

HALL OF FAME PHOTOS

IS YOUR LEAGUE'S  
HANDICAP SYSTEM FAIR?

# BOWL MAGAZINE

NOVEMBER 2014

OFFICIAL PUBLICATION OF THE NATION'S CAPITAL AREA USBC ASSOCIATION



BVL's ANNUAL CAMPAIGN BEGINS:

***"Giving Our Best for Our Best"***



# Mixed Scratch Doubles Tournament

**1<sup>st</sup> place: \$1,200 unconditionally guaranteed by Sports Plus/Carmen Don Pro Shop**

Supported by Nation's Capital Area USBC Association  
USBC Certified

**Brackets / high game pots available**

*Mail all entries to:*

Larry Gonzales  
10616 Thorne Dr.  
Ft. Washington MD 20744-4105  
Phone: 301/461-6627  
Email: [lrsfla@verizon.net](mailto:lrsfla@verizon.net)

Date: February 8, 2015  
Times: Squad 1 – 12:00 pm  
Squad 2 – 2:30 pm (fresh oil)  
Place: Bowl America Fairfax  
9699 Fairfax Blvd.  
Fairfax VA 22031  
703/273-7700

**Cost**  
\$100 per team (\$50 per person)  
teams consist of one man and one woman

**Re-entry:** \$100 per team (\$50 per person)  
cash once only with same partner

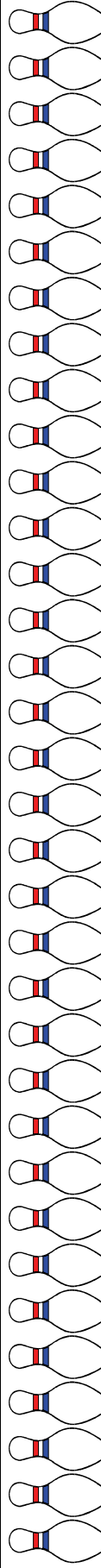
*Make checks payable to:*  
NCAUSBCA Mixed Scratch  
**CASH ONLY day of tournament**

[www.ncausbca.org/tournament/tourns.html](http://www.ncausbca.org/tournament/tourns.html)

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

Open to all adult USBC members

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): \$11.25 lineage, \$34.75 prize fund, \$4 expense fee, payout ratio: 1:6

Optional Singles entry: \$5 prize fund, \$1 expense fee, payout ratio: 1:8  
Prize fund returned 100%

Entries close 2:00 pm on February 8, 2015 or until lanes are full.

Entry #	Amount	Lane #	Squad



# BOWL MAGAZINE

November 2014  
Vol. 49, No. 2

*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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## Youth scholarship and adult recognition award deadlines approach

December 1, 2014 is the postmark deadline for several national bowling-related scholarships for youth bowlers and national recognition awards for adult youth leaders:

### USBC ALBERTA E. CROWE STAR OF TOMORROW

This award annually recognizes star qualities in a female high school senior or college student who competes in the sport of bowling. Star qualities include distinguished bowling performance on the local, regional, state, and national levels, academic achievement, and extracurricular and civic involvement. The award winner receives a \$6,000 scholarship.

### USBC CHUCK HALL STAR OF TOMORROW

This award annually recognizes star qualities in a male high school senior or college student who competes in the sport of bowling. Star qualities include distinguished certified bowling performance on the local, regional, state, and national levels, academic achievement, and extracurricular and civic involvement. The award winner receives a \$6,000 scholarship.

### USBC EARL ANTHONY MEMORIAL SCHOLARSHIP

If you are a senior in high school or a college student with a record of strong community involvement and academic achievements as well as financial need, you are eligible for

See **DEADLINES**, page 5

## CONTENTS....

- 10 Is your league's handicap system fair?
- 14 NCAUSBCA 2014 Hall of Fame highlights
- 24 NCAUSBCA 2013-2014 Triple Crown Awards

- |                         |                                   |
|-------------------------|-----------------------------------|
| 4 Update                | 18 Mini-Bio                       |
| 5 President's Message   | 19 Steinsiek                      |
| 6 Manager's Memo        | 20 Our Back Pages                 |
| 6 The Question:         | 21 Pop Kulture Kwiz               |
| 6 Go Figure             | 22 Association Honor Score Awards |
| 11 The List             | 23 Tournament Roundup             |
| 12 Ask Bob              | 24 Calendar of Events             |
| 12 Check Your Knowledge |                                   |

**ON THE COVER:** NCAUSBCA Directors Cynthia Black and Tom Dale respectively carried the BVL and U.S. flags at National Veterans Day ceremonies at Arlington National Cemetery. Additional BVL information appears on pages 4, 5, 6, 8, 25, and [here](#).

*BOWL Magazine* is published bi-monthly, September through July ("Summer") by NCAUSBCA Inc. The magazine, like the association, is dedicated to the advancement of the sport of tenpins and hopes to foster and nurture the spirit of good sportsmanship throughout its pages. The editorial and business offices are located in the NCAUSBCA office. The deadline for advertising material, copy, photographs, or other editorial material submitted for publication, is the 15th of the month preceding the cover date. The editor reserves the right to alter or reject any copy, photograph, or advertising material submitted for publication. Reproduction and/or distribution in any form, in whole or in part, is strictly prohibited without prior written authorization. Copyright © 2014 by NCAUSBCA Inc. All rights reserved.

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## **BVL LAUNCHES 2014-2015 CAMPAIGN**

As they have done for the last 72 years, thousands of BVL volunteers and supporters around the country kicked off their annual campaign -- "Giving Our Best for Our Best" -- on Veterans Day, November 11. Whether it is a raffle, a tournament, a dinner, or just passing the hat, BVL volunteers are keeping the promise made in 1942: *We will not forget the service and sacrifice of those who fought for our country.* "BVL fills a unique and valued role in the lives of our active duty troops and veterans," explains BVL Chair John LaSpina. "Though our programs and services, we provide the 'spark' that truly Brightens Veterans' Lives. Moreover, we are delivering these programs with remarkably low overhead -- we are proud to be recognized as one of 'America's Best Charities,' to have earned the distinction as a 'Top Rated Nonprofit,' and to been accepted into the Combined Federal Campaign. There's great value in what we do and how we do it." Concurrently, BVL is disseminating annual grants for recreation therapy programs throughout the country -- providing the "extras" which boost spirits and brightens the days of our American heroes. "You can walk into any VA Medical Center and State Home or visit with the wounded warriors at Walter Reed National Military Medical Center and see the difference BVL is making," says LaSpina. "But the need is greater than ever. Please join us in our 2014-2015 campaign 'Giving Our Best for Our Best'." Headquartered in Metropolitan Washington, D.C., BVL is a national 501(c)(3) and is governed by the sport of bowling. Learn more at [www.BowlforVeterans.org](http://www.BowlforVeterans.org).

**December 15 is the  
deadline to apply as a  
candidate to serve as an  
association official and/or  
delegate. Click [here](#)  
for the application.**

## **WOMEN'S PRO BOWLING TO RETURN IN 2015**

More than a decade after holding its last event, the Professional Women's Bowling Association (PWBA) Tour will re-launch in mid-summer of 2015 with a nine-event tour and a new logo. The PWBA has a three-year funding commitment from the United States Bowling Congress and Bowling Proprietors' Association of America to support operations and provide guaranteed prize funds for the 2015, 2016, and 2017 seasons. Additional information about the PWBA Tour schedule, event format, and membership will be released in the future.

## **MEMBERSHIP DEPT.**

John W. Smallwood Sr. of Beltsville, Md., recently was indefinitely suspended from membership in USBC and is not to hold office or bowl in any USBC leagues or tournaments. ... Ronald E. Greenstreet of Alexandria, Va., and James J. Lorenzano Jr. of Hampstead, Md., remain suspended from membership in USBC.



## ***Special thanks to our association volunteers***

Bowlers:

As we continue to go through our 2014-2015 season, it's clear the spirit of volunteerism is alive and well, as several bowlers have come by the association office and lent a helping hand to assist with the processing of leagues and other tasks.

Our Hall of Fame ceremony held last month at Joint Base Anacostia-Bolling was a tremendous success, as it was well attended, included a great meal, and guests witnessed the induction of four new members. I want to personally thank the members of the Hall of Fame Committee for all the hard work they did to pull it off.

The outcome of our recent Senior Tournament held at Bowl America Woodbridge was very positive. There was an upsurge in entries; in fact, some bowlers were unable to enter because the squads were full. The Tournament Committee will consider expanding the event next year to allow more bowlers to enter.

Our Annual Meeting will take place on Sunday, March 15, 2015, and it's not too early to think about attending. As always, we hope to have a large turnout, as this is your opportunity to express your opinions and ideas in front of your fellow bowlers to help improve bowl-

ing on the local and/or national levels.

Your continued support of BVL (The Bowlers to Veterans Link) will allow our veterans to continue to receive recreational equipment and other items not covered by government funding. Your generosity helps to speed up the recuperation process as well as reduce stress in their lives. Keep up the good work so this program will continue to be successful. For more information, go to [www.bowlforveterans.org](http://www.bowlforveterans.org).

Finally, I would like to thank the office staff for their diligence and perseverance in making the association office run smoothly for the benefit of the bowlers.

For any information you may need, please contact the association office or me at [president@ncausbca.org](mailto:president@ncausbca.org).

Once again, "Good Bowling."

## **DEADLINES, from page 3**

this scholarship. Bowling success is not considered in awarding this scholarship. USBC presents this prestigious scholarship in honor of legendary pro bowler Earl Anthony. ... USBC will award five USBC Youth members with a \$5,000 scholarship. Candidates must be enrolled in their senior year of high school or presently attending college and must be current USBC Youth members in good standing. In addition, candidates must have a minimum cumulative GPA of 2.5 based on a 4.0 scale (or equivalent). Individuals may win this award only once.

### **USBC ANNUAL ZEB SCHOLARSHIP**

The award recognizes a USBC Youth member who achieves academic success and gives back to their community through service. Applicants must be in their junior or senior year of high school and must be USBC Youth members in good standing. This scholarship is based mainly on community service and very strong academic success. ... Bowling success does not factor into the selection process. The winner receives a \$2,500 scholarship and an expenses-paid trip for the winner and a parent or guardian to attend the awards ceremony, which is held in conjunction with the North Pointe Junior Gold Championships.

[www.ncausbca.org](http://www.ncausbca.org)

### **USBC YOUTH AMBASSADOR OF THE YEAR**

This award annually recognizes one male and one female USBC Youth bowler for his/her exemplary contributions in the sport of bowling outside of league or tournament play, academic accomplishments, and community involvement. ... Each award winner will receive a \$1,500 scholarship and an expenses-paid trip to the awards ceremony held in conjunction with the USBC Convention in the spring. One of the winners may serve on the USBC Youth Committee and be eligible for additional scholarship funds. Youth Ambassadors selected to serve on the Youth Committee must be at least 18 years old as of Aug. 1 in year of selection.

### **USBC GIFT FOR LIFE SCHOLARSHIPS**

The Gift for Life Scholarships are available to any USBC Youth member currently in high school holding a GPA of 2.0 or higher and who can demonstrate financial need. USBC awards up to 12 scholarships each year. ... Two of the six awards are reserved annually for children of fire department, emergency rescue, or police personnel. Selected finalists may be asked to provide evidence of their financial need. Award winners receive a \$1,000 college scholarship.

See **DEADLINES, page 10**



## Is your league off to a good start?

Most of us are about to complete the first third of the bowling season, and there are a few things that should have been done by now:

### Secretaries

- File the league certification application within the 30-day grace period. Failure to do so violates the bonding program requirement.
- Give each team captain a copy of the league rules.

### Treasurers

- Set up a bank account requiring two signatures to withdraw league funds and arrange to have the bank statement sent to the league president.
- Provide each bowler with a report of his/her payment history to date.
- Use an accounting system that can withstand an audit.

## Go Figure

50

Starting "senior" classification age in the 2015 NCAUSBCA Open Championship Tournament.

\$27,465

NCAUSBCA's contribution to BVL in the 2013-2014 season, which led the nation among local associations.

120

Vacancy score in an adult league unless otherwise provided by league rule.

### Presidents

- Monthly audit of the league's funds to ensure all is in order and to comply with the bonding program requirements.
- Appointed a prize committee
- Appointed an audit committee that should conduct an audit midway through the season.

If the league officers have accomplished the above tasks, your league is off to a good start.

Meanwhile, several centers this season have contracted with NCAUSBCA to process youth memberships. We currently are working with USBC to remove several "bugs" in the processing system, so I ask youth coaches and league coordinators to please be patient. Once the system is perfected, we will look into offering a more comprehensive youth membership package.

### Tournaments

- This year's Senior Tournament at Bowl America Woodbridge had a great turnout with quite a few more entries than last year.
- The [5th Annual Mixed Tournament in Support of BVL](#) is scheduled for December 6-7, 2014 at Bowl America Shirley, so let's keep the enthusiasm going as it supports our veterans.
- Entry forms for the [70th Annual Open Championship Tournament](#) are being prepared and should be online and in your centers soon.

*[eMail Ronald McGregor](mailto:Ronald.McGregor@ncausbca.org)*

## THE QUESTION:

### Why do you bowl in tournaments?

Because [Director] Judi [Butler] brought me here!



Lamjuan "Noi" Johnson  
Upper Marlboro, Md.

I enjoy the commerdie and the competition.



Ray Marquardt  
Alexandria, Va.

Because it's fun and a game of chance. You don't control the score, but you can control the fun.



Evelyn Tafalla  
Upper Marlboro, Md.

I like them!



Audrey Wright  
Upper Marlboro, Md.

I'm very competitive.



Barbara Wright  
Bowie, Md.

OFFICIAL ENTRY FORM

**NATION'S CAPITAL AREA  
USBC ASSOCIATION  
70TH ANNUAL  
CHAMPIONSHIP TOURNAMENT**

*Certified by the United States Bowling Congress*

**TEAM EVENT**

**BOWL AMERICA FAIRFAX**

9699 Lee Highway  
Fairfax VA 22039  
703/273-7700

**SINGLES & DOUBLES EVENTS**

**BOWL AMERICA WOODBRIDGE**

13409 Occoquan Road  
Woodbridge VA 22191  
703/494-9191

**MARCH 28-29, APRIL 11-12, 18-19, 2015**

**(APRIL 25-26 IF NEEDED)**

**ENTRIES CLOSE MARCH 16, 2015**

**PRIZES RETURNED: 1 IN EVERY 6 ENTRIES**

**CAREFULLY READ RULES ON PAGES 3 AND 4 BEFORE COMPLETING ENTRY FORM**

**NEW PRIZE CATEGORIES:**

**"50-59" & "60+" SINGLES  
"50+" ALL EVENTS**

**"50-59" & "60+"  
BRACKETS**

**SEND ALL ENTRIES AND INQUIRIES TO:**

**OPEN TOURNAMENT DIRECTOR  
NATION'S CAPITAL AREA USBC ASSOCIATION  
9315 LARGO DRIVE WEST, SUITE 110 • LARGO MD 20774-4762**

**PHONE: 301/499-1693 x103 • FAX: 301/499-5927**

**eMAIL: [open\\_tournament@ncausbca.org](mailto:open_tournament@ncausbca.org)**



**OPTIONAL SCRATCH CATEGORIES**



NCAUSBCA, BVL, and BPAA were represented at the annual Veterans Day ceremonies held at Arlington National Cemetery: (Front) Tom Dale, Marina Akers-Epps, Anthony Colangelo, Marci Williams, John LaSpina, Marci Williams, Wally Hall, Tom Martino, and Cynthia Black; (Rear) Berlin Myers, Connie Brown, Deborah Epps, Diane Garrett, Anita LaSpina, and Charlene Martino. Speakers at the event included Vice President Joe Biden.



OFFICIAL ENTRY FORM

NATION'S CAPITAL AREA USBC ASSOCIATION

# 5TH ANNUAL MIXED TOURNAMENT IN SUPPORT OF BVL



PRESENTED BY:

**SPORTS PLUS / CARMEN DON PRO SHOP**

5130 Duke Street, Unit 5 • Alexandria VA 22304 • 703/751-4255

**TEAM • SINGLES & DOUBLES EVENTS**

**BOWL AMERICA SHIRLEY**

6450 Edsall Road, Alexandria VA 22312 • 703/354-3300

**December 6-7, 2014**

**EXTENDED ENTRY POSTMARK DEADLINE: DECEMBER 1, 2014**

## OPTIONAL SENIOR (50+) AND ALL-EVENTS

**Senior (50+) Scratch Singles Event**

SPONSORED BY:

**BRUNSWICK**

Home of Johnny Petraglia,  
Vietnam Vet and BVL Spokesperson

**Scratch All-Events**

SPONSORED BY:

**FRATELLI'S ITALIAN RESTAURANT**

410 South Van Dorn Street  
Alexandria VA 22304  
703/212-9122

**Senior (50+) Handicap Singles Event**

SPONSORED BY:

**KR STRIKEFORCE**

Manufacturer of KR Bags & Brunswick Bags,  
Shoes, and Accessories

**Handicap All-Events**

SPONSORED BY:

**DEXTER**

Full Line of Bowling Shoes,  
from Beginner to Professional

(Other Optional events, including Brackets and High Game Pots, will be available)

SEND ALL ENTRIES AND INQUIRES TO:

**TOM DALE, MIXED TOURNAMENT DIRECTOR**

10 HULVEY DRIVE • STAFFORD VA 22556-3816

PHONE: 703/989-8573 • eMAIL: [mixedtour@ncausbca.org](mailto:mixedtour@ncausbca.org)

# Is your league's handicap system fair?

By Pie Snelson

A few years ago, I wrote about the [inequities in many leagues' handicap systems](#), and I took a lot of grief from people who did not agree with me. They were adamant that handicap should be capped at 200. Well, that's just not true. Maybe back in 1975, someone who had an average of 200 was king, but that era faded about 30 years ago. Now, with more consistent lane dressing, better bowling balls, and good coaching beginning in the youth leagues, 200 is still a fine average to have, but it is no longer the benchmark it used to be.



Pie Snelson

Previously, I showed a handicap that is limited to a 200 base unfairly punishes a lower-average team. They can almost never win against a higher-average team, even when they bowl well and the higher-average team bowls poorly. The good news is I have found more tournaments now get it, and almost all have raised their handicap base.

Unfortunately, many leagues, though, still do not understand that by limiting handicap to 200, they hurt the lower-average bowlers and condemn them to perpetually losing to the higher-average teams. What's worse is some small-average bowlers themselves vote to limit handicap because someone convinced them bowlers with 200 averages "don't need any handicap." They have chosen to wrestle the gun away from the good guy and use it to shoot themselves in the foot.

This example contains actual averages from a real 2014-2015 league that has limited its handicap to 80 percent of 200:

TEAM A			TEAM B			TEAM C		
Name	Avg	Hcp	Name	Avg	Hcp	Name	Avg	Hcp
Al	211	0	Ben	186	11	Cab	209	0
Ann	131	55	Babs	153	37	Casi	182	14
Amy	165	28	Barb	169	24	Cal	154	36
Abe	243	0	Bob	189	8	Clem	213	0
Axe	225	0	Bill	215	0	Cez	219	0
<b>Total</b>	<b>975</b>	<b>83</b>	<b>Total</b>	<b>912</b>	<b>80</b>	<b>Total</b>	<b>977</b>	<b>50</b>

Notice that even though the total team average of Team A (975) is higher than Team B (912), Team A gets way more handicap. How can that be?

Actually, there are several problems with the system used by the league. First, its handicap is based on an individual average of 200. Just looking at just these three teams, we see seven bowlers with averages that are above the base of 200. If 200 is the average limit for handicap, then all bowlers whose averages match or exceed 200 get zero handicap. At zero handicap each, they are deemed equal to each other. We know that a person who averages 131 is not as good as a person who averages 165, so why do we say that a person who averages 209 is equal to a person who averages 243? Yes, they both average 200 or better, but they are not equal. By

See [HANDICAP](#), page 11

## DEADLINES, from page 5

### DAVID DAHMS COACH OF THE YEAR AWARD

This prestigious award is named in honor of David Dahms, who was an instrumental leader in the creation of what is now known as the USBC Junior Gold program. ... The award annually recognizes a USBC certified coach who has been actively involved in a USBC Youth program and has demonstrated outstanding commitment to coaching, sportsmanship, and knowledge of USBC Youth rules for the last seven or more years. Any person or organization with knowledge of an individual's accomplishments in these areas may nominate that individual.

### KERM HELMER HORIZON AWARD

This prestigious award is named in honor of Kerm Helmer, the team founder and longtime bowling coach at Erie Community College who also served as a board member, vice president, and president of the Young American Bowling Alliance, a predecessor organization of the USBC. ... The annual award recognizes leaders or organizations in the bowling community who have displayed the courage, determination, and ability to develop far-reaching programs of national scope that provide fun and exciting opportunities for collegiate and/or youth bowlers.

### USBC YOUTH VOLUNTEER OF THE YEAR AWARD

This annual award recognizes an adult volunteer who has displayed outstanding efforts to foster, organize, and promote certified youth bowling programs at the local, state, and/or national level for the last seven or more years. ... Any person or organization with knowledge of an individual's efforts in these areas may nominate that individual.

**HANDICAP, from page 10**

limiting the handicap to <sup>200</sup>, we pretend that they are equal ... but they are *not* equal!

A second injustice here is in assuming the bowler who averages <sup>153</sup> plus her <sup>37</sup> handicap pins—a <sup>190</sup> total—stands a chance against the <sup>243</sup>-average bowler. Is that really fair?

But the real inequity here is allowing the teams with the really big-average bowlers to benefit from all the handicap that the small-average bowlers bring to the team without having those pins offset by the higher averages also on their team. Look at the total averages of Team A versus Team C. The team averages are only two pins different, but in each game, Team A gets <sup>33</sup> pins more handicap than Team C! This is because Team A gets to keep all of the handicap pins that their lower-average bowlers get.

There are multiple ways to right this wrong. One way is to make the highest average in the league the handicap base. Doing that here would change the handicap to one that is based on the <sup>243</sup> average. The handicap would be <sup>80</sup> percent of the difference between the bowler's average and <sup>243</sup>. Here's how it would look:

TEAM A			TEAM B			TEAM C		
Name	Avg	Hcp	Name	Avg	Hcp	Name	Avg	Hcp
Al	211	25	Ben	186	45	Cab	209	27
Ann	131	89	Babs	153	72	Casi	182	48
Amy	165	62	Barb	169	59	Cal	154	71
Abe	243	0	Bob	189	43	Clem	213	24
Axe	<u>225</u>	<u>14</u>	Bill	<u>215</u>	<u>22</u>	Cez	<u>219</u>	<u>19</u>
<b>Total</b>	<b>975</b>	<b>190</b>	<b>Total</b>	<b>912</b>	<b>241</b>	<b>Total</b>	<b>977</b>	<b>189</b>

Although these handicaps would be fairer and more reflective of the averages, some bowlers have it hard-wired in their heads that <sup>200</sup> is the magic number that should not have any handicap. So for those who cannot come to grips with the idea that a <sup>203</sup>-average bowler is *not* equal to a <sup>230</sup>-average bowler, another way to approach the issue is to use team handicapping instead of individual handicapping. This neutralizes the advantage that big-average bowlers get when they are allowed to keep all of the handicap from the small-average bowlers on their team. Here is an example of how it would look using a team handicap based on <sup>80</sup> percent of <sup>1,000</sup>:

TEAM A			TEAM B			TEAM C		
Name	Avg	Hcp	Name	Avg	Hcp	Name	Avg	Hcp
Al	211		Ben	186		Cab	209	
Ann	131		Babs	153		Casi	182	
Amy	165		Barb	169		Cal	154	
Abe	243		Bob	189		Clem	213	
Axe	<u>225</u>		Bill	<u>215</u>		Cez	<u>219</u>	
<b>Total</b>	<b>975</b>	<b>20</b>	<b>Total</b>	<b>912</b>	<b>70</b>	<b>Total</b>	<b>977</b>	<b>18</b>

Now that is much better and far fairer. Please take the time to review your own league and see if the handicap system being used is working for your team. If you see a problem, share this article with your teammates, and be sure you all attend your league's organizational meeting and vote to make things better and fairer. Until then, practice hard and bowl well.



**THE LIST**

The list below displays NCAUSBCA adult winter league pinfall in area bowling centers during the 2013-2014 season.

Crofton Bowling Centre .....	28,211,964
AMF Waldorf .....	25,719,788
Bowl America Shirley .....	24,139,036
AMF Marlow Heights .....	23,457,008
Parkland Bowl.....	21,073,270
AMF Capital Plaza.....	18,282,227
Bowl America Woodbridge.....	18,119,150
Bowl America Gaithersburg.....	17,564,743
Rinaldi's Riverdale Bowl .....	14,872,872
Potomac Lanes.....	14,252,970
Bowl America Chantilly.....	13,916,789
Bowl America Falls Church .....	11,653,523
Lord Calvert Bowl .....	11,346,230
Bowl America Bull Run.....	11,308,501
Bowl America Dranesville.....	9,501,955
The Lanes Fort Meade .....	8,043,244
Bowl America Manassas .....	7,145,776
AMF Dale City .....	7,010,289
Village Lanes .....	5,232,845
Fort Belvoir Bowling Center .....	4,951,951
Bowl America Burke .....	4,919,273
AMF Laurel.....	4,492,581
AMF Alexandria .....	4,043,155
NAS Patuxent River .....	3,670,116
Bowl America Fairfax .....	3,268,941
Esperanza Bowling Center .....	3,082,385
AMF Annandale.....	2,932,324
Bethesda Naval Bowling Center .....	2,522,932
Quantico Bowling Center.....	1,491,293
AMF Centreville .....	1,468,004
AMF College Park .....	1,031,847
Fort Myer Bowling Center.....	733,005
MWR Stars & Strikes.....	251,722



## Getting up to speed; the importance of spares; lane adjustments

**Q.** *I have been bowling now for over 20 years. I have always had good ball speed, but recently I have noticed a considerable slow down. Because my turn on the ball is still good, the ball is hooking out of my hand. Is there anything I can do to get the speed back?*

**A.** I have been bowling now for 61 years. I started when I was 11 years old, so I know about speed changes. I also used to throw the ball hard. When I reached 60 or so, ball speed went way down. Over the years between 60 and 70, I learned to make up for lost speed with ball weight and cover changes. Most

of my equipment went to high pin placements and polished covers to get the ball through the heads.

After a trip to the Kegel Training Center in Lake Wales, Fla., I realized that a big part of the problem is in the approach. When we get older, we tend to focus on being smooth on the approach; we have more even steps from start to finish.

I watched video of some of the top stars, and they all have one thing in common: They start with slow steps and finish with fast steps. A good person to watch is Chris Barnes; his last three steps are almost twice as fast as his first steps. This gives him momentum,

and that translates to faster ball speed.

So in my case, I backed up on the approach went to six steps. I try to take the first three slow and pick up speed during the last three. Doing this has helped me to pick up about 1½ miles per hour ball speed. I have to consciously think about it at first, but after a few frames of practice, it becomes more natural.

**Q.** *I have been bowling for quite a few years now. I average in the low 210s, but this season I have been slumping into the high 190s to low 200s. The shot we are on does not seem that much different. I have been practicing, but it has not helped. What can I do to get my game back?*

**A.** Bowlers seem to have an aversion to taking lessons. If you golf and are having problems with your swing, the first thing you do is see the local pro and get help. Bowlers for some reason think they can do it on their own.

The other solution they have is to buy a new bowling ball. Now don't get me wrong—a new ball many times can help your game and here's why: You get a new ball, and you get caught up in watching the reaction of that new ball. You forget about the things that you have been working to correct. Many times then they correct themselves.

However, a faster way is to find a professional instructor in your area and take a few lessons. You can't see or feel what is wrong. A good instructor will see it right away, and then you can practice fixing these mistakes. After a little practice, you and the new ball will be the bowling beast you want to be.



## Check Your Knowledge

1. This center will host NCAUSBCA's 5th Annual Mixed Tournament in Support of BVL.
2. How many inches tall is a USBC-regulation tenpin?
3. He currently serves as NCAUSBCA's fifth vice president.
4. In what season did NCAUSBCA begin operations 2003-2004 or 2006-2007?
5. What would be the Adjusted Average for a bowler with a 200 Sport League Average?
6. True or False: A league officer can declare games forfeited when a team uses an ineligible player.
7. True or False: A bowler never needs to report winnings from a non-certified tournament.
8. True or False: Bowl America Woodbridge has 48 lanes.
9. What is the minimum number of entries to constitute a squad for a singles tournament?
10. Within how many days must a team bowl its games when a postponement is granted for the last day of the schedule?

ANSWERS: 1, Bowl America Shirley; 2, 15; 3, Darron Mayes; 4, 2006-2007; 5, 214; 6, True; 7, False; 8, False; 9, Two; 10, Seven.

**Q.** You are always touting spare shooting over striking as the best way to improve scoring. Why do you say that as opposed to getting more strikes?

**A.** There are 1,023 different possible spare combinations. Many of these are unusual spares for sure, but this number of possibilities should tell you why a developing a good spare shooting system is paramount to good scores. If you don't have or know about a spare shooting system, ask your local pro shop operator or instructor to help you develop one.

Think about it this way: To raise your average 10 pins, you only need to pick up one more spare per game. Better accuracy on spares also will translate to more strikes because you will also become more accurate on the first ball.

**Q.** I am having problems with my lane adjustments. When I think I need to move, I try to make the move right away, but then I always seem to make terrible shots for three or four frames before settling down. Have you any idea as to why this happens?

**A.** You are doing the right thing by moving quickly; this can save you from a bad game. Your problem is your mind is not convinced you are making the correct move. You have to have complete confidence that the move you make is the correct move. Then you have to make the shot with conviction.

Next time you make a line change, believe 100 percent that you are right; you will then make a good shot. If the result is not what you wanted, at least you learned something and only wasted one shot. Then try again. It's just a matter of trusting yourself and your game.

[www.ncausbca.org](http://www.ncausbca.org)

# OPPORTUNITY . . .

**The Bowling News Network is looking for an energetic self-starter or agency to represent BNN in commission sales.**

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Jim Goodwin

972-722-8885

[jgoodwinbowling@sbcglobal.net](mailto:jgoodwinbowling@sbcglobal.net)

[www.bowlingnewsnetwork.net](http://www.bowlingnewsnetwork.net)

**Q.** I have been trying to convince friends of mine to bowl with me, but they seem to think there are few health benefits in bowling. Can you give me some health reasons to take up the sport?

**A.** You can tell them some facts about bowling. A 150-pound person burns about 200 to 250 calories in one hour of bowling. This can vary from person to person, but it helps with weight control if

you don't indulge in beer and chili cheese fries.

Strength training exercises use repetitive motion with weight. This is bowling—walking, bending, twisting, and throwing, all with weight. You are doing squats, lifting, and stretching, all at the same time.

Bowling helps balance, motor skills, and coordination.

Bowling is good for the mind; it promotes focus and problem solving.

See **ASK BOB**, page 22

# NCAUSBCA 2014 Hall of Fame highlights



Members of NCAUSBCA's Hall of Fame "Class of 2014"—George Yarborough, Eddie Blocker Jr., David Kneas, and Ernest Spriggs—appear following their October 4 inductions in ceremonies held at Joint Base Anacostia-Bolling.



Each new Hall of Fame member selected an individual to introduce him to the audience prior to his induction: (left) Martinez Box for Eddie Blocker Jr.; (below left) Hall of Famer Greg Turner for Ernest Spriggs; (above right) Keenan Yarborough for his father, George Yarborough; and Hall of Famer Greg Goetz for David Kneas.



*PHOTOS BY DIANE GARRETT  
AND BOB COSGROVE*



President Gene Mays presents David Kneas (left photo) with his NCAUSBCA Hall of Fame ring. At right, Ernest Spriggs receives his association Hall of Fame plaque.



George Yarborough addresses the audience before receiving certificates from USBC and Maryland Governor Martin O'Malley, a plaque from the International Bowling Museum and Hall of Fame, and a corsage, ring, plaque, and white jacket from NCAUSBCA.

**CLICK [HERE](#) FOR ADDITIONAL HALL OF FAME PHOTOS**



Eddie Blocker Jr. performs the final task of his induction—placing his portrait on the Hall of Fame board.



Along with Hall of Fame member Jon Emery, Carl Giddings (left) and Vanessa Smith sponsored guests at the entrance gates of Joint Base Anacostia-Bolling.

## HALL OF FAME PATRONS

### *Gold Patrons*

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Christine & James B. Stewart  
Triple Doubles Tournament

### *Blue Patrons*

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Harrold Capps  
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Jonathan Emery  
Jim Lewis  
Sharon Weber  
Maxine & Kirk S. Williams

### *White Patrons*

Quintenna Boone  
Judith Butler  
Ronald McGregor  
Doris Shepherd

### *Red Patrons*

Lee Holmes Sr.  
Dena Kearney



President Gene Mays welcomes the guests.

Judith Butler, chairperson of the Hall of Fame Committee, served as mistress of ceremonies.



Tom Dale introduces his fellow Hall of Fame members in attendance.





Maurice & Melanie Johnson



Wauleah & Sheldon Ellison

*CLICK [HERE](#) FOR ADDITIONAL HALL OF FAME PHOTOS*



Hall of Fame members gathered for a group photo. (Front row) George Yarborough, Ernest Spriggs, Doris Shepherd, Eddie Blocker Jr., David Kneas. (Second row) Red Nelson, Kirk Williams, Tom Dale, Al Zeh, Cornell Jackson, James Stewart, Greg Turner, Glenn Callaway, Andy Anderson, Bob Cosgrove, Jon Emery. (Third row) Donny Carr, Sharon Weber, Judy Edwards, Cheryl Jelks, Tena Boone Ray Brothers, Jim Lewis, Berlin Myers, A. Jane Hassell, Dena Kearney, Susan Ryan, Ronald McGregor. (Back row) Greg Goetz, Rick Ketchie, Ronald Holt, Hollis McMullen, Butch Luther III, and Magic Gray.

## Mini-Bio

# JORDAN JACKSON

**BIRTH DATE:** October 30, 1998

**CITY OF RESIDENCE:** Landover, Md.

**EDUCATION:** Junior at Fairmount Heights High School

**EARLIEST BOWLING MEMORY:** My mother took me to Rinaldi's Riverdale Bowl at age 2 with my sister.

**CURRENT BOWLING LEAGUE:** University Strikers at AMF Capital Plaza

**NOTABLE BOWLING ACCOMPLISHMENT:** Bowled series of 734 and 720 nearly back-to-back

**BEST PART OF MY GAME:** Staying positive

**WORST PART OF MY GAME:** My 10-pins!

**BEST TACTIC I USE TO HANDLE PRESSURE:** Take a deep breath before starting my approach



**SPARE-SHOOTER RATING** (10 = best / 1 = worst): 7

**IMPORTANCE OF BOWLING IN MY LIFE** (10 = most / 1 = least): 8

**MOST IMMEDIATE BOWLING GOAL:** Try to be the best bowler I can be

**INTERESTS OUTSIDE OF BOWLING:** Playing basketball

**FIRST THING I'D BUY IF I WON THE LOTTERY:** Shoes

**FAVORITE MEAL:** Mac & cheese

**FAVORITE BEVERAGE:** Fruit punch

**FAVORITE TV SHOW:** "The Boondocks"

**FAVORITE PLACE I'VE VISITED:** Las Vegas

**NICKNAME:** "J man"

**TASK I HATE TO DO:** Homework

**PLACE WHERE I WOULD LIKE TO LIVE:** New York

**SUBJECT ABOUT WHICH I'D LIKE TO KNOW MORE:** World history

**PUBLIC FIGURE I MOST ADMIRE:** Rajon Rondo [of the Boston Celtics]

**QUALITY I MOST ADMIRE IN MY FRIENDS:** Just being decent people

**THREE FAMOUS PEOPLE I'D INVITE TO MY HOME FOR DINNER:** LeBron James, Dez Bryant, and Rajon Rondo

**ONE WORD THAT BEST DESCRIBES ME:** *Talented*

**BIGGEST PERSONAL REGRET:** If I had gotten better grades in earlier years ....

**IF I COULD BE GRANTED ONE WISH:** To be the best person I can be

**FUTURE PLANS:** Attend the University of Kentucky

---

*Jordan Jackson recently teamed with Conner Kolessides to win the NCAUSBCA Youth 600 Club Fall Doubles Tournament at Rinaldi's Riverdale Bowl.*



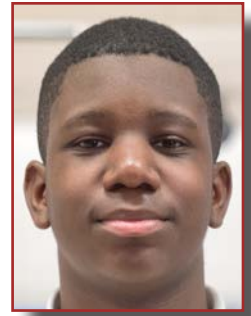
Samuel Anderson  
706



A J Simpson  
628



Ryan Johnson  
614



Chris McCormick  
591



Brandon Driver  
618

## "180 & ABOVE" DIVISION

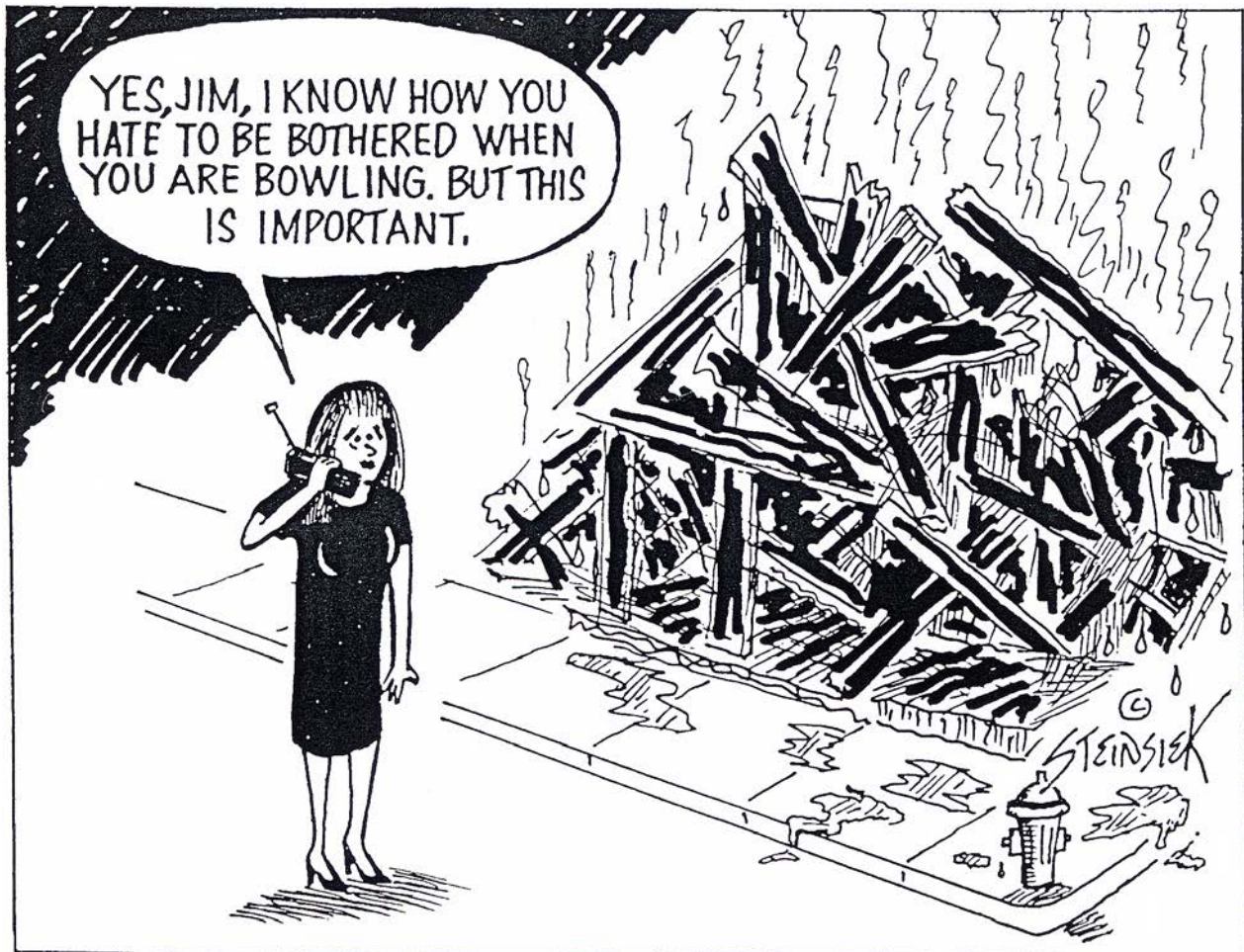
## "UNDER 180" DIVISION

T OF C QUALIFIERS — By scoring the highest series at the NCA-USBCA Youth 600 Club Fall Doubles Tournament at Rinaldi's Riverdale Bowl, these six bowlers, in addition to champions Conner Kolesides (629 series) and Jordan Jackson (579), qualified via each division for the season-ending Tournament of Champions, which will take place March 22 at Bowl America Gaithersburg. (Anderson, in fact, previously qualified in the Fall Singles event.)



Richard Brown  
582

## **STEINSIEK**



# Our Back Pages

## 5 Years Ago

- [Dave Kneas](#) is the subject of the *BOWL Magazine* Interview.
- [Everett Hamilton](#) records the area's first PBA Experience 800 series at Crofton Bowling Centre.
- [Marcus Nelson](#) provides "The Best Bowling Tip I Ever Received."

## 10 Years Ago

- In a *BOWL Magazine* Interview, [Pat Rinaldi](#) of Rinaldi's Riverdale Bowl discusses life as a proprietor.
- Jen Maffett averages 219 to win the Virginia Bowling Queens in Hampton.
- Donald Bock Jr. leads the association Gold Pin listings with his 872 series at Bowl America Bull Run.

## 15 Years Ago

- Hall of Famer Jim Lewis, manager of the Sports Plus/Carmen Don Pro Shop in Alexandria, provides [two lists of bowling accessories](#)—one for all bowlers and another for those bowling at advanced levels.
- Bowl America introduces "[Rolling Rewards Plus](#)," a program that extends the company's effort to encourage students from local elementary, middle, and high schools, and colleges to reach their academic potential.

## 20 Years Ago

- Rickie Agee, bowling out of AMF Capital Plaza, scores a 675 series to capture the Vir-Mar District 600 Club Fall Singles Tournament at AMF Alexandria.
- President Bill Clinton joins a score of state governors to declare December 4-10, 1994 National Ladies Pro Bowlers Tour Week.

## 25 Years Ago

- Crofton Bowling Centre holds a [groundbreaking ceremony](#) as it prepares to add 16 lanes to its 32-lane center in a \$1.7 million expansion.
- Baltimore's Danny Wiseman easily wins the Columbus Day Singles Tournament at Fair Lanes University, but Suitland's Gary "Guru" Parsons dazzles the crowd after qualifying 28th out of 28 places as he proceeds to score his first sanctioned perfect game en route to ultimately finishing second.
- In concluding his "[Hart of the Matter](#)" column, local instructor and consultant Steve Harter writes: "Let's review the approach: A good stance and pushaway, momentum-building middle steps, and a solid slide with a free and easy armswing takes you from a 'rural delivery' to a very 'special delivery.'"

## 35 Years Ago

- Jack Tipton is the high area casher in the 1979 ABC Tournament in Tampa, placing 27th and winning \$135 for his 670 series.
- Paul Welch receives numerous awards for his 294 game at Fair Lanes Waldorf.

## 40 Years Ago

- At the close of the 1974 Hoinke Classic in Cincinnati, Riverdale's Ferman Mixon tops the five-game singles field and is in line to capture the \$42,000 first prize plus an additional \$4,000 for placing second in scratch singles.
- The "Confusion" team of Johnny Epps, Arlene Savage, Bernie Fletcher, Earline Young, and Jim Hackett wins five Cadillacs in the \$150,000 National Bowling Festival in Willow Grove, Pa.

## 45 Years Ago

- [Paul Mohn](#) becomes the 12th inductee of the association's Hall of Fame.
- [Jim Robinette](#) leads the association awards listing with his 299 game.

# SENIOR TOURNAMENT PARTICIPANTS



**DIANE GARRETT**  
FORESTVILLE, MD



**PAT GRIFFIN**  
WASHINGTON, D.C.



**ALFREDIA JOHNSON**  
FORT WASHINGTON, MD



**MARY MIDGETTE**  
CLINTON, MD



**REGGIE SCALES**  
FORT WASHINGTON, MD

<i>First job I ever had</i>	<i>Rerun I can't stop watching</i>	<i>Pet peeve</i>	<i>Worst habit</i>	<i>Top interest outside of bowling</i>	<i>Best thing about bowling</i>
Church's Chicken	"Frazier"	People who step up on the lane when you bowl	Correcting peoples' grammar	My grandkids	Good friends
McDonald's	<i>Love &amp; Basketball</i>	People who repeat the same thing over and over again	Nail biting	Softball	Being able to focus and lose myself
Secretary at J&J Construction	"True Blood"	People who talk loudly when I bowl	Cracking my knuckles	Working on computers	The people I meet
Salesperson at D.C. retailer Golden Dawn	"Real Husbands of Hollywood"	Someone who lies to me	Hating to drive and preferring a chauffeur	Dancing	Meeting different people
7-Eleven in D.C.	"Sanford and Son"	Bad drivers	Eating ice cream at 4 a.m.	My fiancée	Friendships

# ASSOCIATION HONOR SCORE AWARDS

## 800 Series

- 835 Lancaster, Timothy W - SLS01
- 825 Andrejack, Michael J - WB009
- 822 Gilmore, Daniel M - WB004
- 821 Trexler, Robert K Jr - LC010
- 818 Andrejack, Michael J - WB004
- Lowe, Kenneth E Jr - SLS03
- 815 Lewis, Michael R - WA020
- 807 Gorlinsky, Michael L - BR002
- 803 Bruffey, Scott B - WBS06
- Schmal, Michael D - SLS03
- 802 Ishmael, Bobby Jr - MH016
- 800 Kolessides, John N - CY003

## 300 Game

- Anderson, Reginald D - MH008
- Andrejack, Michael J - WB004
- Attiliis, John T Jr - CR014
- Bishop, William W - WAS05
- Chayka, Robert J - ES004

- Coleman, David E - WB004
- Edwards, Jimmy L Jr - MY002
- Eman, Jason R - SLS04
- Gorlinsky, Michael L - BR002
- Graham, John P - GB020
- Hagan, David M Jr - GB012
- Hunt, Micheal L - MH016
- Ishmael, Bobby Jr - MH016
- Kolessides, John N - CY003 (2)
- Leatherman, David J - BRS06
- Manolis, Michael J - SLS04
- Miskell, Neal P - SLS03
- Mosser, Robert L - WB010
- Piskor, Daniel J - WB017
- Robinson, James E Sr - CAS04
- Sekely, Scott M - BRS04
- Shuler, Paul E Sr - RD006
- Simpson, Stuart L - WB002
- Sloan, Robert C - MH019
- Sudberry, James D - MH019
- Trexler, Robert K Jr - LC010
- Turner, Brian S - LC010
- Turner, Gregory L - CR006
- Tyler, Brett R - CA002
- Wallace, Ricky L - WB004
- Wible, Raymond K - ES004
- Williams, Fero K - CA010

## ASK BOB, from page 13

Bowling builds social relationships and helps teach working together as a team.

All of these benefits are like joining a health club except cheaper and more fun. Plus, bowling today is in almost all cases done in a smoke-free environment. Bowling can be done at almost any age from 3 to 103—and older!

I hope this helps to convince your friends.

**Q.** *I recently have been pulling the ball way too many times. I went to a coach to see if this was timing or early turn. He did not see either; he just suggested more practice. Do you know of any other tricks that might help?*

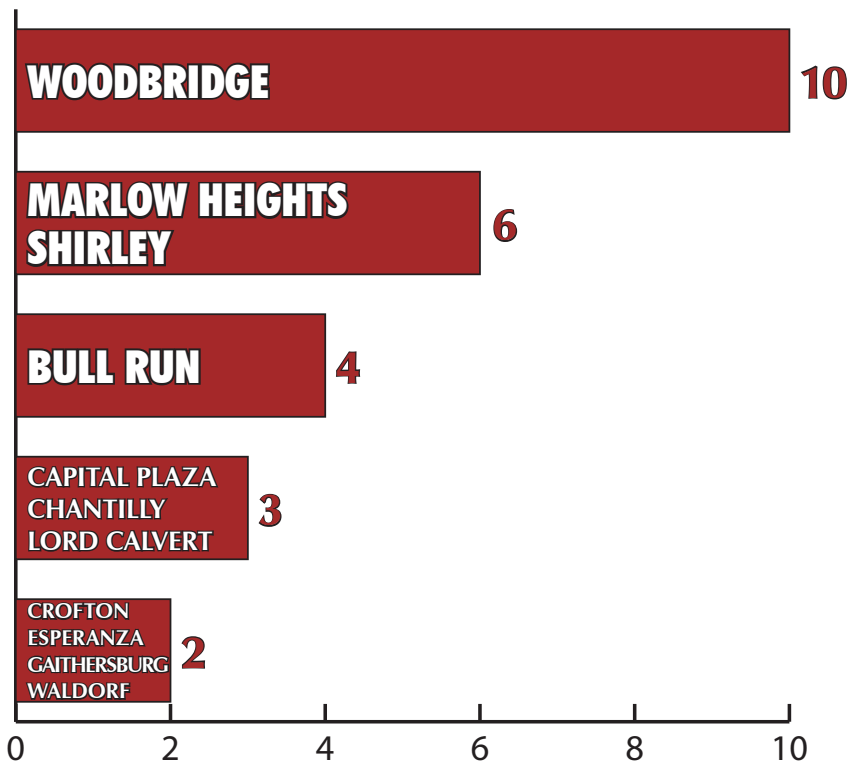
**A.** Several years ago, I read an article that said Bill Taylor, a well-recognized coach for many years, had an unusual practice method to help with trusting your shot: You start your approach, and in your slide step, close your eyes. What this does is help concentration; you have to keep your eyes on on the mark you want to hit. That mark has to be the last thing you see when you close your eyes or there is no chance to get close to it.

Closing your eyes blocks all outside interference. You won't notice anything around you. You will feel your armswing like never before. It helps you to stay down and completely frees up your arm. This stops any muscling of the ball. It helps you gain full extension of the arm during your follow-through.

You will also learn how to post after the release. Posting is holding your position after release, and it stops you from pulling up or back too early. You will learn to have complete trust in your physical

## HONOR SCORE CENTERS

(this issue, based on listed scores)



See ASK BOB, page 24

[www.ncausbca.org](http://www.ncausbca.org)

## Tournament Roundup

**PBA50 Bryan's Bowling Center Open, Laurel, Del.** (*Gary Shultis, Levittown, N.Y., \$1,700*) – 4, Jay Davis (guest), Silver Spring, Md., \$800; 21, Terry Wiley, Vienna, Va., \$425; 22, Lee Brosius, Ashburn, Va., \$40.

**PBA50 Liberty Lanes Gastonia (N.C.) South Open** (*Mike Tucker, Concord, N.C., \$1,800*) – 7, David Kneas, Annapolis, \$600.

**PBA Village Lanes Gloucester (Va.) South Open** (*Richard Horsley, Morrisville, N.C., \$2,300*) – 4, Christopher Blackmore, Fairfax, Va., \$800; 6, Michael Stocks, Leesburg, Va., \$560; 17, Terry Wiley, \$400.

**PBA Franklin (Va.) South Open** (*Kyle Troup, Taylorsville, N.C., \$2,300*) – 14, David Kneas, \$425;

22, Thad Rand, Rapidan, Va., \$250 (senior award).

**PBA50 Dover (Del.) Eastern Open** (*Ray Edwards, Middle Island, N.Y., \$2,000*) – 6, Terry Wiley, \$850.

**PBA Pavlinko Pro Shops Eastern Re-Entry Classic, Turnersville, N.J.** (*Joe Paluszek, Bensalem, Pa., \$1,500*) – 8, Billy Asbury, Odenton, Md., \$400.

**NCAUSBCA Youth 600 Club Fall Doubles at Rinaldi's Riverdale Bowl** – 1, Conner Kolessides, Great Falls, Va. (629) & Jordan Jackson, Landover, Md. (579), 1,208, \$150 (scholarship); 2, Samuel Anderson (706) & Nick Nanalig, Woodbridge, Va. (494), 1,200, \$90; 3,



**Conner Kolessides**

A J Simpson, Woodbridge (628) & Garrett Meadows, Springfield, Va., 570, 1,198, \$60. ... **Tournament of Champions qualifiers / 180 Average and Above** – 1, Anderson, 706 (previously qualified); 2, Kolessides, 629; 3, Simpson, 628; and 4, Brandon Driver, Woodbridge, 618. ... **/ Under 180:** 1) Ryan Johnson, Greenbelt, Md., 614; 2, Chris McCormick, Laurel, Md., 591; 3, Richard Brown, Waldorf, Md., 582; and 4, Jackson, 579. ... **High Individual Games / 180 and Above** – **Game 1:** Anthony Daniels II, Fort Belvoir, Va., 245; Kolessides, 244. **Game 2:** Driver, 246; Robert Cooper, Alexandria, 242. **Game 3:** Anderson, 268. ... **/ Under 180:** **Game 1:** Jackson, 213; **Game 2:** Johnson and Herman Lee III, Clinton, Md., 211. **Game 3:** Jeremiah Terry, Clinton, 242.

See **ROUNDUP**, page 24



During opening ceremonies of this year's Senior Tournament at Bowl America Woodbridge, three of the oldest competitors received flowers presented by Association Manager Ronald McGregor (rear). From left, Louise Lewis (age 96), Gladys Raper (94), and Eunice Jones (93).

## NCAUSBCA 2013-2014 Triple Crown Awards

	GM	SER	AVG	LEAGUE / CENTER
Samuel Anderson.....	300	822	214	Strike Force / WB
Jacob Carter .....	290	783	212	Family Fun 2014 / WB
Don Evans .....	300	766	217	Mixing Bowl Rollers / SL
Kelly Griffin .....	300	827	223	Thursday Doubles / WA
Johnny Gutridge.....	300	810	228	Family Fun 2014 / WB
William Malloy III .....	259	741	215	Summer Hopefuls 2014 / LC
Shanell Overton .....	300	758	204	Monday Night Shooters / SL
Richard "Will" Shore .	297	531*	220	Summer Lunchtime Dbls / SL
Amara Smith-Speights	278	770	204	Strike Force / WB

\* = two games

## Calendar of Events

### NOVEMBER

- 26-28 – NCAUSBCA office closed.
- 29 – Local Junior Gold at Bowl America Manassas.

### DECEMBER

- 1 – Entry deadline for NCAUSBCA Mixed Tournament in Support of BVL.
- 6-7 – [NCAUSBCA 5th Annual Mixed Tournament in Support of BVL](#) at Bowl America Shirley.
- 7 – Virginia Junior Gold at Sparetimes in Hampton.
- 13 – [NCAUSBCA 600 Club Winter Singles Tournament](#) at Bowl America Woodbridge.
- 14 – Board of Directors Meeting at association office.
- 15 – Application deadline to submit [NCAUSBCA Candidate Form](#).
- 23-25 and 30-Jan. 2 – NCAUSBCA office closed.
- 27 – Local Junior Gold at Bowl America Manassas.
- 31 – Nominations submission deadline for NCAUSBCA Ted Gruszkowski Jr. Youth Star Award.

### JANUARY

- 1 – Adult/Youth Tournament at Bowl America Bull Run.
- 3 – NCAUSBCA 600 Club Winter Doubles Tournament at AMF Dale City.
- 3 – Youth Sweeper at Bowl America Manassas.
- 10 – Virginia Junior Gold at Bowl America Southwest in Richmond.
- 14 – Postmark deadline for Youth Invitational entrants.
- 17-18, 24-25, Feb. 1 – NCAUSBCA 46th Annual Youth Invitational Scratch Singles Tournament at (Round 1) Bowl America Manassas; (Round 2) Bowl America Gaithersburg; (Round 3) Bowl America Woodbridge; (Round 4) Lord Calvert; and (Round 5) Bowl America Falls Church.
- 18 – Board of Directors Meeting at Bowl America Gaithersburg.
- 31 – NCAUSBCA Invitational Reunion Qualifier at Bowl America Falls Church.

### FEBRUARY

- 7 – Youth Sweeper at Bowl America Manassas.
- 7 – Virginia Junior Gold at Bowl America Bull Run.
- 8 – NCAUSBCA Mixed Scratch Doubles Tournament at Bowl America Fairfax.
- 8 – NCAUSBCA Adult & Youth Sports Day at AMF Capital Plaza.
- 15 – Virginia Junior Gold at Sparetimes in Hampton.
- 15 – NCAUSBCA 600 Club Spring Singles Tournament at AMF Capital Plaza.

## ROUNDUP, from page 23

NCAUSBCA Youth 600 Club Fall Singles at Bowl America Burke – **180 Average and Above** – 1, Samuel Anderson, Woodbridge, 753, \$75; 2, Roy Battle, Bowie, Md., 661, \$45. **Under 180** – 1, Marcus Covington, Upper Marlboro, Md., 647, \$75; 2, Matthew Borelli, Bolling Air Force Base, 625, \$45. ... **Tournament of Champions qualifiers / 180 and Over** – 1, Anderson, 753; 2, Battle, 661; 3, Jervon Webster, Dale City, Va., 627. / **Under 180** – 1, Covington, 647; 2, Borelli, 625. ... **High Games / 180 and Over** – Game 1: Ryan Sekely, Bristow, Va., 246. Game 2: Anderson, 248. Game 3: Anderson, 268. ... / **Under 180** – Game 1:



Briana Williams

Zachary Bynum, Suitland, Md., 207. Game 2: Herman Lee III, Clinton, Md., and Briana Williams, Lorton, Va., 215. Game 3: Covington, 256.

## ASK BOB, from page 22

game. It is a great practice tool. It is also fun after you get over the fear of where you might throw the ball.

As a footnote, I tried this a few years ago for a full season during league and even tournaments. I averaged 220-plus, finished high in several tournaments, and even had a 300 in Las Vegas at a Senior High Roller. I still go back to it even during competition when my game is off.

Don't do it in competition until you get very comfortable doing it. Do it in practice; it will really help your confidence and game.

The best part is I can honestly say I shot a 300 with my eyes closed!

### Ask Bob a question



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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  
9000 Mathis Avenue  
Manassas, VA 20110

Bowl America Shirley..... (703) 354-3300  
6450 Edsall Road  
Alexandria, VA 22312

Bowl America Woodbridge.....(703) 494-9191  
13409 Occoquan Road  
Woodbridge, VA 22191

## **MARYLAND, SUBURBAN**

Bowl America Gaithersburg.....(301) 330-5200  
1101 Clopper Road  
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