

## Mini-Bio

### MY START IN BOWLING

I bowled in a youth duckpin league at the center that burned down in Falls Church when I was about 11. A friend of mine's mother used to bowl, and that's how I got introduced to it.

### BEST PART OF MY GAME

Probably the ability to create area. I create a little bit of extra area just with the new equipment. I don't hit it as much as I used to, but I still get enough on it with this new equipment; I can open up the lane pretty good if it allows me to.

### PART OF MY GAME I WORK ON THE MOST

That would be focus—especially on spares. If I make a bad shot, I'll lose focus easily. If I'm bowling on a tougher shot, I'll make a couple of good shots and then I'll lose focus on it and make a bad shot.

### BEST WAY I HANDLE PRESSURE

Probably breathing: I take a deep exhale before I throw the ball when I get up on the approach. That seems to help a little bit. Between frames, it's actually better for me if I keep talking with other people. I usually don't get jittery until I'm up on the approach if I'm going to be jittery. And then, I'll take that deep breath and make sure that first step is nice and slow. If I do get in trouble, it's usually when I get up and be quick with my feet.

### MY IMMEDIATE BOWLING GOAL

I'd like to win an all events at nationals; that'd be nice! I've got the state (2006) and the city (2004 and 2014 all events titles), so that would be the big one. A realistic goal for me would be to do well at nationals.

# MIKE MANOLIS

*Scratch Team and Scratch All Events titlist  
in the NCAUSBCA 69th Annual Open Championship Tournament*