

The Best Bowling Tip I've Ever Received

By Anthony Chapman



Having traveled to various countries around the world, I have had tremendous opportunities to work with some of the best coaches in bowling. I've also had opportunities to be given tips by some of the world's top amateurs and PBA greats like Chris Barnes, Robert Smith, Amletto Monacelli, and Pete Weber.

However, the best bowling tip I ever received was from my mother, and it later was reiterated by my father at one of my baseball games. It goes back to the saying, *There's no use in crying over spilled milk.*

As a kid, I used to get extremely upset when I had a bad game or missed a spare. That negative emotion would spill over into subsequent frames and games.

After having a pretty bad tantrum one day in a youth league, my mother pulled me aside and asked, "Does kicking that trash can bring back the spare?" She later explained that there was no use in getting so upset because it didn't change the outcome and it only prevented me from improving my performance the next time. By getting so upset and bothered at the bad game or open frame, I wasn't able to focus on the shot at hand. Thus past bad experiences affected my future performances. They were the first to teach me that the only thing I can control is the current execution of the shot and nothing else, not even

the outcome.

It took a while for me to understand this philosophy, but as I got older and more mature, it started to come naturally. I was able to shoot a bad game or have a series of open frames, and it not affect the series or tournament.

The culmination of this tip occurred during the 1992 U.S. National Amateur Championships in Chula Vista, Calif. I bowled well the first round and was 11th after eight games. However, during the second round, I struggled with the shorter oil pattern and dropped to 22nd place, just inside the top 24 cut.

With eight games to go, I was able to forget about the previous day and focus on the games at hand. I proceeded to bowl well those last eight games of qualifying and made it back to qualify second for the 24 games of match play. After 48 games, I qualified fourth for the televised finals and went on to become the first and only black National Amateur Champion.

Anthony Chapman won four gold medals in the 1993 FIQ American Zone Championships in Guadalajara, Mexico, setting the record for gold medals won before Chris Barnes broke it. Chapman also was the 1992 FIQ World Youth Champion in Caracas, Venezuela.