period. We've always been taught to slow down, and as the kids get older...having fast feet can be an issue, but at this age they need to be able to generate the speed they need. The rest will catch up as they physically grow.

The next category I mentioned is skill. The window for optimal skill training for boys takes place between the ages of 9 and 12 and between the ages of 8 and 11 for girls. So, it's important that by the time they get to these windows they have already developed the ability to have enough speed and power to go with it.

These are things not often taught, and certainly things we did not know growing up. However, now that we are learning these things it's important that we make use of all this research and development to best help our youth and to better ourselves as coaches and spectating parents. More than ANYTHING at these young ages...allow your children to have fun! Bowling is a sport they can enjoy their entire lives, but if they don't enjoy it now they won't continue doing it. Give them pointers, bring them to practice, and let them enjoy themselves. It's something we can enjoy with them for many years to come!

Brandon Steen, Director GCV

USBC Silver Level Coach



December 1 - Entries close Iowa State USBC BA & WBA Tournaments

1 - Entries open GCV Open & Women's Assn. Tourn. (Team @ Maple, D/S @ Cadillac)

January 15 - Entries close GCV Association Tournament

27 - Entries close Bowl for the Cure Mail-In Tournament

29 - Feb. 4 - GCV Association Tournament

February 1 - Entries open ISUSBCWBA Sr. Women's Tourn. (April 28, 29, May 5, 6, 12, 19, 20 Jefferson)

1 - Entries open ISUSBCBA Senior Men's Tourn. (April 14-15, 21-22, 28-29, May 5-6 Oskaloosa)

15 - Deadline for GCV Hall of Fame/Sponsor of Year Nominations 9-11 - Fusion Realtors Cedar Valley Open Pro Am (Cadillac) 18-24 - Cash Raffle for Youth Scholarship Fund & local charity

Community
NATIONAL BOWL

Brandon Steen
LPO Manager



1920 Main Street, Suite A
Cedar Falls, IA 50613
319-454-5434 Cell
866-471-3528 eFax
brandon.steen@communitypage.com
www.brandonsteen.com
NMLS 1034246



Bowl for the Cure Tournament

Coming up soon is the annual Iowa State Bowl for the Cure mail in tournament. We do this every year as bowlers to help raise funds for this well deserving charity. Our board members will be coming around asking for your \$5.00 to be entered into this tournament. We will do all the paperwork, all you have to do is bowl your weekly league during the week of February 4-10, 2018. If you cannot bowl that week, then we will take your scores the following week.

Thank you in advance from all the men and women who receive help from our generosity and care.

Its time for our local city tournament!

Try to get as many open and women's teams together to bowl during the week of January 28, 2018 thru February 3, 2018. Remember our association also includes the city of Waverly.

This can be a fun and challenging tournament and a great support for our association. Contact Loretta Wander (association manager), any board member or any of the bowling houses for more information.

FYI: Bud Harn, one of our senior bowlers, volunteers at the NE IA Food Bank. The food bank gets its eggs in a 15 dozen carton and needs egg cartons to divide the eggs up for the families.

Bud and his wife, Karla, are asking people to please save their egg cartons for them.

You can bring your egg cartons to anyone at the coffee shop at Maple Lanes and we will get them to Bud and Karla.

Melissa Nichols, Director GCV



**MAY EVERYONE HAVE A SAFE,
HEALTHY, PEACEFUL AND
PROSPEROUS NEW YEAR!**



State 600 Club Singles Tournament

A shout out to one of our local bowlers who participated in the IA State 600 Club Singles mail-in Tournament.

Amber Simpson took first place with a handicap game of 799!

This was her first year in joining the 600 Club and first tournament bowled in.

Again, congratulations Amber for a job well done.

Sue Neebel, Director GCV

