

BOWLOPOLIS®

COACH'S GUIDE

GAME BOARD ANSWERS & TIPS FOR COACHES

Below you will find the answers to the Bowlopolis Achievement Board Game. To help enhance the experience, we also have provided helpful hints to keep your bowlers excited and engaged. Thank you for your help in creating a better experience for our youngest bowlers.

1) I know where the control desk, bowler's area and lanes are.

a. The control desk is where the lanes are issued at a bowling center. The control center is also the best place in a center to ask staff any questions. The bowler's area is the area where the bowlers sit. This is often located in a tiled area, separated from the carpeted concourse/spectator area. The lanes run from the approach all the way to the pins.

2) I know where to get my bowling shoes.

a. The rental bowling shoes are normally found at the control desk. They can be picked up by speaking with a staff member.

3) I know how to choose my bowling ball.

a. A bowling ball should be about 10% of your weight. Help the bowler figure out what that weight should be, then have the bowler physically choose their ball, in the appropriate weight category.

4) I can enter my name on my lane.

a. Walk each player through their name. This is a great learning experience as this age group is learning to spell and write their name. Have them spell their name and select the appropriate letter key on the console to type their name.

5) I pick up a bowling ball properly and know which fingers to place in the holes.

a. The bowling ball should be picked up by placing both hands on either side of ball. The bowling ball should always be carried or moved by using both hands. The middle and ring fingers, on the bowler's dominant hand, are the proper fingers to be used in the holes of the bowling ball.

6) I ALWAYS stay behind the foul line.

a. Monitor the bowler for one entire session (2-3 games of league play), to be sure they do not cross the foul line. The foul line is the black line that separates the approach from the lane.

7) I can recite the beginning safety rules.

a. The beginning rules are: Stay on my own lane, remain behind the foul line, keep hands out of the ball return, keep food out of the bowler's area. Continually go over and remind these rules to the bowlers. After each session of league, have an opportunity for each bowler to attempt to recite the rules. This can be attempted multiple times.

8) I know the name of the Bowling Center, my Teammates and my Coaches.

a. The bowling center name, teammates and coaches should all be introduced during the first few two sessions of league. After each session of league, have an opportunity for each bowler to attempt to name the bowling center, their teammates and the league coaches. This can be attempted multiple times.

9) I can count how many lanes are in my center.

a. Have the bowler count the lanes or use the highest number on the lanes to tell the coach how many lanes are in the bowling center.

10) I can find my starting place on the approach.

a. For a right-handed bowler, that starting place should be board 20, with the left foot physically over board 20. For a left-handed bowler, the starting place should be board 20, with the right foot physically over board 20. If a bowler uses both hands, the starting place should be directly over board 20.

11) I can count how many pins I knocked down.

a. Another opportunity to strengthen a lesson being taught in school. During a league session, ask the bowler several times how many pins they knocked down.

12) I can identify at least one pin left standing, by pin number.

a. When a bowler leaves several pins up, ask them to name one or a few. (provide the pin number layout picture)

13) I brought a friend to league.

a. Have the bowler bring a friend to league. Have the bowler introduce their friend to the coach.

14) How long is a bowling lane?

a. 60 feet

15) How many boards across is one lane?

a. 39 boards

16) How many frames are in a game?

a. 10 frames

17) Tell your coach what an "X" and "/" means?

a. X stands for a strike. / stands for a spare

18) I wait for bowlers next to me to finish before I bowl.

a. Monitor the bowler for an entire game to be sure they show lane courtesy. Lane courtesy is waiting for the bowlers on each immediate side to finish and step off the approach before the bowler begins their approach and throw.

19) I watch my ball as it rolls all the way down the lane.

a. For an entire game, the bowler should watch their ball roll all the way down the lane until the ball connects with the pin/pin deck region.

20) I consistently use the same one-handed or two-handed approach.

a. Monitor the bowler for an entire game or league session. The bowler should be doing their best to remain consistent in approach and throw, at least for the first ball of each frame.

21) I know how to move my feet and target(s) to aim for spares.

a. When lining up for a spare, the bowler should line up differently than their first ball. Depending on the spare, the bowler would line up accordingly to target the spare. Monitor the bowler and how they move their starting position to adapt for the spare throw.

22) I line up with my feet toward my target(s).

a. Monitor the bowler's feet for a full game when they get set on the approach. Their feet should be pointed forward toward the intended target.

23) I can demonstrate a staggered stance, one-step, or multi-step approach.

a. After a league session, have the bowler come to you to demonstrate a staggered stance, one-step approach or a multi-step approach. This can be attempted multiple times to pass.

24) I can identify which target my ball hits.

a. After the bowler releases the ball and steps off the approach, ask the bowler which target their ball hit (whether it was intended or not). A target could be a pin, arrow or specific board.

25) I end in a balanced finish position.

a. Monitor the bowler for a few throws. The bowler should end in a balanced position after releasing the ball. This could be done during the league session or tested before/after the league session.

26) I bowled one game without bumpers.

a. This can be done during league, or if the league is a bumper league, can be done in a game after league.

27) I demonstrate good sportsmanship.

a. For a league session, monitor the bowler's actions. Are they encouraging and congratulating the fellow bowlers on their pair?

28) I know the difference in "plastic" and "reactive resin" bowling balls?

a. A plastic bowling ball has a hard-plastic cover and is primarily used to throw straight, normally at most spare combinations. A reactive resin bowling ball has a cover composed of resin and/or other materials meant to absorb the oil. The reactive resin bowling balls also tend to have a more dynamic weight block on the inside, designed to generate more energy for the bowling ball.

29) I can swing the ball by my side and deliver it smoothly onto the lane.

a. Using the appropriate weight bowling ball, monitor each bowler for a league session as they go to swing and release the ball. The swing should be at their side, as controlled as possible, for a smooth release onto the lane. A smooth release means the ball trajectory was in line with their intended swing.

30) I can demonstrate the hand positions for straight and hook releases.

a. The hand position for a straight release should consist of the bowler swinging their arm straight up, with the hand following through from behind the ball, fingers and palm coming straight back toward the bowler during the follow-through. The hand position for the hook release should consist of the bowler swinging their arm straight up, with the hand following through behind the ball, but the fingers and palm ending as if shaking someone's hand, inward toward the bowler's body.

31) I know my bowling center has "wood" and/or "synthetic" lanes.

a. The bowling center staff should be able to tell you. In the beginning weeks, bring the staff or mechanic out to briefly explain to the bowlers the difference in lane type, purpose of the oil and any other interesting lane/oil facts. Later in the league season, quiz the bowlers to see if they remember what type of lane they are bowling on.

32) I can finish my approach on the same boards, each shot.

a. When the bowler lines up on a specific board, monitor their shot to see if they start and end on the same board. The bowler can be tested before/after a league session, or just monitored during the session. This will help with board recognition and helping them to remain aware of their approach.

33) I know the board numbers for the dots on the lane and the dots on the approach.

a. The board numbers for the dots on the approach could vary based on a 5 to 7 dot layout, with 20 (center) always existing. The board numbers for the dots on the lane are, 5, 10, 15, 20, 25, 30, and 35.

34) I have watched bowling on TV

a. Have the bowler bring a picture of themselves watching bowling on TV

35) I can explain five bowling terms from my coach.

- a. Provide a list of bowling terms to your bowlers. Use them in coaching and conversation. Before or after a league session, ask them to tell you five terms they have learned. Terms could be:
 - i. Arrows: Targets on the lane starting about 15 feet from the foul line
 - ii. Foul: Going beyond the foul line at delivery. Results in a zero score for that delivery
 - iii. Pocket: Between the 1-pin and 3-pin for right-handers and 1-pin and 2-pin for left-handers. Best chance at scoring a strike
 - iv. Spare: Knocking down all 10 pins in two shots
 - v. Strike: Knocking down all 10 pins on the first ball
 - vi. Target: A mark or area of the lane at which the bowler aims his or her shot
 - vii. Open: Also known as a miss. A frame that doesn't include a strike or spare

36) I can tell if I left a split or not.

- a. The bowler can identify what a split is. A split is any combination of pins left standing, where a consecutive pin, in between two pins, is not present. If the head pin remains standing, the standing pin combination is not considered a split.

37) I can keep my ball out of the gutter at least half of the time.

- a. Monitor a bowler at through a league session. Did the bowler keep the ball out of the gutter half of the frames of the games bowled? If the league session is contested using bumpers, have bowlers bowl a game before or after a league session without bumpers to see if they can pass this achievement. This is a great way to get past the bumper phase of beginner bowlers.

38) I can name my favorite PBA or PWBA bowler.

- a. Have the bowler tell you their favorite PBA or PWBA bowler. These bowlers can be found online at their respective websites. This is a great opportunity to introduce pro bowling to younger bowlers.

39) I can demonstrate three safety rules to my coach.

- a. After the first few sessions, when the bowling/center rules for safety are discussed, begin asking bowlers to demonstrate three safety rules they have learned. This could be done before or after a league session. Safety rules could be:
 - i. Always stay behind the foul line
 - ii. How to properly pick up a ball
 - iii. Always wear your bowling shoes
 - iv. Keep hands clear of the ball return
 - v. Keep bowling balls off the floor

40) I know which pins are best for me to hit a strike.

- a. Have the bowler identify the "pocket". For a right-handed bowler, they will want to hit the area in between the head pin (1) and the 3 pin. For a left-handed bowler, they will want to hit the area in between the head pin (1) and the 2 pin. These locations offer the best opportunity for a strike.

41) I ask a coach for directions when I don't quite know what to do.

- a. Does the bowler ask questions or seek guidance? This could be about the sport, their equipment, assistance on a spare, etc.

42) I made two spares in one game.

- a. The bowler needs to make two spares in one game. To increase the difficulty, have the bowler do this without bumpers. If the league is a bumper league, they can do this in an additional game either before or after the league session.

43) I stay in the bowler's area during the game so I'm ready when it's my turn.

- a. Monitor the bowler for an entire game to be sure they are waiting in the bowler's area, ready for their turn. This also is a good opportunity to encourage sportsmanship and supporting your teammates and opponents.

44) I focus on my target(s) before beginning my approach.

- a. Before or after a league session, test the bowler on the lane by having them set in their approach, give them a target, and have them focus on the target for five seconds before they begin their delivery. This could be done for several shots to pass this achievement.

45) I change my alignment and target(s) to make specific spares.

a. During a game, monitor a bowler during spare shots. Does the bowler change their directional alignment to better shoot the spare? The alignment will be dependent on what is needed to make the spare. The test of the achievement will be if the bowler moved in a positive way in their approach and target to shoot the spare.

46) I practiced outside of league.

a. Have the bowler bring you a printed score sheet from a time they went bowling outside of a regular league day.

47) I am bowling in at least one other league/tournament.

a. Have the bowler bring you a recap sheet from either the second league or the tournament they participated in.

48) I can write and add my own score.

a. Have the bowler write and add their score for an entire league session. They should be able to write, add their score for the game, and then add their scores for the session series.

49) I bowled a “clean” game.

a. The bowler must achieve either a strike or spare in every frame of one game.

50) I hit three strikes in one game.

a. The bowler needs to hit three strikes in one game. To increase the difficulty, have the bowler do this without bumpers. If the league is a bumper league, they can do this in an additional game either before or after the league session.

LEVEL ACHIEVEMENT AWARDS

The Bowlopolis Achievement Board Game is broken up into four different pages, representing four different levels. To further reward the bowlers who progress through the Board Game, we are offering a free patch for each level completed by the bowler.



After every achievement in each level has been passed and awarded a sticker, encourage the bowler to have their parents take a picture of the completed level page and email it to Bowlopolis@IBCYouth.com. In the email, have them include the following information:

Subject Line: Bowlopolis Level # (#= completed level; 1-4)

- Bowler's Name
- USBC Member ID
- Mailing Address



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