

The Best Bowling Tip I Ever Received

By Tim Lancaster



The best bowling tip I ever received came during a league session at Bowl America Shirley in 2011 or 2012. My teammate at the time, the late NCAUSBCA Hall of Famer [Willie Jelks](#), did not like the way my hand came over the top of my ball during my release.

Willie taught to relax my armswing, focus on my target, and follow through. He also worked with me to stay behind the ball and actually *roll*—not throw—the ball. This gives me the right axis tilt roll on the ball that is conducive to scoring strikes.

I now get that forward roll so that when my ball goes into the pocket, it retains its energy by my staying behind the ball with a good follow-through.

Willie's assistance back then helped me become a better bowler.

Rolling in his first senior event, Tim averaged 234.33 for nine games to win the All Events category of his age division in the NCAUSBCA 33rd Annual Senior Tournament at Bowl America Woodbridge. He also placed third in Doubles with Luis Drakes.