

The Best Bowling Tip I Ever Received

By Adam Corder



The best bowling tip I ever received came from when I was bowling this past fall on the George Mason Bowling Team. Coach Bryant Mehio had been trying to figure out why I had not been getting the rotation and power from the ball that I should have been getting. He also noticed that when I did smash the pocket, I would leave more 7-pins than I probably should.

After looking at my approach, he told me it looked like I was starting my pushaway about halfway through my first step, and I was extending that pushaway too far. He added that when it came towards the end of my approach, I was getting to the line at about the same time as I was releasing the ball, which limited the leverage I could put on the ball.

To correct this, he told me to delay my pushaway until I start my second step. He also mentioned to shorten my pushaway and really let gravity do the work. These two small changes would cause me to get to the line a split-second before my release, which would allow me to get that little extra rotation on the ball.

The immediate result was that my ball had a much more noticeable rotation and drive through the pocket. I strongly believe that as a result of this, I shot my first 300 this past January in the Potomac Area Men's league at Bowl America Shirley.

This tip that Coach Bryant gave me has really opened up the lanes a little bit more for me and has allowed me to play areas of the lane that I was once was not too comfortable with because I didn't really see a good reaction. This is especially true on Sport shot patterns.

Since the Mason team bowls on different Sport conditions every tournament, we go to being able to get that extra rotation, which allows my ball to better read the lane conditions and allows me to also better read what the ball is doing, so I can make the right choices when it comes to making a ball or line change.

This, I believe, will help me in the long term to better develop my skills as a bowler when bowling on any type of shot and help me build confidence quicker when bowling in more prestigious tournaments that have much tougher oil patterns.

Adam Corder is a 25-year-old left-hander from Alexandria who has bowled for over 18 years. He recently completed his fourth year as a member of the George Mason University Club Bowling team, which this past season not only cashed for the first time at the Nittany Lion Kegler Classic, one of the major Tier 1 tournaments, but it also qualified as one of the top 18 teams in its region to bowl in the Intercollegiate Team Sectionals in Allentown, Pa. While competing there for a spot in the 2010 United States Bowling Congress Intercollegiate Singles Championships, he averaged 212 for six games but fell short of the fourth and final qualifying position by only seven pins. He will graduate on May 15 with a Bachelor of Science degree in Administration of Justice and then plans to begin a career in the law enforcement field. Corder notes that his school is always recruiting for new members of the bowling team. Interested GMU and high school students should contact Coach Bill Grover (wgrover@aol.com) for information.