

# 2020 Learn to Bowl Program



**Boys & Girls Clubs**



**Big Brothers Big Sisters**

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**Boys & Girls Clubs Big Brothers Big Sisters  
of Edmonton & Area**

Bonnie Doon Lanes

KJ Bowl

St. Albert Bowl

Sherwood Bowl

## SAFETY AND ETIQUETTE

### SAFETY

- Always stay behind the foul line as they are oiled and therefore slippery. You can easily slip or fall and seriously hurt yourself if you step here. You would also be bringing the oil onto the approaches and sitting areas that other bowlers may then step in.
- Stay sitting in the playing area, not running around. Injuries have happened as result and in some cases bowlers have not been able to continue.
- Wear the proper size shoes and make sure that they are tied correctly.
- Wet shoes are dangerous. If your shoes are wet you can either switch to dry ones, try to air dry them off, or powder them to enable them to slide. Failing to do so can cause you to stick on the approach causing injury. Removal of your sliding shoe when going to the washroom is also recommended for obvious reasons.
- Be cautious of ball returns. NEVER put your hands into the chutes to retrieve your bowling ball if it appears stuck. The next ball should push it through, but if not, either your coach or a staff member can get it for you. Be cautious of incoming balls from this area.
- Food and drink are not allowed in the bowling area as spills happen. This can stick to your shoes.

### LANE COURTESY

- Make sure that you wait your turn to bowl. Normally the person on your right side goes first, but if your lane is open you can proceed. Always make sure to stand off of the approach when not bowling.
- If you pick up your ball and discover that you are on the wrong lane, step off the lane and move over. Do not walk around the ball return at the front of the lanes to get there.
- Do not use any distracting or verbal actions that may interfere with the ability of anyone to bowl their frame.
- No abuse of equipment that includes such things as banging balls together, kicking of any equipment, etc. Basically the expectation is that all competitors practice good sportsmanship at all times.

SECTION 9:

SCORING

PIN VALUES:



SCORING TERMS:

STRIKE:

All pins knocked down with the first ball bowled in the frame.

A STRIKE SCORES AS 15 POINTS PLUS THE COUNT OF THE NEXT TWO (2) BALLS THROWN.

X		

SPARE:

All pins knocked down with the first two balls bowled in a frame.

A SPARE SCORES AS 15 POINTS PLUS THE COUNT OF THE NEXT BALL. (1)

X		

FOUL:

The bowlers foot or body extends beyond the foul line while delivering the ball.

15 POINTS ARE DEDUCTED FOR EACH FOUL COMMITTED DURING A GAME. THEY WILL BE DEDUCTED IMMEDIATELY ON AUTOMATIC SCORING SYSTEMS, AND AT THE END OF THE GAME WITH MAUAL SCORING.

		10		
F				F
		226		
		-15		
		211		

CORNER PIN:

When all the pins are knocked down except the "R" Right or "L" Left corner pin, with the first ball of the frame.

R			L	

HEADPIN:

When only the 5-pin is knocked down with the first ball.

HP		

SPLIT:

When the 5-pin and one of the 3-pins are knocked down with the first ball.

S		

ACES:

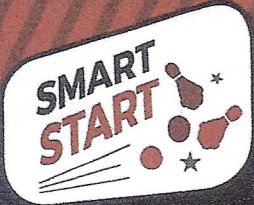
When only the two corner pins remain standing after the first ball has been delivered.

A		

CHOP-OFF:

The 5-pin and the 3 and 2 pins on either side are knocked down with the first ball bowled in a frame.

CO		



# WEEK #1

## GETTING STARTED

Bowling is a great sport you can play with your family and friends. Remember, work on one or two things at a time so you can become familiar with the proper motion and build a strong foundation.

Shoes, The Approach, The Lane, Lane Markings, Lane Surface, Bowling Balls, Warm Up, Starting Positions

### WARM UP

Dynamic warm-up is stretching that involves movement specific to a sport or a movement pattern in order to increase flexibility and temperature in a particular body part. Dynamic warm-up includes exercises such as jumping jacks, leg swings, torso twists, arm swings, shoulder circles and side bends. This is best used prior to practice and competition.

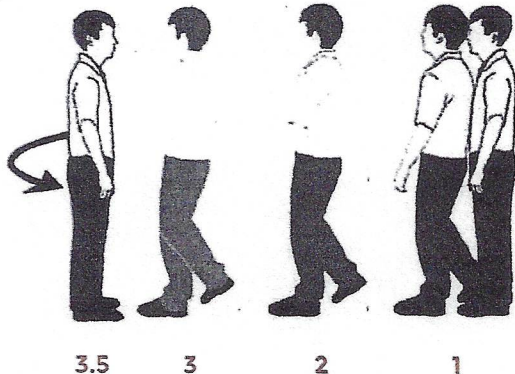


REMEMBER TO SHOW LANE COURTESY. CHECK TO MAKE SURE NO ONE IS UP ON THE APPROACH NEXT TO YOU BEFORE YOU BOWL.

### STARTING POSITION

To find your starting position on the approach, walk up to the foul line, turn around and face the bowlers' area with your heels about two inches in front of the foul line. Take three and a half good-sized steps; on the last step, pivot on your toe. This will be your starting distance from the foul line. Adjust as needed. Use the dots on the approach as a guide for moving left or right on the approach.

### STEPS FROM FOUL LINE



### QUICK TIP

- 1 Make sure the ball is sitting forward in your hand with most of the pressure evenly distributed among the fingertips.
- 2 Remember to show "Lane Courtesy". Check to make sure no one next to you is up on the approach.
- 3 The ball and steps move in a synchronized fashion.

### THREE STEP APPROACH



#### STEP ONE

All your weight on your right leg, slide your left leg forward while you push the ball away from your body.



#### STEP TWO

Bring the ball back behind you while you step forward with your right foot.



#### STEP THREE

Now bring your arm through while you step forward with your left foot and release the ball in front of you onto the lane.

### WHAT SHOULD I DO?

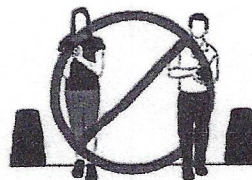
**My ball is stuck in the channel or the ball has not returned.**  
Do not attempt to retrieve the ball. Call Customer Service for assistance. Serious injury can result from trying to retrieve the ball yourself.

**The ball is stuck in the ball return.**  
Do not attempt to reach in and remove the ball. Call Customer Service for assistance.

**The pins fell before I rolled the ball.**  
Call Customer Service for assistance.

### LANE COURTESY & SAFETY

Before stepping on the approach, you should wait for the bowlers on either lane beside you to complete their delivery. This is known as Lane Courtesy. Only one bowler should be on the approach.

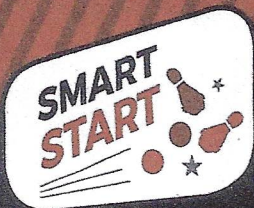


### RIGHT OF WAY

The bowler on the right (from the bowlers' perspective) has the right of way

### TWO REASONS YOU SHOULD NOT GO PAST THE FOUL LINE

There is conditioner on the lane and you will slip and fall. You will foul, which will result in 15 points being taken off your score in that game. Additional fouls in the game also receive the same 15 point penalty.



# WEEK #1

## GETTING STARTED

Bowling is a great sport you can play with your family and friends. Remember, work on one or two things at a time so you can become familiar with the proper motion and build a strong foundation.

Shoes, The Approach, The Lane, Lane Markings, Lane Surface, Bowling Balls, Warm Up, Starting Positions

### SHOES

Before you can bowl, you will need to rent or buy a pair of bowling shoes. Bowling shoes are custom made with smooth leather or synthetic soles so you can slide on the approach.

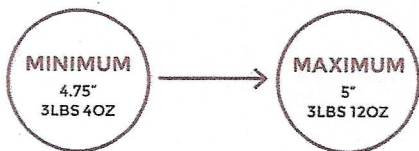


IT IS IMPORTANT THE BOTTOM OF YOUR BOWLING SHOES REMAIN FREE OF ANY LIQUID OR DEBRIS.

### BOWLING BALLS

5 pin bowling balls come in many colours and compositions. The most popular size and weight of a 5 pin bowling ball is 4-7/8" in diameter with a weight of 3lbs 8oz. However, there are a variety of sizes and weights to fit any hand. Sizes range from 4-3/4" to 5" in diameter, and from 3lbs-4oz to 3lbs-12oz.

### BOWLING BALL SIZING



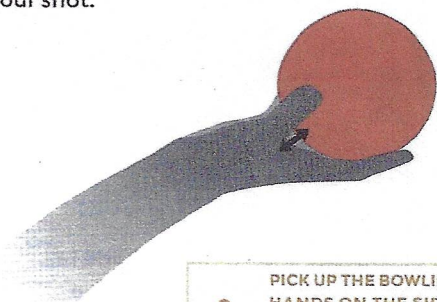
### TYPES OF BOWLING BALLS

There are currently 4 different materials used to make 5 pin bowling balls:

- 1 PLASTIC
- 2 RUBBER
- 3 URETHANE
- 4 PHENOLIC RESIN

### BOWLING BALL GRIPS

It is important that a 5 pin bowling ball be gripped with the fingertips. Do not "palm" the ball as this will lessen the control of your shot.



PICK UP THE BOWLING BALL USING BOTH HANDS ON THE SIDES OF THE BALL. KEEP FINGERS AWAY FROM OTHER BOWLING BALLS COMING OUT OF THE BALL RETURN.

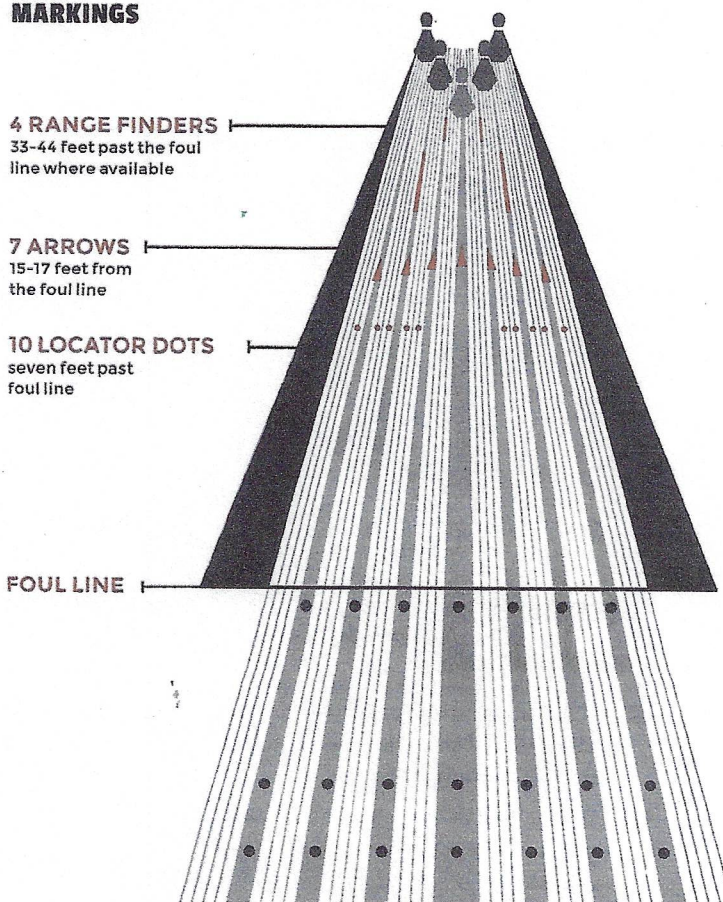
### THE LANE

The lane is the playing field. It is 60 feet long from the foul line to the head pin, and 42 inches wide between the channels on either side. Currently there are three types of lane surfaces. A bowling ball reacts differently on each surface: Synthetic, Overlays, Wood.

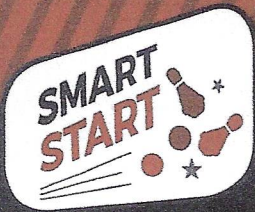
### THE APPROACH

The approach is the part of the lane where you start and complete your delivery of the bowling ball. It has two or three sets of dots, which can help you to properly line up by moving your feet. There are one or two sets of dots at the back of the approach and one set near the foul line.

### LANE MARKINGS



CONTACT FRONT DESK IF YOU HAVE ANY TROUBLE WITH THE APPROACHES.



# WEEK #2

## CONSISTENCY & TARGETING

### QUICK REVIEW (WEEK #1)

Pins, Posture, Aligning Your Feet, Targeting, Armswing, Cool Down

#### THREE STEP APPROACH



##### STEP ONE

All your weight on your right leg, slide your left leg forward while you push the ball away from your body.



##### STEP TWO

Bring the ball back behind you while you step forward with your right foot.



##### STEP THREE

Now bring your arm through while you step forward with your left foot and release the ball in front of you onto the lane.

#### THE PINS

In 5 Pin bowling the pins have "values" as show in the diagram to the right. The middle pin is referred to as the "Head Pin" and is worth 5 points. On either side of the head pin are the 3 Pins (value of 3 points each). The outside pins are called "Corner Pins" with a value of 2 points each.

##### LEFT CORNERPIN



##### LEFT 3PIN



##### HEADPIN



##### RIGHT 3PIN



##### RIGHT CORNERPIN



#### QUICK TIP

- 1 When the ball does not hit where you want, move your feet in the direction of the miss and keep your target the same. Make adjustments off good shots.
- 2 Keep your upper body still throughout the approach to keep your game consistent.
- 3 Keep your armswing close to your body for a straight swing.



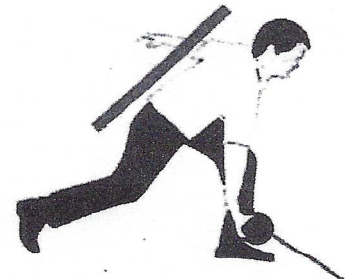
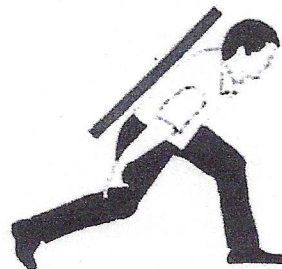
#### PINS

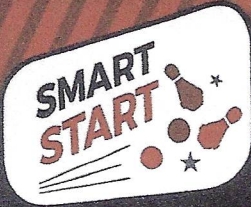
##### 5 PIN BREAKDOWN

- Weighs 2lbs-2oz
- Approximate Diameter 5 inches
- 12-3/8" Tall
- Spaced 18" on Centre Apart

#### POSTURE

- 1 When making your delivery, keep your upper body still.
- 2 Use your arms and legs to get you to the foul line.





# WEEK #2

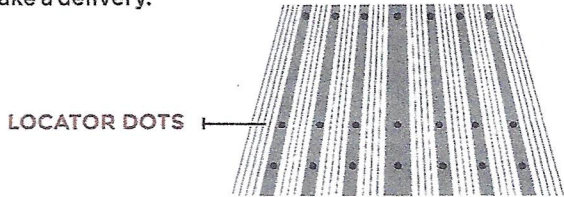
## CONSISTENCY & TARGETING

Bowling is a great sport you can play with your family and friends. Remember, work on one or two things at a time so you can become familiar with the proper motion and build a strong foundation.

Pins, Posture, Aligning Your Feet, Targeting, Armswing, Cool Down

### FOOT ALIGNMENT

Use the locator dots on the approach when lining up to make a delivery.



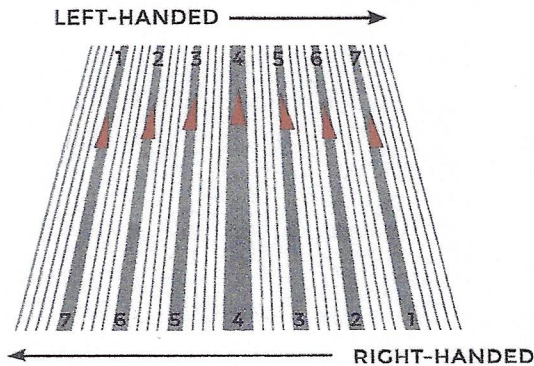
● ● ● ● ●  
LEFT-HANDED

● ● ● ● ●  
RIGHT-HANDED

Your armswing and where you let go of the ball will be approximately five boards to your right (for a right-hander) or left (for a left-hander) from where your slide foot finishes at the foul line.

### TARGETING

There are seven arrows approx. 15-17 feet from the foul line. Right-handers use the arrows on the right side of the lane and left-handers use the ones on the left side of the lane.

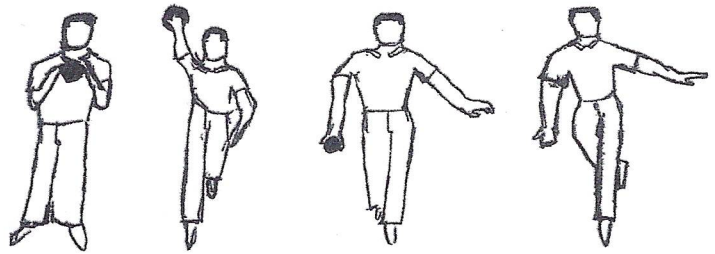


- Keep your shoulder in line with your target.
- Draw an imaginary line from where you want the ball to hit the pins back through the target.
- Keep your head still and your hand steady throughout the approach.



### ARMSWING

The armswing should be straight and kept close to your body. The ball gets pushed out and drops into the downswing, goes into the top of the backswing and then comes down into the forward swing and release.



### WHAT SHOULD I DO?

**Which arrow should I use for a target?**

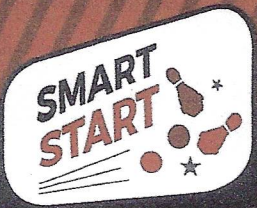
Right handed bowlers should be standing with right foot on the middle dot of the approach aiming at the middle arrow. If it misses the middle arrow, move starting position in that direction to zero in on the target.

**Why should I turn around and walk back after I deliver the ball?**

To keep you and others that might be bowling beside you safe, you should always turn around after delivering a ball so you can see who is on the approach next to you and avoid running into them.

### COOL DOWN

Use Static stretching such as quadriceps stretch, triceps stretch, forearm extensors, forearm flexors, and toe touches as a means of cool down to reduce overall muscle soreness. Stretching exercises are designed to limber those areas that are used the most during bowling. These exercises are most effective when they are performed after bowling. (It is recommended to hold each exercise for 10 seconds.)



# WEEK #3

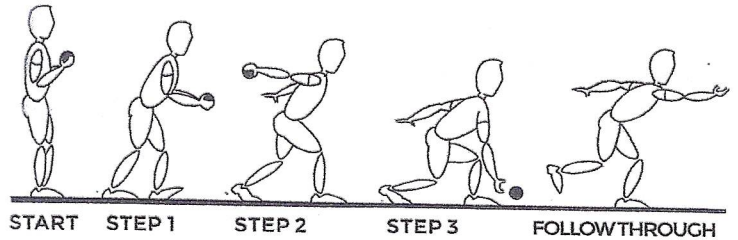
## DELIVERY & PRACTICE SKILLS

### QUICK REVIEW (WEEK #2)

Armswing, Follow Through, Ball Delivery, Practice Drills, Spares, Scoring Terminology

#### ARMSWING

The armswing should be straight and kept close to your body. The ball gets pushed out and drops into the downswing, goes into the top of the backswing and then comes down into the forward swing and release.

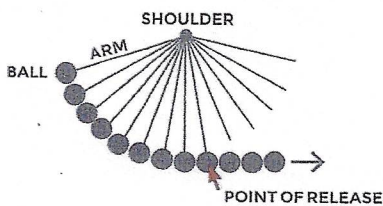


#### ARMSWING & FOLLOW THROUGH

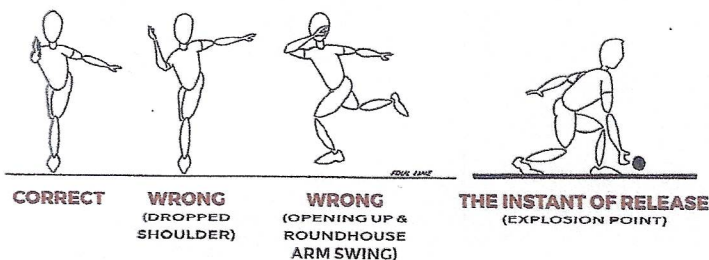
When delivering the ball, and throughout the approach bowlers should:

- Keep shoulders square to the foul line to ensure a smooth pendulum armswing perpendicular to the pins
- Allow the armswing to naturally impart force to the delivery. A forced push through the armswing will lead to lessened control of the arm's natural arc and may send the ball off course
- After releasing the ball, allow the arm to continue (follow through) the delivery motion until it is pointing at your intended target. Intention of a full follow through commits the body and armswing to remain on proper course prior to ball release
- As an extension of the follow through, hold your position when you've come to a stop after your slide with arm remaining extended towards your intended target until after the ball has completed its journey

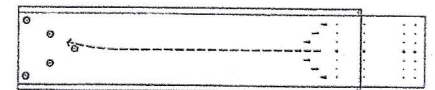
#### PENDULUM SWING MOTION



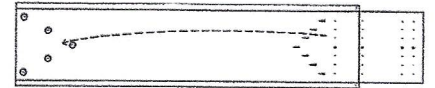
#### THE FOLLOW THROUGH



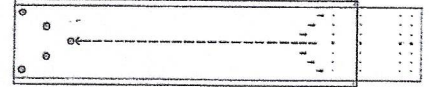
#### BACK-UP BALL



#### CURVE BALL



#### STRAIGHT BALL

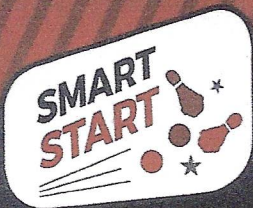


#### BALL DELIVERY / RELEASE

There are three methods of delivery in the game of 5 Pin Bowling:

1. **STRAIGHT BALL** is a delivery style in which the bowler keeps both wrist and hand straight while releasing the ball. There is no attempt to impart spin on the ball, simply forward roll down the lane. This is a great delivery to start off with in bowling while concentrating on locking in your 3 Step approach.
2. **CURVE BALL (or HOOK)** is known to be the least manageable method of delivery since the curve/hook is applied by a counter-clockwise spin of the hand (for right-hand bowlers) during delivery to impart a spin towards the target. Because of the relatively large range of movement in the wrist in this direction, delivery can vary greatly one throw to the next, which has a negative impact on accuracy and consistency.
3. **BACK-UP BALL** is like a Curve ball only with the spin in the opposite direction. The purpose of the Back-up ball is to impart the desired spin for trajectory into the "pocket" in a controlled manner. Right-handers will rotate the wrist in a clockwise motion during delivery imparting a spin which will curve the ball from left to right as it goes down the lane. This provides far better control over the delivery because the wrist can move only slightly past the palm-up starting point, leading to better control over the amount of spin applied, and therefore provides better accuracy on a consistent basis.





# WEEK #3

## DELIVERY & PRACTICE SKILLS

Bowling is a great sport you can play with your family and friends. Remember, work on one or two things at a time so you can become familiar with the proper motion and build a strong foundation.

Armswing, Follow Through, Ball Delivery, Practice Drills, Spares, Scoring Terminology

### PRACTICE YOUR SPARES

Just as you can't always count on Home Runs in Baseball, a bowler cannot count solely on Strikes. To reach full scoring potential a bowler must be prepared for every spare opportunity.

Try bowling a practice game in which you change your focus and goals... instead of traditional scoring try TARGET PRACTICE. Don't even look at the scorer... here's what you do:

#### FRAME 1 BALL 1

Hit the LEFT 2 PIN "CLEAN" (without hitting any other pins)

#### FRAME 1 BALL 2

Hit the RIGHT 2 PIN "CLEAN" (without hitting any other pins)

#### FRAME 1 BALL 3

Now throw your Strikeball to hit the HEADPIN (and 3 pins)

Frame 1 reinforced your accuracy with corner pin spares, while still getting you some practice on your strike shot.

In the next frame, work on your "SIDES" (the 3 and 2 pins on one side of the Headpin) as follows:

#### FRAME 2 BALL 1

Hit the LEFT SIDE (left 3 pin and left 2 pin) "clean"

#### FRAME 2 BALL 2

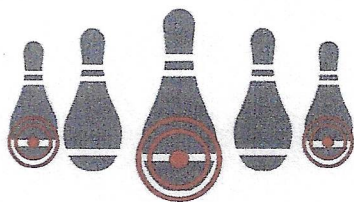
Hit the RIGHT SIDE (right 3 pin and right 2 pin) "clean"

#### FRAME 2 BALL 3

Now throw your Strikeball to hit the HEADPIN

ALTERNATE THESE TWO EXERCISES FOR ALL REMAINING FRAMES.

### TARGET PRACTICE



#### QUICK TIP

- 1 When shooting at spares, move your feet to the opposite side of the approach and roll the ball across the lane into the key (closest standing) pin.
- 2 While standing on the approach draw an imaginary line from the pin to your target.
- 3 Follow through to your target and stay firm in your delivery

### SCORING SYMBOLS & MEANINGS

5-pin bowling is unique when it comes to keeping score. Here are the definitions for the symbols bowlers see regularly during a game.

**X (Strike)** All pins knocked down with first ball of frame. Counts as 15 points PLUS the value of the next 2 deliveries.

**/ (Spare)** All pins knocked down with the second ball of a frame. Counts as 15 points PLUS the value of the next delivery.

**H (Headpin)** Indicates only the Headpin (centre pin) was knocked down on first shot (a value of 5 points on that throw).

**C (Chop-Off)** Indicates the Headpin plus the 3 and 2 pins on one side were knocked down (a value of 10 points that shot).

**A (Aces)** The Headpin plus both 3 pins were knocked down leaving the 2 corners standing (a value of 11 points that shot).

**R (Right Corner Pin)** All but the Right Corner Pin were knocked down on the first ball (a value of 13 points that shot).

**L (Left Corner Pin)** All but the Left Corner Pin were knocked down on the first ball (a value of 13 points that shot).

**S (Split)** The Headpin and a 3 pin are down, leaving 2 separate groups of standing pins (with a big gap between them) to spare (a value of 8 points that shot).

**F (Foul)** Indicates the bowler went over the foul line, and denotes the need to deduct 15 points from the game as penalty.

- (Miss) Indicates no pins were knocked down on that specific delivery.

