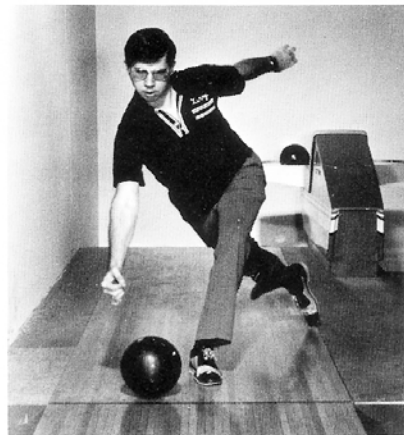


# The Best Bowling Tip I've Ever Had

by

**LARRY BUSCH**

NCABA DIRECTOR/TOP AREA BOWLER



In 1981, I had held high average in my Bolling Air Force Base league for two of the previous three seasons. Then Larry Wallace came to our area and proceeded to capture high average in that league three consecutive years. During this time some said that I just wasn't myself on the lanes, including Larry, who told me that I always seemed to be focusing on negative things and that I was limiting myself—getting psyched out, in fact—by listening to all the talk about lane conditions, the lefthanders' "shot," etc., etc., etc.

I admit it. I had become the terminal excuse bowler: I had convinced myself that I didn't roll enough ball and that the lanes just weren't meant for my game.

The best thing Larry did for me was to suggest a book that he had found most helpful: *The Mental Game*, by Dr. George Allen. It was wonderful! The book helped me plant positive thoughts into my subconscious, and with a new *positive* outlook on the game, my confidence grew, and that brought back the consistency that had left me when I began to approach the game with a negative outlook.

Today my bowling is guided by this simple sentence: *You won't do it if you don't think you can.* I know all bowlers could improve if they just kept this thought in their head all of the time.