



# Lanes & Frames

Your GFUSBC Newsletter



[www.gfusbca.org](http://www.gfusbca.org)

## Mission Statement

The Greater Fredericksburg USBC is to be the unified organization of choice focused on the promotion and growth of the sport of bowling in and around the Greater Fredericksburg region.

# **Tournaments**

## **5<sup>th</sup> ANNUAL WOMEN'S CHAMPIONSHIP**

**January 23<sup>rd</sup> & 24<sup>th</sup>, 2010**

*Liberty Center – Stafford*

**\$500 Added to Prize Fund**

2 Divisions with Optional Scratch & All Events in each division

**90% of 210**

**Entries close January 16, 2010**

**See Page 2 of newsletter for an IMPORTANT UPDATE**

## **5<sup>th</sup> ANNUAL YOUTH CHAMPIONSHIP**

**February 13<sup>th</sup> & 14<sup>th</sup>**

*AMF Fredericksburg*

2 Handicap Divisions and Optional Scratch

**100% of 210**

**\$1,000 Added to Prize Fund**

**Entries close February 6, 2010**

## **5<sup>th</sup> ANNUAL OPEN CHAMPIONSHIP**

**March 6<sup>th</sup> & 7<sup>th</sup>**

*Liberty Center – Massaponax*

**\$1,500 Added to Prize Fund**

**90% of 240**

**Entries Close February 27, 2010**

**ENTRIES ARE AVAILABLE AT YOUR FAVORITE BOWLING CENTER OR  
[WWW.GFUSBCA.ORG](http://WWW.GFUSBCA.ORG)**

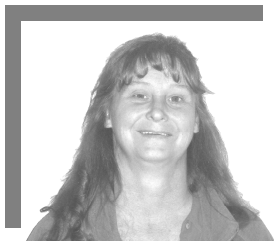
# **Tournaments**

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## Meet your Board Members

### *Newly elected Sergeant at Arms - Jackie Smith*



Hi,

My name is Jackie. I was born and grew up in Alexandria, Virginia where I attended Groveton High School, graduating in 1987. Later on I moved to Spotsylvania. My husband is Jeff Smith and together we have four children and two grandchildren.

I began bowling at Ten Pin Coliseum in 1977. After moving to Spotsylvania, I continued bowling at the AMF Center when it first opened in 1990.

My goal is to help our Greater Fredericksburg USBC Association succeed, so if anyone has concerns or ideas to help us improve, feel free to let me know.

*See ya,*

*Jackie*

**Here are some very interesting scores and accomplishments from our bowlers!**

#### Triplicates:

**Pauline Gorton** - 158 on October 20, 2009

**Stephanie Turman** – 157 on September 11, 2009

**Sylvia Barnes** – 146 on September 23, 2009

Many of us have left the **BIG FOUR SPLIT** (7-10-4-6) and uttered thanks under our breath. **Ed Taylor** took a different approach on November 12<sup>th</sup> in the LOW Fun League and MADE the spare. Nice shot **Ed!**

**Entry clarification** of data printed on early entry forms for the 5<sup>th</sup> Annual Women's Championship. The tournament is being held on January 23<sup>rd</sup> and 24<sup>th</sup> of January 2010. There will be two squads per day at 9:00 AM and 1:30 PM. You may enter your Team on any shift on either day. The same applies for Doubles and Singles. Tailor the entry to meet the needs of your bowlers.

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# Tournament Results

The Greater Fredericksburg USBC 5<sup>th</sup> Annual Senior Tournament was held at AMF Fredericksburg on November 14<sup>th</sup> and 15<sup>th</sup>. Seniors, 50 and over, competed in Doubles, Singles and optional All Event competitions for bragging rights and cash awards in two age categories. Doubles winners will receive Championship Jackets as well as cash. Here is a list of the bowlers that lead the way this year.

## Doubles – 65 & Older

1. **Morris Antwine & Pete Gunn**
2. Peggy & Larry Roath

## Doubles - 50 to 64

1. **Jim Wolfe & Fuzzy Fox**
2. Terry Holloway & Rino Biello
3. George French & Ken Whitley
4. Morris Antwine & Barbara Brown
5. Ron Foster & Roland Jackson

## Singles – 65 & Older

1. **Paulette Worrell**
2. Pete Gunn
3. Brenda Matsuda
4. Stewart Dunn
5. Morris Antwine

## Singles – 50 to 64

1. **Mitch Powell**
2. John Zentner
3. Richard Bergey
4. Jim Wolfe
5. Skip Frey

## All Events – 65 & Older

1. **Pete Gunn**
2. Jimmy Durante
3. Brenda Matsuda
3. Rino Biello
3. Terry Lucas

## All Events – 50 to 64

1. **Mitch Powell**
2. Jim Wolfe
3. Richard Bergey
4. Ken Whitley

**Mitch Powell**, winner of Singles and All Events, in the 50 to 64 category entered not having bowled regularly except during the last summer league. I expect we could see more of Mr. Powell in league and tournament competition.

## Virginia State 2009 Senior Women's Tournament.

Even though this tournament was held almost on our doorstep, only a few GFUSBC Seniors entered. However, one of those who did cashed.

**Peggy Roath placed 6<sup>th</sup> in the state** in her division to take home some cash. Nice bowling Peggy.

**Triple Crown Awards** from last season were recently awarded to 12 of our bowlers. This very prestigious award is given to a man and/or woman who had the **Highest Average, Scratch Game and Set in their league**. Difficult to do and an honor a bowler will not forget.

The following bowlers accomplished this feat:

	<u>Set</u>	<u>Gm</u>	<u>Avg.</u>	<u>League</u>
<b>Dave Edwards</b>	752	267	205	Eagles Mixed
<b>Jim Wolfe</b>	795	300	231	Rappahannock Men's
<b>Clinton Sloper</b>	768	300	223	Steve's Trio
<b>Dawn Allison</b>	681	268	177	Ladies Night Out
<b>Tricia Wallace</b>	726	288	196	Thursday Thunder
<b>Andrea Sharp</b>	700	258	188	Liberty Ladies
<b>Sean Brooks</b>	782	300	208	Tuesday Night Mixed
<b>Andrea Sharp</b>	694	267	188	Tuesday Night Mixed
<b>Brenda Matsuda</b>	548	215	150	LOW Ladies & Friends
<b>Diane Godinez</b>	656	279	184	Sunday Nite Mixed
<b>John Yankoviak</b>	687	258	197	LOW Fun Bowling <i>(This is John's second consecutive year in receiving this award).</i>
<b>Pat Orndorff</b>	704	258	191	Friday Nite Mixers

## Unlimited Potential Pro Shop



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# News from our Leagues

## Lake of the Woods Fun League – Submitted by Joan Trotter

**Betty Bailey**, (average 124) bowled a 209 (85 pins over her average). On the same day, **John Lockhart** (average of 179) bowled 78 pins over his average racking up a 257 game.


One of our 'new' bowlers in the league, **Linda Brooks**, bowled a 516 Scratch Series while **Mo Sorrell** was putting up a 536 Scratch Series. These 2 ladies battled it out on November 12th with high individual games. Linda rolled 211 and Mo shot 224.

**Rose Maruschak** is back to bowling this season and has a great 182 average.

Joan Trotter isn't doing bad either, bowling 183 on November 5<sup>th</sup> and 12<sup>th</sup>.

## Lake of the Woods and Friends League - Submitted by Brenda Matsuda

Our league voted to forgo our yearly ten dollar gift table and give to **Toys For Tots**. There is a box in the AMF Center office for donations. Our Center Manager, Jim asked that we leave it there for security purposes but we will have it out during all league bowling. **Help us if you can!!!**

 *All our ladies are just wonderful and thoughtful.*

## Colonial Beach Ladies – Submitted by Peggy Roath

Instead of the traditional "first strike gift" at our Christmas Party this year, we are going to donate items and money to the **Hope House**. The mission statement of Hope House is "to provide homeless mothers and their children with safe housing and opportunities to transition to successful, independent living."

## Ladies Night Out League – Submitted by Shelley Surfer

On October 19th each lady donated one cent for each pin they knocked down for the day. **We collected \$132 for Bowl 4 the Cure.**

## Thursday Thunder of Liberty Stafford – Submitted by Dave Anderson

The Thursday Thunder League held a ball raffle, collecting \$432 from ticket sales. **This will be donated to Bowl 4 the Cure (\$364) and BVL (\$100).**

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**\*\*\*\*Many GFUSBC bowlers are contributing to Charities of their choice through their leagues. You all deserve a big round of applause for supporting organizations that depend on people, like you, to continue their much needed work. The Board of Directors salutes you. Keep up the good work!**

## TOTAL COLLECTIONS THIS SEASON

<u>BVL</u>		<u>4 the Cure</u>	
Brackets from Historical Tournament	\$ 812.00	Brackets from Historical Tournament	\$ 812.00
Shelley Surfer from various collections	\$ 297.00	Ladies Night Out	\$ 132.00
AMF Tuesday Summer	\$ 167.00	AMF Tuesday Summer	\$ 167.00
Thursday Thunder (Stafford)	<u>\$ 232.00</u>	Thursday Thunder (Stafford)	<u>\$ 232.00</u>
	\$1,508.00		\$1,343.00
		<b><u>GRAND TOTAL \$2,851</u></b>	



# Youth News

## GFUSBC Youth Handicap Tournament

On October 3, 2009 the Greater Fredericksburg USBC Youth Committee sponsored a handicap event at Liberty Lanes Massaponax. The event was divided into two divisions. Division 1 was for bowlers whose averages were above 165 and Division 2 for bowlers with averages of 164 and below. Each bowler rolled four games across eight lanes. At the completion of play each bowler had their lowest game thrown out, thus using the three highest scores. Handicap for 3 games was then added in for the final result.

The kids really enjoyed the format, knowing that one bad game would not eliminate them from contention. This added wrinkle also allowed the field to remain tight. The association was also able to pay out \$446.00 in SMART Scholarship Awards. The following youth received SMART Awards:

### Division 1:

<i>First Place:</i>	<b>Tom Brady</b>	759 Handicap Series	\$100.00 Award
<i>Second Place</i>	<b>Errin Antwine</b>	744 Handicap Series	\$ 70.00 Award
<i>Third Place</i>	<b>Josh Myles</b>	727 Handicap Series	\$ 40.00 Award

### Division 2

<i>First Place</i>	<b>Cody Saunders</b>	741 Handicap Series	\$100.00 Award
<i>Second Place</i>	<b>Chloe Cuff</b>	727 Handicap Series	\$ 71.00 Award
<i>Third Place</i>	<b>Tyler Nobles</b>	724 Handicap Series	\$ 41.00 Award
<i>Fourth Place</i>	<b>Andrew Gardiner</b>	713 Handicap Series	\$ 26.00 Award

This is the second tournament held for our youth bowlers in addition to the GFUSBC Annual Youth Championship. In May of this year a youth scratch event was held at AMF Fredericksburg Bowl. The youth Committee is planning to hold more tournaments in the future and hopes that interest in these events continues to grow.

Our committee thanks Richard Bergey, Dawn Allison, Eric Brown, and Skip Frey for their assistance in running the event as well as the management and staff of Liberty Lanes for allowing us to hold this tournament and helping us make it a huge success.

Dave Brady – Youth Committee

## “Good News from the AMF Youth”

This year started with fewer returning bowlers than expected. We have added several first timers to the league and are looking for additional youth bowlers to fill in some of our roster spots. If you know of anyone from 6 to 20 who would like to join send them to AMF on Saturday morning.

The Fred City Strikers started the year off with a bang. A congrats to **Bryan Turney** for knocking down his first 10 strikes on the way to bowling an awesome **284 game**. When asked how he felt in the 10<sup>th</sup>, he said “nervous”. Who doesn’t get that way!!! Other top performers are **Matt VanZant** who has **bowled several 600** sets this year. We have given several pins and patches to all the kids who are breaking new ground by picking up splits, stringing strikes and scoring above their average.

Special thanks to our coaches (Charles Marlowe, Brian Downs, John Oliver) our new league secretary Lisa Marlowe for helping out each week and to AMF for protecting our children by performing background checks on all of our supporters.

We will start soon fund raisers for the National Tournament this winter with raffles, bake sales and a bowling tourney or two. Please help us out!!!

Jerry Charwood – Youth Committee

## 1<sup>st</sup> Quarter Honor Scores - The Games Have Begun

800

Kyle Rose 834

John Oliver

Chris Burton 297

Larry Bacon

298

Bobby Rose 279

Darin Rose

Nick Smith (youth)

Chris Moses 295

Wayne Ferrell

299

Dave Edwards 290

Jim Wolfe

Kyle Rose Josh Myles (youth)

Don Resio 279

Ray Malone Chris Moses,

Sean Brooks

Rick Coulson

Bill VonNeida

Billy Carrington 290

300's

11 in a Row

## The Bowler's Edge

### Rod Ross, Head Coach of the Junior Team USA offers this advice.

The surface of a bowling lane features boards, dots and arrows. All of these markings can be used as targets. Since the arrows are the largest, most visible and easiest to hit of the three, we'll focus on them for now. There are seven arrows on each lane, spaced five boards apart across the 39-board width of the lane's surface. As such, the first arrow is on board five. The second arrow is on board 10. The third arrow is on board 15 and so on and so forth through the seventh arrow, which is located on board 35. If you are right-handed bowler, you count arrows and boards from right to left. If you are a left-handed bowler, you count them from left to right. Now that you know the lay of the land, let's pick out a target for your strike ball.

To start, try getting your ball to roll in a straight line over the third arrow toward the head pin. This will keep your ball in the center of the lane and give you a good chance at knocking down five or more pins per shot. Once you get the hang of it, you will be able to begin moving around the approach and selecting specific targets for every shot you throw. Doing so will increase your accuracy and your scores.

### Bryan O'Keefe, USBC Coaching Specialist provides this very useful tidbit on finger position.

The pinky and index finger play an important role for bowlers using the assisted grip, but how do they impact a conventional or fingertip grip? Some bowlers don't realize that the pinky and index finger can be used to alter ball motion even when they're not inside the gripping holes.

For example, a player can impart more axis rotation (side role) by tucking his or her pinky finger to the first knuckle. That reduces the amount of support the ball has on the outside of the hand, thus, making it easier for the hand to come around the side of the ball.

On the flip side, if a player spreads his or her fingers wide apart and extends the pinky finger away from the gripping holes that widens the support base and makes it more difficult to come around the side of the ball. This action will promote end over end roll (less axis rotation).

Altering finger position may feel uncomfortable at first, so consider trying them out slowly in a practice environment before taking them to the lanes for score. Once you get comfortable, you will be amazed by how much you can manipulate your ball reaction based on these subtle changes.



## Greater Fredericksburg

### USBC Board

<b><u>President</u></b>	Paul Rumbaugh (540) 657-6952
<b><u>Vice-Presidents</u></b>	Ben Jones (540) 373-9414 Brenda Chambers (540) 710-9804 Terry Holloway (540) 845-6289
<b><u>Sgt. At Arms</u></b>	Jackie Smith (540) 424-2351

### **Association Manager**

Robert "Skip" Frey  
(540) 373-7534

### **Directors**

Larry Roath	(540) 898-1403
DJ Johnson	(540) 775-4207
Pat Jaco	(540) 854-8219

### **Youth Directors**

Richard Bergey	(804) 448-5633
David Brady	(540) 898-1745
Gerald Charlwood	(540) 736-8158

### **Youth Committee Members**

Tom Brady and Chelsea Mills

**Newsletter Editor** Larry Roath  
ldroath@comcast.net

**Assistant Editor** Peggy Roath  
pwroath@comcast.net

## USBC Tournaments

**5<sup>th</sup> Annual GFUSBC Women's Championship**  
January 23 & 24, 2010 - Liberty Stafford

**5<sup>th</sup> Annual GFUSBC Youth Championship**  
February 13 & 14, 2010 – AMF Fredericksburg

**5<sup>th</sup> Annual Open Championship**  
March 6 & 7, 2010 – Liberty Massaponax

**22<sup>nd</sup> Annual VA St. Mixed Handicap**  
February 6-7, 13-14, 20-21, 2010  
Tidewater, VA

**53<sup>rd</sup> VA St. Women's Championship**  
April - May 2010 – Spare Times in Hampton  
and AMF Norfolk.

**58<sup>th</sup> VA St. Annual Open Handicap**  
April, May & June 2010  
Danville & South Boston, VA

I am always looking for unusual bowling stories or scores from league secretaries or bowlers.

Items like:

*Triplicate scores by an individual or team.*

*First ever 300, 400, 500, etc. series*

*Career high games. (Not honor scores since we already capture these events)*

*Humorous or unusual bowling stories from the Bowlers themselves about a recent or past event.*

*Larry Roath – Lanes & Frames Editor*

**O**ur Association is fortunate to have members and non-members who give some of their time and effort as volunteers to help us with committee work, tournament activities and newsletter distribution. We always need and appreciate help. Thanks to the following men and women who joined up with your Board Members to make us a more successful Association and your bowling experiences better.

Shelley Surfer  
Amber Garcia-Laffitte  
Matt Huber  
Mary Melton-Priest  
Deborah Johnson

Peggy Roath  
Allie Duvan  
Bobby Phillips  
Jordan Duncan  
Nancy Yeatts

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## Announcing the Greater Fredericksburg USBC Adult Scholarship

### Purpose:

The Scholarship Award will annually recognize one certified adult bowler who wishes to further their education for personal or professional enhancement. The award winner will receive a scholarship in the amount of \$500.00. An individual may win this award only once.

Funds for the scholarship award winners will be administered through the Greater Fredericksburg USBC office.

### Eligibility:

Eligible nominees must:

- Be a certified USBC member.
- Be a current adult member in good standing of the Greater Fredericksburg USBC association.
- Must have participated in at least one GFUSCA tournament in the past year.
- Must already be enrolled in a degree program at an accredited college or university.
- Must be maintaining a GPA of 3.0 or higher.

### Nomination Procedure:

Nominees must:

- Complete the application form. (**Application forms can be downloaded from [gfusbca.org](http://gfusbca.org)**)
- Include at least one letter of reference.
- Include official college transcripts verifying GPA.
- Include or attach any documentation you would like to have considered.
- Include an essay on why winning this scholarship is important.

### Submission:

The completed form must be returned to the address listed at the end of the application. This application will be postmarked no later than January 30th of the year it is submitted to the Association Board.

The application materials and supporting documentation will be reviewed by the Association Scholarship Committee. Once an application is selected, the nominee will be asked to meet with the scholarship committee to be interviewed. The applicant will be notified if they have been selected as a Scholarship recipient by the Chair of the Scholarship Committee.

