



BETWEEN THE GUTTERS

A publication of the
Central Alabama Association

March 2010

By the Powers Vested in Me

The title may have you thinking that you are going to read about an engagement or wedding announcement. However, that is far from what you will find here. As President of the Central Alabama USBC Association many may think that I have all the power to do what I want. The fact is that the powers vested in me are very little.

In accordance with USBC Policies and Procedures the authority and duties of an association president are: preside at all meetings, act as spokesperson of the association and appoint committees, with board approval (except the Youth Committee).

The management and governance of the association is vested in the board of directors. Although I am more visible and easily reached because of the number of leagues in which I bowl, I cannot make any decisions on any conflicts you may encounter in your league. I do listen to your concerns and when possible try to explain the USBC rules and provide guidance.

Members should understand that each league has its own set of rules. But, within those rules are standard USBC rules that all must follow. The league is governed by its board of directors. The league board of directors is composed of the league officers (President, Vice President, Secretary and Treasurer) and each team captain. Each member should be familiar with and understand their league rules. Like the association, one officer cannot make a decision concerning the management of the league. Decisions are made by vote of the board of directors.

Each center has a spokesperson. The spokesperson is referred to as a Lane Representative. The representatives are appointed to be your voice to the center management and in association meetings. Association meetings are conducted once a month (generally on the third Sunday) and are open to all certified members. If you are unable to attend a meeting and would like an issue brought to the attention of the board, you are

encouraged to talk with your Lane Representative.

A President of any organization is looked at as the leader and when things don't go right, he/she shoulders the blame. But, when things do go right, a good leader gives credit where credit is due. However, as the leader I do look at failures and try to find solutions to avoid a repeat. As your current President, I make no decisions in the management of the association. I simply present the facts to the board and the board votes. Yet, I can only act on issues which the board of directors allows.

Your association Executive Officers, Board of Directors, Committee members and Lane Representatives are listed on the association bulletin board. Many of these individuals bowl along side you and you should approach them with ideas, suggestions and for advice.

- Hilda Quinones

President, Central Alabama Association

Visit the Central Alabama Association Website at:

alabamabowling.com/caba/

Spotlight on the Tuesday Strikers

Bowl: Tuesday Nights at 6:30 p.m.
 Location: Bama Lanes - Prattville
 How old is this league? 6 years
 How many current members? 96
 What member has been there the longest? 29 Original League Members are still bowling
 Any local, state, national records set from this league? Not at this time
 Why was the league started and whose idea was it? ... The league was started when the center first opened its doors in 2003. There have been 20+ teams each season since the league began.

Bowling Cryptogram

SY AONNRQ BYARGY STOQ SY NYF
 QR BY, BL JYGOCNCNM STOQ SY OJY.
 - FCONFJO OKBOQL

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q

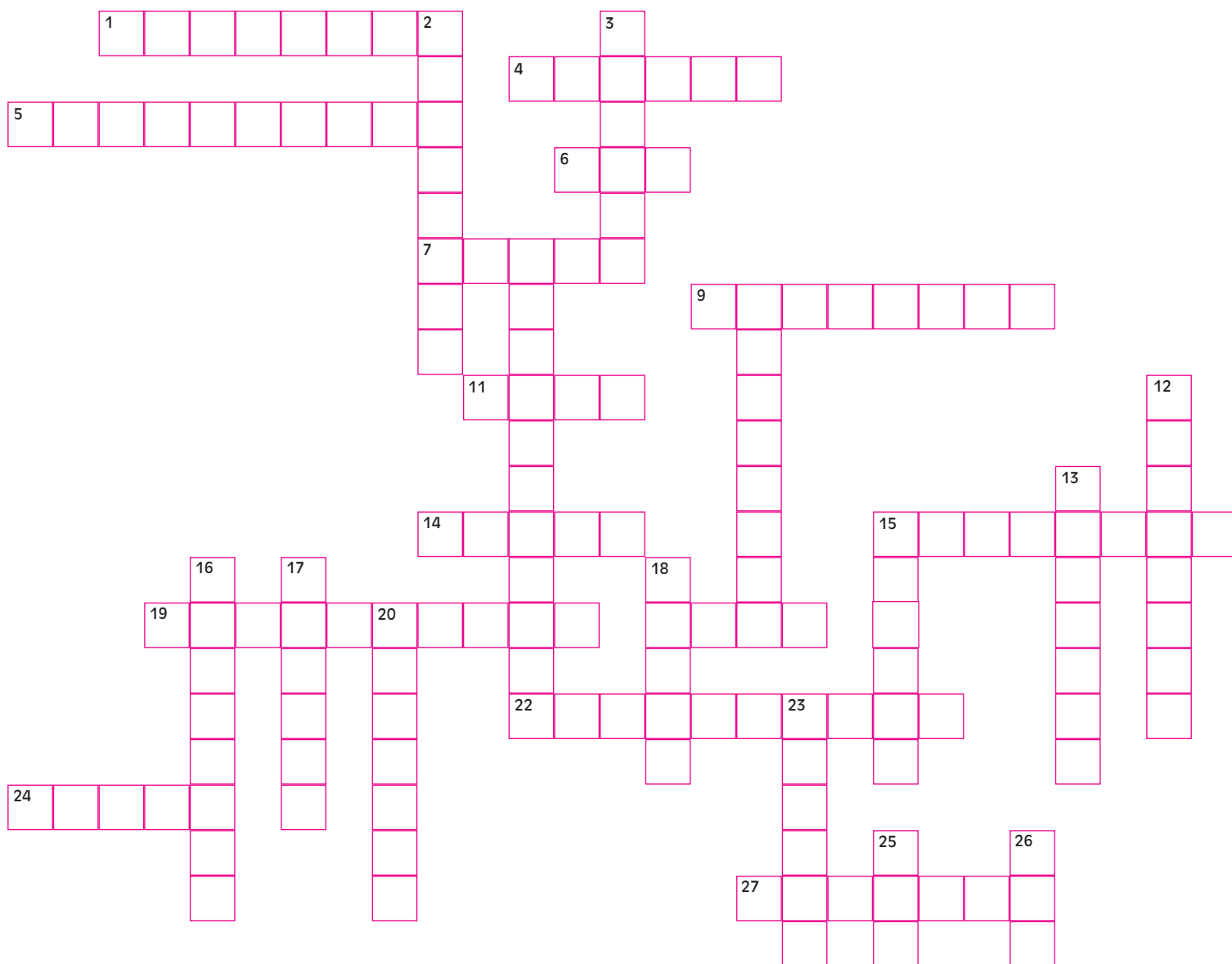
R	S	T	U	V	W	X	Y	Z

Bowling Fun Puzzle

Across

- Part of the lane from the back of the ball return area to the foul line.
- The track which balls roll from pit to the rack.
- A Strike in the ninth frame.
- A single frame.
- Ball that breaks from right to left
- The arc of the bowling arm and hand from the first move toward the line until the delivery of the ball over the line.
- A ball that breaks to the left or right.
- Angle in which holes in the bowling ball are drilled.
- A 7-10 split.
- The distance you allow between your standing position and where you want the ball to go.
- The path a bowling ball takes.

Bowling Fun



22. A bowler who keeps his average down in order to receive a higher handicap.
 24. The direction in which the ball travels when going into the 1-3 pocket, 1-2 for left hand bowlers.
 27. The hand motion as ball is rolled on a lane.

Down

2. Pins awarded to weak players or teams in an attempt to even out the game.
 3. The arm and hand motion during delivery over the foul line.
 8. The number of turns a ball takes when rolling from release to pins.
 10. The spin to the ball at the moment of delivery.
 12. The parts of the lane from the very back of the ball return area up to the foul line.

13. Throwing the ball onto the lane rather than rolling it.
 15. Four-pin diamond on the sides or the center of the lane.
 16. Preparation, Release and Follow-through.
 17. A ball that falls to the right for right-hand bowlers and left for left-hand bowlers.
 18. The last step of delivery.
 20. Bowler's starting position.
 23. Drop offs about 10 inches wide to the right and the left of the lane to guide the ball to the pit.
 25. A pin that comes across the lane after all the others have fallen down.
 26. A bowler.

Have Fun!



Pro Shop Tips *by Rick Wilson*

When previously asked to write an article for the newsletter, I debated with myself very intensely about being a voice of change for not only the bowling community, but for the world. The truth is, we as people tend to gravitate towards what is traditionally and socially acceptable. Positive change is often met with not only public resistance, but also private resentment, all seeking to undermine the very essence of true improvement. It is in face of this opposition that I choose to offer my perspectives in the ever changing, but fundamentally constant sport to which I have dedicated my entire life: bowling.

What I have often seen in the coaching world is a rush to always point out technical flaws in a person's game. While there is no doubt that there is a highly technical side to our sport; that is only a small portion of what it takes to achieve greatness in bowling. A far more important journey to examine is the internal workings of the person throwing the ball. Bowling has a deep artistic side as well; a platform to express one's life growth, or lack thereof. I venture to say that a person's competitive bowling game will ultimately never be that far ahead of his/her personal growth as a human being.

In our society, there is a trend to always seek the easiest path towards a goal. This approach has several fundamental flaws. By seeking this "easy" path, we miss the greatest opportunity available: character development. It is in the process of learning to become a better bowler, accepting both the good and the 'perceived' bad, that a solid bowling character is formed. The goal is not obtaining a high average, which is great for the ego but lacking in substance. How many times do we see the 'hot shot' center bowler struggle in venues away from "home sweet home." The ultimate goal is process-oriented progress, to which a natural by-product is the attainment of a high average.

Bowling, just like life, is about growing as a whole person. We must examine our lives from many different angles and perspectives. Issues such as impatience, negativity, jealousy of someone else's ability, dishonesty with our own game, personal issues, and spiritual growth are some examples of areas to examine that may be holding our bowling game at a level with which we are unhappy. I believe sincerely and wholeheartedly that most of the issues with a bowler's game revolve around some aspect of personal, relational, or spiritual imbalance. Although technique can be taught, I truly believe that it cannot override negativity in a person's mind, body, spirit, or soul.

As a professional coach and pro shop operator, I have been enabled with a unique opportunity to view the game from several different perspectives. I have gained tremendous insight and learning through the sport of bowling. I am often asked, "What is the 'best bowling ball' in the pro shop?" The best answer for that was given to me by USBC Gold Coach Brian Chilcutt, "There are no magic balls, only magic bowlers!"

The tragedy in our society today is in quick fixes, instant gratification, and the tendency to look outside of self rather than to take personal responsibility for our status in life, on and off the lanes. In combat to that theme, I say, "Don't look for the exceptions and shortcuts in life; instead, strive with every essence of your being to be exceptional!" I encourage you to cultivate a spirit of excellence and let that drive your bowling improvement.

Rick Wilson
USBC Silver Coach
Hammer Regional Staff
McCorvey's Pro Shop
District Manager - Montgomery



2010 Women's State Championship
February 27 & 28 - March 7 & 8, and
March 13 & 14, 2010
Bama Montgomery & Woodmere

2010 4th Annual Youth Open
March 13-28, 2010
Patricia Lanes, Dothan

2010 4th Annual Mixed Championship
April 17 & 18, 2010
Ace Bowling Center, Montgomery

2010 4th Annual Generation Gap
May 2 & 9, 2010
Woodmere, Montgomery

2010 Southeast Tournament
May 29 & 30, June 5 & 6, 12 & 13, 19 &
20 and 26 & 27, 2010
Montgomery

**2010 4th Annual Youth Qualifiers
Invitational (QIT)**
July 10 & 11, 2010
Ace Bowling Center, Montgomery



Alabama Sports Festival
Individual & Team Medals
Youth, Adult & Seniors
June 19, 2010

Brunswick Riverview -- Birmingham, Alabama
See Hilda Quinones for more information
Youth Scholarships Available