

Ed Cotter

To: Cotters
Subject: RE: USBC Sport Report: The pre-shot routine



Tip of the Month – Pre-shot routine

Most of you know what we mean by a pre-shot routine, but many of you might wonder why it's important. Basically, a pre-shot routine is simply the steps you take or the process you follow when walking to the approach, picking up your ball and making your shot. But a pre-shot routine really is much more than just that.

Your pre-shot routine is basically how you focus on the shot at hand, prepare yourself to throw the best shot possible, and then execute to the best of your ability. No matter how simple or complicated your pre-shot routine, it is important to have one because the process will help you to throw quality shots regardless of outside factors, such as pressure or an unfamiliar environment. Usually the shorter and simpler the pre-shot routine, the better!

Whether you need a strike to win a match, shoot 300, or reach some other important goal, if you can focus on the process and your routine rather than the pressure of the moment or the outcome of the shot, it will help you to be more comfortable in the situation, and hopefully to get that strike.

The PBA Experience is ready for you!

PBA Experience leagues once again are part of the Sport bowling program. With centers starting new leagues in January, there is no better New Year's resolution than improving your game by competing on these tough conditions.

You can test your their skills on the Viper, Shark, Scorpion, Chameleon, Cheetah, Earl Anthony, Carmen Salvino, Detroit Open, World Championship, Tournament of Champions and U.S. Open oil patterns featured at national and regional PBA events.

Talk to your center about offering a PBA Experience league. If you have any questions regarding the PBA Experience or starting a PBA Experience league, contact USBC's Sport Bowling department at 800-514-2695 ext. 8362 or sportbowling@bowl.com.

Check out the new BowlTV Channel

The new BowlTV channel on YouTube has **live video**, fun features and more. Be sure to check out the USBC Team USA trials this week.

You can subscribe for free. Simply go to [YouTube.com/bowltv](https://www.youtube.com/bowltv) to watch or click [here](#).

Sport Bowling Honor Roll

Congratulations to the following bowlers who recently achieved 300 games and 800 series in certified USBC Sport Bowling competition:

300 game

Kevin Besser
Douglas Edwards
Raymond Le Chase

800 series

Ben Laughlin
Jason Queen

Industry partner offers

You are eligible to receive great deals from industry partners who understand that you, as a Sport bowler, are highly engaged in bowling. Special offers included:

Bowling This Month – You can take \$10 off a new annual subscription to the magazine that features comprehensive information, instruction and data to help you bowl better. It also includes access to digital editions.

900 Global – Take 20% off apparel purchases with your Sport member ID. Go to 900global.com to see their apparel. You also can get a \$10 rebate on the Wisdom or Jewel, and a \$20 rebate on the Bank Roll or Nuts.

Both of these offers are available in the members-only section of the Sport Bowling page on BOWL.com.

Sign up now for USBC Masters

The 2012 USBC Masters is Jan. 22-29 in Henderson, Nev., and features the top professional and amateur bowlers. If you have a 190 or higher average, take your shot in a tournament that features a great format and large prize fund. Register now instead of on-site and you'll save \$50. Click [here](#) to learn more.



Save 10 percent at this month's featured IBPSIA pro shops

As a USBC Sport Bowling member, you can save 10 percent on purchases at participating International Bowling Pro Shop and Instructors Association (IBPSIA) pro shops. Details vary by provider. This month's featured IBPSIA pro shops include:

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The Pro's Choice Pro Shop 281 Harper St. Weyers Cave, Va. 24486 Joseph Claypool Jr. 540-421-8947 claypool_jr@hotmail.com	Perfect Pocket Strike Pro Shop 2828 W. Thunderbird Road, Suite 3 Phoenix, Ariz. 85053 Dennis Klein 602-439-2363 perfectpocketstrike@hotmail.com



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