

SEAMAN VIKING BOWLING CAMP

June 10th - June 14th

(Monday, Wednesday, Friday)

11:00 am to 1:00 pm Cost \$40.00

Entering Grades 9th – 12th

West Ridge Lanes

CAMP INSTRUCTIONS WILL INCLUDE:

ADVANCED FUNDAMENTALS OF BOWLING

ADVANCED FUNDAMENTALS OF THE APPROACH

TIMING AND RELEASE DRILLS

PROPER BODY AND HIP ALIGNMENT

PROPER TECHNIQUES FOR SPARES

UNDERSTANDING BREAK POINTS AND ANGLES

THE MENTAL GAME / POWER OF POSITIVE THINKING

CAMP INSTRUCTORS: Head Coach: Bob Benoit Asst: Coach: Mark Anderson

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Name _____ Grade _____ (Entering Next Fall)

E- Mail _____ Contact #: _____

Make checks payable to: **Bob Benoit** Cost: \$ 40

Mail to: Bob Benoit 7500 SW Ambassador Place 66610

Registration Deadline: June 9TH 2019