

The Best Bowling Tip I Ever Received

By Crystal Shaw-Wesby



The best bowling tip I ever received was to add controlled breathing to my approach routine before each shot. I came across this tip approximately eight years ago while reading the book, *Focused for Bowling* by Dean Hinitz.

In an effort to relax the body as well as the mind, I use an intentional controlled breath as a cueing technique to relax, commit, and go. The breath, however, is not as simple as breathing in through the nose and out the mouth. The technique involves inflating the belly first, next the chest, finally exhaling smoothly, deflating the belly and chest at the same time.

When I first tried the technique, I was surprised that I was instantly able to relax my body. However, once I mastered the technique, I found that I was able to clear my mind of outside distractions and focus on the immediate task at hand—executing a great shot.

Crystal Shaw-Wesby, who rolled [the first 800 series](#) in NCAUSBCA Women's Championship Tournament history when she scored 807 to win the 2009 scratch singles event, averaged 235.78 for nine games to capture this year's scratch all events title. She also won the scratch doubles crown with Nichele McConnell.