

## Ed Cotter

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**To:** Cotters  
**Subject:** RE: USBC Gold Approach: Complete your registration



### Solid Gold Tips – Preparing for a tournament

If you're looking to prepare for upcoming tournaments, keep these areas in mind – exercising, diet, sleep, practice and getting mentally ready.

**Exercise** – Staying in shape enhances performance. Dynamic stretches before practice and competition, and static stretches after will benefit the body's performance.

**Diet** – Diet can help or hurt performance. Try not to vary eating habits before competition, stay hydrated during and stick with a healthy diet of balanced meals. Eat 2-3 hours before competition so the body has time for digestion before activity.

**Sleep** – Six to eight hours minimum before competition, enough to be comfortably rested and recharged. If traveling, you may spend a few dollars more for the hotel with a comfortable bed for a better night's sleep.

**Practice** – Practice like you're going to compete: number of games, pace of play, with the lane patterns you'll be bowling on, if possible. Shoot every spare and be selfish with your time, stay focused and avoid distractions.

**Mentally** – Stay open-minded as lane conditions change (be ready), approaches are different (be prepared), and stay aware of the scoring pace around you as well as what seems to be working at that time.

– Stephen Padilla, USBC Coaching Specialist

### Complete your registration

If you already have been notified that you qualified for the North Pointe Junior Gold Championships, you need to go online to submit your entry and choose your squad.

If you have qualified and not received an email, check to see if your name is listed [here](#). If it is not listed, please call the coordinator for the event in which qualified to verify the advancer information has been forward to the North Pointe Junior Gold Tournament Staff.

If your name is listed and you have not received the email, please send an email to [USBCjuniorgold@bowl.com](mailto:USBCjuniorgold@bowl.com) to let us know.

### Catch Team USA Trials on BowITV

The new BowITV channel on YouTube has live video, fun features and more. Be sure to check out the Team USA trials in the coming weeks.

You can subscribe for free. Simply go to [YouTube.com/bowitv](http://YouTube.com/bowitv) to watch or click [here](#).

### USBC Youth Open is for everyone

Did you know USBC has a national championship tournament for USBC Youth bowlers? The 2012 Youth Open starts July 12 in Indianapolis and will award approximately \$100,000 in scholarships. The tournament also is the top

team tournament in the country.

You can register online for the Youth Open. Remember, the tournament is open to all USBC Youth members – there is no qualifying – and there are four average-based divisions so competitors are matched according to skill, not age or gender. Go to [BOWL.com/youthopen](http://BOWL.com/youthopen) or click [here](#) for tournament information and to register.

If you don't have a team but want to bowl the Youth Open, you can sign up with the Friendship Squad and you will be placed on a team. This year, the Friendship Squad is available with all squads. The form for the Friendship Squad can be found by clicking [here](#).

### North Pointe Junior Gold Championships Competitors Guide on BOWL.com

If you are looking for any information on the 2012 North Pointe Junior Gold Championships, go to [BOWL.com/juniorgold](http://BOWL.com/juniorgold) and click on the Information tab for the Competitor's Guide.

The Competitor's Guide has practice and registration schedules, and information on events such as the Bowling This Month Survivor tournament, the Adult/Youth tournament, and clinics and seminars that will be held in conjunction with the North Pointe Junior Gold Championships.

### Find qualifying events on BOWL.com

Searching for a qualifying event for the 2012 North Pointe Junior Gold National Championships? Go to [BOWL.com/juniorgold](http://BOWL.com/juniorgold) and you will find a state-by-state list of upcoming Junior Gold qualifying [tournaments](#) and [leagues](#) under the Upcoming Events tab. This information is updated weekly.

Don't wait to sign up for the chance to qualify for the 2012 North Pointe Junior Gold Championships and a chance to grab a part of the \$250,000 in scholarships.



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