

The Best Bowling Tip I Ever Received

By Eric Helmrich



Over the years I've been given many great pieces of advice from many great bowlers. One of the best tips I ever received is that you have to have a short memory and a long memory for bowling.

Short Memory

Into the short memory, you have to put aside any bad results and frustration from a shot. If you get angry and don't let the anger go, it's likely to negatively affect your next shot or two ... or even multiple games.

Long Memory

For the long memory, you have to determine what you did to produce the negative result (i.e., what board you hit) and then decide if you threw the ball well or not. If you threw the ball the way you wanted to, then you must try to figure out what adjustments to make. If you didn't throw the ball well, then be sure you don't make adjustments off that bad shot. Just try to throw the next ball well, so that you can make adjustments if needed.

Bad results are just as beneficial a learning tool as good results (if not more so); but you have to realize whether you executed your shot or not. And, you have to learn to let go of the frustration from a bad result quickly. Just because you got a good result doesn't mean you executed the shot well and vice versa.

With that being said, the best advice I can give is to just make sure you have a good time and enjoy the people around you. Just because you're all competing for the same thing doesn't mean you can't have a friendly competition.

Eric Helmrich, the 2007 NCAUSBCA Youth Scratch Invitational champion, also qualified for the finals of this event in 2004, 2005, and this year. In addition, he was the 2006 winner of the Chuck Hall Star of Tomorrow Award.
