

## Ed Cotter

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**From:** United States Bowling Congress <noreply@news.bowl.com>  
**Sent:** Tuesday, July 19, 2011 7:31 PM  
**To:** cotter\_emusbc@MIDMAINE.COM  
**Subject:** USBC Sport Report: Vote for your Fantasy Camp favorite



### **Vote now to determine the next Team USA Fantasy Camp winner**

You can go to [BOWL.com](http://BOWL.com) now to decide who will receive an expenses-paid trip to the International Training and Research Center in Arlington, Texas, in the Team USA Fantasy Camp contest. One of the finalists will get to train with the top coaches in the sport.

Joe Colley of El Cajon, Calif., Rob Jackson of Stuart, Fla., Eric Payawal of Elk Grove Village, Ill., and Mario Penera of San Jose, Calif., are the finalists for this period and one will be selected to become the third of six winners in the contest. Voting currently is underway on [BOWL.com](http://BOWL.com) and will continue through July 29. Fans can vote once per day.

### **Want a shot at the Fantasy Camp?**

Don't miss out on your chance to take part in this contest. The Team USA Fantasy Camp contest is open to any USBC Sport Bowling member who bowls a 200 game or higher in their USBC Sport Bowling certified league. Once you shoot a qualifying score, go to [BOWL.com/sportbowling](http://BOWL.com/sportbowling) to enter your score and be eligible for the contest.

### **Junior Gold champions and spots on Junior Team USA decided**

The USBC Junior Gold Championships presented by Brunswick, which were contested on Sport Bowling conditions, recently wrapped up with Gary Faulkner of Memphis, Tenn., and Natalie Jimenez of Rowland Heights, Calif., taking home national titles.

The Mexico City, Seoul and Los Angeles lane patterns were used during qualifying, while Tokyo and Montreal were used for the semifinals and finals, respectively.

The Junior Gold event also determined 12 spots - six boys, six girls - for 2012 Junior Team USA. Click [here](#) to see who made the team.

### **Open Championships concludes**

Matt Weggen of Muscatine, Iowa, became the first bowler to roll back-to-back 800 series at the USBC Open Championships and he captured the 2011 titles in Regular Singles and Regular All-Events titles.

Conducted on a USBC Sport Bowling-certified pattern, the USBC Open Championships wrapped up earlier this month. Click [here](#) to read about all the winners. For complete event coverage and results, 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**

Gary Burke  
Bob Chamberlain  
Corey Del Fierro  
Matt Descoteaux  
Christopher Hester  
Daniel Lemiesz  
James Lord  
Paul Massey Jr  
Matt Washford

##### **800 series**

Ron Dixon  
Kristopher Prather

## Tip of the Month - Warm up and cool down

USBC Sports Performance Specialist Nick Bohanon looks at the physical side of bowling and offers exercise tips that may help you perform at your best on the lanes:

**Warm up/cool down:** Allow for time prior to bowling to get the heart rate up in order to increase blood flow to the extremities. The increased blood flow allows there to be more oxygen delivered to the muscles, which is important for supplying the body with energy. This can be performed with a light jog and dynamic stretching. Examples of dynamic activities include: jumping jacks, squats, lunges, leg swings, windmills, torso twists, side bends, arm swings and arm circles.

Increasing the core body temperature will improve performance through increased range of motion, increased speed of muscle contraction, and psychological preparedness for practice or competition.

Bowlers should cool down with static stretching. This will give time for the heart rate to decrease and can aid in decreasing soreness.

## Tools to help you start a Sport Bowling league

Are you looking to start a new Sport Bowling league this fall? We can help.

First, our Team USA Experience promotional kit can help you advertise and generate interest about a new league. This free kit contains posters and brochures about the new Team USA Experience program. Call 800-514-2695 or email us at [sportbowling@bowl.com](mailto:sportbowling@bowl.com) and let us know you would like the kit.

Also, if you start a new Sport Bowling league before September 31 and the league has at least 24 bowlers, we'll send you an autographed Team USA bowling pin. All you'll have to do to receive the pin is fill out the form [here](#) and then mail or fax it back to us.

## Special offers from Roto Grip

As a Sport Bowler, you are eligible for discounts and special offers on bowling products. Roto Grip currently offers the following specials:

- Receive a 20-percent discount on your entire Roto Grip purchase when you order at [rotogear.com](http://rotogear.com)
- If you purchase any Crown line bowling ball through your local pro shop, you also can receive a free towel and t-shirt from Roto Grip
- You can receive a free floor mat with any Roto Grip roller bag purchase through your local pro shop

Log onto the Sport Bowling members page and look under Sport Bowling Member Rewards for complete details on these special offers.

## 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:

<b>Break Point Pro Shop</b> 525 Main St. East Haven, CT 06512 Toney Nelson 203-530-4840 <a href="mailto:ToneyNelson@aol.com">ToneyNelson@aol.com</a>	<b>Tom Kelley's</b> 3401 S 84th Street Omaha, NE 68124 Tom Sr. and Tom Jr. 800-642-2003 <a href="mailto:tomkelleysr@aol.com">tomkelleysr@aol.com</a>
<b>The Bowling Shop 1</b> AMF Showplace Garland 1950 Market Place Dr. Garland, TX 75041 Dino Castillo	<b>Zito's Pro Shop</b> Druid Lanes 1051 Spruce St. Martinsville, VA 24112 Barry Moore

972-613-8100  
info@thebowlingshops.com

276-638-2359  
bowlerbm@yahoo.com



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