



BETWEEN THE GUTTERS

A publication of the
Central Alabama Association

August 2010

Stepping Down

It is said that opportunity seldom knocks twice. I have allowed opportunities to pass by and remained in the area. Yet another opportunity has presented itself, and I felt I shouldn't walk away from it.

I have accepted a job offer that has taken me out of the Montgomery Area. Because of that I feel it is in the best interest of the Association Members that I step down as President and allow someone else to continue in my place.

As I step down as the Central Alabama USBC Association President, I look at what has transpired since becoming President in October 2008.

Positive things like...having the largest number of certified youth members in the state. Pulling together as an association to contribute the largest monetary donations in the state for the Veterans of Alabama. Adding leagues to grow our sport. Being

awarded the best bowling newsletter by USBC. Having one of our youth bowlers named the Youth Bowling Athlete of the Year in the state.

There is no doubt in my mind that CAA has some of the most passionate, devoted and generous bowlers in the state. However, we still lag in the support for our local adult tournaments and the overall interest in attending local meetings.

In my tenure, I have received support from a good number of members that did whatever was necessary to keep the association going. But, there is room for more of our members to be involved. There are ways to be involved, from serving on the board, being on a committee, or participating in the tournaments and meetings.

I will remain involved with the association in any way I can. I ask those of you that

have been involved to continue your support. For those that have not found the time in your busy schedules, please take some time to get involved.

If you have not participated in a local tournament, I invite you to please do so. If you have not attended a meeting, join in on the next one. The association does not exist without you as a member, supporter and participant. But more importantly, the association cannot help you unless you speak up and let them know what is on your mind.

- Hilda Quinones

President, Central Alabama Association



Visit the Central Alabama Association Website at:
alabamabowling.com/caba/

Kudos.....

Norm Hamilton, inducted into the Southeast Bowling Association Hall of Fame

On June 24, 2010, Norm Hamilton was inducted into the Southeast Bowling Association Hall of Fame. This honor follows past inductions into the Central Alabama Hall of Fame and the Alabama State Hall of Fame. To be so honored into three Hall of Fames is indeed quite an accomplishment. He has held many positions in the three associations of the past forty plus years such as a delegate, director, chairman of various committees, vice-president and president. He was instrumental in getting the recently conducted and very successful 19th Annual Southeast Bowling Tournament in Montgomery where he served as Tournament Manager. He currently serves as 1st Vice President for the Central Alabama USBC Association. A proven leader, his bowling resume attests to the fact that he has been successful as a volunteer administrator, tournament organizer and tournament manager. His professional manner and approach to problem solving has been a valuable asset to numerous bowling groups through times of change and challenge. Congratulations Norm on this well deserved honor!

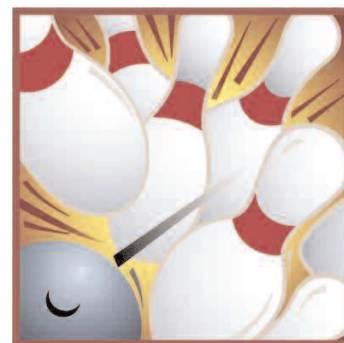
Aesha Turner, sets Women's Association Record with an 814

On June 14, 2010 Aesha Turner set a new Central Alabama USBC Association record for women with games of 257-289-268 for an 814 series. Aesha who finished the 2009-2010 winter season with a 221 average also bowled two 300 games during the season. She currently bowls in the Ace Draft Scratch League at Ace Bowling Center. Also on June 21st she bowled an 801 series. What is more remarkable is that she only bowls in one league.

James Matthews, Age 12, Bowls an 800 Series

It was quite a night for James Matthews who bowled an 805 series in the Generation Gap league at Bama Lanes – Prattville on July 7th. He had games of 236-279-290 with the last game resulting in 11 strikes in a row. What is remarkable is that he just turned 12 years of age a month ago. James also had the high average for the youth in the Central Alabama USBC Association for the 2009-10 season with a 205. He also is a member of the 2009-10 youth All-Star team. For his outstanding performance he will receive a ring for his 800 series and a plaque for his 11 in-a-row game from USBC. Well done James!

Congratulations to Don Coleman on becoming the newest member of the Central Alabama Association Hall of Fame



2010 CAA Board of Directors Mac Bazzell

Sergeant at Arms Arnie Fast	2010 CAA Board of Directors Mac Bazzell				Association Manager Don Coleman
	1st Vice President Norm Hamilton		2nd Vice President Roger Glover		
Director 1 Don Coleman	Director 9 Mattie Stephenson	Director 17 Nick Neely	Youth Director 1 (adult) Courtney Castleberry	Youth Committee (adult) Courtney Castleberry	Youth Committee Vacant
Director 2 Eddy Boss	Director 10 Bill Coley	Director 18 Shirley Evelan	Youth Director 2 (adult) Gladys Hatcher	Youth Committee (adult) Gladys Hatcher	Youth Committee Mishey Mink
Director 3 Michelle Rappleeya	Director 11 Danny Bass	Director 19 Hans Shellehamer	Youth Director 3 (adult) Leanne Stojak	Youth Committee (adult) Leanne Stojak	Youth Committee Vacant
Director 4 Henry Greenhill	Director 12 Howard Foster	Director 20 Vacant	Youth Director 4 (adult) Mishey Mink	Youth Committee Chelsea Tussey	
Director 5 Mike Dean	Director 13 Ray Martin	Director 21 David Atkinson	Youth Director 5 (youth) Blake Ferraz	Youth Committee Vacant	
Director 6 Brenda Lewis	Director 14 Jerry Dean		Youth Director 6 (youth) Vacant	Youth Committee Tony Stojak	
Director 7 Billy Samples	Director 15 Gerald Evelan			Youth Committee Blake Ferraz	
Director 8 Mike Dean	Director 16 Charles Powe			Youth Committee David Hatcher	

Bowlers of the Year

David Stojak
Men's Division

Hilda Quinones
Women's Division

AC Collins
Senior Men's Division

Nancy Dasinger
Senior Women's Division

2009-2010 All Star Teams

Regular Men (under age 55)

David Stojak161 pts
Michael Williams II117 pts
Tim Stansel96 pts
Donald Chatman95 pts
Alvin Wright92 pts

Regular Men (Honorable Mention)

Justin Quinones79 pts
Donnie Webb74 pts
Noah Castleberry73 pts
Sean Cook70 pts
Matt Woods61 pts

Senior Men (age 55 and over)

AC Collins45 pts
David Atkinson40 pts
Chuck Stemle39 pts
Gene Thomas35 pts
Ron Sargent29 pts

Senior Men (Honorable Mention)

Henry Williams27 pts
Arnie Fast24 pts
Don Coleman23 pts
Hank Escaravage21 pts
Jim Lommen19 pts

Regular Women (under age 55)

Hilda Quinones54 pts
Aesha Turner42 pts
Terri Kutchak39 pts
Heather Stojak22 pts
Leanne Stojak20 pts

Regular Women (Honorable Mention)

Katie Temple12 pts
Cindy Bohannon12 pts
Sheila Click11 pts
Melissa Lucio10 pts
Wendy Hughes10 pts

Senior Women (age 55 and over)

Nancy Dasinger12 Pts
Sandra Castleberry10 pts
Ann Long9 pts
Ruth Coleman9 pts
Lilly Christain9 pts

Senior Women (Honorable Mention)

Lettie Sanders8 pts
Linda Donaldson7 pts
Barbara Holsomback5 pts
Mattie Stephenson5 pts

Bowler's Tips

"Bettering Your Game"

Today's modern game demands more concentration and adjustments. To achieve consistent scores week after week, you must know your equipment and be able to make adjustments with the lane condition.

Starting with ball reaction, when the ball hooks is as important as how much it hooks. Watch your ball reaction on the lanes to see where the ball begins to move towards the pocket. That will be your break point. Also watch the shape of the line between the release and the break point and between the break point and the pocket.

Being able to accurately watch your shot requires that you remain in a balanced finish position until the ball hits the pins. There are three phases of ball reaction; skid, hook and roll. The ball skids through the heavier oil at the front part of the lane. As the ball finds more friction, it begins to hook. Once the ball has finished changing direction, it begins to roll towards the pins.

Next is closing frames. Visualization is very important as you improve your bowling skills. Since we all cannot roll strikes every frame, we need to convert our spares. Being able to visualize the path the ball should take down the lane can help us stay focused. No matter how many pins are left, you must commit to make the spare. You must build trust in your fundamentals and execution to be successful. Those that are consistent in making spares approach it with a plan to make it rather than the thought of

missing it. A common mistake made by bowlers is rolling the ball too fast at a spare. This takes away from your fundamentals of balance and increases the chance of missing. Top professionals use a plastic ball and roll it straight at a spare because it takes the lane condition out of the equation.

Speaking of lane conditions, if your ball is not getting to the pocket, the oil pattern may be long. A few things you can try to adjust is, decrease your ball speed, reduce your angle to the pocket, change your hand position so the ball rolls earlier, and last but not least; switch to a ball that has a duller surface (more aggressive) that will hook sooner.

When bowling in a league or tournaments, having the physical ability to bowl multiple games is good. But you should also have a good mental game. Keep your mind free of distractions. Being able to stay within yourself during your turn allows you to make proper adjustments as the game progresses.

Since we are all different, what works for one may not work for another. However, you need to define and develop your own targeting strategy and style. Not everyone can throw the big hook successfully and consistently, or bowl using the arrows. The only way to find what works best for you and getting better at how you do it, is by practicing. Bowling one league is all some can do, but practice is a must to improve.



5th Annual Women's Championship

Sep. 25 & 26 and Oct. 2 & 3, 2010
Ace (Team) - Bama MGM (D/S)

5th Annual Open Championship

Sep. 25 & 26 and Oct. 2 & 3, 2010
Ace (Team) - Bama MGM (D/S)

BVL - No Tap

November 7, 2010
Bama Prattville

1st Senior Doubles/Singles

November 20 & 21, 2010
Bama Prattville

5th Annual Youth Doubles

December 12, 2010
Woodmere

5th Annual Youth Open

January 22 & 23, 2011
Bama MGM (Team) - Woodmere (D/S)

Pepsi Sectional

February 12 & 13, 2011
Ace

5th Annual Generation Gap Tournament

April 2 & 3, 2011
Ace

State Generation Gap

June 11 & 12, 2011
Montgomery

Annual Qualifiers Invitational

June 18 & 19, 2011
Woodmere - Singles

Footnote

I would like to thank all the bowlers in the CAA for your continued support of this newsletter. This will be my last issue.

- Tina Salyer