

**Mixed Tournament
raises \$12,500 for BVL**

BOWL MAGAZINE

JANUARY / FEBRUARY 2022

OFFICIAL PUBLICATION OF THE NATION'S CAPITAL AREA USBC ASSOCIATION

**NEW COLUMN!
BETTER BOWLING
COACH YOGI HOLMES**

**MINI-BIO
DR. RICHARD BROWN**

**MY STUFF
CAROLYN BROWN**

**THE BEST
BOWLING TIP
I EVER RECEIVED
ERIC HELMRICH**

JIM EINHORN JR.

*rolls 33 of 36 strikes
in 857 effort en route
to winning three titles
at the
NCAUSBCA 11th Annual
Mixed Tournament
in Support of BVL*



ONLINE REGISTRATION: [CLICK HERE](#)

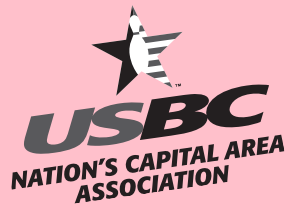
Nation's Capital Area USBC Association

INFORMATION

ENTRY FORM

76th ANNUAL WOMEN'S CHAMPIONSHIP TOURNAMENT

USBC CERTIFIED



— TEAMS —

THE LANES FORT MEADE

2788 MacArthur Road • Fort Meade MD 20755 • 301/677-5541

— SINGLES & DOUBLES —

BOWL AMERICA GAITHERSBURG

1101 Clopper Road • Gaithersburg MD • 301/330-5200

February 5-6, 12-13, 19-20, 26-27, 2022

ENTRIES CLOSE JANUARY 17, 2022

SOCIAL DISTANCING PRACTICED AT THIS EVENT

OPTIONAL SCRATCH & SENIOR (50+) CATEGORIES

50+ BRACKETS • CROSSOVER DOUBLES

PRIZES RETURNED: At least 1 in every 6 entries

Sondra Blakey, Tournament Manager

NCAUSBCA • 9315 Largo Drive West, Suite 110 • Largo MD 20774-4762

Phone: 301/499-1693 • Fax: 301/499-5927

eMail: womens.tourney@gmail.com



January / February 2022
Vol. 56, No. 3

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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USBC proposes preliminary specifications for string pinsetters

ARLINGTON, Texas – The United States Bowling Congress is sharing additional data and proposing preliminary specifications to the manufacturers of string pinsetters.

The USBC Equipment and Specifications team has been taking part in a comprehensive research study on string pinsetters, looking at the scoring and pin-fall variables between string pinsetters and free-fall machines.

USBC is investigating the possibility of certifying string pinsetters and string pin bowling as an independent category of equipment and competition, separate from free-fall machines and standard American Tenpins bowling.

String pinsetters currently are non-approved equipment and may not be used in USBC-certified competition, including USBC-certified leagues and tournaments.

After the most recent report in September 2021, the USBC Equipment and Specifications team identified several factors affecting pinfall. These factors included the string length, pin curtain, ball stop cushion, and kickback thickness.

See [STRING](#), page 5

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ON THE COVER: Jim Einhorn Jr. won the Scratch Singles and 50+ Scratch Singles — rolling three "11-strike" games (299-279-279 / 857) — along with the Scratch All-Events title in the recent NCAUSBCA 11th Annual Mixed Tournament in Support of BVL. (Photo by Bob Cosgrove)

BOWL Magazine is published bi-monthly, September through 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 © 2022 by NCAUSBCA Inc. All rights reserved.

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te....update....update....update....update....up

**IBMA INVITES
PEZZANO
SCHOLARSHIP
APPLICANTS**

The International Bowling Media Association (IBMA) may annually award scholarships to students attending college or graduating high school seniors planning on attending college. The scholarship is named in memory of IBMA, USBC and PBA Halls of Fame journalist Chuck Pezzano. Any or all of the funds may, or may not be distributed at the discretion of the committee and IBMA Board of Directors. Individual awards may not exceed \$5,000.00 per year. If there are any ties, money will be split. Winners will also receive a one-year complimentary membership in IBMA. To be eligible, applicants must: (1) Be interested in writing about bowling either as a volunteer, part- or full-time media; (2) Maintain a minimum 3.0/4.0 GPA or equivalent; (3) Participate in the sport of bowling, although bowling skills are NOT a requisite; (4) Not have exceeded their 25th birthday during the calendar year of the award. Final applications must be submitted no later than April 30, 2022. For additional information, click [here](#).

**USBC HALL OF FAME
ADDS THREE**

The United States Bowling Congress Hall of Fame will have at least three new members when the 2022 class is inducted April 27 during the USBC Convention in Las Vegas. The USBC Hall of Fame Committee recently elected Bo Goergen of Midland, Michigan in the Outstanding USBC Performance category, Bill Allen of Orlando, Florida in the Veterans category, and Roger Zeller of San Antonio, Texas in Meritorious Service. In addition to the three electees, the USBC Hall of Fame Committee selected six bowlers – five men and one woman – for the Superior Performance ballot that will be distributed to a national panel of USBC Hall of Fame members, USBC Board members, and veteran bowling writers. Selected for the men's national ballot are Dave Ferraro of Kingston, New York; Bryan Goebel of Shawnee, Kansas; Wes Malott of Fort Wayne, Indiana; Randy Pedersen of Orlando, Florida; and Mike Scroggins of Amarillo, Texas. Named to the women's national ballot was Tammy Turner of West Palm Beach, Florida.

**KULICK TO LEAD
JUNIOR TEAM USA**

USBC Hall of Famer Kelly Kulick recently was named head coach for the Junior Team USA bowling program. Kulick, a USBC Silver coach, will assume the position vacated by Bryan O'Keefe, who was named head coach of Team USA in June. Since 2017, Kulick has been one of seven assistant coaches for Team USA, offering her expertise at a variety of camps and international events.



PRESIDENT'S MESSAGE • DARRON MAYES

**Thanks to those who supported
our Senior and Mixed tournaments**

Season's Greetings and Happy Holidays to All. I pray everyone is staying safe and enjoying time with family and friends during this holiday season.

First, I must apologize for not submitting a message in the last issue. I experienced major sickness and death in the family, and I failed to submit a message. Please charge it to life and not my heart.

I would like to thank all who participated in the recent BVL tournament. Thanks to Tom Dale and his team for the hard work they put in making the

tournament a huge success. Congratulations to the winners. I also want to give a big shout out to the Senior Tournament participants, and congratulations to the winners.

I definitely want to recognize the Youth Committee for the stellar work being done with our youth. The recent youth league membership and tournament participation is also on the rise. All please come out and support the youths as they go through the upcoming Invi-

See MESSAGE, page 6

STRING, from page 3

Adjustments were made to the string length, pin curtain location, and ball stop cushion until results approached those of free-fall machines, and a design of experiment was conducted to identify the best combination of these properties to reduce the rate of splits being converted due to interference from the strings.

Based on testing, the following settings reduced the number of split conversions and rebounding of pins to an acceptable limit:

- > The string length has a minimum limit of 65 inches, measured from the ball cup to the point the string enters the pin.
- > Placing the pin curtain between 12 to 16 inches from the end of the lane, measured from the back of the tail plank.
- > Placing the ball stop cushion a minimum of 33 inches from the end of the lane, measured from the back of the tail plank.
- > Assuring the kickback walls on both sides of the lane have a minimum thickness of 2¾ inches.

The preliminary specifications do not take into account variables that have not been submitted for testing to date, including the effects of different construction material or design elements related to string pinsetters.

USBC is encouraging manufacturers to design string pinsetters that meet the preliminary specifications to submit for additional testing, with USBC evaluating the data with a goal of establishing

Editor's Choice

[The Bowling Setup Position EXPLAINED!](#)

[Does Your Bowling Ball Fit Properly?](#)

[Fitting and the Modern Game](#)

[Bowling Ball Fit Tips & Tricks: How to Get the Best Feel for Higher Scores](#)

[Release Thoughts](#)

[Release Drill](#)

[Rotational Drill](#)

[Toys \(to Rotate\)](#)

[How to Bowl with More Consistency Using Your Flat Spot](#)

[How to Repeat a Consistent Follow-Through](#)

[How to Practice Hooking a Bowling Ball at Home](#)

[Make Sure You Know Your PAP](#)

[Should Urethane Bowling Balls Be Banned?](#)

[Does Carry Down on a Bowling Lane Exist? \(Lane Transition Tutorial\)](#)

[Celebrating the Legendary Career of Mark Roth](#)

[Pro Bowlers Tour: 1979 Showboat Invitational \(Roth vs. Anthony\)](#)



MANAGER'S MEMO • RONALD MCGREGOR

Make sure members are aware of league rules regarding COVID

Another year has come and gone, and the challenges to bowling continue with yet another COVID outbreak. For those of us who have ventured into the bowling centers to rekindle our love for the sport, we all have to do our part to ensure that we can complete the bowling season by following CDC and state and county health guidelines.

League officials need to make sure that all league members are aware of what is expected of them in the event of a bowler reporting a positive COVID test: *Are they and their team expected to stay away from the league? Is there a minimum length of time? How does it affect pre/post bowling? Position standings affected?* At least make sure everyone is aware of the league rule on the matter.

The Open and Women's Championship tournaments will be during the month of February 2022. Entries can be

completed online this time around by clicking [here](#). The team event will be held at The Lanes Fort Meade, while the singles and doubles will take place at Bowl America Gaithersburg. Registration closes January 17, and, as of now, the team slots are filled for February 26 and the singles and doubles on February 27.

Secretaries: We are processing awards and delivering to your center. Please continue to use the most up-to-date forms. If you use CDE software to process your league, you will need to check the local awards tab to make sure you have the current award requirements. As a reminder, you can add our bonus awards under the "other" awards tab.

Please heed the warnings regarding COVID as to what may be necessary to keep yourself, friends, and family safe.

[Contact Ronald McGregor](#)

MESSAGE, from page 5

tational Scratch Singles event. I am truly glad to see the increasing participation in both leagues and tournaments with both adults and youths. Prayerfully, we will continue to see increases into the future.

I have received inquiries on both the Annual Meeting and Hall of Fame induction ceremony. It has been a challenge to navigate the particulars surrounding COVID-19. We are currently exploring options for both events and will keep everyone posted as the details begin to solidify. Please be patient.

As always, please continue to stay safe, and I'll see you on the lanes.

[Contact Darron Mayes](#)

THE QUESTION:

How many bowling balls could you bring to a tournament?

8



Michael Clark
Vienna, Va.

9



Nate Colding
Laurel, Md.

9



Ronald Foster
Stafford, Va.

10



Eugenia McDonald
Capitol Heights, Md.

12



David Ryan
Fairfax, Va.

USBC

USBC

VIRGINIA STATE USBC

34th Annual Mixed Handicap Tournament

CERTIFIED BY THE UNITED STATES BOWLING CONGRESS

THE VA STATE MIXED TOURNAMENT WILL HAVE A SCRATCH DIVISION IN EACH EVENT

NEW: THE 10 PIN RULE IS IN EFFECT

TEAM EVENT
STAUNTON LANES
831 GREENVILLE AVE.
STAUNTON, VA 24401
(540) 885-1655

SINGLES & DOUBLES EVENT
VALLEY LANES
3106 SOUTH MAIN ST.
HARRISONBURG, VA 22801
(540) 434-8721

Entry Fees Per Person Per Event

	Team	Doubles	Singles
Prize Fee	\$16.00	\$16.00	\$16.00
Bowling Fee	\$9.00	\$9.00	\$9.00
Expense Fee	\$5.00	\$5.00	\$5.00
Total	\$30.00	\$30.00	\$30.00

All Events (Optional)
\$10.00*

Scratch Divisions (Optional)
\$10.00*

*Expense Fee \$1.00

Conducted By

VIRGINIA STATE USBC

Hosted By

**CENTRAL SHENANDOAH
VALLEY USBC**

with SHEILA HICKS

MIXED TOURNAMENT MANAGER

MAR 5-6; 12-13; 19-20, 2022
(MAR 26-27, 2022 IF NEEDED)

ENTRIES MUST BE POSTMARKED BY MIDNIGHT WEDNESDAY, FEBRUARY 16, 2022
ALL ENTRIES AFTER FEBRUARY 1, 2022, MUST BE MONEY ORDER OR CERTIFIED CHECK

MAKE ALL CHECKS, MONEY ORDERS, AND CERTIFIED CHECKS PAYABLE TO:
VA STATE MIXED TOURNAMENT FUND

SEND ALL COMPLETED ENTRIES WITH ENTRY FEES TO:

335 Fort Lewis Blvd., Salem, VA. 24153

Telephone (804) 399-2253

E-Mail: vamixedstate@gmail.com • WEBSITE: www.vastateusbc.com

ENTRY FORM

NCAUSBCA Mixed Tournament raises \$12,500 for BVL

Records set for teams, doubles, prize money

NCAUSBCA’s 11th Annual Mixed Tournament in Support of BVL, which took place December 4-5, 11-12, and 18-19, set records for the third consecutive year for teams (94, previous high 92) and doubles (201, previous high 193), and had a record prize fund of \$30,483—\$3,300 more than the previous high. In addition, the tournament raised \$12,500 for the NCAUSBCA 2021-2022 contribution to BVL.

The tournament, held each December at Bowl America Shirley, will expand to three weekends next year, as several squads sold out over two weeks before the closing date.

Don Baumgartner of Frederick, Md., bowled his first career perfect game, and Thomas Shank of Woodbridge, Va., also rolled a 300. There were three 800 series bowled during the tournament—Jim Einhorn Jr. (857) of Falmouth, Va., Derek Payne (823) of Upper Marlboro, Md., and Chhoeun To (811) of Falls Church, Va. There were nine other games of 290 or better.

Special thanks go to the tournament’s pre-senting sponsor, the Sports Plus / Carmen Don Pro Shop, as well as event sponsors Rift & Friendly Bowling Distributors, Rowl Rite Bowling, Andrea Dale, and Tom Dale.

This season, five individuals qualified as squad organizers for bringing six or more teams: Ron Foster, Mabel Sharp, Ron McGregor, Debbie Schultz, and Cristi Hazel.

— Tom Dale

Tournament Notebook — Repeat winners included Chhoeun To (in Scratch Doubles for the third consecutive tournament) and Jim Einhorn Jr. (Scratch All-Events). Andrea Sharp and Jon Blanton have been Scratch Team champions in three of the last four events. World Class Pro Shop, Spare Time Sports, and Tom Dale donated bowling balls that were raffled off to raise funds for BVL during the tournament.

TEAM

“Denise and the Boys” (Ronald Foster, Denise Randolph, Frank Thompson, John Heard), Stafford, Va. (3,087), \$1,700.

SCRATCH TEAM

“Scratchers and Cappers” (Andrea Sharp, Jon Blanton, Roger Rowley, Paul Rumbaugh II), Stafford, Va. (2,716), \$300.

DOUBLES

Brian A. Cole Sr. & Darell J. Gillespie, Bowie, Md. (1,592), \$800

SCRATCH DOUBLES

Kong Thy & Chhoeun To, Falls Church, Va. (1,491), \$240.

SINGLES

Derek M. Payne, Upper Marlboro, Md. (858), \$800.

SCRATCH SINGLES

James D. Einhorn Jr., Falmouth, Va. (857), \$225.

ALL-EVENTS

Darell J. Gillespie, Bowie, Md. (2,465) \$220.

SCRATCH ALL-EVENTS

James D. Einhorn Jr., Falmouth, Va. (2,212), \$350.

50+ SINGLES

Derek M. Payne, Upper Marlboro, Md. (858), \$250.

50+ SCRATCH SINGLES

James D. Einhorn Jr., Falmouth, Va. (857), \$200.

[Complete prize list](#)

Mixed Tournament Photo Gallery



Tournament Manager Tom Dale (left) starts the opening squad.

Brenda McDowell holds the box for Donald Lawson to place the bowling ball he won.

[Click here for additional photos](#)



Among the winners of the some of the various Mystery Game and “50/50” drawings were (from left) Keith Gibson, Veronica “Yoda” Faison, and Jon Blanton.



High scorers included (from left), Derek Payne, who rolled an 823 series and won two titles; Chhoeun To, who scored 811 and was a Scratch Doubles champion; and 300 game shooters Don Baumgartner and Thomas Shank.



THE LIST

Below are the highest series and games rolled in the NCAUSBCA 11th Annual Mixed Tournament in Support of BVL at Bowl America Shirley.

SERIES — Men

- 857 Einhorn, James D Jr - Singles
- 823 Payne, Derek M - Singles
- 811 To, Chhoeun - Doubles
- 785 Heard, John D - Doubles
- 775 Thompson, Frank A - Team
- 749 Rumbaugh, Paul L II - Doubles
- 748 Payne, Derek M - Team
- 747 Colding, Nathaniel J - Doubles
Corder, Adam J - Team
- 738 Hayes, Allen A - Team
McIntosh, Jeffrey C - Team
- 737 Gillespie, Darell J - Doubles
Keene, Robert - Singles
- 736 Holmes, Zahir N - Singles
- 734 Helmrich, Eric D - Singles
- 732 Blanton, Jon D - Doubles
Davis, Edwin A - Doubles
- 730 Rumbaugh, Paul L II - Singles
- 729 Nuzzo, Alfonso L - Doubles
Rumbaugh, Paul L II - Team
- 728 Edwards, Daniel D Jr - Team
To, Chhoeun - Singles
- 727 Colding, Nathaniel J - Singles
- 723 Colding, Nathaniel J - Team
Glenn, Richard R - Singles
Volpp, Gerald L - Team
- 721 Hawes, Noah - Singles
Holton, Ronald E Sr - Team
Parks, Cumberland A - Team
- 719 Wolfe, James M - Singles
- 718 Shank, Thomas C - Team
- 717 Foor, Robert L - Doubles
Glenn, Richard R - Team
Horn, Leroy T - Doubles

- Miller, Steven T - Doubles
- 716 Coulson, Rick E - Doubles
Fontenot, Dominique D - Doubles
- 715 Gant, Walter L Jr - Singles
Nole, Cedric - Team
Watkins, Tyrone R Jr - Singles
- 713 Parks, Cumberland A - Singles
Ryan, David C - Singles
- 711 Davis, Edwin A - Singles
- 710 Shylanski, Scott - Doubles
- 709 Volpp, Gerald L - Doubles
- 707 Hall, Kevin L - Doubles
- 705 Blare, Tracy A - Team
- 703 Hayes, Allen A - Doubles
- 702 Williams, Henry L Jr - Singles

SERIES — Women

- 739 Sharp, Andrea - Team
- 738 Myers, Elainea R - Team
- 707 Diggs-Burrell, Theresa L - Singles
- 706 Randolph, Denise L - Team
- 705 Clay, Kristan S - Doubles
- 698 Barton, Diamond R - Doubles
- 687 Strickland, Bonnie A - Doubles
- 682 Strickland, Bonnie A - Team
- 681 Glenn, Latoya C - Doubles
- 673 Diggs-Burrell, Theresa L - Team
- 669 Sharp, Andrea - Singles
- 665 Scott, Tiffany D - Team
Sullivan, Lydia K - Doubles
- 658 Sharp, Mabel G - Singles
- 654 Sharp, Andrea - Doubles
- 651 Randolph, Denise L - Team
- 643 Jefferson, Alfreda Y - Singles
Strickland, Bonnie A - Singles
- 640 Glenn, Latoya C - Singles
- 639 Donahue, Nanette - Team
Jefferson, Alfreda Y - Team
- 636 Williams, Yolanda S - Singles
- 634 Clay, Kristan S - Team
- 629 Barton, Diamond R - Team
- 628 Morris, Traci A - Doubles
Randolph, Denise L - Doubles
- 627 Allen, Judith L - Singles
- 626 Volpp, Wanda R - Doubles
- 624 Williams, Yolanda S - Team
- 621 Turner, Brenda J - Singles
- 620 Greene, Evelyn C - Doubles
- 617 Hall, Stephanie K - Singles
Randolph, Denise L - Team
- 616 Diggs-Burrell, Theresa L - Doubles

- Tinsley, Martessa D - Team
- 614 Myers, Elainea R - Singles
O'Donnal, Theresa M - Doubles
- 613 Allen, Judith L - Team
Barton, Diamond R - Singles
- 611 Campbell, Martina - Singles
Sullivan, Lydia K - Singles
- 610 Reid, Manna T - Team
Williams, Yolanda S - Doubles
- 609 Greene, Evelyn C - Singles
Livingston, La'Tonia M - Singles
- 607 Barton, Diamond R - Team
- 606 Flynn, Janis L - Doubles
Randolph, Denise L - Singles
- 603 Hawkins, Anita M - Doubles
- 600 Reid, Manna T - Doubles

GAME — Men

- 300 Baumgartner, Don F - Singles
Shank, Thomas C - Doubles
- 299 Colding, Nathaniel J - Doubles
Einhorn, James D Jr - Singles
Heard, John D - Doubles
Rumbaugh, Paul L II - Doubles
To, Chhoeun - Doubles
- 298 Corder, Adam J - Team
- 297 Shylanski, Scott - Team
- 290 Gillespie, Darell J - Doubles
Hayes, Allen A - Team
- 289 Drakes, Luis A - Doubles
Hudson, Reginald - Doubles
- 288 To, Chhoeun - Doubles
- 287 Keene, Robert - Singles
- 280 Payne, Derek M - Singles
- 279 Einhorn, James D Jr - Singles (2)
Ellerbe, Jason - Singles
Gillespie, Darell J - Dbls / Sgls
Miller, Steven T - Doubles
Pittman, Steven C - Team
Williams, Henry L Jr - Singles
- 278 Gant, Walter L Jr - Singles
Partlow, Keith A - Team
Shank, Thomas C - Team
- 277 Blare, Tracy A - Team
McIntosh, Jeffrey C - Team
Nuzzo, Alfonso L - Doubles
Pritchett, Adam L - Singles
- 276 Heard, John D - Doubles
Payne, Derek M - Singles
- 275 Elliott, Christopher J - Team

See **THE LIST**, page 16

www.ncausbca.org



One Promise. Our Passion.

In 1942, the sport of bowling
stood up for our troops.

At BVL, we're not standing down.

Bowling's own, oldest, and most successful charity
needs your help as our troops return home.

Join us today.
www.BowlforVeterans.org



Mini-Bio

DR. RICHARD BROWN JR.



BIRTH DATE: July 19, 1971

CITY OF RESIDENCE: Waldorf, Maryland

SOCIAL STATUS: Married

EDUCATION: Ph. D, Walden University (Program: Applied Management & Decision Sciences; Specialization: Information Systems Management)

CURRENT JOB: College professor at different academic institutions

EARLIEST BOWLING MEMORY: A youth league in Ohio in 1980.

CURRENT BOWLING LEAGUES: Thursday Trios at Potomac Lanes

BEST PART OF MY GAME: Consistency

WORST PART OF MY GAME: Fast feet

WORST OR MOST EMBARRASSING BOWLING MOMENT: During a league session at AMF Waldorf, my thumb grip came out.

BEST TACTIC I USE TO HANDLE PRESSURE: Take deep breaths

SPARE-SHOOTER RATING (10 = best / 1 = worst): 8

IMPORTANCE OF BOWLING IN MY LIFE (10 = most / 1 = least): 6

MOST IMMEDIATE BOWLING GOAL: Shoot another 800 series

INTERESTS OUTSIDE OF BOWLING: Golf

BIGGEST MISCONCEPTION ABOUT MYSELF: That I’m not friendly

FAMOUS LIVING PERSON I MOST ADMIRE: Michael Jordan

FAMOUS PERSON WHO MOST ANNOYS ME: Kanye West

MY ONE GUILTY PLEASURE: Smoke cigars

FIRST THING I’D BUY IF I WON THE LOTTERY: A bigger house

STRANGE AND UNUSUAL FACT ABOUT ME: I don’t like to talk much when I teach.

NEXT RISK I WANT TO TAKE: Skydiving

IF I HAD MORE TIME, I WOULD....: Travel around the world

THE ONE PLACE I WANT TO VISIT: Casablanca (the largest city of Morocco)

VEHICLE I DRIVE: Mercedes S550

FAVORITE MEAL: Spaghetti

FAVORITE BEVERAGE: Cognac

FAVORITE TV SHOW: Quantum Leap

FAVORITE MOVIE: “The Matrix”

FAVORITE PLACE I’VE VISITED: Atlanta

MY MOST OVERUSED PHRASE: “Does that make sense?”

NICKNAME: “Big Dawg”

PRODUCT FOR WHICH I’D LIKE TO BE SPOKESMAN: iPhone

NEW YEAR’S RESOLUTION I CAN NEVER KEEP: I don’t make resolutions.

TASK I HATE TO DO: Vacuum

PLACE WHERE I WOULD LIKE TO LIVE: Florida

See MINI-BIO, page 20

www.ncausbca.org

Pop Kulture Kwiz

MIXED TOURNAMENT PARTICIPANTS



DOC CAMPBELL
FORT WASHINGTON, MD



KATINA COOPER
BOWIE, MD



JANIS FLYNN
LAUREL, MD



REGINALD GIBSON SR
SILVER SPRING, MD



BONNIE STRICKLAND
CLINTON, MD

Task I hate to do	In high school, I was ...	Nothing annoys me more than ...	Worst habit	Top interest outside of bowling	Best thing about bowling
Cut grass	quiet	negativity	I think too much	playing the base guitar	300/900!
driving	shy	a liar	popping gum	crocheting	fun!
clean bathrooms	introverted	people who don't use turn signals	picking my cuticles when I get nervous	scrap-booking	social-ization
clean house	a great soccer player	my wife's whining	being late	family	throwing strikes!
go to work	a terror!	disrespect	drinking	make money	winning!

Our Back Pages

5 Years Ago

➤ “The G Men” ([Arlen Holmes](#), Muriel Holmes, Jerome Wayne, Alvin Cain) win the NCAUSBCA Senior Tournament.

10 Years Ago

➤ No. 1-ranked bowler [Tommy McLane](#) is the subject of the *BOWL Magazine* Interview.

15 Years Ago

➤ Mike Sinek explains [why and how to get oil out of a bowling ball](#).
➤ “Bowling 101” columnist Harlin Matkins describes [“6 simple ways to improve your bowling.”](#)

20 Years Ago

➤ “Pro Shop Perspective” columnist Chris Ward offers [“5 tips for advanced players.”](#)
➤ [Thomas Morris Jr.](#), president of the Tuesday Morning Mixed league at Parkland Bowl, becomes the first of two inhalation anthrax victims at the Brentwood, Md., postal facility in Northeast Washington.

25 Years Ago

➤ [Jim Lewis](#) wins the year-end Nation’s Capital/Baltimore Area Masters title at Seminary Lanes.
➤ Debbie Myers, 21, tosses a WDCAWBA-record 826 series on games of 279-259-288 at Riverdale Bowl.

30 Years Ago

➤ Bowling guru Bill Taylor, from his booklet that first appeared in 1960, warns that [SSC \(Super Soft \[Scoring\] Conditions\) is bowling’s cancer](#).
➤ [A. Jane Hassell](#) tops the 1990-1991 women’s rankings with a 195.2135 average.

35 Years Ago

➤ Shady Grove becomes the first Fair Lanes center to install automatic scorers.

40 Years Ago

➤ Benita Pyndell and [Quintenna Boone](#) win the Doubles competition in the 7th Annual Virginia State 600 Club Tournament in Winchester.
➤ Sharon Hill receives the Washington, D.C. Area Women’s Bowling Association’s 1980-1981 High Game Award for her 289 game in the Bowl America Beltway Tour.

45 Years Ago

➤ Phil Conklin, 16, scores 705—the first 700 series by a youth bowler at Fair Lanes Shady Grove.
➤ All five members of the Virginia State All Star Team are association members— [Steve Sipe](#) (226 average), [Larry O’Neill](#) (220), [Earl Engleman](#) (217), [Mike Warboy](#) (215), and Bill Hollis Jr. (214).

50 Years Ago

➤ [Tommy Lizzio](#) (Bantam) and [Jimmy Lizzio](#) (Junior) are high game divisional champions in the Virginia Masters and Junior Pro-Am Tournament at Ten Pin Coliseum.

55 Years Ago

➤ The first issue of *BOWL Magazine* appears with Hall of Famer [Matt Bennie](#) on the cover.

My Stuff

CAROLYN BROWN

NCAUSBCA member Carolyn Brown this season has participated in the following leagues: Cedric Key Memorial at Rinaldi's Riverdale Bowl, Friends United Mixed Doubles at Potomac Lanes, and Inez's Golden Keglers and Tuesday AM Mixed at AMF Waldorf. She competes in many tournaments and was a division All-Events champion in November’s NCAUSBCA 39th Annual Senior Tournament.

After stepping off the approach at the recent NCAUSBCA Mixed Tournament in Support of BVL at Bowl America Shirley, she provided a few of her favorites to editor Bob Cosgrove.

ON THE LANES

BOWLING BALL: **MOTIVE, STORM, ROTO-GRIP**
BOWLING SHOES: **MEN'S 3G KANGAROO**

HOME

RESIDENCE: **ACCOKEEK, MARYLAND**
CAR: **2005 ACURA MDX**
REFRIGERATOR / DISHWASHER / STOVE: **GE**
WASHER / DRYER: **WHIRLPOOL**
LAUNDRY DETERGENT: **TIDE**

ELECTRONICS

CELL PHONE: **V2 SAMSUNG 8**
COMPUTER: **HEWLETT-PACKARD**
TELEVISION: **RCA** • STEREO: **KENWOOD**
CAMERA: **POTERAL**
GADGET: **SAMSUNG TABLET**

EATS & DRINKS

BOTTLED WATER: **DEER PARK**
TEA: **GINGER** • COFFEE: **HAZELNUT CREAM**
COFFEE MAKER: **KEURIG**
SOFT DRINK: **GINGER ALE**
SNACK: **UTZ POTATO CHIPS**
DESSERT: **HOMEMADE PEACH COBBLER**

CLOTHING, ETC.

JEANS: **GLORIA VANDERBUILT**
SNEAKERS: **NIKE**
WATCH: **MY CELL PHONE!**
DAY BAG: **CALVIN KLEIN**
EVENING BAG: **DAY BRIDAL**
COOKWARE: **SALAD MASTER**
SHEETS: **RALPH LAUREN**
STATIONERY: **DOLLAR TREE!**

BEAUTY PRODUCTS

TOOTHPASTE: **COLGATE**
SOAP: **IVORY**
PERFUME: **COOL WATER FOR WOMEN**
LIPSTICK: **FASHION FAIR**
MASCARA: **MAYBELLINE**
MOISTURIZER: **PONDS**

INSPIRATIONS

COLOR: **PEACH**
WEB SITE: **YOUTUBE.COM**
MUSIC: **R & B**
FAVORITE PLACE IN THE WORLD: **PARIS**
NECESSARY EXTRAVAGANCE:
BOWLING, BECAUSE I LOVE IT!



ASSOCIATION
HONOR SCORES

800 Series

- 834 Price, Christopher L - FC
825 Ignacio, Leonard J - GB
823 Seiter, Jacob A - GB
812 Glenn, Richard R - WB
809 Robinson, Thomas E - SL

300 Game

- Allen, Jarraed H - CA
Glenn, Richard R - WB
Goldsmith, Aidan - LC
Gosnell, Gregory R - GB
Gutridge, Johnny C Jr - WB
Hall, Bobby V II - CR
Hall, Kevin L - SL
Holland, Marvin M - BA
Holmes, Zahir N - CR
Hunt, Keenan L Sr - BA
Ignacio, Leonard J - GB
Ishmael, Bobby Jr - RD (2)
Marsico, Michael S - LC

- Matthews, Lowell A - CR
McLendon, Anthony A - MH
O'Neill, Cody D - WA
Palmer, Jesse W Jr - CR
Partin, Robert J - DR
Pongrace, David M - FC
Potter, Timothy E - CY
Seiter, Jacob A - GB
Seminara, Dominic J - LC
Simpson, Michael A - WB
Waltz, Michael I - CA
Whitcomb, David M - FA

YOUTH

800 Series

- 806 Williams, Michael Jr. - WB
805 Williams, Michael Jr. - WB

300 Game

- Campbell, Connor - WB
Goldsmith, Aiden - WB
Hickock, Anthony - WB
Trentler, Nate - CR

THE LIST, from page 10

- 269 Booth, Richard L - Singles
Campbell, Andrew T - Doubles
Chulick, David C - Team
Cotton, Daris L - Doubles
268 Heard, John D - Team
Lambert, Rodney S - Team
Logan, Jerry W - Doubles
Michalski, Roger A - Singles
Nuzzo, Alfonso L - Doubles
Strawbridge, Joseph M - Team
Thompson, Frank A - Team
To, Chhoeun - Doubles
Volpp, Gerald L - Team
Whitted, Michael C - Team
267 Cole, Brian A Sr - Doubles
Einhorn, James D Jr - Doubles
Heard, John D - Doubles
Holton, Ronald E Sr - Team
Norman, Marcus J - Doubles
Payne, Derek M - Singles
Sims, Jamie L - Singles
266 Edwards, Daniel D Jr - Team
Glenn, Richard R - Singles
Hall, Kevin L - Doubles
McIntosh, Jeffrey C - Team
Pritchett, Adam L - Team
265 Kim, Tom - Doubles

GAME — Women

- 288 Sharp, Andrea - Team
268 Volpp, Wanda R - Doubles
267 Myers, Elainea R - Team
261 Allen, Judith L - Singles
259 Diggs-Burrell, Theresa L - Singles
258 Sharp, Andrea - Singles
257 Sullivan, Lydia K - Doubles
255 Strickland, Bonnie A - Singles
253 Barton, Diamond R - Doubles
Jefferson, Alfreda Y - Singles
248 Clay, Kristan S - Doubles
Sharp, Andrea - Doubles
247 O'Donnal, Theresa M - Doubles
Sharp, Andrea - Team
246 Sullivan, Lydia K - Team
245 Allen, Judith L - Team
Campbell, Martina - Doubles
Diggs-Burrell, Theresa L - Team
Morris, Traci A - Doubles

See THE LIST, page 18



BETTER BOWLING • COACH YOGI HOLMES

Practice sessions

When going out to practice, you should have a planned schedule before leaving and heading to the bowling center. This is so you don't use that time on just playing games. You should use this time to work on one or two things. Don't worry about scoring; this is just practice. Scoring should not count at this time.

The pushaway (first movement of the bowling ball into the swing)
This movement should be very simple, with minimal effort or tension.
➤ In a 4-step approach, your pushaway should be on the first step.
➤ In a 5-step approach, your pushaway should be on the second step.

As a player, your approach towards every practice session should be to trust the process and understand you will take a step backwards before taking a step forward.

Keep in mind the following:
➤ Time management is so important during each practice session.
➤ Try to be consistent with your shots.
➤ Throw at the same target for a couple of games for at least 20 minutes.
➤ Practice picking up your 7- and 10-pins consistently.

Here are some of the things you can work on during your practice sessions:

- 1 Working on your follow-through as well as walking to the foul line.
- 2 Your walk to the foul line (taking a 4- or 5-step approach) to create a good rhythm.

Balance at the foul line
You should always be relaxed at the foul line. Your shoulders should be directed or pointed to your target, as should your follow-through, with your trail leg behind you at a 45-degree angle for balance.
Your follow-through
Should consist of a relaxed arm swing with no muscling directed towards your target.

The job of a coach is to find and work on your mistakes to make you a more consistent and better bowler. Sometimes that can be a hard thing to do. People do not like changing their game; they would rather have you work around their problems.

Go Figure

4
Current vice presidents on the NCAUSBCA Board of Directors.

301/499-5927
NCAUSBCA office FAX number.

30
Days a league secretary has to submit USBC membership card applications and appropriate dues throughout the season to the association manager.

400
USBC rule for Youth Membership Eligibility.

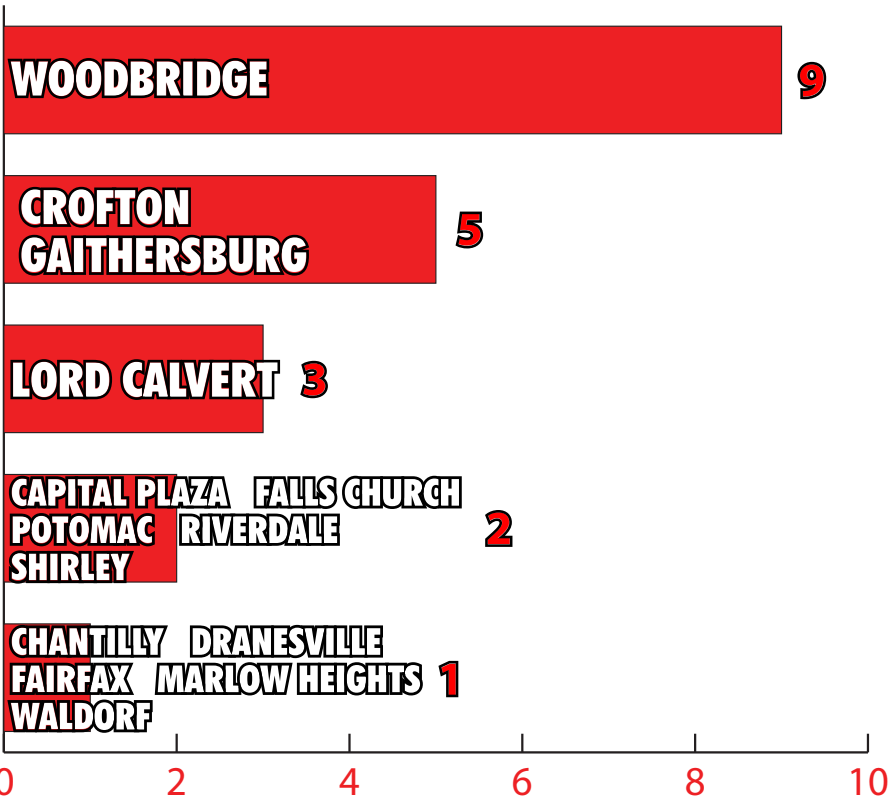
66
Games required to be bowled by a USBC member in a USBC league to be eligible for National High Average recognition.

The bottom line is to have an open mind when having a coach work with you. It helps to practice the fundamentals and work towards a good physical game.
As a player, your approach towards every practice session should be to trust the process and understand you will take a step backwards before taking a step forward. Yet most importantly, don't revert to old habits because it's going to make it twice as hard to trust the process mentally and physically.
Just an FYI to new bowlers: This is something to work on to better your game as a new and upcoming bowler.

Yogi Holmes, a member of the NCAUSBCA Hall of Fame, is a certified coach.

HONOR SCORE CENTERS

(this issue, based on listed scores)



Calendar of Events

JANUARY

- 9 – NCAUSBCA Online Board of Directors Meeting.
- 15 – Youth final averages and financial reports (including SMART) must be submitted to NCAUSBCA
- 16 – NCAUSBCA Youth 600 Club Winter Singles Tournament at Bowl America Burke.
- 18 – NCAUSBCA Youth Invitational postmark deadline.
- 22-23, 29, February 6 – NCAUSBCA Youth Invitational Scratch Singles Tournament – Round 1 (with Junior Gold Qualifier): Bowl America Gaithersburg; Round 2 (with Junior Gold Qualifier): Bowl America Falls Church; Round 3: Bowl America Bull Run; Finals: Bowl America Fairfax.

FEBRUARY

- 5 – NCAUSBCA Invitational Fund-raiser Qualifier at Bowl America Woodbridge.
- 5-6, 12-13, 19-20, 26-27 – NCAUSBCA 75th Open Championship Tournament and NCAUSBCA 76th Women’s Championship Tournament at The Lanes Fort Meade (teams) and Bowl America Gaithersburg (singles & doubles).
- 6 – NCAUSBCA Invitational Fund-raiser Finals at Bowl America Fairfax.
- 13 – NCAUSBCA Youth 600 Club Tournament of Champions at AMF Waldorf.
- 26-27, March 5-6 – NCAUSBCA Youth Championship Tournament at Bowl America Shirley.
- 27 – Northern Virginia High School Invitational Championship.

MARCH

- 26-27 – Virginia State USBC Youth 21st Annual High School Tournament at Bowl America Short Pump in Glen Allen.
- 27 – NCAUSBCA Youth Vern Burke Spring Singles at Bowl America Bull Run.

All issues of BOWL Magazine published since September 2010 are available online for viewing / download:

www.ncausbca.org/bowlmag/bm_issues.htm

THE LIST, from page 16

- Myers, Elainea R - Team Strickland, Bonnie A - Team/Doubles
- 244 Randolph, Denise L - Team Sharp, Mabel G - Singles
- 243 Donahue, Nanette - Team Greene, Evelyn C - Singles Liffiton, Carolyn C - Doubles
- 241 Randolph, Denise L - Team
- 238 Glenn, Latoya C - Doubles
- 237 Liffiton, Carolyn C - Team
- 236 O'Donnal, Theresa M - Team Randolph, Denise L - Team/Singles Williams, Yolanda S - Team
- 235 Donahue, Nanette - Singles McDonald, Eugenia A - Team Randolph, Denise L - Team Scott, Tiffany D - Team Sharp, Mabel G - Singles
- 234 Barton, Diamond R - Singles Clay, Kristan S - Team Reid, Manna T - Team
- 233 Clay, Kristan S - Doubles Diggs-Burrell, Theresa L - Singles McCamey, Metchel H - Singles Strickland, Bonnie A - Team
- 232 Glenn, Latoya C - Singles Jefferson, Alfreda Y - Team Livingston, La'Tonia M - Doubles Williams, Yolanda S - Singles
- 231 Campbell, Martina - Singles Glenn, Latoya C - Doubles Henderson, Helen - Doubles
- 229 Murphy, Penny K - Singles
- 227 Randolph, Denise L - Team Strickland, Bonnie A - Doubles
- 226 Barton, Diamond R - Doubles Murphy, Penny K - Team Myers, Elainea R - Team
- 225 Bayliss, Claudia - Singles Hawkins, Anita M - Doubles McCamey, Metchel H - Team Myers, Elainea R - Singles Williams, Yolanda S - Singles

The Best Bowling Tip I Ever Received

By Eric Helmrich



The best tip I ever received was to throw plastic at all my single-pin spares. Once you figure out where to stand for each of your single-pin spares, your spare game transfers from center to center, and you can essentially take the lane conditions out of the equation.

The tip came from James Janoff, my bowling coach in Florida approximately 20 years ago, either in preparation for Junior Gold or as a result of a poor spare performance at Junior Gold. I don't exactly remember all the details about when/how the advice came about, but I certainly remember the advice, as it definitely made my spare game more consistent and reliable.

Incidentally, I recently watched the "HowTo: Make Your Spares" video featuring Motiv Bowling's Nick Pahr, a two-time collegiate national champion at Wichita State, that actually reminded me of when I received this advice.

Eric Helmrich was the 2006 recipient of the USBC Chuck Hall Star of Tomorrow Award.

Tournament Roundup

PBA50 Bryan’s Bowling Center Open, Laurel, Del. (Troy Lint, Blandon, Pa., \$1,500) – 10, Terry Wiley, Vienna, Va., \$600; 11, Greg Turner, Temple Hills, Md., \$600; 13, Lee Brosius, Ashburn, Va., \$450; 14, Richard Wilburn Jr., Adamstown, Md., \$440.

PBA50 Mooresville Convention & Visitors Bureau South Open (Gary Faulkner, Norfolk, Va., \$2,000) – 15, Greg Wilson, Warrenton, Va., \$500; 29, Greg Turner, \$250 (Super Senior).

2021 Virginia State USBC Senior Open and Women’s Tournament Results

To receive the latest NCAUSBCA news, "Like" us on Facebook:

www.facebook.com/

STEINSIEK



Walt Steinsiek’s “Cartoon of the Week” appears on this site.

NCAUSBCA 2021-2022 Triple Crown Awards

ADULTS	GM	SER	AVG	LEAGUE / CENTER
John Benson	277	741	219	Sunday Adult Youth Fall 2021 / LC
Dominique Ford	222	532	150	Sunday Adult Youth Fall 2021 / LC

YOUTHS

Amber Benson	266	654	191	Junior Majors Fall 2021 / LC
Jacob Brown	259	675	200	Sunday Adult Youth Fall 2021 / LC
Keirsten Caputo	168	436	128	Junior Majors Fall 2021 / LC
Gracelyn Davis	134	365	99	Preps Fall 2021 / LC
Lucas Higdon	133	240	97	Bantams Fall 2021 / LC
McKinley Holmes ...	103	180	70	Bantams Fall 2021 / LC
George Libby	279	778	228	Junior Majors Fall 2021 / LC
Chance McLane.....	289	715	221	Junior Majors Fall 2021 / LC
Aaliyah Parran.....	96	174	76	Pee Wees Fall 2021 / LC



Check Your Knowledge

1. Which center has more lanes—AMF Waldorf or Potomac Lanes?
2. Which center is older—Bowl America Dranesville or Bowl America Burke?
3. True or False: USBC Adult membership is only available to individuals 18 years of age and older.
4. True or False: League officers are allowed to authorize practice.
5. True or False: A vacancy in any office shall be filled by the league president.
6. True or False: A league treasurer must deposit all league funds within one week of receipt.
7. True or False: A youth league official doesn't have to be a USBC member.
8. What year did NCAUSBCA move its office to Largo, Maryland?
9. Who preceded Ronald McGregor as NCAUSBCA manager?

ANSWERS: 1, AMF Waldorf; 2, Bowl America Dranesville; 3, True; 4, True; 5, False; 6, True; 7, False; 8, 2004; 9, Ray Brothers.

MINI-BIO, from page 12

SUBJECT ABOUT WHICH I'D LIKE TO KNOW MORE: Space

QUALITY I MOST ADMIRE IN MY FRIENDS: Their ability to listen

THREE FAMOUS PEOPLE (LIVING OR DEAD) I'D INVITE TO MY HOME FOR DINNER: Michael Jordan, Barack Obama, Mansa Musa

NUMBER ONE PET PEEVE: Being late

ONE WORD THAT BEST DESCRIBES ME: Loyal

BIGGEST PERSONAL REGRET: I have no regrets.

NOBODY KNOWS I'M GOOD AT: Cooking

CHANNEL I'LL LIKELY SEE WHEN I TURN ON MY TV: Disney+

IF I COULD BE GRANTED ONE WISH: To be able to speak every language

FUTURE PLANS: My future plans change as I meet my short-term goals.

PHILOSOPHY I LIVE BY: The two most important days in your life are the day you are born and the day you find out why.



VIRGINIA STATE USBC
64th Annual Women's Tournament

CERTIFIED BY THE UNITED STATES BOWLING CONGRESS

THE VA STATE WOMEN'S TOURNAMENT WILL HAVE A SCRATCH DIVISION IN EACH EVENT

TWO DIVISIONS
NEW: THE 10 PIN RULE IS IN EFFECT

TEAM EVENT
BOWL AMERICA BULL RUN
10641 BALLS FORD RD.
MANASSAS, VA 20109
(703) 368-6286

SINGLES & DOUBLES EVENT
BOWL AMERICA CHANTILLY
4525 STONECROFT
CHANTILLY, VA 20151
(703) 803-2695

Conducted By
VIRGINIA STATE USBC

with ANNE RAY
WOMEN'S TOURNAMENT MANAGER

April 2-3; 9-10, 30 2022
May 1; 7-8, 2022

Entry Fees Per Person Per Event			
	Team	Doubles	Singles
Prize Fee	\$13.00	\$13.00	\$13.00
Bowling Fee	\$12.00	\$12.00	\$12.00
Expense Fee	\$5.00	\$5.00	\$5.00
Total	\$30.00	\$30.00	\$30.00
All Events (Optional) \$10.00*			
Optional Scratch Events (Optional) \$10.00*			
*Expense Fee \$1.00			

ENTRIES MUST BE POSTMARKED BY MIDNIGHT SUNDAY, MARCH 13, 2022
ALL ENTRIES AFTER FEBRUARY 20, 2022, MUST BE MONEY ORDER OR CERTIFIED CHECK

TOURNAMENT HEADQUARTERS & HOST HOTEL
HAMPTON INN-MANASSAS

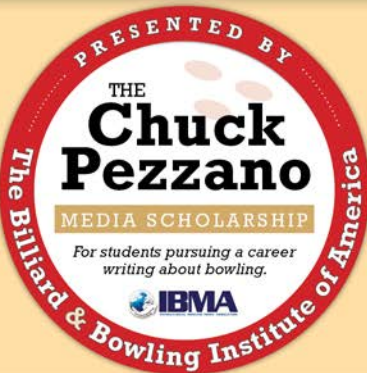
7295 WILLIAMSON BLVD., MANASSAS, VA 20109
PHONE (703) 369-1100

ROOM RATES \$89.00 + TAX
ROOMS RESERVED UNDER VIRGINIA STATE USBC WOMEN'S TOURNAMENT

MAKE ALL CHECKS, MONEY ORDERS, AND CERTIFIED CHECKS PAYABLE TO:
VA STATE USBC WOMEN'S TOURNAMENT

SEND ALL COMPLETED ENTRIES WITH ENTRY FEES TO:
6-I Tamarisk Quay, Hampton, VA. 23666
Telephone (757) 846-1111
E-Mail: anneray@cox.net

ENTRY FORM



EARN \$5,000 IN SCHOLARSHIPS

In memory of one of bowling's greatest writers, an academic scholarship has been created to honor Chuck Pezzano. If you are a student who is likely to pursue full or part time employment writing about bowling, visit our website to see how you can earn up to \$5,000 in scholarships.

Application Deadline is April 30, 2022.

Click [HERE](#) for additional information.

ONLINE REGISTRATION: [CLICK HERE](#)

NATION'S CAPITAL AREA USBC ASSOCIATION 75th ANNUAL OPEN CHAMPIONSHIP TOURNAMENT

Certified by the United States Bowling Congress

TEAM EVENT

THE LANES FORT MEADE

2788 MacArthur Road
Fort Meade MD 20755
301/677-5541

SINGLES & DOUBLES EVENTS

BOWL AMERICA GAITHERSBURG

1101 Clopper Road
Gaithersburg MD 20878
301/330-5200

FEBRUARY 5-6, 12-13, 19-20, 26-27, 2022

INFORMATION

ENTRY FORM

ENTRY DEADLINE: JANUARY 17, 2022



OPTIONAL PRIZE CATEGORIES:

**"50-59" & "60+" SINGLES • "50+" ALL EVENTS
4 SCRATCH EVENTS • CROSSOVER DOUBLES**

OPEN TOURNAMENT DIRECTOR

NATION'S CAPITAL AREA USBC ASSOCIATION

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

PHONE: 301/499-1693 x102 • FAX: 301/499-5927

eMAIL: manager@ncausbca.org



QUALIFY FOR "OFFICIAL AVERAGE LEADERS"

**BOWLING AT LEAST THREE GAMES IN THIS EVENT WILL SATISFY THE REQUIRED
TOURNAMENT GAMES NECESSARY FOR CONSIDERATION FOR THE MEN'S
NCAUSBCA 2021-2022 OFFICIAL AVERAGE LEADERS LISTINGS.**