



**ALONSO "A.J."
KINNEY JR.**
*NCAUSBCA Gruszkowski
Youth Star Award
recipient*

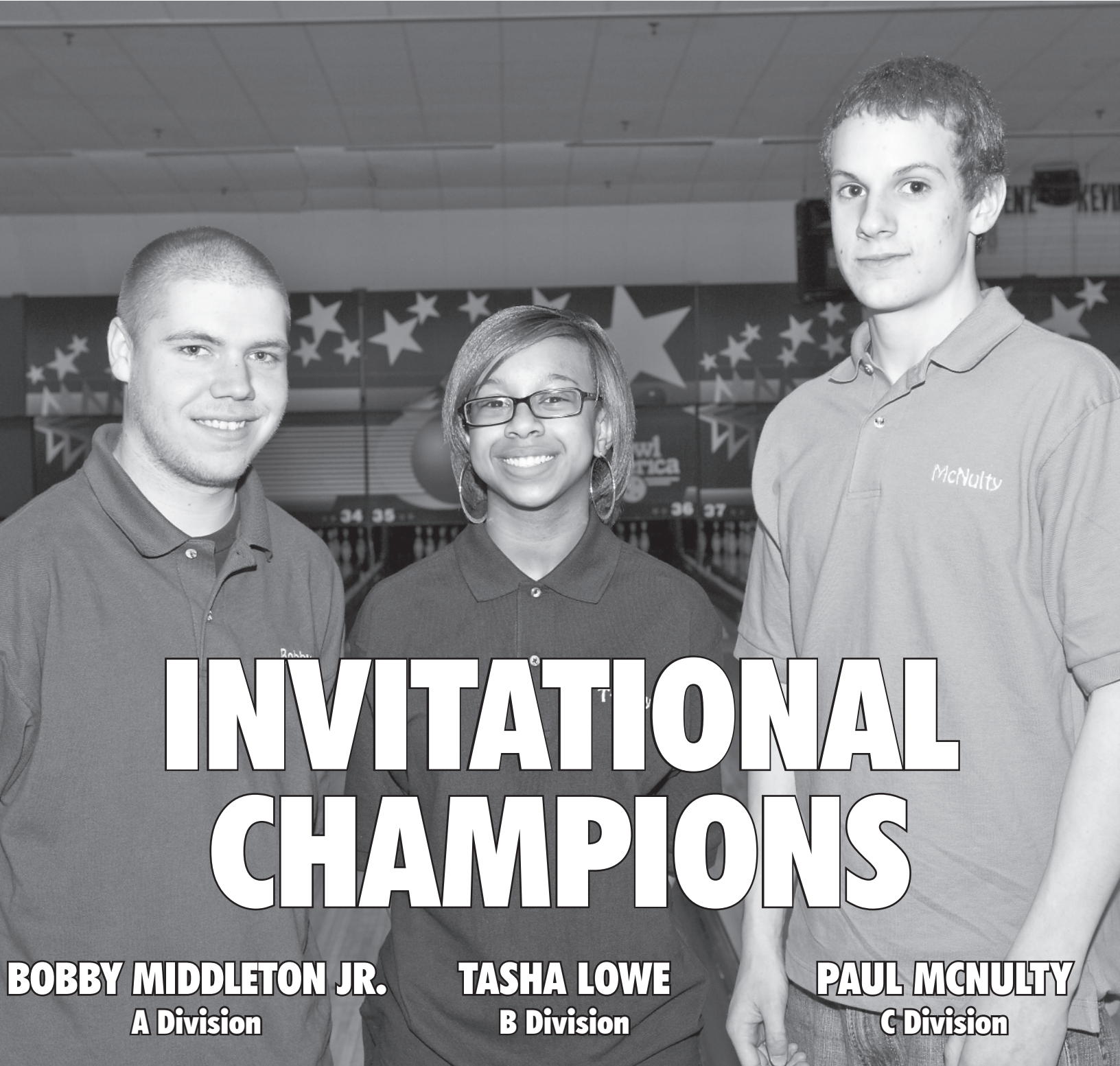


*Shirley King honored
for service to youth bowling*

FEBRUARY / MARCH 2009

BOWL MAGAZINE

OFFICIAL PUBLICATION OF THE NATION'S CAPITAL AREA USBC ASSOCIATION



INVITATIONAL CHAMPIONS

BOBBY MIDDLETON JR.
A Division

TASHA LOWE
B Division

PAUL MCNULTY
C Division

The Best Bowling Tip I Ever Received

By Bobby Middleton Jr.



The best bowling tip I ever received came while I attended a coaching seminar with legendary instructor Fred Borden. He explained to me that the more challenging the shot, the less axis rotation is better because the overall ball reaction will be more of a “roll” instead of a “skip-flip” reaction. This will help keep the ball more “on-line” with your intended target.

After practicing “rolling the ball” under the watchful eye of my coach and good friend John Faunce, my positive axis point has changed, and I feel more confident than ever before.

This tip soon helped me to a fifth-place finish at the 2008 NCAUSBCA Youth Scratch Invitational Tournament and a 75th-place finish at last year’s Junior Gold Nationals. It’s making me a more versatile bowler and led me to my recent title at the 2009 Invitational.

Do not let fear affect your bowling

By Stanley Popovich

Sometimes, fear and anxiety can get the best of us in bowling. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that bowlers can use to help manage their fears and anxieties.

Occasionally, we may become stressed when we have to perform in a certain event. When this happens, visualize yourself doing the task in your mind.

For instance, you have to bowl in front of a large group of people in the next few days. Before the big day comes, imagine yourself doing the bowling in your mind. Imagine that you are in front of a large audience. By playing the event in your mind, you will be better prepared to perform for real when the time comes. Self-visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, you should take a deep breath and try to find something to do for a few minutes to get your mind off of the problem. You could read the newspaper, listen to some music, or do an activity that will give you a fresh perspective on things. This is a great technique to use right before your next bowling match.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in the notebook. Whenever you feel stressed, open up your notebook and read those statements. This will help to manage your negative thinking.

Be smart in how you deal with your fears and anxieties. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these

smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. This individual will be able to provide you with additional advice and insights on how to deal with your

Be smart in how you deal with your fears and anxieties. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps.

current problem. By talking to a professional, you will help yourself in the long run because you will become better able to deal with your problems in the future.

Remember that it never hurts to ask for help.

Stan Popovich is the author of “A Layman’s Guide to Managing Fear Using Psychology, Christianity, and Non-Resistant Methods”—an easy-to-read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information, go to www.managingfear.com.