



# Sport Fest WINDSOR



*To help promote organ & tissue donation awareness Sport Fest Windsor is pleased to present bowling tips from Mike Faubert and Wayne Weatherbie*



**Mike Faubert** has been on the bowling scene for over 30 years and carries a 200+ average. He has 5 perfect 300 games to his credit along with an unprecedented **825 triple series**. He currently operates the pro shop at Rose Bowl Lanes.



**Wayne Weatherbie** has been on the bowling scene for over 40 years and a coach for 30 years. He carries a 200+ average with 4 perfect 300 games to his credit along with an unprecedented **835 triple series**. He currently operates the pro shop at Bowlero Lanes.

**For all your bowling needs contact Mike or Wayne at the Bowlero/Rose Bowl pro shops.**

## **#6 FAST FEET..BIGGEST PROBLEM FOR BOWLERS.**

What would your idea of "fast feet" be? We can tell you, this is one of the biggest problems for a bowler! Fast feet occur when your feet are ahead of the swing during or at the end of the approach. The bowler only feels a little off balance or he/she may be turned sideways at the end of the approach. The "fast feet" phenomenon may also concern other areas of the bowler's game, such as dropping the shoulder, inconsistent releases, lack of follow through and inability to stay down with the shot and maintain balance at the foul line in the post-position.

### **How can you solve this problem? Here are common causes and solutions for fast feet problems:**

**The Problem:** Poor ball placement The ball placement is essential to timing. Fast feet are related to poor placement of the key step (the first step in a four-step delivery and the second step in a five step delivery). Another important issue is pushing the ball in an upward direction from a waist high position.

**The Solution:** This might be translated as a simple movement that slowly places the ball toward the target downwards. When the heel of your step touches the floor, you try to time your ball placement. Here's a tip for you: think to yourself during the key step to step and only after that, place the ball!

**The Problem:** Shoulders too far forward This causes extra bend at the waist level and not enough bend at the knees level, therefore the ball reaches the lane too early allowing loss of leverage and an unbalanced feeling in the approach.

**The Solution:** Shoulders should be erect and knees slightly flexed. As you begin your approach, the knees should gradually deepen their bend upon sliding without causing any strain. At the end of the approach, your waist should be slightly bent forward. As a general rule, the deeper the knee bend when sliding, the less the waist needs to bend.

**The Problem:** Key step too long This means that all your steps are too long and so the swing will float through the approach resulting in no power. Usually, five step approaches must watch the length of a second step.

**The Solution:** Try taking a normal walking step and the rest of the steps will fall into place. At a five step, the first step is for momentum and usually shorter than your normal key step.

**The Problem:** Walking on toes In this situation you will have too much speed in the approach and your shoulders will be too far forward. This also causes loss of leverage.

**The Solution:** Here you must place the heel first and toes last in each step. This way the approach is smoother and you can slow down the entire approach. Since the approach builds momentum from the back to front movement of your feet, the leverage will increase.

## **YOU CAN SAVE LIVES!**

Take 3 minutes to register as an organ & tissue donor **ONLINE** at [www.BeAdonor.ca/SportFestWindsor-org](http://www.BeAdonor.ca/SportFestWindsor-org)

& then discuss your wishes with your family.

Visit [www.SportFestWindsor.org](http://www.SportFestWindsor.org) for all our organ donation awareness events.

