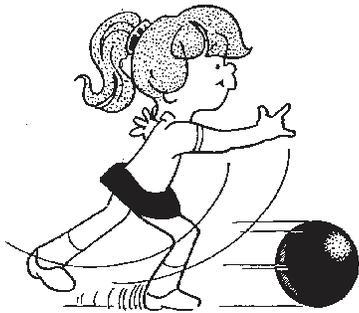


# GOALS Bowler's Guide to Bowling



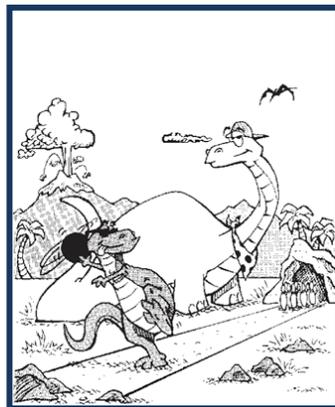
If you cannot read the text have someone help you.

*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.

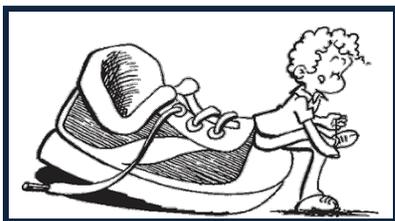
*GOALS Board Members are available to support all GOAL Participants but, transportation to and from activities must be provided by family, care-providers or public transportation. GOALS shirts are required apparel for all GOALS participants.*

## Welcome to GOALS Bowling 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 Country Club Lanes on the GOALS League, the bowling shoes and ball are included in your bowling registration fee and provided by **Country Club Lanes**.



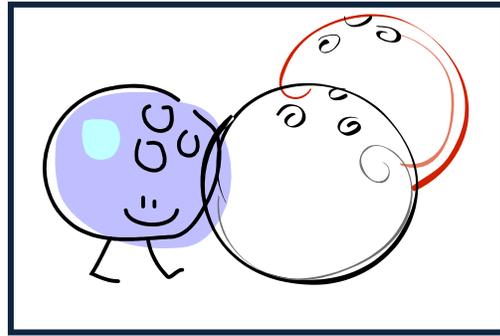
## Shoes



**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. **Only use the ball you select, do not use other bowler's balls.**



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.



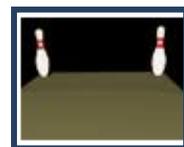
## Keeping Score

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 your second ball.



 Turkey: 3 Strikes in a row.



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



## Bowling Manners



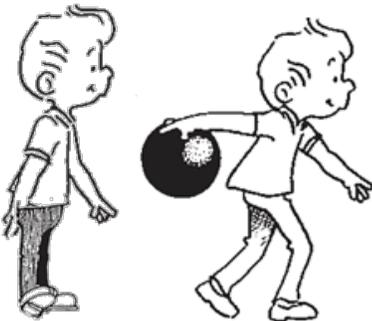
1. Arrive on time: **Practice begins at 9:15,** league **bowling starts at 9:25.**
2. Be ready to bowl when it is your turn.
3. The bowler on your right has the right to bowl first. Stop, look to your right and let that person go first.
4. When a bowler is ready to bowl on your right or left side, wait for them bowl **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 bowler’s 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 missing bowler’s 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 Country Club Lanes.
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 will wear a GOALS shirt that is clean and hopefully, wrinkle free. If you stuff your shirt in your bowling bag, remember to take it out and if necessary, 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:



**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 put your cell phones and tablets away until after bowling.

Thanks

## *Important Information*

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

- ✓ Learn your Team Name and Number:
  - My team name is: \_\_\_\_\_
  - Team # \_\_\_\_\_
  
- ✓ Learn your Team Mates names and phone numbers if you need to contact them:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

- ✓ It is **IMPORTANT** that you keep your hands to yourself, do NOT use angry words, physically touch or invade other's space in negative way. If you do, you may be told that you are done bowling for that day.
- ✓ 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.
- ✓ The last day of ball Bowling is November 13<sup>th</sup>, 2021.
- ✓ The Awards Event and luncheon will take place on the lanes beginning at 10:30 A.M., luncheon afterwards at Pizza Bell on Elk Grove Blvd.
- ✓ Team assignments are determined with considerations given to age, bowling averages and friendships in that order.
- ✓ Bowlers must be registered by September 5<sup>th</sup>, in order to begin bowling on September 11<sup>th</sup>.
- ✓ To begin bowling on September 11<sup>th</sup>, 2021 bowlers **MUST** be registered and attend orientation. Bowlers who are not registered by September 5<sup>th</sup> and/or do not attend orientation, must attend a follow-up orientation prior to bowling. Late registrants will begin bowling the week after they register. Please note, the board will do their best to assign late comers to a team that is age and skill appropriate but, placement may relative to teams with open slots.





# Bowling Courtesy Rules

## BOWLERS NEED TO:



1. Be ready to start Practice bowling by **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 are 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 end of FRAME 1, 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*

