

Mini-Bio

ALICIA ALSTON

BIRTH DATE: December 23, 1979

CITY OF RESIDENCE: Fredericksburg, Va.

SOCIAL STATUS: Engaged

EDUCATION: 1998 graduate of Potomac High, 2002 graduate of George Mason University (major: psychology)

CURRENT JOB: Owner of M.E. Cleaning Services

EARLIEST BOWLING MEMORY: When I was 10, my godmother made me bowl at Dale City to keep me out of trouble.

CURRENT BOWLING LEAGUES: Merchants Mixed and the Draft summer league at Bowl America Woodbridge, and the Mixing Bowl Rollers at Bowl America Shirley

FAVORITE PROFESSIONAL BOWLER: Jason Belmonte

BEST PART OF MY GAME: I like my approach the best; it sets the tone for my game.

WORST PART OF MY GAME: Reading the lanes—I'm stuck in my ways.

WORST OR MOST EMBARRASSING BOWLING MOMENT: I did a face plant on the approach after putting on new shoes at Bowl America Woodbridge.

BEST TACTIC I USE TO HANDLE PRESSURE: I listen to my rock & roll music.

SPARE-SHOOTER RATING (10 = best / 1 = worst): 7

VEHICLE I DRIVE: Ford Expedition

NOBODY KNOWS I'M GOOD AT: Singing

SUPERSTITIONS: I never go to the bathroom while bowling!

MY HEROES IN LIFE: I have no personal heroes. The military is top-notch for me.

FAMOUS LIVING PERSON I'D LIKE TO BE FOR ONE DAY: Beyonce—she makes so much money.

MY MOST IRRATIONAL FEAR: Flying—I'd still rather take a car or train.

MY MOST TREASURED POSSESSION: My first 300 game ring—I averaged 170 at the time.

GREATEST EXTRAVAGANCE: I like to take friends out and have a good time.

MY GREATEST PERSONAL ACHIEVEMENT: Shooting the 821 series and holding the house record at Bowl America Shirley

IF I COULD BE GRANTED ONE WISH: To be a millionaire so I can help others

FUTURE PLANS: I hope to continue to improve my bowling game.

PHILOSOPHY I LIVE BY: I just try to be the best person I can be.



Alicia Alston, a member of the Scratch Team champions at the recent NCAUSBCA Women's Championship Tournament, appears alongside the plaque at Bowl America Shirley commemorating her house record 821 series rolled on February 19, 2015.