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at **The Lanes
Fort Meade**



**THE VALUE OF HAVING
A PRE-SHOT ROUTINE**

JANUARY 2013

BOWL MAGAZINE

OFFICIAL PUBLICATION OF THE NATION'S CAPITAL AREA USBC ASSOCIATION

**FORFEIT, ANYONE?
IS YOUR SUB, OPPONENT
— OR TEAMMATE —
AN UNPAID BOWLER?**

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LEAGUE SITUATIONS**

ED ROGERS

A head mechanic's life





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Date: February 10, 2013
Times: Squad 1 – 12:00 noon
Squad 2 – 2:30 pm

Place: The Lanes Fort Meade
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301 / 677-5541

**Access via Visitors Center (Reece Rd.) requires
ID for all occupants, insurance, and vehicle
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[HERE](#)**

Open to all USBC members

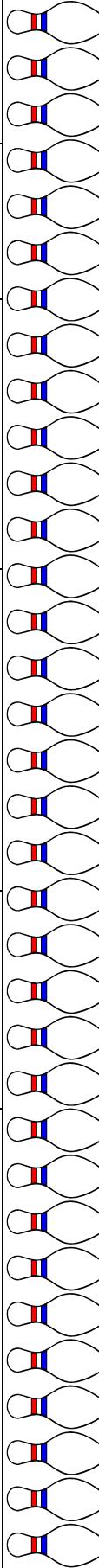
Cost

\$80 per team (\$40 per person) – teams
consist of one man and one woman

Re-entry: \$80 per team (\$40 per person) –
cash once only with same partner

Optional Side Events:
\$6 Singles (men's and women's divisions)

Name / Address	USBC ID	Email	Phone	Optional Singles	Squad time (circle one)
Bowler 1:			() -	Y N	12:00 pm
Bowler 2:			() -	Y N	2:30 pm



Doubles entry (per bowler): \$8.25 lineage, \$27.75 prize fund, \$4 expense fee, pay 1:6

Optional Singles entry: \$5 prize fund, \$1 expense fee, pay 1:8

Prize fund returned 100%

Entries close 2:00 pm on February 10, 2013 or when lanes are full.

Entry #	Amount	Lane #	Squad

BOWL MAGAZINE

January 2013
Vol. 47, No. 3

Serving the nation's third largest bowling market, BOWL Magazine was honored five times by the American Bowling Congress as the nation's "best local association publication."



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IBMA Pezzano Scholarship Committee ready to accept applications

ARLINGTON, Texas – The Chuck Pezzano Scholarship is awarded annually to worthy students who are high school seniors, vocational school seniors, or current college students and not over the age of 25 during the year in which the awards are presented. The award is named in honor of International Bowling Media Association (IBMA), (formerly Bowling Writers Association of America, BWAA), United States Bowling Congress, and Professional Bowlers Association Hall of Fame journalist Chuck Pezzano.

Applications for 2013 are now being accepted. To be eligible, applicants must meet the following requirements:

- Involvement in the study of communications (to mean, all who communicate with words and images). For example, writers, journalists, television, radio, web broadcasters, and designers, public relations or publicity directors, graphic artists, and copy writers as well as photo journalists, illustrators, and cartoonists.
- Maintain a minimum 3.0/4.0 GPA or equivalent.
- Include a copy of your school transcript with the application.
- Participate in the sport of bowling, although bowling skills are *not* a requisite.
- May not have exceeded their 25th birthday during the calendar year of the award.
- Include at least one reference letter (no more than three).
- Write a short, titled essay about the sport of bowling not to exceed 500 words.

Stories, articles, or press clippings that may have been written about the applicant should not be included.

See **SCHOLARSHIP**, page 5

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ON THE COVER: Ed Rogers, head mechanic at Crofton Bowling Centre, is the subject of the BOWL Magazine Interview. ... Former association series record-holder Joe Tremper recently added another high-end award to his collection. ... Waver "Pop" Sneed discusses his pre-shot routine in "The Best Bowling Tip I Ever Received." (Photos by Bob Cogrove)

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PHIRE, CARGO TRANSPORT TO SPONSOR BOWL FOR THE CURE

Phire, Inc., of McLean, Va., and Cargo Transport, Inc., of Dulles, Va., are the first two companies to serve as sponsors for NCAUSBCA's 4th Annual Bowl for the Cure®, an event that will take place February 9 at Bowl America Shirley from noon to 4 p.m. Area bowlers, in an effort to defeat breast cancer, hope to raise a significant sum to contribute to Bowl for the Cure, a year-round, fund-raising and awareness initiative organized by the United States Bowling Congress in support of the Susan G. Komen for the Cure®. Bowlers across the United States organize tournaments, bowl-a-thons, raffles, auctions, and more each year to support Bowl for the Cure. To date, Bowl for the Cure has raised nearly \$9 million. Individuals or firms wishing to serve as event sponsors as well as bowlers who desire to participate and raise funds will find related forms and information sheets [here](#).

BRIEFLY

Lynda Barnes and Jason Couch have been elected to the USBC Hall of Fame in the Superior Performance category. The two will join six other inductees, who were elected in November by the USBC Hall of Fame Committee. They are Rick Steelsmith, Shirley Levens, Sandra Postma, and Frank Santore in the Outstanding USBC Performance category; Don McCune in the Veterans category; and Tamoria Adams for Meritorious Service. ... Doug Kent of Newark, N.Y., the winner of 10 Professional Bowlers Association Tour titles including four major championships, and Danny Wiseman of Baltimore, a 12-time Tour winner with one major, have been elected to the PBA Hall of Fame. The two will be inducted during the PBA's Hall of Fame dinner March 30 in Indianapolis as part of PBA Tournament of Champions week. The induction ceremony will take place May 2 at the 2013 USBC Convention in Reno, Nev. ... Participants and providers in SMART, the scholarship management program for youth bowlers, will notice some changes to the program's online portal. The changes are designed to strengthen the program and enhance functionality. Recipients now will see scholarship awards displayed in their SMART account as points rather than dollars, with one point equal to five dollars. The value of all scholarships remains the same, and the points will be converted to dollars when a recipient requests the use of funds. A complete list of adjustments and answers to many questions can be found at BOWL.com/SMART.

MEMBERSHIP DEPT.

The following bowlers have been suspended from membership and office in USBC: Todd Bettin, Sheriff Daramy Jr., Hosea Davis Jr., Tiffany Jones, Sol Kim, Wendy Poole, Danielle R. Pulley, Dwight P. Schlegel, Diana J. White, and Michael L. Wohl. In addition, Philip R. Saunders III is indefinitely suspended from USBC and is never to hold office.

FOR THE RECORD

The amount currently paid to the beneficiary of any NCAUSBCA member who dies in an accident is \$2,500.



PRESIDENT'S MESSAGE • ROBERT ASHLEY III

Time to lace them up for tournament season

The new calendar year marks the halfway point for most leagues. Presidents should be well into their routine of verifying the league account and the Audit Committee with two, possibly three, reviews of the finances to ensure there are no discrepancies.

The new year also brings out resolutions. If one of yours is to bowl a tournament this spring, it's time to keep that resolution. The entry forms for the upcoming NCAUSBCA championship tournaments are at your local center and [online](#) at our web site.

The Women's and Youth tournaments will be conducted in March, and the Open tournament (all adults)

will be in April. All three tournaments are handicap-based, so you don't need a high average to participate.

There are optional events/divisions for the scratch bowlers and, for the first time, the Open and Women's tournaments will offer two optional handicap events for our senior bowlers ages 55 and above: *Senior Singles* and *Senior All Events*.

The championship tournaments offer something for everyone, so grab an entry form and get your team registered. Do not hesitate to contact the office with any questions about these events.

The [NCAUSBCA Annual Meeting](#), open to all members, will be held on

Sunday, February 24, 2013 at Bowl America Gaithersburg. You will elect officers and directors to lead the association for the 2013-2014 bowling season as well as discuss proposals to change bylaws that will be considered at the upcoming national convention. It is also a chance for you to ask questions of your association board. Lunch will precede the meeting, so make plans to attend.

Also in February is our [4th Annual Bowl for the Cure®](#) event at Bowl America Shirley (February 9) and the [Mixed Scratch Doubles Tournament](#) (February 10) at The Lanes Fort Meade with \$1,200 guaranteed for first place.

Please feel free to contact me at president@ncausbca.org with any questions or comments. I look forward to seeing you at our upcoming events over the next several weeks.

May you strike out often and be spared of any splits.

SCHOLARSHIP, from page 3

Up to three scholarships per year may be awarded based on the applicant's credentials. Any or all of the funds may or may not be distributed at the discretion of the committee. Individual awards and or combined scholarships may not exceed \$3,000 per year. If there are ties, scholarship awards will be split. Winners will also receive a one-year paid membership in IBMA.

You may download an application [here](#). Complete the form and return it, including supporting documents, postmarked no later than May 15.

Winners will be announced at the IBMA Annual Meeting & Convention at Bowl Expo June 23-28 in Las Vegas.

For more information, contact: Committee Chair Mary Lynly, 403 Larkstone Court, Roseville, CA 95661 ... phone: 916/782-1321 ... eMail: lynlymary@surewest.net.



Check Your Knowledge

1. What was the cover date of the first issue of *BOWL Magazine*—September 1966, January 1967, or August 1967?
2. Who is the current first vice president of NCAUSBCA?
3. A bowler certified in Baltimore who subs in an NCAUSBCA league must pay how much to certify locally?
4. This center will host the singles and doubles events in this year's NCAUSBCA Open Championship Tournament.
5. True or False: A league may adopt a no-forfeit rule.
6. True or False: An individual who substitutes regularly in a league is allowed to attend league meetings.
7. What is the term for a bowler who fills in to balance the rotation of the teams?
8. Unless otherwise provided by league rule, what is the vacancy score in an adult league?
9. When must adult bowlers pay or show proof of payment of USBC dues?
10. A "turkey" is a term for how many successive strikes?

ANSWERS: 1, January 1967; 2, Andrea Dale; 3, \$11; 4, Bowl America Falls Church; 5, False; 6, False; 7, False; 8, 120; 9, Prior to completion of first league series; 10, Three.

On the lookout for unpaid bowlers

Unpaid bowler letters have been sent to league secretaries. If a bowler on that list believes that he/she has already paid dues for this season, that individual should contact the association office immediately and get the matter cleared up. Individuals who have not paid their membership dues are considered *ineligible players* and could cause teams to forfeit games in which they bowl.

Along these lines, all substitutes must present a receipt or a current 2012-2013 season membership application card *prior to bowling*. In either

ally verify the league's bank balance *monthly*. Do not get caught by surprise when it's time for the league payoff. (Click [here](#) to view the Monthly President Verification Worksheet.)

I strongly suggest that secretaries keep a log of issues and problems that arise during the season so that they can be addressed at your organizational meeting next season. For example, it is recommended that leagues follow the USBC rules for determining how the entering average is established. If instead your league uses a "three-game" rule to establish

Individuals who have not paid their membership dues are considered *ineligible players* and could cause teams to forfeit games in which they bowl.

case, they must fill out a card for each league. Secretaries who are unsure whether bowlers are current with their dues can check or have a fellow league member check at [BOWL.com](#) from a computer, phone, or iPad.

USBC Headquarters has issued non-payment notices to several area bowlers who have not paid their membership dues for this season and for bowlers who did not pay in the 2011-2012 season.

To all league secretaries: Save yourself from some aggravation by reviewing your league roster today and checking on the membership status of your bowlers.

This is the time of year when weather can cause members to be absent from bowling. Makeups need to be requested 48 hours in advance unless it is an emergency.

League presidents must person-

an average, a problem could result if the bowler has to leave after the first or second game.

Finally, as President Ashley notes in his column, new this season to the Women's and Open Championship tournaments are the new handicap prize categories for members 55 and older—*Senior Singles* and *Senior All Events*. Judging by the number of calls coming to the office thus far, there seems to be a lot of interest in these categories. It would be great if every league in the association sent one or two teams to every tournament.

[eMail Ronald McGregor](#)

UNPAID BOWLERS LIST

Click [here](#) to view NCAUSBCA's list of 2012-2013 unpaid bowlers.

THE QUESTION:

What spare combination do you not want to see in the 10th frame?



Joe Battle
Washington, D.C.

3-6 — It's a difficult shot for me.



Willie Davis
Washington, D.C.

6-10 — You can pick the 6 off of the 10 or just make the 10 by itself.



June Lewis
Landover, Md.

2-4-5-8 bucket — I seem to chop it and leave the 5-pin often.



Earl Tinsley
Landover, Md.

6-10 — I pick that shot more than anything.



Mary Tinsley
Landover, Md.

6-10 — One little goof and you can go right by it.

NOTICE OF NCAUSBCA ANNUAL MEETING

The Nation's Capital Area USBC Association will hold its Annual Meeting to discuss association business, including proposals to change association bylaws, elect officers and directors who will lead the association, and elect delegates to the 2014 USBC Convention as well as the Virginia State Bowling Association Annual Meeting.

Meeting Location: Bowl America Gaithersburg (phone: 301/330-5200)
1101 Clopper Road
Gaithersburg, MD 20878

Meeting Date: Sunday, February 24, 2013
Lunch: Noon to 1 p.m.
Meeting Time: 1 p.m. - 3:30 p.m.
Meeting Registration: Begins at 11:30 a.m.

This meeting is open to all members of the Nation's Capital Area USBC Association. You must present your local association (NCAUSBCA) membership card to be admitted to the meeting. Only those ages 14 or older may vote.

A Youth Representation Meeting will be held from 11 a.m. to noon (registration begins at 10:30 a.m.), and all Youth leagues are entitled to send one league official and one Youth bowler to this meeting. Also, Youth Representatives will elect directors for the NCAUSBCA Board of Directors.

Directions to Bowl America Gaithersburg:

From the Capital Beltway (I-495), merge onto Route I-270 North (towards Frederick) for approximately 10 miles. Then merge onto I-270 "Local" North via Exits 10-11 toward MD-117 West/Clopper Road for .3 mile. Take Exit 10 (MD-117 West) for .2 mile and stay in right lane while approaching traffic light. Turn right onto MD-117 West (West Diamond Avenue, which turns into Clopper Road) and continue for approximately 1.5 miles. The bowling center will be on the right.



Ed Rogers, the head mechanic at Crofton Bowling Centre since November 1995, first thought about becoming a bowling center mechanic in 1964 while at Fair Lanes College Park, where his parents bowled. They knew the center manager, who one evening showed their six-year-old son an up-close view of the pinsetters. Young Ed told the manager that one day he was going to work on those machines. While it wasn't exactly a direct path to his current position—in fact, it really wasn't supposed to happen—there's no doubt of the vital role he now plays at the one of the area's most successful bowling centers.

Rogers, who grew up in Mount Ranier, Md., and graduated from DeMatha High School, recently spoke with editor Bob Cosgrove.

Describe your road to becoming head mechanic at Crofton Bowling Centre.

I came here from the center at Andrews Air Force Base. I worked at the old Fair Lanes centers before they converted to AMF. I was part-time for like 10 years, then full-time at Andrews for five years and then up here.

I received a call from Butch Gibson. He was the mechanic here at Crofton, and we worked together at [Fair Lanes] Capital Plaza in the early '80s. When Butch was ready to leave here, he called around to see if anybody was interested in the center. I met with the manager and the owners, and three days later I got a call from Butch who said, "You've got it." I owe him a debt of gratitude for that phone call.

ED ROGERS

I was Butch's Sunday-morning pin chaser at [Fair Lanes] University. He didn't have to worry about anything on Sunday.

My full-time job was at a bank, the Suburban Trust branch in Hyattsville, up by Eastern Avenue. I was a head teller for 20 years, and I worked in bowling centers on the weekends. I survived two bank mergers, but the Nation's Bank merger got me, and that is when I took this up full-time.

I went to Andrews; that was my first assignment. I was working part-time, and the manager asked if I wanted a full-time job since I didn't have one.

notes, that's good, and then I jump on the machines and do some [preventative maintenance]. If there are notes, I jump on them before the leagues come.

While the leagues are bowling, I try to do some lubrication and cleaning to a point where it's safe while the machine is running and also help my lanes man out on the lane machine if he needs anything done or adjusted. And then the two of us go in the back, and we start cleaning or just pin chasing. Once the machines are done, if there are any issues, we'll try to get them done before I leave.

My part-time hobby became my full-time profession, so I guess there was an omen in learning everything that I knew.

I said, "Sure," and I've stuck with it ever since. My part-time hobby became my full-time profession, so I guess there was an omen in learning everything that I knew.

I've been doing this 35 years now. I didn't plan on it, but that's what fate had in store for me because I didn't want to leave the bank. But we were forced out in the merger, through attrition. It was a bad time.

What is a typical day for you?

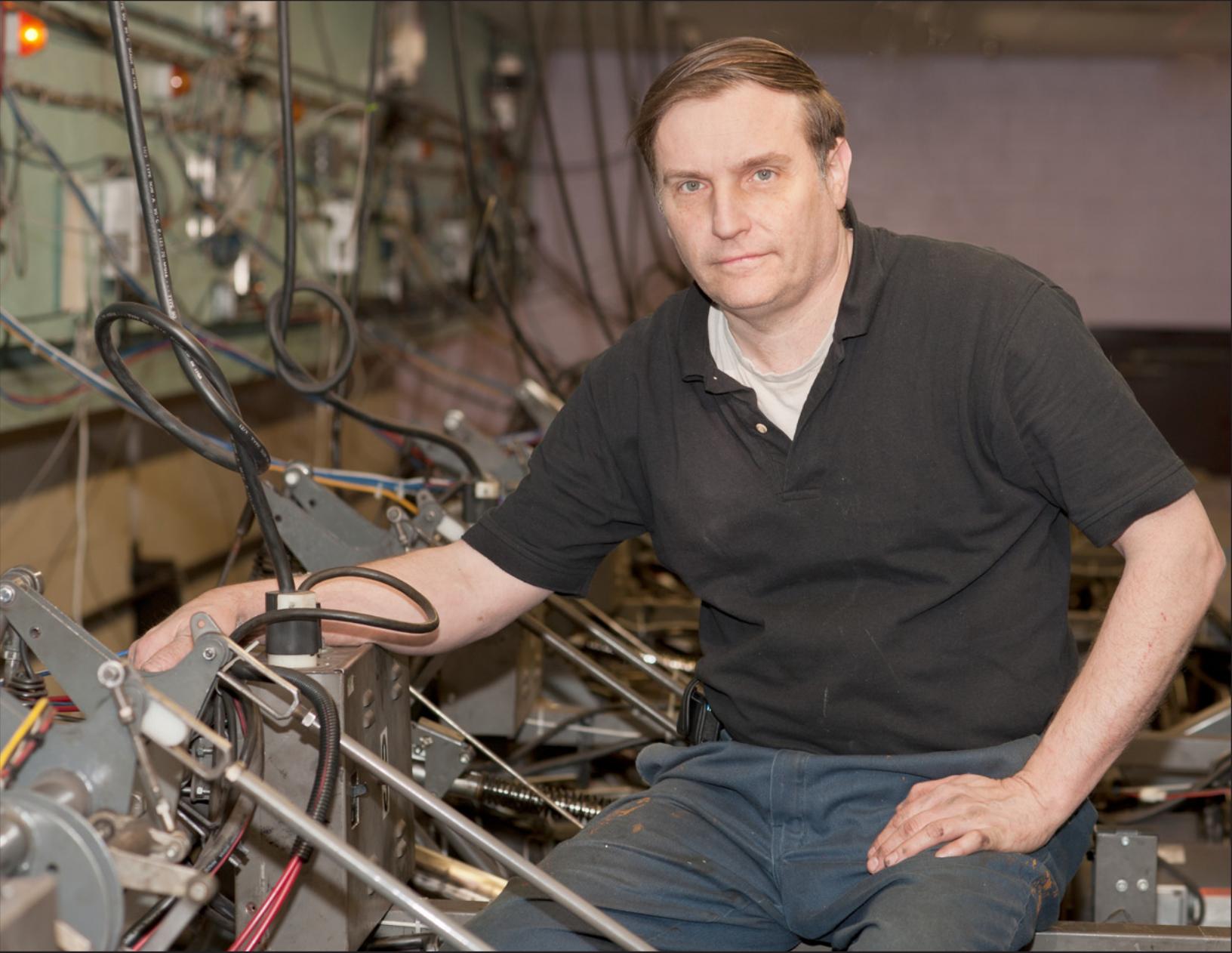
I come in the morning about 7 or 7:30 and check my call sheet at the front desk from [the previous] night. I check with my lanes man to see if he has any issues with the lane machine. Then I'll head to the back to see if there are any notes on the board in my office. If there are no

Then we'll go ahead and leave and call it a day. I normally leave around 4 p.m.

I also service everything up front in the building. I have two ball cleaners, I service the candy machine, I have serviced the ATM machine, I have serviced the lottery machine.

If the owners have little jobs for me up front, they know my primary job is in the back. *Once you're done, you've caught up, you're comfortable, can you come up and take care of this? We have a short in this socket or this candy machine's not working right.*

So I'll spend the afternoon maybe up front doing a couple of things for the owners, but again, they know my priority is in the back. If I say I've got a lane down, they'll go, *Take care of that first.*



When 48 lanes are running on a Tuesday night, is there just one person working in the back?

I have two; it's a matter of safety. If one of my guys gets stuck in the machine, nobody's going to hear him.

That's been an issue in the past. I got caught in a machine at Andrews in the '90s, and there was nobody back there with me. I got my hand stuck. I wasn't paying attention. I had been doing it too long, and I took my mind off of what I was doing. I took it for granted, and I reached up to a moving machine, and I thought I had the frame. I didn't—I had the wheel.

It skinned me pretty deep all the way back across the top of my hand, but I was able to get my hand out. I had rags wrapped around me, and I

crawled to the walkway beside [lane] 24, and then a bowler saw the blood coming through the rags. I was pretty torn up. I said, "Just get me to the hospital. I don't want to take the rags off because I don't know what I got." So my manager rushed me over to Malcolm Grove [Medical Center] on the base, and I got a lot of stitches.

But had I passed out in the back, nobody would have noticed.

After I got hurt at Andrews, OSHA [The United States Occupational Safety and Health Administration] came in, and they made us wear walkie-talkies.

Here at Crofton, I broke my [right] shoulder about four years ago in the back in two places. I was walking across the floor, carrying a large

fluorescent light bulb to change above the machines. I tripped, fell, the light bulb broke, this arm got cut, and I landed on this shoulder because I didn't want my head to hit the glass. My shoulder hit the concrete, and I'm lying on the floor, and I can't move—I can't get up.

So I called [lanes man] Lance [Johnson] on my cell phone. I used my left hand, even though it was torn up. He was doing lanes, but I said, "I need you back here now."

He comes back and sees me on the floor, glass all over the place. He tried to pick me up. I say, "Don't pick me up—something's wrong." My arm is hanging.

[Manager] Sandy [Lewis] is in the office. Lance yells, "Ed's down, we

need help!" So two of the owners come back, and Sandy comes back. She leans over me and says, "If you wanted time off, all you had to do was ask for it."

I said, "If I could get up off of this floor, I would smack the living" And the owner says, "Ed ... Ed, calm down, calm down!"

And I say, "I'm lying here torn apart, busted up, ready to pass out, and she's cracking jokes about my vacation time!" And Lance is going, "Oh my God, he just said he was going to hit her if he could get up!"

Sandy then says, "You owe me for the light bulb—it's \$2.75."

A sense of humor ... I was hospitalized within an hour.

I said, "Sandy, I'll never forgive you for that."

Plus, every time I'm carrying a light bulb now, Lance says, "Let me get that—let me get that."

But we have two mechanics on duty for the bowlers' benefit, too. If a belt breaks or if a pin blocks the return of the ball, and time has to be spent on that, if there's a ball return somewhere on the other end of the house, they have to wait.

You could be several minutes trying to fix something, so we do it to help the bowlers, especially if you have nowhere to move them. If you're running the whole house, you're stuck.

I've had lanes go down many a night, and I'll rush in from home. *[Counterman] Clayton [Saltsman], tell the bowlers I'm on my way. Give 'em a beer.* And I'll come down from Glen Burnie [Md., about 30 minutes away],

and I'll get their lane running. Done it many times.

If you had your own center, would you have a standby pair of lanes during a league?

If they're open, you lose revenue. As handy as that would be, you lose revenue. You try not to have anything go wrong.

Would it be nice to keep a pair open? Sure, absolutely. But then, the bowlers would get the opinion, *Oh, you're planning on something going wrong. It doesn't look good.*

So I would say *no*; I would book the house and make sure that I've got a competent crew and that I'm nearby.

See **ROGERS**, page 12



Nation's Capital Area USBC Association

68th Annual

Women's Championship Tournament



AMF Annandale

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Online form available [here](#)

Send completed entry form to:

**Women's Tournament Director
9315 Largo Drive West, Suite 110 • Largo, MD 20774-4762**

Phone: 301/499-1693 x102 • Fax: 301/499-5927 • eMail: manager@ncausbca.org

This tournament is certified with the United States Bowling Congress

ROGERS, from page 10

What skills are most handy for your job?

Troubleshooting ... being good with your hands and your mind ... being able to look at something and manipulate it, fix it ... create something, diagnose a problem.

lanes for you while you sit there and watch it. It's automatic.

As they come out with these new machines, it gets easier and easier to diagnose what may be wrong with the lane. If your pattern is not right, the machine pretty well will tell you, *I'm not working right.*

The whole system of bowling—lanes, friction, oil—has changed so

Mechanics stick together; they're like ironworkers. If you mess with one, you mess with them all. If you have a problem, you've got 10 guys ready to help you.

What have been the biggest changes in your job from when you first started?

The automatic scoring. I started with hand scoring—plastic score sheets and burning your hands on a hot Telescore. Now you have computers that interface with the pinsetters.

Doing lanes—you go from a bug spray can to a machine that does the

much. It's ongoing. Every two weeks, there's a new bowling ball out. Every six months, they're coming out with a new oil. It's almost impossible to keep up with it.

However, I'll read on *bowltech.com* where this mechanic had a problem, and this other mechanic has a fix for it. It's like a brotherhood. Mechanics stick together; they're like ironwork-

ers. If you mess with one, you mess with them all. If you have a problem, you've got 10 guys ready to help you.

So the internet has helped make bowling center mechanics a much closer-knit group than in the old days?

Absolutely. Again, take *bowltech.com*. If I put out a question about a problem I'm having, within two hours, I have about a dozen responses. *Have you tried this, this, this, and this?*

Locally, we hang together. I have several mechanics at other centers that call me, and if I have a question, I'll call them.

Between the two of us, we've got an answer because of the longevity of the mechanics I know and have been around as long as I have. There's nothing that can come up on those machines that we don't have a fix for. *I've seen this before ... I haven't ... Here's what you do!*

See ROGERS, page 17



OFFICIAL ENTRY FORM

NATION'S CAPITAL AREA USBC ASSOCIATION

68TH ANNUAL CHAMPIONSHIP TOURNAMENT

Certified by the United States Bowling Congress

TEAM EVENT

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Fairfax, VA 22030
703/273-7700

SINGLES & DOUBLES EVENTS

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APRIL 6-7, 13-14, 20-21, 2013

ENTRIES CLOSE MARCH 15, 2013

PRIZES RETURNED: 1 IN EVERY 6 ENTRIES

CAREFULLY READ RULES ON PAGE 3 BEFORE COMPLETING ENTRY FORM

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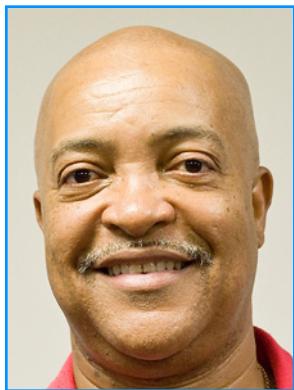
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OPTIONAL SCRATCH CATEGORIES

The Best Bowling Tip I Ever Received

By Waver "Pop" Sneed



The best bowling tip I ever received came from reading a book and from personal observation. The book I read was *Focused for Bowling* by Dean Hinitz, and the personal observation occurred when I participated in a Senior PBA Regional Tournament in Little River, S.C. At this tournament, I was amazed as PBA Hall of Famer George Pappas executed shot after shot with remarkable machine-like precision and accuracy. The most noticeable aspect of Pappas's game was the consistency of his approach and his stability at the foul line. Each shot looked like an instant replay of the previous shot in every detail.

I left the tournament wondering how could I possibly emulate the apparent discipline and consistency that he displayed. By the way, he won that tournament, hands down.

Shortly thereafter, while reading the aforementioned book, I came upon a chapter devoted to the merits of establishing a pre-shot routine. That's when it hit me! Mr. Pappas was so consistent and machine-like because he

An effective pre-shot routine is one of the most valuable tools you can have in your bowling arsenal.

was repeatedly executing a set routine—a routine he had executed for years. His entire approach was now like a well-oiled machine.

I later discovered that not only Mr. Pappas but many other professional bowlers use a specific routine each and every time they step on the approach. If you timed most successful professional bowlers, you would find that the elapsed time between their stepping on the approach and releasing the ball is virtually the same for each shot.

If you ever watch professional basketball, you will also notice that most players have a unique routine that they execute each time they are at the foul line. Similarly, "The Best Bowling Tip I Ever Received" is: *Develop a pre-shot routine.*

A pre-shot routine is a specific set of physical actions

and mental thoughts that are performed each and every time the bowler steps on the approach. The purpose of the pre-shot routine is to give structure and consistency to your approach to the foul line.

To create this consistency, physically the exact same steps are executed precisely, every time the bowler steps on the approach. In addition to the physical steps, an effective routine also contains mental keys to relax and focus the bowler. The pre-shot routine serves to stabilize the most variable and unpredictable factor in your approach: YOU!

An effective pre-shot routine is one of the most valuable tools you can have in your bowling arsenal.

By definition, a routine is a set of steps to completing a task; these steps are done over and over until they become so second nature that a lot of thought becomes unnecessary. The pre-shot routine serves well in easing the effects of pressure situations and distractions. The effects of pressure situations and other distractions are significantly eased because whatever the circumstances, the bowler's total responsibility is simple: *Step on the approach and execute the routine.* Once you get your routine down to a science, it will give your game a solid foundation and keep you well-grounded regardless of the situation.

Now I'm going to let you in on a little secret by giving you my pre-shot routine. Then we will discuss factors contained within it that should be incorporated into your routine (if you decide to take advantage of this tip).

As previously stated, a quality pre-shot routine contains both physical and mental keys designed to both synchronize your physical approach to the foul line and also to calm, relax, and keep you mentally focused. To give you the best understanding of a quality pre-shot routine, I list below only the physical aspects of my pre-shot routine. I am a right-hander, and these are the physical aspects of my routine when using a five-step approach:

- At the ball return, I pick up and wipe the oil off my ball, and I take a deep breath.
- I step on the approach first with my right foot, then the left foot goes directly on my starting board.
- I bring the ball up slowly into my starting position and glue my eyes on my mark, and I take a deep breath.
- When I inhale, I start my five-step approach to the foul line.

These are the physical steps to my routine, and they are executed every time I step on the approach. Prior to getting on the approach, you should have already decided how you are going to shoot the shot, i.e., the board on which you are going to stand, the mark you are going to use, the speed you are going to throw the ball, how you are going to release the ball, etc.

Now I'm going to augment the physical steps listed

above with the inseparable mental aspects of my routine (in *italics*).

At the ball return, I pick up and wipe the oil off my ball, and I take a deep breath. I deeply inhale and exhale slowly while thinking *smooth*.

I step on the approach first with my right foot, then the left foot goes directly on my starting board. Straight to business.

I bring the ball up slowly into my starting position and glue my eyes on my mark, and I take a deep breath. As I inhale, I'm thinking, *relax*. As I exhale, I visualize the ball's path across my mark and into the pocket.

I inhale and start my five-step approach to the foul line, simultaneously taking my first step. On the exhale, I take my second step, pushing the ball out and letting it drop while thinking *down*. The next inhale on the third step is very deep (lasting all the way through the fourth step and the top of my backswing). This exhale starts the down-swing and my fifth and final power step. It's exaggerated and culminates in releasing the ball onto the lane. Just before getting to the line, I think *solid*.

During this final power step, I also use visualization, hearing and feeling the air gust from my lungs while imagining it's so powerful that it's actually forcing the ball along its path to destroy the pocket.

As you can see, I use my breathing to dictate the pace and timing of each aspect of my approach. But this technique is of my own design. Your routine should be designed to complement your personal bowling style. Your routine should not be designed to change your approach but to fine tune it. So, incorporate cue words and mental pictures that best provide consistency and strength to your particular style.

Using my routine as an example, notice the cue words used—*smooth*, *relax*, *down*, *solid*. Your pre-shot routine should make use of similar suggestive words. The words you use should be meaningful and strategically placed in your approach. They should be placed where most needed to keep you consistent and focused.

The *smooth* when I first pick up the ball reminds me to be smooth throughout the entire approach (normally I am very herky-jerky). The *relax* as I inhale is accompanied with the mental suggestion to physically relax my body. The *down* suggestion is two-fold; first, it tells me to let go and let the ball do the work, and second, it tells me to go down in my stance. The *solid* tell me to be solid at the line.

Other examples of cue words and the thoughts they might suggest: *pose* (stay down at the line); *focus* (concentrate on the mark), etc. Other cue words could be *strong*, *speed*, *trust*, *slow*, *lift*, etc. These cue words act as silent verbal signals that will keep you consistent and focused.

My personal routine gives me a feeling of being well equipped to shoot a good shot no matter what the situ-

ation. And on nights when I am really absorbed into my routine, everything becomes strictly by the numbers. My routine becomes a kind of cookie-cutter for stamping out good shot after good shot.

So what should you consider when creating your routine? First, take a critical look at the weaknesses and strengths in your approach. After determining the things that are inconsistent or needed in your physical approach, consider what weakness you have in your mental game.

Once you have determined the weaknesses in both your physical approach and your mental game, you now

My personal routine gives me a feeling of being well equipped to shoot a good shot no matter what the situation. And on nights when I am really absorbed into my routine, everything becomes strictly by the numbers.

have the basics for developing an effective pre-shot routine to best eliminate or strengthen those areas. The proper placement of cue words, phrases, ideas, and thoughts within your approach are the keys to developing an effective routine.

For example, if sometimes you get to the line too quickly, you might use *slow* as a cue word. Or, if you are unstable at the line, you might strategically place the cue word *solid* just before you get to the line.

Once you develop a pre-shot routine and gain confidence in it, you will have an invaluable asset that will serve you well in any situation throughout your bowling career. To get the most benefit out of your routine, you must be dedicated to executing the routine each and every time you step on the approach.

Whether the upcoming shot is a possible tournament winner or just a practice shot, mentally realize that your responsibility is always the same: *Step on the approach and execute your routine*. To reiterate, regardless of the importance of the shot, your only concern is to execute the pre-shot routine. Once you get your routine down to a science, it will give your game a solid foundation and keep you well-grounded.

Good Bowling.

Pop Sneed won three titles in the recent NCAUSBCA Senior Tournament.

NCAUSBCA is on Facebook:
www.facebook.com/ncausbca

Our Back Pages

5 Years Ago

- E. Anthony "Ice" Meadows offers the [best bowling tip](#) he has received.
- Top 10-ranked bowler Kristina Livingston [mentions her favorites](#) in "My Stuff."

10 Years Ago

- Ira Darden Jr. explains how an experienced spectator helped him become a more [consistent performer](#) on the lanes.
- Chris Ward discusses the topic of [reading lanes](#) in his "Pro Shop Perspective" column.
- Lee Cassidy edges Dawn M. Fay by .0712 pin for the top spot in the women's rankings.

15 Years Ago

- Hyun Choe of Burke, Va., wins an Ebonite Sea Wolf ball in the association's first Web site contest.

20 Years Ago

- "O" Zone columnist Larry O'Neill tells how he deals with [slippery approaches](#).
- In "The Mailbag," Dale "Tiny" Brugh wonders why those who have contributed most to bowling are [not recognized](#).

25 Years Ago

- Mark Glover (224.52 composite average) and Joan Burnett (190.416) top the men's and women's rankings.
- Greg "The Doctor" Goetz discusses the procedures of [sanding and polishing](#) your bowling ball.

30 Years Ago

- Billy Slater's 746 series leads the Metropolitan Men's League at Bowl America Kent.
- Ten Pin Coliseum is renamed "Alexandria Bowling Center."

35 Years Ago

- Larry O'Neill, Charles Alexander, Ken Medeiros, and Buddy Engleman are selected to the Virginia State Bowling Association's All Star Team for 1976-1977.

40 Years Ago

- Elmer Breeden (199.062 composite average) stops Jim Robinette (198.379) from leading the association rankings for the sixth consecutive year.

45 Years Ago

- In the first association rankings, Jim Robinette (195.898 composite average) edges Elmer Breeden (195.674) for the top spot in the 1966-1967 season.

The Case Book

A local league with a split season and an end-of-season payoff plan bowed its first half with 27 teams. At the start of the second half, a 28th team joined the league, and some league members wanted to create a completely new prize list for the second half since the current prize list only has money scheduled for 27 places. Can the league vote on a completely new second-half prize list?

No. The league's Prize Committee must calculate the money for 28th place based on the progression used to determine the previous 27 places. Once the funds are verified and an initial prize list established for all 28 teams, any excess funds are to be evenly distributed among all 28 placers to create the final prize list. The president then needs to call a meeting of the league's board of directors so that the board members can be made aware of the revised prize list.



Two members of four-member Team A competed against Team B's full lineup. During the third game, all other teams in the league had finished, and frustrated with Team B's slow bowling, the two bowlers from Team A after the fifth frame walked out of the center and went home. Does Team A forfeit the third game? What happens to the third-game scores for the bowlers on Team A?

Team A does not forfeit the third game. The third-game scores of the two members of Team A will count towards the team's third game pinfall and total pinfall but will *not* be used to calculate the average of either bowler.

From USBC Rule 118a: Partial games ... cannot be used in determining a bowler's average, unless league rules require the secretary to maintain averages based on the actual frames bowled by each player.

ROGERS, from page 12

The machines are the same as when I started, except for the newer ones that are on the market now, which [The Lanes at] Fort Meade has. They're self-diagnostic; it tells you what's wrong. The little light comes on and says, *I have a jam*.

The machines here don't tell you that; you have to look and figure them out. It's like a '57 Chevy. So these are more challenging to work on because they don't tell you what's wrong.

What is the best aspect of your job?
The owners—they're very good to me. They give me anything that I ask for. And I don't ask for anything unreasonable. I have a lot of backup with them, so I have to give them a lot of credit—a lot of credit.

I've been in houses where they had to beg to get a \$20 part to keep a lane running. I don't have that problem here.

You don't abuse it, but if I go to them and say the bowlers would like to have *this*, and I think *this* would look good or *this* would be an asset, they take a look at it, and they'll vote on it as a group collectively, and they'll go, *No problem*.

Can you recall a suggestion or two you've made that's been accepted by the owners?

Some upgrades on the machines—power savers, energy savers that actually save them on their electric bill. You put them on the machine, and they shut off after three minutes of inactivity.

We have different types of light fixtures on the machines that I've recommended they get for Millennium Bowl or Rock 'N Bowl, and there's also the upgrade on the Brunswick ball cleaner.

Basically, anything that would aid the bowler or that the bowler would see as an improvement, they have no problem helping you with that. We

like to think of ourselves as having a very up-to-date house.

Does your job help you in any way better understand bowling?

Absolutely. You learn the game, you learn oil patterns, you learn how far apart the pins are, you learn your restrictions on the lane, you learn what happens when your ball hits the pins, you have a certain width of area to work with, you know how wide the gutters are.

If you look at a bowling alley from the back or take a walk down there, you get a completely different view of the game. You learn how long a lane really is. You can't tell from the foul line how far it is to the headpin, but when you're walking down the side, you go, *Oh my Lord, I didn't know it was this long*.

So when I take groups of youth bowlers or adults in the back, they

have a totally different perspective. *No wonder you chop the 6 [-pin] off of the 10—it's 12 inches away from it!*

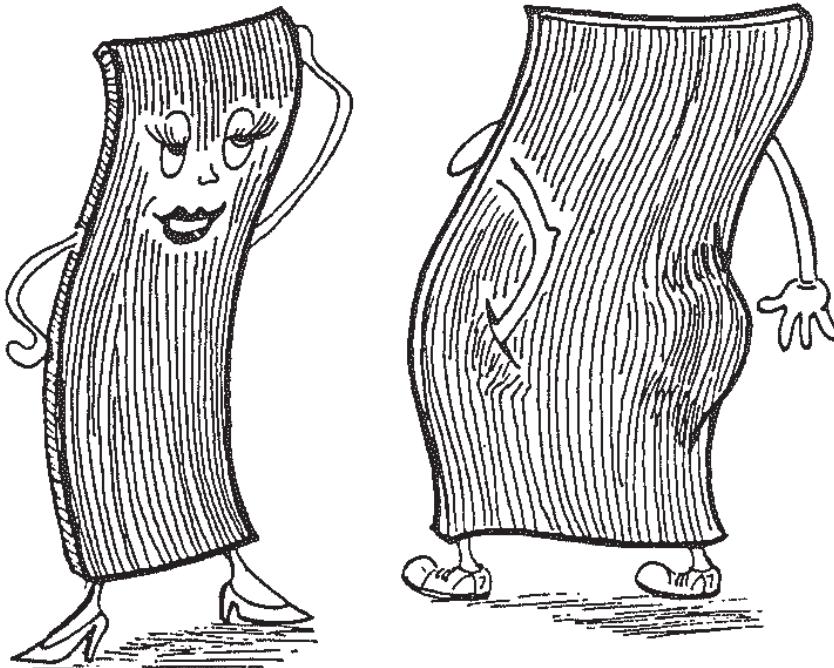
And then they go back out and have this in their mind, and it actually helps their game because they adjust, knowing now that's there's such a disparity between pins. I think the more they see that, the better off they are—especially the youth bowlers.

I'll hold a little class for the youth bowlers; I'll show them the lane machine, I'll run a pattern, and then we'll go out and look at it with the coaches. They have a lot of fun with this—see where the oil is, see where it tapers, see where it's not.

And when they go back to bowl, they've got this in their mind, and all of sudden, they're starting to adapt their game a little bit rather than bowling blind.

See ROGERS, page 19

STEINSIEK



“ HI THERE, MR. SYNTHETIC, I SEE YOU’VE PUT ON A FEW BOARDS! ”

Walt Steinsiek's "Cartoon of the Week" is featured [here](#).

ASSOCIATION HONOR SCORE AWARDS

800 Series

854 Hall, Bobby V II - MH013
 849 Burt, James C - CY003
 839 Rand, Thad A - MA001
 837 Rhone, Kilinia B - PK011
 835 Vo, Charles P - BR **
 833 Howery, Harry M - WB015
 Marsico, Michael S - LC009
 831 Palmer, J. R. - LC009
 826 Mosser, Robert L - WB009
 825 Bates, Gary R Sr - WA012
 Johnson, Norman L - MH027
 824 Tremper, Joseph E - ME011
 822 Williams, Fero K - MH027
 816 Andrejack, Michael J - WB009
 Jones, Kenneth R - MA001
 815 Marsico, Michael S - LC009
 Wright, Danny W Sr - LC009
 814 Brown, Carlton D - MH006
 813 Andrejack, Michael J - DC004
 Windsor, Richard T Sr - LC009
 810 Blatt, Brian A - WB009
 807 Allen, Henry H Jr - MH013
 804 Asbury, Michael W - GB011
 Marsico, Michael S - LC009
 Smith, Derek T - CA010
 803 Ross, Maurice L - MH013
 Smith, James E - CY003

802 Chapman, Anthony D - CA010
 Evans, Anthony - SL014
 801 Gaidurgis, Timothy L - CA007
 McNeil, William R II - CA007
 Williams, Fero K - SL003
 800 Burt, James C - DR002
 Keller, Joshua J - SL004

300 Game

Abney, Freddie L Jr - BA006
 Addison, Alfred A - PK013
 Anderson, Samuel A - WB006
 Anderson, Shawn L - CA010
 Andrejack, Michael J - WB009
 Andrews, Donald W Jr - SL004
 Baker, Brian L - PK010
 Baker, Chris W - GB007
 Baker, Francis J - MH010
 Ball, Howard P Jr - CA010
 Bean, William F III - BR002
 Bell, Marcus E - CA010 / PK010
 Boyd, Michael J - SL002
 Briscoe, Keith D - MH010
 Brooks, Tyrell J - CA013
 Burch, Michael J - GB007
 Burrell, Stephen L - LA002
 Burt, James C - CY003 (2)
 Burton, Terrell K - DC004
 Campbell, Roger L Jr - CA010
 Carpenter, Walter F - MH019
 Carter, Christopher M - DC009
 Carter, Robert G - BR002
 Cepeda, Jimmy P Jr - GB001

Chandler, Reginald B - MH027
 Cherryholmes, James E - SL012
 Cissell, Penny L - PX007
 Clark, Raymond E Jr - SL002
 Corbett, Curtis H - CA002
 Damme, Aki - DR002
 Davis, Edwin A - AX013 (2)
 Dingus, Tim L - WB019
 Ennis, George J - PX006 / PX007
 Epps, Earnest L - PK010
 Evans, Anthony - SL014
 Fay, Dawn M - WB007
 Fillis, John R - WB017
 Franklin, Carlton L - PK007
 French, Scott A - FC016
 Fusco, Charles A - MH002 / MH013
 Gilmore, Daniel M - SL002
 Gray, Leon D - LA014 / MH004
 Green, Noah E - WB009
 Green, William E Jr - MH013
 Gunn, Pete - SL004
 Haley, Stephanie R - LA014
 Hall, Bobby V II - MH013 / CA010
 Herman, Michael P - WB019
 Holtzclaw, John W - FC012
 Humphries, Dwayne K - CA010
 Imbembo, Christopher S - DR007
 Javier, Sherwin P - SL002
 Jefferis, Anthony D - BA007
 Jeffries, Joshua A - MA005
 Johnson, James L - MH027
 Jones, Kenneth R - MA001
 Jordan, Michael J - PK010
 Kneas, David C - CR003
 Lane, Lonnie Jr - MH015
 Leatherman, David J - SL002
 Lee, Kenneth W Sr - LC018
 Lee, Maurice L - CA013
 Lewis, Nathaniel W - MH006
 Long, Leonard - DR007
 Magruder, James M - GB012
 Marshall, William J - CA010
 Marsico, Michael S - LC009 (2)
 Martin, Christine M - LC014
 Martin, David W - WB009
 Mason, Bernard O - CA005
 McCray, Rajsaun A - MH013
 McNeil, William R II - CA013
 Nohilly, Christopher S - WB017
 Novotny, Matt F Sr - ME013
 Nusbaum, Delbert J Jr - PX006
 Nusbaum, Jennifer F - PX006
 Page, Robert M - FC010
 Patterson, James A - LA014
 Payne, Carlos A - MH027
 Pfister, William F - ME011
 Pilkington, Michael S - MA005
 Podgorski, Jeffrey R - CY014
 Rexroad, Michael D - DR006

HONOR SCORE CENTERS

(this issue, based on listed scores)

MARLOW HEIGHTS

21

CAPITAL PLAZA • SHIRLEY

17

WOODBRIDGE

14

LORD CALVERT

13

**GAITHERSBURG
MANASSAS
PARKLAND**

7

ROGERS, from page 17

My son grew up here bowling, so I did it as a group for the kids. I still do it today.

You've got to give the bowlers a lot. The more you give them, the better they understand, and the easier it is for us.

How can a bowler make your job more difficult?

Not understanding the game and not understanding how things work in the back. A lot of bowlers that haven't been versed in the back think all you have to do is push a button if the machine acts up, and it's not that simple.

I used to get upset as a bowler when I was young, and now I see why things do what they do. And I've kinda taken a step back, like, *if I had known this before, I wouldn't have got so upset.*

What's the number one thing that the bowler doesn't understand?

The length of time it takes a mechanic to get from one lane to another safely, especially in a large center whereby if you go from lane 48 to lane 2, it does take a couple of minutes to respond in that we can't run back there. If the bowler would realize that it's dangerous back there, and you can't move rapidly....

What are the three or four calls you get most often?

Deadwood, ball return, blackout, and, *We need you up front; we have a leak in the bathroom.* I'm dead serious: For every three or four calls I get in the back, I'll have a call that something's wrong up front.

But basically ball returns and deadwood. You have a large guy throwing a powerful ball; he's gonna hit that pin so hard that my sweep doesn't have time to stop it.

What do you do in your spare time to get away from bowling?

I spend time with my family. I have a 21-year-old son and a loving wife, and we just spend time together. My wife grew up with me, she worked in a bowling alley for years, so she understands what I do; she understands I'm on call.

I get calls from here at 1 o'clock in the morning, 2 o'clock in the morning—I feel like a doctor. But I do it for the owners because they do a lot for me, so I take care of them here.

I just like to stay at home and spend time with them. I really don't go anywhere. I don't do a lot of outside activities. My son's into paintball, and he's into target practice. He has a couple of .22s he just got, and he goes out with his friends and he target practices. So I think I'll get into that with him.

**Hope Reynolds
Photography**

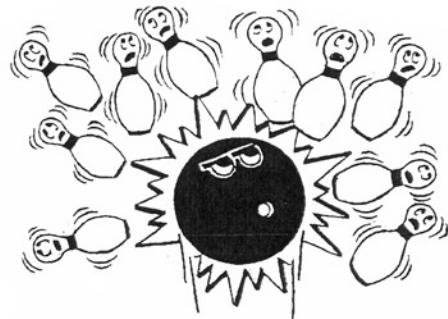
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Calendar of Events

JANUARY

19-20, 26-27, Feb. 3 – NCAUSBCA 44th Annual Youth Invitational Scratch Singles Tournament (Round 1–Bowl America Gaithersburg; Round 2–Bowl America Dranesville; Round 3–Bowl America Shirley; Round 4–AMF Waldorf; Final Round–Bowl America Chantilly).

FEBRUARY

2-3, 9-10, 16-17 – **25th Annual Virginia State USBC Mixed Handicap Tournament** at Vinton Bowling Center.
3 – **NCAUSBCA 6th Annual Youth & Adult Sports Day** at AMF Capital Plaza.
9 – **NCAUSBCA 4th Annual Bowl for the Cure®** at Bowl America Shirley.
9 – Youth Junior Gold Tournament at Bowl America Bull Run.

10 – **NCAUSBCA Mixed Scratch Doubles Tournament** at The Lanes Fort Meade.

10 – **NCAUSBCA Youth 600 Club Singles Tournament** at Bowl America Bull Run.

24 – NCAUSBCA Board Meeting, Youth Representation Meeting, and **7th Annual Meeting** at Bowl America Gaithersburg.

MARCH

2-3, 9-10 – **NCAUSBCA 50th Annual Youth Championship Tournament** at Bowl America Shirley.
2-3, 16-17, 23-24 – **NCAUSBCA 68th Annual Women's Championship Tournament** at AMF Annandale.
16-17, 23-24; April 13-14, 20-21, 27-28 – **Virginia State USBC 2013 Women's 56th Championship Tournament** in South Boston and Danville.
24 – NCAUSBCA Youth 600 Club Tournament of Champions at Bowl America Manassas.
30 – NCAUSBCA Board Meeting at association office.

APRIL

6-7, 13-14, 19-20 – **NCAUSBCA 68th Annual Open Championship Tournament** at Bowl America Fairfax and Bowl America Falls Church.
13-14 – **12th Annual Virginia State USBC High School Tournament** at Bowl America Southwest, Midlothian, Va.
30 – NCAUSBCA Hall of Fame nominations deadline for “Class of 2013.”

Tournament Roundup

Youth 600 Club Winter Doubles Tournament at Bowl America Chantilly – 1, Richie Hercules, Vienna, Va. (725) & Conner Kolessides, Great Falls, Va. (650), 1,375, \$80 (scholarship); 2, Michael Simpson, Woodbridge, Va. (656) & Joe Shoop, Bristow, Va. (599), 1,255, \$50. ... **Tournament of Champions qualifiers / 180 and Above**: Simpson, 656. ... **Under 180**: 1, Hercules, 725; 2, Gene Blair (previous qualifier), Waldorf, 674; 3, Shoop, 599; 4, James Fox, Centreville, Va., 580. ... **High Games** – Game 1: Blair, 268; Hercules, 256. Game 2: Hercules, 267; Anthone Simpson, Woodbridge, 233; Hugh Bransford, Fairfax, Va., 232. Game 3: Kolessides, 244; Blair, 241.

NCAUSBCA Youth 600 Club Winter Singles Tournament at AMF Capital Plaza – 180 and Above: 1, Nick Dean, Alexandria, Va. (675), \$60 (scholarship); 2, Robert Alston, Bowie, Md. (671), \$40. ... **Under 180**: Brandon Holloway, Fairmont Heights, Md. (666), \$60; 2, Terrence Barton Jr., Fort Washington, Md. (606), \$40. ... **Tournament of Champions qualifiers / 180 and Above**: 1, Dean (previous qualifier), 675; 2, Alston, 671; and 3, Zahir Holmes, Beltsville, Md., 646. ... **Under 180**: 1, Holloway, 666; and 2, Barton, Jr., 606. ... **High Games / 180 Average and Above** – Game 1: Nicole O’Sullivan, Waldorf, Md., 258; Holmes, 255. Game 2: Dean, 266. Game 3: Alston, 224. ... **High Games / Under 180 Average** – Game 1: Owen Robinson, Fairfax, Va., 211. Game 2: Katana Robinson, Bowie, Md., 203. Game 3: Holloway, 266.

PBA East Region Knob Hill Senior Open, Manalapan, N.J. (John DiSantis, Wilmington, Del., \$1,500) – 13, David Kneas, Annapolis, Md., \$500.



AWARDS, from page 18

Ritter, James H - GB001
Robinson, Brian K - MH013
Roenfeldt, Sarah I - SL013
Sawyers, Russell S - MA001
Shelton, Robert H - BR008 (2)
Smallwood, Barry T Jr - BR018
Smith, James E - CY003
Sutphin, Wayne E - LC009
Taylor, Adonas L - CA007
Thomas, Rudolph - WA018
To, Chhoeun - SL002
Toman, Martin A - DC004
Tragert, John G - GB007
Tremper, Joseph E - LA002 / ME011
Warren, Leroy S - FC003
Watkins, Tyrone R Jr - LA014
Wesby, Eric B - AX013
Williams, Fero K - SL003
Windsor, Allen - SL002
Windsor, Richard T Sr - LC009 (2)
Zost, Charles J - SL002

** = NCAUSBCA Mixed Tournament

YOUTH

300 Game

Carter, Jacob M - WB106
DeFalco, Jarrett A - MAS01
Marshall, Dillon L - WA102

Place:
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Hyattsville, MD 20784
Phone: 301/772-6565

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The tournament consists of two scratch Scotch Doubles games bowled by teams of one youth (ages 5 to 19) and one adult.

Adult cost is \$15.00 (youths bowl free).

Date: February 3, 2013

Time: Noon to 4:00 p.m.

NCAUSBCA 6th Annual Youth & Adult Sports Day

Reservations suggested;
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NCAUSBCA Office
(301/499-1693)

(Walk-ins accepted only if lanes are available)



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5615 Guinea Road
Burke, VA 22015

Bowl America Chantilly.....(703) 830-2695
4525 Stonecroft Boulevard
Chantilly, VA 20151

Bowl America Dranesville.....(703) 430-1350
46940 Woodson Drive
Sterling, VA 20164

Bowl America Fairfax.....(703) 273-7700
9699 Lee Highway
Fairfax, VA 22031

Bowl America Falls Church.....(703) 534-1370
140 S. Maple Avenue
Falls Church, VA 22046

Bowl America Manassas.....(703) 368-2161
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Manassas, VA 20110

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