

The Best Bowling Tip I Ever Received

By Roger Rowley



While working with PBA Senior Tour member and Rowl Rite staffer Don Sylvia, we had many conversations about bowling and equipment. He was talking to me one day about commitments and focus that you have to have at high-level events. One of the many bowling tips he told me that sticks in my mind the most and I have used for many years can also be used in many situations.

Don said that when you're bowling in a tournament and have to make an adjustment, whether it's a line change, a ball change, or even changing your wrist position, you have to fully believe in the change and commit to it, both mentally and physically. You cannot have any doubts about whether it will work. He said that if you have doubts, you can't fully commit to the shot, and if you don't fully commit to the shot, you're cheating yourself.

Bowling is a game of constant adjustments, he added, and every competitor is doing it, too. All bowlers make adjustments, but not all bowlers fully commit to them—the good ones do.

I've used this thought process for years, especially as of late. The adjustments you make aren't always the right ones, but if you truly believe it's right and commit to it, then you'll put forth your full effort.

Don made the point by saying that when you're bowling in an event and have the front eight, you take your time, you stay into the shot longer, you focus on your target more, you breathe right, etc. That's the same focus and commitment you have to give to your new adjustments.

Roger Rowley was elected to the NCAUSBCA Hall of Fame in 2020.