



GARY MIXON
tackles the
"Mini-Bio"

BOOK REVIEW:
Bowling For Dummies

BOWL MAGAZINE

NOVEMBER /
DECEMBER 2011

OFFICIAL PUBLICATION OF THE NATION'S CAPITAL AREA USBC ASSOCIATION



GEE LOPEZ

THUMB TIMING

The key to a perfect release



Scratch Mixed Doubles Tournament

Cost

\$80 per Team (\$40 per person)

Mail all entries to:

Michael Coleman
Scratch Tournament Director
4218 Gerry Dr
Woodbridge, VA 22193
Hm. Phone 703/470-7042

Optional Singles Event
2 Divisions:
Male
Female

Date: February 25, 2012
Times: Squad 1: 12 PM
Squad 2: 2:30 PM
Place: Bowl America Shirley
6450 Edsall Rd
Alexandria, VA 22312
Phone: 703/354-3300

Brackets
High Game Pots
Available

USBC Certified

CASH ONLY

Day of Tournament

CASH ONLY

Day of Tournament

Doubles Team

Female Bowler:	Address
<input type="checkbox"/> Optional Singles \$5.00	Email: Phone No.
Male Bowler:	Address
<input type="checkbox"/> Optional Singles \$5.00	Email: Phone No.

Total

Squads

Check One

Squad 1: 12 PM

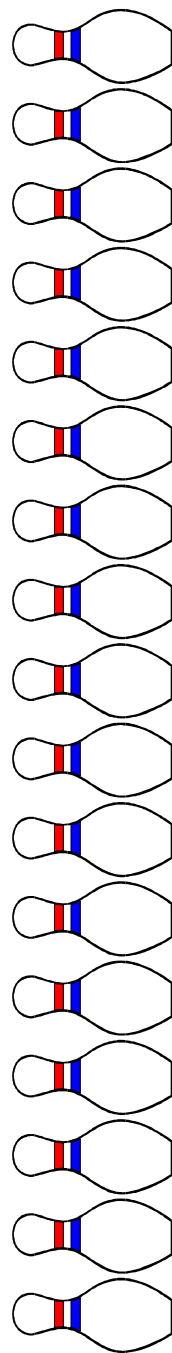
\$90 (With Optional Singles)

\$80 (No Singles)

Squad 2: 2:30 PM

\$90 (With Optional Singles)

\$80 (No Singles)



Entry #	Amount	Lane #	Squad

Do not write in these spaces Office Use Only



BOWL MAGAZINE

November / December 2011
Vol. 46, No. 2

Serving the nation's third largest bowling market, BOWL Magazine was honored five times by the American Bowling Congress as the nation's "best local association publication."



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SMART Corporation revises scholarship use policy

ARLINGTON, Texas – The SMART Bowling Scholarship Funding Corporation is revising its scholarship use policy to better protect student-athlete eligibility and ensure compliance with collegiate and state high school athletic associations' regulations.

Effective November 1, 2011, SMART scholarship funds may only be used for qualifying secondary education expenses. All funds disbursement, after final review and approval, will be paid directly to the educational institution. No policy exceptions for direct reimbursement of SMART funds to a student or parent will be allowed.

Qualifying expenses for SMART Scholarship funds include tuition/fees, textbooks, meal plans, housing plans, required class supplies, and equipment necessary for the successful completion of a course or program at universities, colleges, business schools, technical schools, trade schools, or vocational schools.

"A primary mission of SMART is to protect the eligibility of student-athletes," SMART Corporation Board Chairman Wally Hall said. "To protect their eligibility, SMART's policies must guarantee that scholarship funds are applied solely for secondary education and prevent any use of money that could be considered a cash prize or improper benefit."

Under the new policy, SMART scholarship funds may not be used for sport equipment or supplies; bowling and non-bowling sport camp, clinic or lessons; private tutors' fees; elementary or high school tuition/fees; costs related to computer repair; normal school supplies; transportation expenses (including parking permits); or clothing expenses.

A fully revised SMART policy manual is being developed and is scheduled to be finalized next year.

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ON THE COVER: Gee Lopez of the Sport Plus/Carmen Don Pro Shop discusses the importance of thumb timing as part of a perfect release. ... Gary Mixon is the subject of the "Mini-Bio." (Photos by Bob Cosgrove)

BOWL Magazine is published bi-monthly, September through June/July ("Summer") by NCAUSBCA Inc. The magazine, like the association, is dedicated to the advancement of the sport of tenpins and hopes to foster and nurture the spirit of good sportsmanship throughout its pages. The editorial and business offices are located in the NCAUSBCA office. The deadline for advertising material, copy, photographs, or other editorial material submitted for publication, is the 15th of the month preceding the cover date. The editor reserves the right to alter or reject any copy, photograph, or advertising material submitted for publication. Reproduction and/or distribution in any form, in whole or in part, is strictly prohibited without prior written authorization. Copyright © 2011 by NCAUSBCA Inc. All rights reserved.

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BOWL FOR THE CURE EVENT SET FOR FEBRUARY 18

Bowl America Shirley will host NCAUSBCA's 3rd Annual Bowl for the Cure® Day on February 18, 2012 from 1 to 4 p.m. in an effort to defeat breast cancer. Area bowlers hope to raise a significant sum to contribute to Bowl for the Cure, a year-round fund-raising and awareness initiative organized by the United States Bowling Congress in support of the Susan G. Komen for the Cure®. Bowlers around the United States organize tournaments, bowl-a-thons, raffles, auctions, and more each year to support Bowl for the Cure. To date, Bowl for the Cure has raised nearly \$6 million. An entry form, pledge sheet, and other information is available [here](#).

CENTER AVERAGES LIST BRINGS CONTROVERSY

In case you didn't know, just because your bowling center may not have been at or near the top of the "NCAUSBCA 2010-2011 center [composite] averages" list that appeared in the September issue doesn't mean you participate at a bad center. It's been learned that an individual at one "lower-rated" center was waving the magazine article and stating that the bowlers were ignorant for bowling there and instead should bowl at centers with the highest averages. ... The word "composite" specifies a range of values -- in this instance, a range of averages within a particular center -- to derive the composite average. Thus, this voids the argument of the magazine waver because it does not exclude high-average bowlers and top-level leagues from competing in a center that does not rank high on the annual list in the publication.

The 2010-2011 rankings and average listings do not appear in this issue as originally planned due to the publication not receiving the 2010-2011 report from the previous NCAUSBCA Ranking Committee.

BRIEFLY....



Harold
Redmond

The Inez Golden Keglers league at AMF Waldorf celebrated the 101st birthday of league member Harold Redmond with a large cake during its October 27 session. Last season, "Mr. Redmond" averaged 118 for 96 games in the league ... The deadline for four coaching awards -- USOC National Coach of the Year Award, the "Doc" Counsilman Science Award, Developmental Coach of the Year, and Volunteer Coach of the Year -- is rapidly approaching. The awards are managed through the USOC Coaching Recognition Program to recognize coaches for their contributions and to elevate the status of the coaching profession. The recognition period is from Jan. 1, 2011 through Dec. 31, 2011. If you know an individual who is deserving of recognition, please request an application through coaching@bowl.com and submit the application by December 12, 2011. ... John Parks recently brought back his Tournament Concepts scratch events. His next contest is December 4 at AMF Annandale. ... The second of two "hard copy" versions of BOWL Magazine this season will be the February/March 2012 edition.

MEMBERSHIP DEPT.

The following individuals have been indefinitely suspended from membership in the United States Bowling Congress and must not hold office or bowl in any USBC leagues and tournaments: Gregg A. Leight, Jett S. Rutledge, and Brandon S. Williams, all of Alexandria, Va.

FOR THE RECORD

The 2010-2011 averages for Maria S. Ruiz (175 for 105 games in the NOVA Mixed Deaf league at Bowl America Falls Church) and for Clendon T. Wooten (121 for 77 games in the Teenpinners at AMF Capital Plaza) recently were added to the [association averages](#). ... Due to an accounting oversight, Karen Jost was not recognized as a patron in NCAUSBCA's 2011 Hall of Fame program.



PRESIDENT'S MESSAGE • JANE ANDREWS

Get involved in your league this season

Now that our season is well under way, I hope everyone is working on their game and enjoying the camaraderie of the sport. The office recently finished processing league certifications, and the award applications are coming in.

I hope you take the time to get involved in your leagues. I know we all want to bowl and enjoy ourselves, but we need to make sure that everything behind the scenes is going smoothly as well. Take some time to make a checklist, and ask yourself the following questions:

- Have I received my membership card from USBC Headquarters yet?
- Have I seen the prize fund proposal?
- (For league presidents) Am I receiving a monthly financial statement?

For most at this time, the answer to all these questions should be yes. Please remember, this is not just a team captain responsibility, it's a team responsibility, and it is everybody's business, so don't accept anything less.

There also continues to be a decline in our membership. I am not sure of the exact count, but I know it is steadily dropping. Let me know your thoughts on what you think we can do to bring the bowlers back. Also let me know what you would like to see in our magazine. This is really for you, and I am more than happy to put you in the spotlight.

So let's continue to enjoy the game and put up those great scores.

[Email President Andrews](#)

BVL representatives participate in National Veterans Day activities

For numerologists, 11-11-11 marks an historical date. However, for the thousands joining in the National Veterans Day ceremony at Arlington Cemetery, it was much more.

November 11, 2011, Veterans Day, was an opportunity to pause and remember the sacrifice of those who have served our country. In a ceremony replete with pomp and tradition—from the 21-gun salute to the wreath laying to the parade of colors—the day is filled with patriotic symbolism and deep reflection.

As the wind whipped the flags aligning the Amphitheatre at Arlington Cemetery, the crowd turned to watch the specially appointed Presidential Color Guard to initial the start of the observance. These designees marched in step, carrying the flags of the Veterans Service Organizations of the Veterans Day National Committee.

President Jane Andrews and Director/BVL Chair Tom Dale Jr. represented NCAUSBCA at the event.

Following remarks by Veterans Administration Secretary Eric Shinseki and President Obama at the observance, BVL representatives convened to lay a wreath at the Tomb of the Unknowns.

From the cemetery, the BVL board members and special guests joined Secretary Shinseki for a private meeting that featured the presentation of a facsimile check of \$761,660.26, the amount raised by BVL during the 2010-2011 season. At the meeting, National BVL Chair Darlene Baker also outlined several initiatives being planned by BVL to further support the VA.

Founded in 1942 by the sport of bowling, the Bowlers to Veterans Link is guided by representatives of the United States Bowling Congress and Bowling Proprietors' Association of America. To date, BVL has raised almost \$30 million for recreational and therapeutic programs and services to boost morale and brighten the spirits of those who have served our country.

Click [here](#) for more information and photos of the event.

www.ncausbca.org

Go Figure

\$5,000

Entry fee for the recent *BowlersDeals.com* All-In Showdown competition in Las Vegas.

15

Days a forfeiting team has to protest the forfeiture and request an emergency according to USBC Rule 119.

\$5

USBC Youth Basic membership fee.

120

Vacancy score in USBC Adult leagues unless otherwise provided by league rule.

2,275

Winning scratch all events total by [Oley Khounesavath](#) in NCAUSBCA's 2011 Open Championship Tournament.

30,000+

Children who take part in Bowl America's "[Rolling Bowling](#)" mobile bowling program each year.

\$2,624

Amount collected for BVL at the recent [2nd Annual NCAUSBCA Mixed Tournament](#) in support of BVL.

FACEBOOK USERS:

Want BOWL Magazine delivered to you?

Click the button below, then click "Like" on our new Facebook page. Links to all future issues and other association news will be sent to your Facebook account.





MANAGER'S MEMO • RAY BROTHERS

League rosters now delivered electronically

The winter season is in full swing, and league certification applications that have been submitted have been processed. All bowlers should soon receive their 2011-2012 membership cards from USBC Headquarters in Arlington, Texas. Meanwhile, the staff is mainly working on processing award applications.

We have instituted a new policy in the office: We will now send the rosters for the leagues by E-mail. This is being done to save money on postage, paper, toner, and envelopes. If you have not moved onto the Internet, we will still send yours by the Postal Service or snail mail, as it is referred by computer geeks.

The entry forms for the Open Championship Tournament have been printed, and they should be available at your bowling center as well as [here](#).

Some changes have been made this year to entice the better bowlers to

compete in the scratch division. We have increased the cost of each event so that the prize fund will larger and hopefully the prize list a lot longer.

The cost of operating the tournament has increased over the years, and it is impossible to keep the cost down. As a result, we have had to increase the cost of the regular division as well. We hope these changes will not deter you from participating in the event.

The tournament will be held at Bowl America Shirley (Team) and Bowl America Woodbridge (Singles & Doubles). These are both high-scoring houses, so I expect that the scores will be extremely high this year.

The Women's Championship Tournament will be held at Bowl America Burke, and the Youth Championship Tournament will take place at Bowl America Bull Run.

November is BVL month. We ask that you be generous when the house director comes by and asks for a donation. The money you donate to the BVL is used to buy televisions, stereos, sporting equipment, and other things that our wounded veterans need to help them through a trying time. It also is used for veterans who have served this country for many years and have retired to places like the U.S. Soldier's home located on North Capital Street in Washington, D.C.

If you do not see a director come around to collect from your league, please contact me; *I will shake his cage*.

This also is the time when families get together, so please don't forget to remember all those who are fighting for us, and say a prayer for them.

Email Ray Brothers

Printed reference copies of this publication are available for viewing at the NCAUSBCA office for those without Internet access. This is yet another option to the three presented in the September 2011 issue. If you are aware of any bowlers who need to consider these options, please advise them of their availability.

STEINSIEK



THE QUESTION:

What is the weight of your bowling ball?

16 and 14 pounds – I use them based on the lane conditions.



John Beasley Jr.
Clinton, Md.

12 pounds – I started with 14, but I've got a little arthritis going.



Rosetta Bryan
Dale City, Va.

14 pounds – Everyone's using that weight now.



Alvin Hall
Washington, D.C.

15 pounds – I'm getting used to it. My 16-pounder hits too hard, and I leave too many corner pins.



Billy Slater
Springdale, Md.

14 pounds – I can control it better, and it hits harder in the pocket.



Alberta Townes
Woodbridge, Va.

OFFICIAL ENTRY FORM

NATION'S CAPITAL AREA USBC ASSOCIATION 67TH ANNUAL CHAMPIONSHIP TOURNAMENT

Certified by the United States Bowling Congress

TEAM EVENT

BOWL AMERICA SHIRLEY

6450 Edsall Road
Alexandria, VA 22312
703/354-3300

SINGLES & DOUBLES EVENTS

BOWL AMERICA WOODBRIDGE

13409 Occoquan Road
Woodbridge, VA 22191
703/494-9191

APRIL 14-15, 21-22, 28-29, 2012

ENTRIES CLOSE MARCH 15, 2012

PRIZES RETURNED: 1 IN EVERY 6 ENTRIES

CAREFULLY READ RULES ON PAGE 3 BEFORE COMPLETING ENTRY FORM

SEND ALL ENTRIES AND INQUIRIES TO:

TOURNAMENT DIRECTOR

NATION'S CAPITAL AREA USBC ASSOCIATION

9315 LARGO DRIVE WEST, SUITE 110 • LARGO, MD 20774-4762

PHONE: 301/499-1693 x103 • E-MAIL: mgr@ncausbca.org

**SQUAD SPONSORS RECEIVE CHOICE OF BOWLING BALL
OR A FREE TEAM ENTRY (DETAILS ON PAGE 4)**

**SOLD OUT SQUAD:
APRIL 22 – DOUBLES/SINGLES AT 9:30 AM**

SCRATCH DIVISION



Thumb timing—the key to a perfect release

By Gee Lopez

There are many things that need to fall into place to have a perfect release, such as the fit of the bowling ball, a loose arm swing, and good timing. Now when I say timing, I'm referring to the ball in relation to the feet, arriving at the foul line together in an almost effortless way while maintaining balance. In short, it should almost feel like you never had a bowling ball in your hand.

But there are two different kinds of timing—timing to which I just referred and *thumb timing*. In my view, thumb timing is the most critical key to a perfect release.

What is thumb timing, you ask? It is the moment the thumb is at its most downward position and exits the thumb hole naturally. It is best executed when the swing is relaxed from front to back, allowing gravity to take over and simply wait for the thumb to exit by itself before accelerating the follow-through.

Depending on how tight or loose the thumb hole is will determine the window

of time the thumb has to exit the ball. The tighter the thumb hole, the smaller the window. The looser the thumb hole, the larger the window.

Keep in mind, these results are based on a relaxed arm swing. For instance, if the thumb hole is too loose for a bowler with a relaxed swing, the window will be too large and the thumb will fall out of the ball, well before it's supposed to. If the thumb hole is too loose for a bowler that has a very tense (muscled) swing, he will squeeze with the thumb throughout the swing and pass the point where the thumb is supposed to come out.

Now, instead of the thumb facing down, it is more likely to be facing anywhere from 15 to 45 degrees forward. This will create an undesired amount of friction on the thumb and also the feeling that the thumb is getting stuck upon release. This will trick the bowler into thinking that the thumb hole is probably too tight, and he often will have the thumb hole enlarged to compensate for the sticking.

This is the beginning of a series of

problems that should have never started. This negative impact could result in poor timing (walking too fast or too slow because of a muscled swing), poor thumb timing (lofting the ball one foot on one shot and three feet the next shot), poor balance at the foul line (pulling down on the swing to create ball speed), tendonitis, or going down in ball weight because it feels too heavy when you pull it back and forth.

I'm frequently asked this question: *When am I supposed to let go of the thumb?* I tell people that you shouldn't have to let go of the thumb, the thumb should let go of you. When it does, that will be your window where now you can accelerate through with the fingers to your desired target.

There are other factors that come in, such as thumb pitch, span, and bevel that will help you achieve a perfect release. But the number one key to achieve all this is practice. Take into consideration that it will take time for muscle memory to adapt to something different.

Below are photos from a practice drill for thumb timing that anyone can practice at home. All you need is a carpeted floor and a pillow against the wall into which to roll the ball.

Gee Lopez is a bowling pro shop technician at the Sports Plus/Carmen Don Pro Shop in Alexandria, Va.



Gee Lopez demonstrates the practice drill he uses for thumb timing.

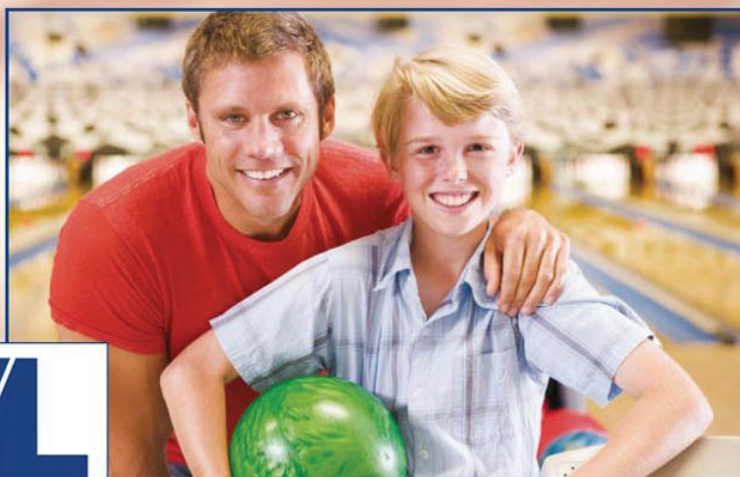
Help Us Brighten the Days of America's Veterans and Active Duty Troops

The Bowlers to Veterans Link (BVL) was founded in 1942 by a group of bowlers who wanted to help boost the spirits of our active duty troops. When World War II hostilities drew to a close, we made a promise to veterans recuperating in hospitals across the country: We won't forget your sacrifice.

Today, we have grown to a national network of volunteers raising funds to continue our mission. BVL dollars pick up where government funding leaves off. We purchase sports equipment; provide music and arts programs; sponsor holiday parties and much more.



Thanks to BVL, smiles, laughter, and joy are brought to those who have served our country. Your contribution can help us make a difference in the lives of America's active duty troops and veterans. Visit www.BowlforVeterans.org to learn more.



BVL is a 501 (c) (3). Combined Federal Campaign #: 93325

BVL is a member of America Supports You and the Bowling Foundation.

BVL is also a donor member of VA Voluntary Service and the Veterans Day National Committee.

NCAUSBCA Hall of Fame Induction highlights



The Hall of Fame "Class of 2011": Hollis F. McMullen, Kirk S. Williams, and Michael J. Warboy



Bruce Merriman presents Hollis F. McMullen.



Michael J. Warboy is all smiles after attaching his photo to the Hall of Fame board.



Jane Andrews welcomes the attendees.



Judith Butler conducts the invocation and later the memorial service and blessing.



Bill Grover introduces Kirk S. Williams.



Hall of Fame Committee Chairman Ronald McGregor makes a few comments at the start of the event.

Hollis F. Mullen and Kirk S. Williams address the audience following their inductions.



Ruth Hosgood and her husband, Lee, who presented inductee Michael J. Warboy



Carol Graves and her husband, Willie Jr., who introduced the attending Hall of Fame members



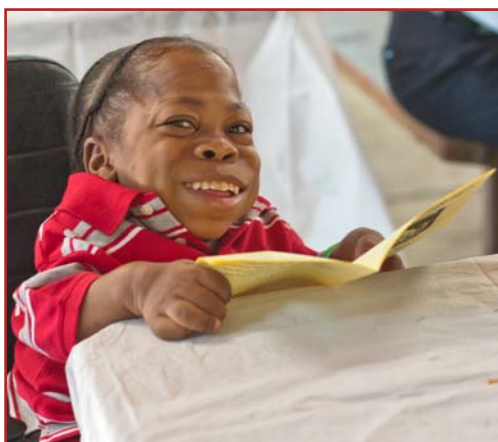
Barbara Vaughan



Bonnie Monk



Sondra Blakey



Andre Andrews

The Blue Jay Pavilion at Seneca Creek State Park in Gaithersburg, Md., provided a unique setting for the induction ceremonies.





James and Marilyn Marshall



Harrold and Margie Capps



Christine and James Stewart



Maxye Williams and her mother, Minnie Cox



Jonathan and Bess Emery



Jackie Sewell (left) and Hazel Wallace



Phil and Antoinette Jeffries

**NAMES OF HALL OF FAME MEMBERS IN ITALICS
PHOTOS BY BOB COSGROVE**

GARY MIXON



BIRTHDAY: July 31

CITY OF RESIDENCE: Clinton, Maryland

SOCIAL STATUS: Divorced, three children, has a girlfriend

EDUCATION: I attended Oliver Wendell Holmes High School my freshman and sophomore years, then went to John Jay my junior year. My father was in the Air Force, and we then moved to South Carolina, where I finished my schooling.

CURRENT JOB: I was in the Army for 23 years. I currently test applications software for the armed forces.

EARLIEST BOWLING MEMORY: At the age of five in Pensacola, Fla., my grandmother, aunt, and mother used to bowl in a league. Back then, they had nurseries in the bowling alley, so they would take us and let us just goof off.

CURRENT BOWLING LEAGUES: Monday Night Mixed at Bolling Air Force Base (Potomac Lanes), Pinbusters at Parkland, Fun Incorporated at AMF Marlow Heights, Bottom Liners at AMF Capital Plaza

LEAGUE I MOST PREFER: The Bottom Liners is more competitive for myself than any of the other leagues.

NOTABLE TOURNAMENT ACCOMPLISHMENTS: I've bowled 300 games in tournaments in Williamsburg, Va., Odenton, Md., and at the FAA event in New Jersey.

300 GAMES: 15

HIGH SERIES: 817 at Andrews Air Force Base Lanes

BEST PART OF MY GAME: Probably my mental aspect. You might throw a couple strikes in a row and then you come back and throw a bad ball. Most bowlers would get upset, but I look at the bad ball like, *Okay, I did this wrong; I just need to come back and correct it the next frame.*

WORST PART OF MY GAME: That would probably be picking up the 10-pin as well as taking the game more serious.

WORST OR MOST EMBARRASSING BOWLING MOMENT: At Bolling Air Force Base maybe five or six years back, I was the anchorman, and all we needed to win was three pins. I threw the ball in the gutter—ouch! So I heard it not only from my teammates but everybody in the bowling alley as well. That was one of those moments I just wanted to pack my stuff up and go home.

BEST TACTIC I USE TO HANDLE PRESSURE: I just think back to my military days and all the lives I had under me—the soldiers under me. I would think back to those days and be like, *This is nothing compared to having 18- and 19-year-olds' lives in your hands.*

SPARE-SHOOTER RATING (10 = best / 1 = worst): Probably a 9.5

IMPORTANCE OF BOWLING IN MY LIFE (10 = most / 1 = least): 9

BOWLINGWISE, I RATE MYSELF ... I would rate myself in the top 10 percent of area bowlers.

MOST IMMEDIATE BOWLING GOAL: I would like to shoot a 900.

INTERESTS OUTSIDE OF BOWLING: I try to spend as much time as I can with my girlfriend. She's very supportive on the nights that I'm not bowling. I try to do something with her. She hates bowling, but like I said, she's very supportive.

STRANGE AND UNUSUAL FACT ABOUT ME: I get my feet and my hands done every two weeks.

VEHICLE I DRIVE: CTS Cadillac

FAVORITE MEAL: Crab legs, shrimp, and a glass of wine

FAVORITE BEVERAGE: Beer

FAVORITE TV SHOW: "Sunday NFL Countdown"

FAVORITE MOVIE: *Scarface*

FAVORITE MUSIC: All kinds. I have no preference—country and western, R & B, some hard rock. It doesn't matter.

NICKNAME: "G Mix"

PRODUCT FOR WHICH I'D LIKE TO BE SPOKESMAN: Crest toothpaste

NEW YEAR'S RESOLUTION I CAN NEVER KEEP: Working out

TASK I HATE TO DO: Anything mechanical—not even changing the oil or tires on my car!

SUBJECT ABOUT WHICH I'D LIKE TO KNOW MORE: The American Revolution

PUBLIC FIGURE I MOST ADMIRE: President Barack Obama

QUALITY I MOST ADMIRE IN MY FRIENDS: Humor

IF I WON THE LOTTERY....: I'd buy a new house for my mom.

THREE FAMOUS PEOPLE (LIVING OR DEAD) I'D INVITE TO MY HOME FOR DINNER: Earl Anthony, Martin Luther King Jr., and John F. Kennedy

See **MINI-BIO**, page 15



ASK BOB • BOB KORTH

Where is the break point? How do I move on the lanes?

Q. *This is my first year in a scratch league. My average is 187, and recently my ball has been hooking early, causing me to go high. One of my teammates told me to aim at the break point to help stop the ball from rolling early. I have heard of the break point before, but I really don't know where that is. Can you help?*

A. That was good advice; sometimes looking at the break point will get the ball down the lane further. The break point is the area down the lane where the oil stops and the dry begins. So it will be different in every center to some degree. It could be at 35 feet or 40 feet.

You will need to watch others in your league. Watch the place where the ball makes a definitive move toward the pocket. This is the break point, which will be in nearly the same place for everyone at your center, no matter what

angle they use. Just by watching, you will quickly pick up where the break point is.

Q. *Can you give me the basics of how to play lanes? I do well in my home center but struggle at other bowling centers. I know I would be better if I just knew how to move on the lanes.*

A. Here is a short method I use to play lanes:

- Take a few shots just to get stretched out and warmed up.
- Shoot a 7-pin to get an idea of how much oil is in the center of the lane.
- Shoot a 10-pin or two and watch where the ball stops skidding and grabs the lane. This will give you an idea of the distance of the break point.
- Try different arrows and observe what kind of reaction you get from each

one. Don't forget to watch other bowlers to see where they might be playing the lanes.

➤ If you have time, try a couple of different balls with different surfaces to see how they react.

➤ Remember: You get no score for strikes in practice, so try lines across the lane till you find one that works the best this session.

Q. *In one of the leagues I bowl in, many of the scratch bowlers have bowling balls with four and even five holes in them. How many holes can a bowling ball have in it?*

A. The answer to this question is technically 11. You may have one gripping hole for each finger, plus you can have a vent hole for each gripping hole. The vent hole relieves the air pressure in the hole for a clean release—no suction. You may also have one weight hole.

Most have only the standard three gripping holes and sometimes a weight hole. And some like me have four gripping holes and sometimes a weight hole.

I have not seen a vent hole used for a long time; they have been out of style for some time. However, if your thumb swells quite a bit during a league or tournament, a vent hole in the thumb can cut down on the swelling.

Q. *I know you have probably answered this question before, but I did not see it covered. I have just returned to the game and I am in my 60s. I used to use 16-pound bowling balls, but they are too heavy for me now, so I am considering going to 14 pounds. How will this affect my game, and how long will it take me to regain my timing with the lighter ball?*

A. Your timing will come together very fast; it is a small adjustment to get used to the lighter weight. This will just take a game or two to get used to.

As for scoring, you will probably get better. The lighter weight will be easier to control, you will be able to gain ball speed, and with today's bowling balls, this will help you with lane reading and power.

Fourteen-pound balls for me actually



Check Your Knowledge

1. Which city will host the 2012 USBC Open Championships Tournament?
2. NCAUSBCA's Hall of Fame "Class of 2011" consists of Hollis F. McMullen, Kirk S. Williams, and who else?
3. The 2011 PBA World Series of Bowling takes place in what city?
4. Can a team captain who is a league officer vote as a captain *and* an officer?
5. Which center's 48 lanes appear consecutively—AMF Annandale or Bowl America Falls Church?
6. This former Bowl America center is now U.S. Bowling.
7. He was President of the United States when bowling lanes were installed at the White House.
8. Is it a foul if a bowler goes over the foul line while retaining possession of the ball?
9. What happens if a bowler in a league or tournament refuses to proceed with a game after being directed to do so by a league or tournament official?
10. True or False: The treasurer must arrange to have all league funds deposited within one week of receipt.

ANSWERS: 1, Baton Rouge, La.; 2, Michael J. Warboy; 3, Las Vegas, Nev.; 4, No; 5, AMF Annandale; 6, Bowl America Duke; 7, Harry S Truman; 8, No; 9, The game or series shall be declared forfeited; 10, True.

hit harder than 15 pounds. The extra speed allows the ball to travel down the lane further and retain more energy for back-end reaction.

For right now, I have gone back to 15-pound balls only because I felt I was leaving too many solid 7's, 8's, and 9's from the increased reaction in the back. I am now considering going back to 14's because as I get closer to 70 years old, I am losing even more ball speed, and it is getting more difficult to maintain a preferable scoring angle on the lanes. This will be my next change to keep up with the younger generation—you know, all those young 50-year-olds!

Q. *I bowl in one league a week and average right at 180. This season, I would like to increase my average to at least 190. What do you think I could do to reach my goal?*

A. First, visit your pro shop and have your bowling equipment checked. Make sure your drillings for span, finger, and thumb sizes are correct. While there, have them check your arsenal to see where you are and to fill in with a new ball if needed. If you have a coach in that pro shop or at the center where you bowl, have him check your game to see if there are any specific things you should work on.

After that, first and foremost, start a practice regimen. One league a week is not enough to maintain the muscle memory needed to average much more than 180.

Remember: When practicing, work especially hard on spares; this is the fastest way to gain 10 pins of average. One more spare per game adds up to 10 pins, not to mention getting more accurate will also lead to more strikes.

Q. *I am just about to turn 70 years old and my problem is the center that I bowl in has gotten much dryer. I am not used to the ball hooking so much. I usually play around the 10 board and have always averaged in the area of 190 to 195. I am now playing in around the 17 board and have almost no control. My average has dropped into the 150s. I have tried to throw harder with no luck. Do you have any suggestions?*

A. You cannot gain speed by just trying to throw harder; trying to throw harder will cause muscling, and that adds up to loss of control.

You have to do this by increasing your swing. So if you have room to back up on the approach, try backing up about six inches, then raise the ball up toward your shoulders and push the ball away further. This will elongate the swing.

Combine this with a little longer steps, and this will increase your speed without muscling. You will have a nice free swing. This should only take a few games of practice to get down.

If you still hook the ball too much, you may have to get a urethane ball, not a reactive. This should allow you to move back out to the 10 board.

Roto Grip sells a urethane ball called the Grenade. If you don't have a spare ball, make sure and get a polyester; this will help immensely on dry lanes for picking up the corner pins especially.

One or both of these tips should get your game back on track.

Q. *I am having a problem with my adjustments during my league sessions that is driving me crazy. No matter how good my game is going, when I make a move on the lanes, I miss my mark for a few shots. I repeat shots pretty well, so this makes no sense. Do you have any ideas as to why I am having this problem?*

A. Yes, many bowlers, even professionals, have this problem from time to time. It comes down to trust and commitment.

When you move on the approach to get a better angle to the pocket or to get the correct reaction, you must first trust yourself that this is the right move. Then even more important, you must be fully committed to the next shot.

In your case, you do not believe 100 percent in the move you have made. The result is you don't feel comfortable enough to make a good shot. Remember: If you feel that a two-board move is correct, it probably is.

If after making the move and you hit your target and it is wrong, you correct it the next shot. If you miss, you don't know if you were right or wrong, and you have to try it again. If it works, great, but if it doesn't, you have to try

something else—an extra wasted shot. Wasted shots equals lower scores.

Q. *I have a bad habit of dropping the ball at the line. Do you have any idea what the cause might be?*

A. There are a few things that could be the cause of dropping the ball. Proper fit is essential. No bowler can overcome a bad fit.

It could also be a timing problem. For a solution to a timing problem, you will need to find a coach in your area to watch you and see what is going on in your approach. Try to find a coach who does video so you can see your approach and see it in slow motion.

If it is timing, this will tell you what you need to do to fix it. If it turns out to be a bad fit, have it fixed, and go ahead with the lessons anyway. You may have picked up some bad habits from using a bad-fitting ball.

Ask Bob a question

MINI-BIO, from page 13

PET PEEVE: To have someone ask me to do something and then two minutes later turn around and ask me to do the same thing again

ONE WORD THAT BEST DESCRIBES ME: Fun

BIGGEST PERSONAL REGRET: If after my divorce, I could have had my kids.

NOBODY KNOWS I'M GOOD AT: Crossword puzzles

I'M PICKY WHEN IT COMES TO: Everything being in its place

I'M PASSIONATE ABOUT: My bowling

MY HEROES IN LIFE: My mother, my siblings, and my girlfriend

MY GUILTY PLEASURE: I eat ice cream.

IF I COULD BE GRANTED ONE WISH: For me and my kids to be back together—they're currently in Florida

FUTURE PLANS: I'd like to participate in the PBA and hopefully win one of those tournaments at one of the PBA stops.

PHILOSOPHY I LIVE BY: Live every day like it's your last.

A great read that makes a bowler feel smarter

Bowling For Dummies® by A.J. Forrest and Lisa Iannucci. Copyright 2010 by Wiley Publishing Inc. 312 pages. ISBN: 978-0-470-60159-4. \$12.51 at amazon.com.

By Lisa Dove Washington

Bowling For Dummies is an instructional book about the sport of bowling that takes you through the entire process of picking out equipment to how to use it and offers bowlers ways to improve their game with great tips and advice. It shares details about what decisions go into preparing for your game and how to have a great time.

The book is an informational guide to the art of bowling that breaks down nearly every aspect of the sport and provides excellent instructions on such details as how to stand, hold the ball, and release the ball. However, even before that, it shares information on how to even choose the right ball for your game, whether it be for fun or league bowling.

Bowling For Dummies contains 21 chapters of useful information for people who would like to know the first steps in getting into the game, all the way up to professionals that want to improve their skills. Through vivid illustrations, photos and snapshots, and diagrams,

the book shows exactly how to accomplish the best possible ways to get that 300 game we all want to achieve. It discusses mistakes you can make in bowling—explaining even the most common of errors that can affect your game and how you can avoid them—as well as the advantages you gain from the information within its pages.

Beginners picking up this book will be very pleased with the information they receive because it really breaks down nearly every aspect of the sport in a way that is easy to understand. In fact, it is written in a way so that even a child can understand the concept of bowling and what is needed to have a great game and have fun.

I like the fact that it gives you an overall picture of many aspects of the game. If you never bowled a day in your life, I believe you definitely would know how to have a great game and improve on your own by the end of this read.

I particularly like the sections about how to figure out what kind of ball, shoes, and even what kind of bag to buy because even those kinds of decisions matter in the way you play and how you play. People always feel good about the sport they are getting into when they have great guidance on how to purchase the right equipment.

Bowling For Dummies provides tips that every bowler can use. The beginner will get the most out of the book because it gives the basics of how to get started in the sport, with tips and advice on how to bowl. Meanwhile, the advanced bowler gets advice about errors that can be corrected in their game to enhance their bowling experience.

I don't believe the professional will get as much out of the book because a lot of these informational tips involve topics that they have already learned and tweaked to their own style. Nevertheless, I do believe that as a refresher for

Contents

Part I: The Opening Frame

- Chapter 1: Welcome to the Wonderful World of Bowling
- Chapter 2: Getting Down to the Basics of the Game
- Chapter 3: Heading to the Center
- Chapter 4: Buying Your Own Ball, Shoes, and Accessories

Part II: Body Basics: Throwing Yourself into the Game

- Chapter 5: Finding Your Form and Style
- Chapter 6: Positioning Yourself for a Smooth Approach
- Chapter 7: Throwing the Ball
- Chapter 8: Correcting Common Approach Problems

Part III: Time to Get Rolling: Making Your Shot

- Chapter 9: Everything You Ever Wanted to Know about Hook Shots
- Chapter 10: Knocking 'Em All Down: The Secrets to Bowling Strikes
- Chapter 11: Picking Up Spares
- Chapter 12: Conquering Classic Splits

Part IV: Staying on Your Game

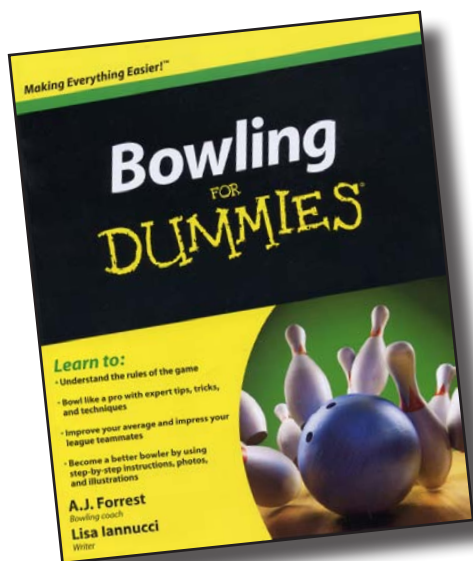
- Chapter 13: Understanding the Ins and Outs of Oil on the Lanes
- Chapter 14: Staying in the Game, Physically and Mentally
- Chapter 15: Improving Your Game on Your Own or with a Coach's Help
- Chapter 16: Bowling When You Have Special Health Conditions

Part V: Joining Others at the Center

- Chapter 17: Taking the Kids Bowling
- Chapter 18: Playing in Leagues and Tournaments

Part VI: The Part of Tens

- Chapter 19: Ten Ways to Add 10 Points (Or More) to Your Score
- Chapter 20: Ten Tricks to Throwing a Great Hook
- Chapter 21: Ten Ways to Make Bowling More Fun



See **DUMMIES**, page 17



THE LIST

The list below displays NCAUSBCA winter adult league pinfall in area bowling centers during the 2010-2011 season.

AMF Waldorf..... 28,234,690
 Crofton Bowling Centre 27,434,279
 AMF Marlow Heights..... 26,249,261
 Rinaldi's Riverdale Bowl 24,030,003
 Bowl America Shirley 23,939,923
 Bowl America Woodbridge ... 23,112,417
 Bowl America Gaithersburg . 21,243,818

Parkland 18,852,589
 AMF Capital Plaza 16,677,322
 Bowl America Falls Church... 13,692,347
 Bowl America Chantilly..... 13,507,703
 Lord Calvert Bowl 13,298,912
 Bowl America Dranesville ... 12,805,046
 Bowl America Bull Run 12,233,581
 Bowl America Manassas..... 10,694,092
 Andrews AFB Lanes 10,378,066
 The Lanes Fort Meade 8,339,259
 AMF Laurel..... 7,278,952

Potomac Lanes 6,702,592
 AMF Alexandria 5,741,491
 Village Lanes..... 5,503,348
 AMF Dale City..... 5,419,535
 Bowl America Burke 5,300,145
 Fort Belvoir 5,195,178
 AMF Annandale..... 4,558,537
 Bowl America Fairfax 4,499,671
 NAS Patuxent River..... 3,933,816
 Esperanza 3,797,307
 Bethesda Naval Bowling Center. 3,570,853
 AMF Centreville..... 1,613,227
 Quantico 1,418,168
 AMF College Park 891,497
 Fort Myer..... 786,838
 AMF 300 Shady Grove..... 597,449
 NSF – Indian Head Division 240,204
 U.S. Bowling..... 231,370

DUMMIES, from page 16

pro bowlers, this would be a great tool that also can be used to teach others.

Bowling can get very technical at times, and some of the skills undoubtedly will come from practice and experience. But overall, the book is a fabulous guide for anyone interested in the sport of bowling. Bowling is a great team sport, and the book gives you a good feeling about the sport in general.

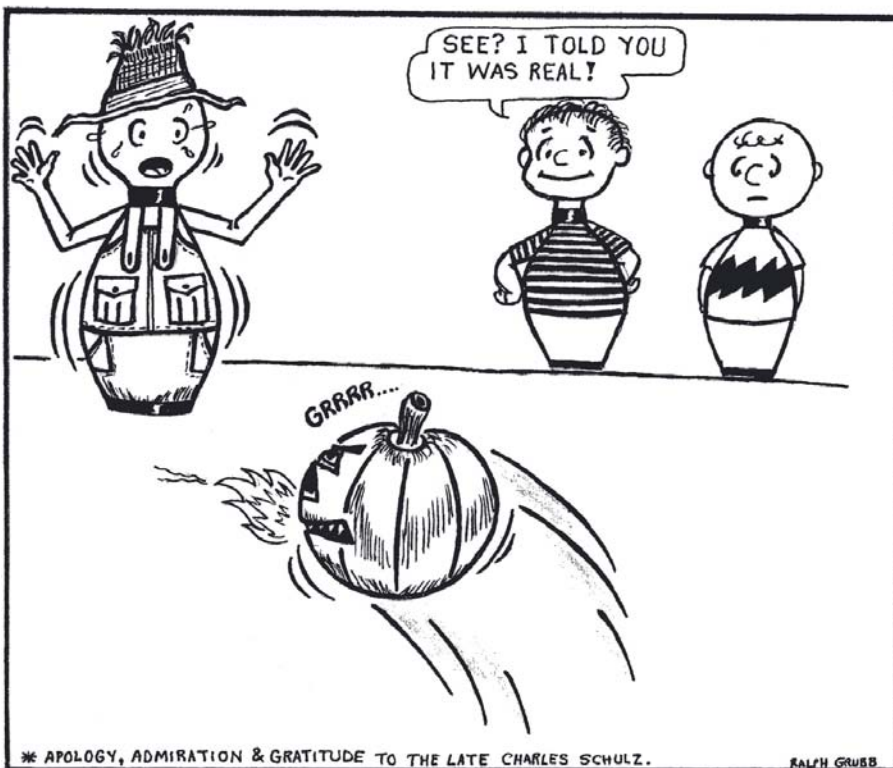
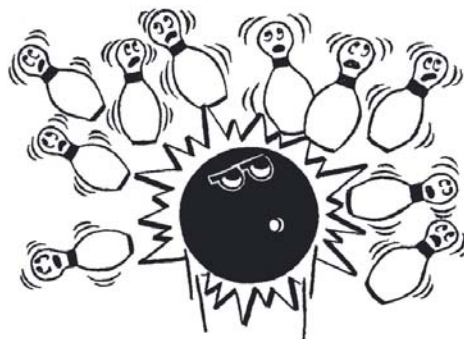
The final chapter, "Ten Ways to Make Bowling More Fun," is one of my favorites because it brings everything together and shares information about how to get others involved and how bowling can be used, such as bringing people together as a team to raise money for a charity or some other good cause or just having a good time with family and friends.

Bowling For Dummies is a great read and after reading this book, I believe you will walk away with everything but the feeling of being a dummy about the sport!

The reviewer is a member of the Thursday Trios league at Potomac Lanes.

**NCAUSBCA 2nd Annual
 Mixed Tournament
 in support of BVL
 OFFICIAL PRIZE LIST**

DEADWOOD



Our Back Pages

5 Years Ago

- Tiffany Bell and Chris Johnson top their association's rankings for the 2005-06 season.
- Cheryl Joppy (697 series) and Quintenna Boone (550) win divisional titles at the WDCA Women's 600 Club Annual Singles at Bowl America Gaithersburg.
- Mike Boyd's 814 series at Bowl America Falls Church leads the Honor Scores listing.

10 Years Ago

- In his "Pro Shop Perspective" column, Chris Ward offers "[5 more steps to better service from your pro shop.](#)"
- From Hall of Famer Mark Glover's "[Best Bowling Tip](#)": "Bowling is a game of continuous learning. Experience tells me that it's usually the nights when you don't shoot your best that you learn the most."
- A 300 game and 785 series by Andrew M. Hile at Bowl America Burke lands him on top of the Gold Pin Award listings.

15 Years Ago

- Hall of Famer [Lisa Rand](#) is the subject of the *BOWL Magazine* Interview.
- Stephen Hahn and Joy Esterson capture Junior Masters titles at Fort Belvoir Lanes, while Gary Mills and Chip Hamilton win the latest Nation's Capital/Baltimore Area Masters events at Bowl America Odenton and Alexandria Bowl, respectively.
- Diane Constantino (635) and Joycelene Turner (620) are the top finishers at the WDCA 500 Club Singles at Bowl America Fairfax.

20 Years Ago

- Mike Whorton of Manassas sets an association record with his 855 series (256-300-299) in the Manassas Commercial league at Bowl America Manassas.
- Katie Cewe (579 series) and Deanna Nicosia (532) are divisional winners at the 600 Club Singles Tournament at Annandale.
- Jason Butler's 598 series tops the field at the Vir-Mar-Dist 600 Club Fall Singles Tournament at Fair Lanes University.

25 Years Ago

- Alexandria's Richard Purcell wins a \$5,000 scholarship at the Avco National Family Tournament.
- [Larry Busch](#) explains that a suggestion (by Larry Wallace) to read *The Mental Game* by Dr. George Allen helped return consistency to his game.

30 Years Ago

- Steve Sipe tops NCABA's unofficial ranking for the 1980-1981 season with a 217.502 average, nearly five pins higher than runner-up Buddy Engleman (212.613).
- Betty Alexander, who captures the Women's Handicap Singles, teams with Bessie Greene to win the Women's Handicap Doubles at the Don May Summer Classic.
- Benita Pyndell (620 series) and Joan Sandheinrich (595) are divisional champions at the Washington, D.C. Area Women's 600 Club Fall Tournament at Skor-Mor Lanes.

35 Years Ago

- Willie Jelks tops the Virginia Masters league with his 707 series.
- Mike Hahn is the average leader with 200 in the Northern Virginia Commercial at Seminary Recreation Center.
- The American Bowling Congress discloses the [maintenance procedures](#) used during the 1976 ABC Tournament in Oklahoma City.

40 Years Ago

- Carl J. Zost, who opened the area's first pro shop, is inducted into the Washington City Tenpin (later NCABA and currently NCAUSBCA) Association Hall of Fame.
- Vince Larroque heads the Gold Pin Award listing with his 287 game.
- Brett Barbour, 9, converts the 7-10 split at Ten Pin Coliseum.



Dougie Tonucci (left) and Justin Johnston

Johnston - Tonucci win 600 Club Fall Doubles Tournament

Justin Johnston (631 series) and Dougie Tonucci (622) of Waldorf, Md., combined for a 1,253 team series to win the NCAUSBCA Youth 600 Club Fall Doubles Tournament held November 20 at AMF Waldorf. Johnston and Tonucci earned \$50 each in scholarship funds, which will be administered through the USBC SMART program.

Roy Battle (653) of Bowie, Md., and Andrew Beach (585) of Upper Marlboro, Md., combined for a 1,238 team series to take second-place honors and earned \$30 each in scholarship funds. Augie Bransford (610) of Fairfax, Va., and Malcolm James (532) of Woodbridge, Va., combined for a 1,142 team series to take third-place honors and earned \$20 each in scholarship funds.

Bowlers with the top four individual series also qualified for the Tournament of Champions, which will be held March 25, 2012 at Bowl America Gaithersburg. The qualifiers: 1, Brandon Holloway of Fairmont Heights, Md., 660; 2, Battle, 653; 3, Johnston, 631; and 4, Tonucci, 622.

High individual games:

Game 1: Holloway, 234; Tonucci, 232.

Game 2: Battle, 236; Johnston, 235.

Game 3: Nick Hardy, Huntingtown, Md., 241; Battle, 230.

Any youth bowler who has bowled a certified 600 series in the NCAUSBCA Youth program is eligible for membership in the 600 Club. Any questions should be directed to Tom Dale, NCAUSBCA Youth 600 Club, 10 Hulvey Drive, Stafford, VA 22556-3816 (phone: 703/989-8573).

The [next](#) 600 Club tournament, a singles event, will be held December 11 at 3 p.m. at Bowl America Burke.

NCAUSBCA SENIOR TOURNAMENT



**CAL
DONELSON**
FAIRMONT HEIGHTS, MD



**MARCIA
GROSS**
CLINTON, MD



**BARBARA
JONES**
SILVER SPRING, MD



**"BIG MO"
MOTON JR.**
CLINTON, MD



**DORIS
PATTERSON**
FORT WASHINGTON, MD

<i>In high school, I was</i>	<i>My worst habit</i>	<i>----- really makes me nervous</i>	<i>You might be surprised to learn I like</i>	<i>Top interest outside of bowling</i>	<i>I bowl because</i>
A good student	Eating after 8 p.m.	People who don't use turn signals	My church activity	My family	I love bowling
A business student	Chewing gum	Playing golf	To climb cliffs	Dancing	I love it!
Talkative	Smoking	Being sick	Opera	Watching sports	I like the people
A star athlete	Eating late at night	Before giving a speech in front an audience	The theatre—plays	Playing music	I love it
A cheerleader	Not saying "no"—always agreeing to do something	High speeds	Wine	Horticulture	I enjoy it

ASSOCIATION HONOR SCORE AWARDS

800 Series

- 842 Taylor, James L - MH013
 832 Tull, Larry E - FC011
 831 Palmer, J. R. - LC014
 828 [Marsico, Michael S](#) - LC007
 827 [Johnson, Chris M](#) - LA014
 821 Henderson, Ricky C - PK005
 814 Meaker, David W - WB019
 813 [Knoth, Douglas B Jr](#) - SLS04
 807 Campbell, Andrew - RD010
 804 Haupt, Vincent R - LC009
 803 Jones, Rory T - LC009
 802 Garvey, Christopher J - SLS04
 Kerzic, Joseph M - WA017
 800 Marsico, Michael S - LC007

300 Game

- Addison, Alfred A - PK013
 Appel, Kermit C Jr - CY014
 Bates, Gary R Sr - WAS01
 Bernstein, Raymond S III - CY003
 Bibbee, Jared M - BR007
[Blackmore, Christopher J](#) - FC002
 Breeden, Jamie L - SL002
 Chittum, Christopher D - FC002
 Creed, William M - CY014
 Culbertson, Terry W - MA001
[Darden, Ira J Jr](#) - CA010
 Delgado, Anibal - BR007
 Elcesser, Timothy C - CY003
 Faulcon, Lee - LA014
 Fillis, John R - BR012 / WBS06
 Fletcher, Richard M - SL013
 Flint, Anthony - CY003

- Gathof, Douglas A - WB017
 Gibson, Reginald L Sr - LA014
 Glenn, Richard R - WB019
 Golladay, Brian K - BR007
 Hansen, Chris A - BR012
 Harrison, Terry W - SL004
 Herman, Michael P - WBS06
 Holton, Ronald E - SL001
 Johnson, Chris M - LA014
 Johnson, Norman L - MH013
 Kent, Lloyd W - SLS10
 Lawrence, Kimberleigh N - BR012
 Ledford, William B - WA017
 Lee, Christopher E - PK005
 Lee, Kenneth W Sr - LC014
 Link, Brian D - ME013
[Lowe, Kenneth E Jr](#) - PK005 / RDS03 /
 SL011
 Marshall, William J - PK005
 Medlock, Aaron S II - MH012
 Melson, Allen W - CY004
[Middleton, Bobby G Jr](#) - SLS04
 Milbourne, Solo D - LA014
 Miskell, Neal P (2) - WA004
[Mixon, Gary E](#) - CA010
 Moore, Bobby M - FC011
 Moran, George E J - MA013
 Moreira, José E - WB020
 Murabito, Vince F - WB015
 Neral, John T - FA005
 Nowlin, Paul V - SL011
 Palmer, J. R. - LC007 / LC014
 Pauza, Dianne - BR012
 Poole, Derek L - LC007 / LC014
 Price, Chris L - DR007
 Price, J Michael - DR002
 Rose, Kyle R - WB017
 Schmal, Michael D - SLS03
 Straub, Christopher L - LC007
 Strickland, Michael - CR016
 Thomas, Kenneth J - LC007
 Tull, Larry E - FC011
[Turner, Gregory L](#) - CA014
 Venor, David G - GBS02
 Vroom, Arthur L Jr - SL011
 Walker, Allen M - SLS04
 Walsh, Daniel A Jr - SLS04
 Watkins, Tyrone R Jr - RD010
 Windsor, Richard T Jr - LC014
 Windsor, Richard T Sr - LC009

Tournament Roundup

PBA South Region Gloucester, Va., Open (Tom Baker, King, N.C., \$2,200) – 12, Thad Rand, Rapidan, Va., \$500; 28, Mark Glover, Woodbridge, Va., \$400; 41, David Kneas, Annapolis, \$125 (senior award).

PBA South Region Franklin, Va. Open (Kip Roberts, Glenallen, Va., \$2,000) – 22, Ed Cutter, Manassas Park, Va., \$400; 27, David Kneas, \$250 (senior award); 36, Mark Glover, \$250 (senior award).

NCAUSBCA Youth 600 Club Fall Singles at Bowl America Shirley – 1, Michael Simpson, Dale City, Va. (722 series), \$110 (scholarship); 2, Kayla Meadows, Springfield, Va. (697), \$80; 3, Cameron Brooks, Bowie, Md. (686), \$60; 4, Nick Dean, Alexandria, Va. (672), \$40; 5, Austin Fosmire, Gainesville, Va. (663), \$30. ... *Other Tournament of Champions qualifiers:* [Lamont Pearson Jr.](#), Bryans Road, Md. (650) and [Jason Eman](#), Springfield, Va. (638).

PBA Central / East / South Region Lewisburg Senior Classic (Kenny Parks, Hammond, Ind., \$1,500) – 9, Mark Glover, \$550; 11, David Kneas, \$550.

PBA East Region Parkway Lanes Open (Joe Paluszek, Bensalem, Pa., \$2,500) – 42, David Kneas, \$250.



Ross McDonald

PBA East Region Howell (N.J.) Lanes Senior Open (George Pappas, Charlotte, N.C., \$1,500) – 11, Mark Glover, \$550; 13, Ross McDonald, Clarksville, Md., \$550.

PBA East Region Strike Zone Senior Open (Kent Wagner, Bradenton, Fla., \$1,500) – 10, David Kneas, \$500.

PBA East Region Mil-Ray Foods Open, Stratford, N.J. (Ryan Shafer, Horseheads, N.Y., \$2,500) – 7, David Kneas, \$650.

NCAUSBCA Scratch Mixed Doubles – 1, Missy Ryan, Springfield, Va. (644) & Darryl Carreon, Alexandria, Va. (727), 1,371, \$250. ... **Women's Singles:** 1, Karen Jost, Woodbridge, Va. (711), \$20. ... **Men's Singles:** 1, Darryl Carreon (727), \$20.

Calendar of Events

DECEMBER

- 4** – Youth Scratch/Handicap Scholarship Tournament at Bowl America Woodbridge.
11 – NCAUSBCA Youth 600 Club Winter Singles Tournament at Bowl America Burke.
26-Jan. 2 – NCAUSBCA office closed. (Office will close at noon on December 23.)

67th Annual Nation's Capital Area USBC Association Women's Championship Tournament



Bowl America Burke

5615 Guinea Road • Burke, Virginia
703/425-9303

4-Member Team Event • Multiple Entries in all 3 events
Optional Scratch Singles, Doubles, & All Events

MARCH 3-4, 10-11, 17-18, 2012

ALL ENTRIES MUST BE POSTMARKED BY FEBRUARY 11, 2012

"WALK-INS" ARE NOT ALLOWED

Online entry form available [here](#)

Mail completed entry form to:

Ronald McGregor, Tournament Manager
9315 Largo Drive West, Suite 110 • Largo, MD 20774-4762

Phone: 301/499-1693 x102 • E-mail: asstmgr@ncausbca.org

This tournament is certified with the United States Bowling Congress



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10641 Balls Ford Road
Manassas, VA 20109

Bowl America Burke..... (703) 425-9303
5615 Guinea Road
Burke, VA 22015

Bowl America Chantilly..... (703) 830-2695
4525 Stonecroft Boulevard
Chantilly, VA 20151

Bowl America Dranesville..... (703) 430-1350
46940 Woodson Drive
Sterling, VA 20164

Bowl America Fairfax..... (703) 273-7700
9699 Lee Highway
Fairfax, VA 22031

Bowl America Falls Church..... (703) 534-1370
140 S. Maple Avenue
Falls Church, VA 22046

Bowl America Manassas..... (703) 368-2161
9000 Mathis Avenue
Manassas, VA 20110

Bowl America Shirley..... (703) 354-3300
6450 Edsall Road
Alexandria, VA 22312

Bowl America Woodbridge..... (703) 494-9191
13409 Occoquan Road
Woodbridge, VA 22191

MARYLAND, SUBURBAN

Bowl America Gaithersburg..... (301) 330-5200
1101 Clopper Road
Gaithersburg, MD 20878

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