

# The Best Bowling Tip I've Ever Received

By A. Jane Hassell



To be honest, I can't think of just one "best" bowling tip I received that resulted in a major accomplishment. What I feel that has helped me through the years is my ability to stay focused solely on my game and not be concerned with what my opponent is doing.

My mental game is my strength and the main ingredient to my success. My calmness and patience come from my Creator, whom I owe all of my accomplishments.

When I find myself losing concentration or my cool, I begin to hum or softly sing a hymn to get me back on track. You might want to try it; it works for me!

*Since the 1981-82 season, A. Jane Hassell has placed 18 times in the Washington, D.C. Area Women's Bowling Association Top 10 Ranking, finishing first after the 1989-90, 1990-91, and 1992-93 seasons. She was elected to the WDCAWBA Hall of Fame in 1991.*

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