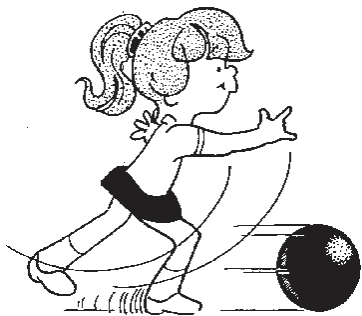


# GOALS Bowler's Guide to Bowling



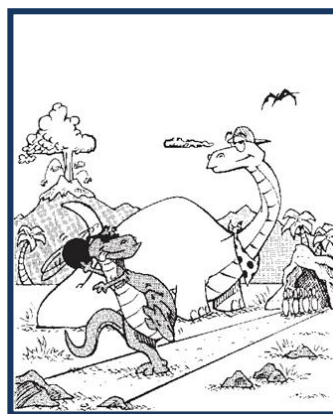
If you cannot read the text have someone help you.

*This Bowler's Guide* is designed to help GOALS bowlers understand the sport of bowling and promote bowling skills that increase their ability to bowl in all public bowling centers. The pictures are added to help you. It is important that you follow the guidelines explained in this guide so you will enjoy this sport and be a welcomed bowler in all public bowling lanes.

*GOALS Board Members are available to support all GOAL Participants but, transportation to and from activities must be provided by family, care-providers or public transportation. GOALS shirts are required apparel for all GOALS participants.*

## Welcome to GOALS League

Hello and welcome to another season for the GOALS bowlers! Bowling is easy and fun to do, just roll the ball down the lane and knock down the pins. All you need is a bowling ball and bowling shoes. When you bowl at STRIKES on the GOALS League, the bowling shoes and ball are included in your bowling registration fee and provided by STRIKES.



## Shoes



**Why do you have to wear special bowling shoes?** Street shoes can leave marks on the lanes and you can get hurt when you wear them to bowl. Bowling shoes let you slide just a little without falling down.

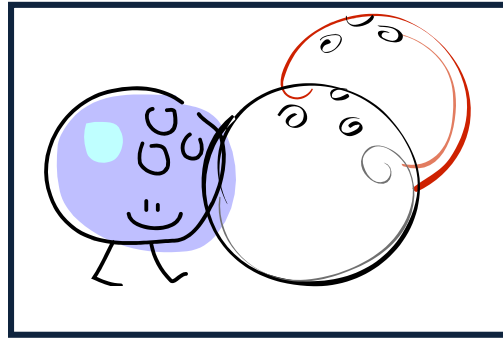
## Finding a Bowling Ball

When you look for a ball that is right for you, look for one that you can put your fingers in the holes so they are not too tight and not too loose.

Don't pick a ball that is too heavy.

Put your two middle fingers and thumb into the holes and see if it feels comfortable.

Lift the ball with your hand in the fingers to see if it is too heavy, that will make it hard for you to throw the ball where you want it to go on the bowling lanes.




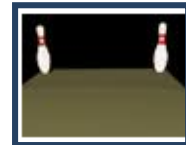
## Keeping Score


Keeping score is easy; the computers take care of it for you. It is good to know some of the bowling words and some of the symbols that go with each word:

 Strike: All the pins fall with the first ball you throw.



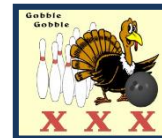
 Split: There is a large space between 2 or 3 pins.



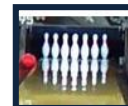
 Spare: You knock all of the pins down with second ball.




 Turkey: 3 Strikes in a row.



 Open: No pins are knocked down.



 Foul: You cross the foul line and the pins get knocked down are not added to your score.



## Bowling Manners



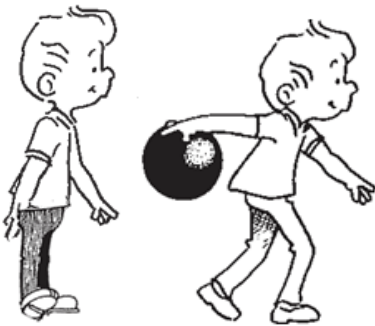
1. **Arrive on time 9:00 AM:** Practice begins at **9:15**, league bowling starts at **9:25**.
2. Be ready to bowl when it is your turn.
3. The bowler on your right has the right to bowl first. Stop, look to your right and let that person go first.
4. When a bowler is ready to bowl on your right or left side, stop and let them throw their ball **BEFORE** you step on the lane.
5. Remember to stay behind the foul line. *If you go over the foul line, the pins that fall will not count in your score. That means **STRIKES** and **SPAREs** will not count if they are made when your foot goes over the foul line!*
6. Take care of the equipment – only bowling shoes on the lanes, no food away from the tables because a spill may result in someone slipping and falling.
7. Be polite and courteous to your fellow bowlers.
8. Keep in your “own space” - no public display of affection – be respectful of the other bowlers comfort level.
9. Keep bowling equipment and personal items under or away from the table so bowlers can be safe when they bowl
10. Do not bowl out of turn. The team monitor will remind you when Necessary
11. Absentee scores will be calculated at 10 pins below the bowlers current average [USBC standards]

## Bowling Safety



1. Pick up your bowling ball with both hands.
2. Wait for your bowling ball to stop on the return rack (you can get pinched fingers if you pick it up while it is still moving from the return tube).
3. Keep your ball in the rack until it is your turn to bowl; it can slide off your lap, slide off the chair or drop.
4. Don't run in STRIKES Entertainment Center.
5. When you wash your hands after using the restroom, don't get water on your bowling shoes. Wet shoes can make your feet stick when you are on the bowling lane.

## Practice Rules



1. Practice on *both* lanes assigned to your team
2. After you throw 1 practice ball, go to the end of the line at the second lane you will be bowling on. **DO NOT WAIT** for your ball to return. It will be there when it is your turn to bowl again; you get to practice more on both lanes.

## Bowling Dress Code:

It is important to note that all GOALS bowlers are required to wear a GOALS Logo shirt that is clean and wrinkle free. If you stuff your shirt in your bowling bag, remember to take it and wash it so it is ready for the following Saturday.

Pants: oops, sorry to say we have seen a few low-riding britches that show a bit too much of the body. If your pants slip down and show a bit of your butt, it means you need to wear a belt or suspenders. Remember that your friends may be embarrassed for you.



## Digital devices:

*If you are not sure, ask a Board*



**Remember:** Bowling is a great time for chatting and cheering on your team mates.

**If your digital devices is a communication system, keep it out and use it. Otherwise, please turn it off and put it away until after bowling.**

**Thanks**

## For Your Information

The following are designed to make your league bowling experience pleasant and fun:

- ✓ Learn your Team Number and Name: Team # \_\_\_\_\_
  - My team name is: \_\_\_\_\_
- ✓ My Team Mates names and phone numbers are: **Please note any changes or team member preferences when you register.**
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- ✓ Bowling score sheets include the Lane number your team bowls on for the current week and the following week; check the sheet and note the lane number.
- ✓ We will announce the “No Bowling Days” at a later date and will notify our bowlers 2 weeks in advance.
- ✓ The Awards Event will take place at the end of the season on the lanes, pizza party will follow at Pizza Bell
- ✓ Team assignments are determined with considerations given to age, bowling averages and friendships in that order.
- ✓ Bowlers must be registered by the third week of bowling.
- ✓ To begin bowling on the first week of bowling, registration must be received and you must attend the orientation. Bowlers who register late will begin bowling the week after they register to allow us time to take care of paperwork. Please note, we will do our best to assign late comers to a team that is age and skill appropriate but, precedence will be given to teams with open slots.



## Bowling Courtesy Rules

### BOWLERS NEED TO:

1. Arrive by 9:00 and be ready to start Practice at **9:15**
2. Begin league bowling by **9:25**
3. Treat other bowlers with respect (words and actions)
4. Refrain from physical displays of affection
  - a. No kissing, hugging or sitting on someone's lap
5. Make sure your britches as secure and appropriate
6. Place their bowling bags and shoes under the table
7. Sit down at their table when they are finished bowling
8. Be ready to bowl when it is their turn
9. Stay with your team members and/or let them know when/if you are going to the restroom; don't pack up until the TEAM is done.
10. Know that if they are not ready to bowl BEFORE the start of FRAME 2, they will begin bowling at the start of the next game
  - a. Shoes on
  - b. At their team lane
  - c. Ball in rack
11. Have 1 parent/care-provider (*Monitor*) at each table to keep score and/or provide pro-active strategies as needed.



**Thank you!**

