

The best bowling tip I ever received

By Robert Alston



The best bowling tip I ever received involved staying focused and having fun. Many coaches during my career have given me their best advice to allow me to become the bowler I am today. They have told me to stay down with every shot (Donetta “Coach Dee” Luke), to stay aggressive with every shot and stay consistent (Maurice Moton), and to relax and throw a good shot (Melvin Scott).

These tips, along with my working with Melvin and having my equipment re-drilled and layouts changed by Howard Ball Jr. of World Class Pro Shop at AMF Capital Plaza, allowed me to take my game to the next level. With the help of these two, I’ve been able to come out of the bowling ball clean and push through my target better. I started bowling 10-20 games a week and became a more focused bowler after all of these changes were made.

The best advice I could give to another bowler is to stay confident and always maintain your composure. I used to get very upset when I bowled bad, but now I know if I lose my composure, it will only get worse.

The recent NCAUSBCA Youth Scratch Invitational Tournament was a great experience for me: I rolled my first certified 300 game during Round 1 at Bowl America Gaithersburg on January 22 and led the first three rounds. With the support of my friends, family, and coaches, I placed second.

In my opinion, the best quality a bowler can have is the ability to listen when someone is trying to help. That and staying confident are the keys to becoming a successful bowler. You just have to believe you’re “That Guy” or “That Girl.”
