

# BEYOND STRIKES & SPARES



A production of the

**CANADIAN 5 PIN BOWLERS ASSOCIATION**  
**ASSOCIATION CANADIENNE DES 5 QUILLES**

## Highlights

- Coaching Model Challenges
- Member Profile
- A Youth Perspective
- Christmas Shopping
- A Look at the Rules
- Being a Coach
- Upcoming Events

water cooler



**MY WIFE SAID IF  
I DON'T GIVE UP  
BOWLING SHE'S  
LEAVING.**

**I'M  
GOING TO MISS  
HER..**

## The Challenge of the New Intro to Competitive Coaching Model

I believe at the root of the problem for many instructors/coaches is the notion that they may pass or fail. For the vast majority this pass/fail plan challenges our collective understanding of 'the way we do things'.

What we previously did was essentially give a free unobstructed ticket to coaching simply by the completion of the course. The old Level 2 method has been entrenched as 'the way we do things' for so long that moving away from this view will require a shift in how we view things. This is known as a paradigm or culture shift. Changing the culture of anything takes a concerted long term investment.

The previous Level 2 method is an inferior product to what is now in place. The value now placed on earning your certification by meeting a 'performance standard' has the potential to both knock us down and build us up. The knock down will be short term and will likely be hardest for those who have been around coaching for a significant period of time (our veterans), and easiest for those new to our coaching philosophy.

Our new 'performance stan-

dard' is essentially a matter of the coach/instructor demonstrating that they can effectively Communicate with athletes, Assess athletes and Assist athletes

For all of us, (players and instructor/coaches) the idea of assembling an Instructor/coach 'Portfolio' that is not just a self serving resume of successes is utterly and completely foreign to us. For many the writing of lesson plans will be mind boggling. And... even more challenging will be the identification of 'specific' goals and objectives. I want to delve just a bit deeper into the identification of these specific goals and objectives. Goals and Objectives are what you want to achieve. Sport Psychologists and research teams have spent innumerable hours investigating the relationship between goals, performance (how one can best push themselves to improve), and outcome (the final result). Their unequivocal findings are important benchmarks for the development of goals. Some of what they have found as influencing factors in building success includes setting using Measurable goals, Control focused goals, Timeline focused goals and Framing goals. As goals are set there needs to also be a concrete

or objective method for knowing when the goal is reached. An objective goal is much akin to a true/false test in that there is a clear 'black and white' answer. Maximizing the benefit of goal setting that the goal is set on things that can be controlled, and what the athlete has best control of is the quality of their execution and mindset. The clarity boils down to the pinpoint accuracy of the goal. Setting a time to when one wants to achieve the goal is paramount to keeping the athlete on track. In reality all the experience in the world will not necessarily lead you to smack right on time lines. Your time lines are educated guesses, or if you like calculated predictions. Often times athletes and coaches can put up roadblocks to their success by how we frame the conversations we have with ourselves (internal dialogue). One critical ingredient to setting productive goals is framing self talk as a want, or desire, rather than an expectation, or statement that says I must achieve 'X' Psychologists refer to this as goal orientation. Essentially framing relates to the mental and/or emotional side of why you set X goal.

Submitted by Tom Paterson

## A Perspective of Youth By Amanda Devenney

Throughout the years the number of bowlers has been dropping, there's hardly anyone joining and the sport is slowing fading away and this is a problem why? Because why would this Canadian sport that is ranked 4<sup>th</sup> in Canada for best inventions be fading away?

We are already becoming more and more like our neighbours to the south everyday so why would we let something unique that separates us from them

disappear? Five pin bowling only exists in Canada, you only have to visit the United States and talk to them about five pin they think you're crazy, yet it has still gotten to the point where 5 pin bowling is no longer being seen as a sport but instead a past-time or a game by many who do not participate in leagues or tournaments.

Some come to bowl and think it's so easy and they go up and throw the ball in the gutter. They never realize

how much of a challenge this sport actually is. They also have a misunderstanding of how competitive this sport is either because I don't know if you realized this but when was the last time you saw bowling on the television? In my opinion I think if bowling had something on TV such as the NHL, MLB, or even like curling then more people would realize that this sport is actually harder than it looks and is competitive without taking away the idea of having fun while doing it.

So yes, bowling is slowing fading away but that doesn't mean we should just sit around and wait for it to happen. Something needs to happen, somehow people need to be told, especially the younger generation, that bowling is competitive but it is something anyone can do to have fun and stay active.

*Amanda is a student at College Jeanne-Sauve in Winnipeg, Manitoba.*

### THE RULES



A foul is committed

when any part of the bowler's person, wearing apparel or objects comes in contact with the lane-bed, foul line, channels, ball return or portion of the equip-

ment or building (*side walls, posts, etc.*) which are on line with or extend beyond the foul line, during or after the act of delivering a ball, providing that the ball is released.

(b) A foul shall be called if a

bowler makes a delivery of a bowling ball when deadwood or balls are lying on the lane-bed, or in the channels.

(c) When a bowler commits a foul which triggers the automatic foul detection device, the bowler shall not make a subsequent delivery until the

indicator (*light or buzzer*) of the foul detection device, returns to its non-indicating mode.

**PENALTY:** A bowler who does not abide by this rule, shall be assessed a foul on the subsequent delivery.

## A Look at the Rules - RULE 13 FOULS

## Member Profile - Daniel Lamarche as 2nd Vice President

Like many volunteers, Daniel got involved in bowling while his son Benoit-Daniel was playing YBC.

Since he was a computer based trainer, the transition from parent to coach was fairly easy for him. Within a few years he had acquired his coaching credentials and got involved in the Quebec 5 pin Bowlers' Association. Elected as 2<sup>nd</sup> vice president in 1998 he immediately started to make a difference by holding fundraisers to financially help the Quebec association. In 2000 Daniel took coaching to another level by starting to coach the adults in the Masters, this eventually led him to coach at the Open and subse-

quently, was named the 2007-08 Elite Coach of the Year. Daniel's term as Quebec's 2<sup>nd</sup> vice president was short lived, in 2001 he became Quebec's president, a position he still holds today. With perseverance and the help of the C5, Daniel was a key player in the C5 going bilingual, along with his wife Marjolaine who took on the task of translating most of the C5 documents. A few years later we can be proud that the Canadian 5 Pin Bowlers' Association can provide documentation in both official languages. Daniel wanted to make a difference and was handed the task of revamping the C5 web site. The first version

came out in 2007 and, with new technology, a decision was made to remodel the web site to make it more user friendly. During the revamping of the web site in 2011, Daniel came up with the new look for the C5 logo which is now used to represent our association.

In 2006, the board decided to launch his new membership card, Daniel was a key player in implementing the new card. The architect behind the C5 membership database,

Daniel has helped the C5 enter the world of information technology.

Daniel's interest in the technical aspects of the Sport enticed him to run for the 2<sup>nd</sup>

Vice-President position on the C5PBA and was elected by the Board of Directors in August of 2011. The C5PBA welcomes our newest (and very enthusiastic) executive officer.



C5PBA 2nd Vice President  
Mr. Daniel Lamarche

## Bowling Balls for Christmas by Greg Gigliuk

How Do I Choose a Proper Bowling Ball?

Consider the following: Size of your hands and your strength, whether or not you throw a ball with a lot of curve or hook, type of lane conditions that you bowl on and the reaction of your ball with the pins.

### Hand Size and Strength

Most bowling balls come in two different sizes and weights: 4 3/4" and 4 7/8" and 3 lbs. 4 oz. and 3 lbs. 12 oz. Depending on the type of bowling ball you choose, you may be able to find a 5" bowling ball with a weight of 3 lbs. 10 oz.

The rule for personal bowling

balls for 5 pin is that the ball cannot be smaller than 4 3/4" or larger than 5". The weight must be 3 lbs. 7 oz. + or - 3 oz.

The average bowling ball that a bowling centre uses as house balls are 4 7/8" in diameter and weigh 3 lbs. 8 oz.

If you have small hands and are not physically strong, then you may consider a bowling ball that is 3 lbs. 6 oz. and 4 3/4" in diameter. This would be preferable for younger children.

For the average person, using a 4 7/8", 3 lbs. 8 oz. ball would suffice.

### What Type of bowling Ball?

Once you have found the right weight and size, you will need to consider the composition of the bowling ball.

Most bowling centres use the harder, rubber ball as house balls because they are very durable. The softer the composition, the more movement you will have on the ball when you throw it.

Avoid a softer ball if you typically throw a bowling ball that has a lot of hook or curve on it.

I would consider anything more than 2 feet of movement as a lot. Examples of

these types of balls are Soft Rolls, and balls made out of acrylic, such as Starline brand.

The harder the composition, the less the bowling ball will move or "break", because it is not gripping to the lanes.

If you throw a bowling ball that breaks a lot, you should consider a ball with a harder composition. This will help you control the amount of break on the ball. Examples of these are the Scorpion Pro Rubber and the Paramount ball.

## Coaching 101 - What Does It Take To Become a Coach?

The simple fact that you're reading this means that you have one of the key ingredients of all coaches - passion!

Coaches come from all walks of life - parents, teachers, ex-athletes, and sports fans. What unites them is their common passion for sport and sharing that passion with others. Coaches want to do more with their time and energy than watch the game on TV or cheer from the bleachers. They want to have a direct and lifelong impact on others, to help them learn, grow, develop new physical and life skills, and gain self-confidence.



To be a coach means much more than teaching athletes how to participate in a sport, they also fill the role of trainer,

assessor, friend, mentor, facilitator, chauffeur, advisor, supporter, fact finder, motivator, counselor, organizer, and planner. In short, when you become a coach, you will help others reach beyond themselves, to reach higher, both in sport and in life.

You don't have to be a professional athlete or have a teaching background to become a coach. In fact, many coaches started out with a simple desire to spend more time with their kids. Beyond spending quality time with the athletes, you also get the chance to help kids stay physically active, build their self-esteem, learn a new skill or hone an existing one.

To get started in coaching, you can begin by assisting a local amateur or community team. Leagues and teams are always looking for dedicated volunteers to assist behind the scenes or on the

sidelines.

It's not important at first to know every technical aspect of the sport you choose to coach; far more important is the passion and enthusiasm you bring to the role. The rest will come with time. Many great coaches learned their skills by assisting other coaches, where they could watch, ask questions and learn, and eventually coach a team of their own.

Contact your local bowling center, proprietor or players association for direction in how to get started. You can also contact the Canadian 5 Pin Bowlers' Association or look for information on the C5PBA web site.

Additional, non-sport specific information can also be located at the Coaching Association of Canada by reviewing their web site at [www.coach.ca](http://www.coach.ca)



May the spirit of Christmas bring you peace,

The gladness of Christmas give you hope,

The warmth of Christmas grant you love.

## A PRODUCTION OF THE

**Canadian 5 Pin Bowlers' Association**  
National Headquarters  
#206 - 720 Belfast Rd.  
Ottawa, Ontario K1G 0Z5

Phone: 613-744-5090  
Fax: 613-744-2217  
Email: c5pba@c5pba.ca



The Canadian 5 Pin Bowlers' Association is a service oriented sports organization of male and female 5 Pin bowlers. It provides quality programs and services to its members for their participation in organized 5 Pin Bowling. The Canadian 5 Pin Bowlers' Association regulates bowling systems resulting in standardization within the sport. The aim of the Canadian 5 Pin Bowlers' Association is to promote, to foster the integrity of, and to enhance the enjoyment of 5 Pin Bowling as well as to instill a pride of membership in its members.

Established on May 22nd, 1978, the Canadian 5 Pin Bowlers' Association is the governing body for the sport of 5 Pin Bowling in Canada. Its membership is comprised of eleven (11) Provincial/Territorial 5 Pin Bowlers' Associations, encompassing all areas and boundaries within the Dominion of Canada. In turn, each Provincial/Territorial 5 Pin Bowlers' Association is comprised of Local (Zone) 5 Pin Bowlers' Associations, whose boundaries are established by the parent Provincial/Territorial Association.

Bowlers and leagues within the boundaries of these Local Associations may join (affiliate) with the Local Association by voluntarily purchasing a membership card through the Local Association. Those bowlers and leagues who affiliate with the Local Association, automatically become registered members of their respective Provincial/Territorial 5 Pin Bowlers' Association and the Canadian 5 Pin Bowlers' Association.

## CALENDAR OF EVENTS



**For inclusion in future issues, please contact:**


Len Isleifson  
1st Vice President  
Canadian 5 Pin Bowlers' Association  
449 Laurence Cres.  
Brandon, Manitoba, R7A 2E7


(204) 726-4984  
lenj@mts.net

  
**October 21, 2011 (concluded)**  
Bowling Federation of Canada Annual  
General Meeting  
Calgary, Alberta

  
**January 15-16, 2012**  
C5PBA  
Semi-Annual General Meeting  
Flamingo Hotel & Casino  
Las Vegas, Nevada

  
**March 23 - 25, 2012**  
Youth Challenge National Championship  
Winnipeg, Manitoba

  
**April 26 - 28, 2012**  
Inter-Provincial National Championship  
Thunder Bay, Ontario

  
**May 30 - June 2, 2012**  
Open National Championship  
Gatineau, Quebec

