

# The Best Bowling Tip I Ever Received

By Traci Morris



The best bowling tip I ever received actually was a negative comment I overheard from a “200-plus” bowler in 2004 at AMF Marlow Heights. I was averaging around 170 and had signed up for the Lilac City Bowling Tournament. A group of bowlers were talking about the tournament when I heard that bowler telling someone I was going to go all the way to New York to “bowl bad.” Obviously, it bothered me because I still remember that comment.

That’s when I decided to get serious about bowling. I spent a whole summer working on picking up the 10-pin. I took lessons from Jim Taylor, who improved my form, which gives me a solid approach. People have commented about how consistent I am at getting to the foul line. Even when I’m not scoring well, a few have said, “at least you look good.” I’ve also had lessons from the Dick Ritger Bowling Camp, NCAUSBCA Hall of Famer Crystal Shaw-Wesby, the Kegel Training Center, and USBC Gold Coach Susie Minshew.

It’s good to gather all this information, but it would not have become part of my game unless I practiced. Thanks to my husband, Daniel, my practice time increased tremendously. He provides instant feedback during practice sessions, recognizes when I regress, and identifies where I need to grow.

I have seen a great improvement in my tournament play. Over the last five years or so, I have placed higher and cashed more consistently in the team, singles, and doubles events. I have finished in the Top 5 in singles events of the local Guys and Dolls Scratch and Handicap, the local Ladies of the Lanes Scratch, the Dutchman Bolony Tourney Ladies Handicap in Pennsylvania, the TNBA National Championship Ladies Scratch in Texas, and the Bill Rhodman Senior Women’s Division in Delaware. Because there is so much more to learn about bowling, I continue to seek lessons, attend training, and read books and magazines to increase my knowledge of equipment, lane play, ball motion, and the mental game.

As a certified coach with the Potomac Youth Pinbusters, I like to point out the positive aspects of the shot before going into what wasn’t so good. This is especially helpful for our younger and new bowlers. Sometimes all I can say is “good try,” but the positive reinforcement keeps them from pouting and giving up on the sport.

I encourage the bowlers to focus on execution and spare shooting, as these are the things that began my bowling transformation. I want the youth bowlers to have them as a foundation to their successful bowling careers.

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*In the 2016-2017 season, Traci Morris was NCAUSBCA’s eighth-ranked woman bowler with a composite average of 202.6817 for 333 games.*

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