

# The Best Bowling Tip I Ever Received

By Jeremy Crookston



The best bowling tip I ever received came from coach Bryant Mehio.

I received this tip near the beginning of the 2014-2015 season. I was already a pretty decent bowler stemming from previous coaching sessions over the years with other coaches, but this got me further than I thought was possible for me.

During one of the coaching sessions Bryant runs, he noticed that my timing was a bit early. I was releasing the ball at the same time my slide foot was hitting the approach. This caused me to be off balance at the line and lose leverage at the release point. He explained to me that if I delayed my release to just after I went into my slide, my game would improve in many different aspects.

I could feel the difference almost immediately: I was much more balanced at the line, my rotation was much better, my leverage improved, and I felt much more comfortable.

This tip helped me achieve my highest sanctioned average. I finished the season with a 230 average on the Bull Run Scratch Classic and a 236 average on the Automotive Men's League in Woodbridge. I also rolled two sanctioned 800 series in a single year, a feat I hadn't accomplished thus far.

I wouldn't have accomplished any of this if it wasn't for the support of my parents, David and Lorelee Crookston; my brother, Sean Crookston, for giving me stiff competition; and, of course, my wonderful wife, Gwendolyn Crookston. I also want to express gratitude to Bryant Mehio and Leslie Brown for giving their time to help both youth and adult bowlers.

---

*For the second consecutive season, Jeremy Crookston placed third in NCAUSBCA's "Top 10" rankings, with a 233.8133 composite average last season and 228.1398 in 2013-2014.*

---