

**SEAMAN JUNIOR VIKING BOWLING CAMP**

**June 4<sup>th</sup> - June 7<sup>th</sup>**

**(Monday, Wednesday, Thursday, Friday)**

11:00 am to 1:00 pm Cost \$30.00

**Entering Grades 5<sup>th</sup> – 8<sup>th</sup>**

West Ridge Lanes

**CAMP INSTRUCTIONS WILL INCLUDE:**

FUNDAMENTALS OF BOWLING

FUNDAMENTALS OF THE APPROACH

TIMING AND RELEASE

BODY AND HIP ALIGNMENT

TECHNIQUES ON SPARES

UNDERSTANDING BREAK POINTS

THE MENTAL GAME

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

**Students: Trent Turkin, DJ Birkenbaugh, Briana Evans, Brooke Prescott**

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Name \_\_\_\_\_ Grade \_\_\_\_\_ (Entering Next Fall)

E- Mail \_\_\_\_\_ Contact #: \_\_\_\_\_

Make checks payable to: **Seaman Bowling** Cost: \$ 30

Mail to: Bob Benoit 7500 SW Ambassador Place 66610

**Registration Deadline: June 3<sup>rd</sup> 2018**

**SEAMAN VIKING BOWLING CAMP**

**June 11<sup>th</sup> - June 15<sup>th</sup>**

**(Monday, Wednesday, Thursday, Friday)**

11:00 am to 1:00 pm Cost \$30.00

**Entering Grades 9<sup>th</sup> – 12<sup>th</sup>**

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: **Seaman Bowling** Cost: \$ 30

Mail to: Bob Benoit 7500 SW Ambassador Place 66610

**Registration Deadline: June 10<sup>TH</sup> 2018**