



LADIES FIVE PIN

Standings of the four teams for this week are as follows:

Team #4 - 6 pts.
 Team #2 - 5 pts.
 Team #3 - 5 pts.
 Team #1 - 2 pts.

High games were - M. Hayes 201, E. Ross 209, M. Edmunds 224, A. Checkryn 227 and J. Semeniuk 201.

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MIXED TEN PIN NEWS

A. Checkryn's team took 6 points followed by J. Shubaly's with 5 points, L. Checkryn with 4 points and F. Hanna with 3 points.

High games were: L. Checkryn 198, 188, 160-546, J. Shubaly, 184, 146, 158-488. H. Freeman 175, 171 - 469, P. Mauro 197, D. Thompson 156, V. Hanna 162, R. Shirriff 160 and 162.

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LADIES TEN PIN

Standing Sept. 28/56

Teams	GP	Pts. Last Night	Points to Date
Beginners	3	12	12
Novices	3	9	9
Starters	3	8	8
Steamers	3	6	6
Hi-Fi-4	3	6	6
Stinkers	3	4	4

High Single Games - D. Thompson 191, O. Harrison 176, 175, D. Chopty 157, B. Haughn 152, 132, K. Weppler 148, 139, A. Checkryn 146, 138, 134, J. McKenzie, 144, 135, 131, R. Buffett 140, L. Haviland 137, 137, Liz Malashewski 137.

High Three - O. Harrison 470, D. Thompson 426, A. Checkryn 418, B. Haughn 412, J. McKenzie 410, K. Weppler 407, L. Haviland 376.

THERE WILL BE NO BOWLING ON FRIDAY OCTOBER 5TH DUE TO THE THANKSGIVING WEEKEND.

THE STORY OF BOWLING - Article III

How to Bowl: All these principles are applicable in all types of bowling.

The bowler should strive to acquire the footwork and timing of a boxer; co-ordination and follow-through of a golfer; and a marksman's consistency in aim and study of each shot. The perfect bowling shot does not begin when the ball is delivered at or before the foul line, but when you assume your stance. There must be smooth, concentrated co-ordination. Remember, in bowling, as in any other sport, practice makes perfect.

The Grip: The ball should be gripped between thumb and fingers. The fingers should spread naturally, but not forced apart or held too tightly. Select your ball from the rack with care. Women and men with small hands, find the smaller and lighter ball preferable. In Five-pins and Duck-pins there is a quarter of an inch variance in the diameter of balls available and several ounces in weight. Once you have decided what weight is most suitable stick to that size. Switching from one weight to another is not conducive to consistent bowling. To avoid bruised fingers always pick up your ball with fingers and thumb outside the ball rack.

The Stance: The Stance is assumed as you address the pins before commencing the approach. Head erect, body weight evenly carried on the two feet and alley faced squarely. Ball gripped in fingers of right hand supported by the left and held between waist and shoulders. While the position assumed is one of alertness, overtension must be avoided. Select your target and fix your aiming mark, either a pin or the gap between pins, firmly in your eye for a moment or two. Remember, this fix must be maintained throughout the approach and until the ball has left your hand. Think before selecting target. Value between pins may be decisive at end of game.

(Cont. on page 7)