

# The Best Bowling Tip I Ever Received

By Larry Wallace



I believe it was in the 1980-81 season that Fred Kinzer, manager of Bolling Air Force Base Lanes (today known as Potomac Lanes), suggested I try a five-step approach and also try not creating so much turn on the ball. Like most bowlers today, I thought bowling like Mark Roth and Johnny Petraglia was the only way to knock down pins. Plus, I was always having trouble with my wrist and had awful timing.

The five-step approach was fairly simple to get used to, but the idea of not “cranking” the ball took some time. Fred convinced me, however, to continue working on it.

As a result, my timing and accuracy started to improve, and spare shooting became a lot simpler (if there is such a thing as simple spare shooting!). I finished the year averaging about 214, shot my first 300 game, and eventually was ranked No. 1 in the association.

Fred also was a great instructor of the mental aspect of bowling, and a lot of things he told or taught me are passed on to many of the bowlers I work with. Fred gets a lot of credit for my success on the regional PBA Tour as well as locally.

*Last December, Larry Wallace, a member of the NCABA Hall of Fame since 1993, captured his fourth PBA regional title at the Stafford Green Senior Open in Stafford, Va. Last season, he averaged 239, 235, and 229 in leagues at AMF Fredericksburg, Bowl America Woodbridge, and Bowl America Bull Run, respectively.*