

BEYOND STRIKES & SPARES



A production of the
CANADIAN 5 PIN BOWLERS ASSOCIATION
ASSOCIATION CANADIENNE DES 5 QUILLES

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Web Site has New Look



A new web site was unveiled in early September that is sure to bring the electronic media more up-to-date. Changing the layout makes it easier to navigate the pages and helps clarify the content available to the user.

Even if you don't care about being hip, the C5PBA can benefit from a Web site.

Are your supporters, clients, customers, or friends asking for your Web address? Do you get a lot of information calls from people who probably have Internet ac-

cess at work at home? If yes, it was probably time to update the site. For a relatively modest investment, we can reach customers, clients, donors, and supporters who would never come across our office, our direct mail, even see our PSAs. You can strengthen relations with people you already know and meet new people, too.

While fundraising on the Internet is still in its infancy, it's likely to grow fast and the C5PBA is closer to being ready for this next phase.

What can the Web do well?

- deliver easy-to-update information to people anywhere anytime without requiring our staff to answer the phone or open the mail
- solicit online contributions and automatic e-mail newsletter subscriptions
- launch an interactive relationship with first-time visitors or existing members. A Web site makes us accessible; it doesn't guarantee anyone will visit. But more than 30 million people are now turning to the Web for news, entertainment, and information; the C5PBA needs to be there.

C5PBA and Special Olympics Sign Agreement

The Canadian 5 pin Bowlers' Association (C5PBA) and Special Olympics Canada (SOC), today announced a partnership with each other to enhance the sport of 5 Pin bowling in the areas of participation and coach-

ing. The Canadian 5 Pin Bowlers' Association is a service oriented sports organization of approximately 30,000 male and female 5 Pin bowlers. It provides quality programs and services to its members for their participation in organ-

ized 5 Pin Bowling. The Canadian 5 Pin Bowlers' Association regulates bowling systems resulting in standardization within the sport. The aim of the Canadian 5 Pin Bowlers' Association is to promote, to foster

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water cooler



Four bowlers were out on the lanes practising. As one of them was about to bowl in the 5th frame, which was next to a busy road, they saw a funeral procession go by.

Instead of bowling, the bowler removed his cap and placed it on his chest until the funeral had passed. At this point, the other three said, "You know, that was the most touching thing I've ever seen."

The bowler answers, "Well, I was married to her for 15 years. It was the least I could do!"

Special Olympics .. Continued from Page 1

the integrity of, and to enhance the enjoyment of 5 Pin Bowling as well as to instill a pride of membership in its members. As a result of the partnership, these associations can quickly and easily connect to resources and distribute their sport and expertise Canada wide to approximately 65,000 participants.

Special Olympics Canada, one of 170 programs within the worldwide movement, is dedicated to enriching the lives of Canadians with an



intellectual disability through sport. It is a national, non-profit grassroots organization that provides sport training and competition opportunities to more than 34,000

athletes of all ages and abilities. More than 16,400 volunteers, including over 13,000 trained coaches, currently support Special Olympics programs every day in virtually every community nationwide.

President of C5PBA Mr. Dave Post commented, "We are entering a new and exciting time for 5 Pin Bowling with this partnership with Special Olympics. It will benefit both organizations. The sharing of technical knowledge will help promote the game of 5 Pin Bowling and, at the same time, our fundraising will help more Special Olympic athletes get involved in sport."

The C5PBA and SOC will continue to work together in the development of coaching certification programs that benefit the sport and its competitors for years to come.

CBC Sports Day in Canada



Congratulations go out to not just the winners, but to all competitors, coaches and fan based supporters in a very successful Sports Day in Canada. Calgary's Chinook Bowladrome was the scene for a fun filled event that saw the return of 5 pin bowling to television sets across the country. On September 17,

Sports Day in Canada, presented by CBC Sports, Sports Radio-Canada, ParticipACTION and True Sport, including a committee of national sporting organizations and their network of coaches, athletes and enthusiasts across the country, shared the power of sport. "We were very excited about

being a part of Sports Day in Canada" says Dave Post, C5PBA President. "5 Pin Bowling is a Canadian game and reaches out to all ages and abilities. The game has the ability to teach the ethics of fair play and team work as well as imparting a sense of inclusion to all participants." Team West captured the title at this years event.

A Look at the Rules - General Playing Rules #4

RULE 4 - LEGALLY DELIVERED BALL

(a) A bowling ball shall be delivered legally when, by manual means, it leaves the bowler's hand or prosthesis (as described in Section B Rule 5(b)) and crosses the foul line into the playing area. (b) Except as set out in Section B - Rule 5, a bowling ball must be delivered entirely by manual means and without the aid of any device which imparts a

force to the ball or controls the direction of the ball which would not otherwise be present but for the use of the device. (c) A bowling ball shall not be delivered in an overhand motion. A legally delivered ball must be delivered in an underhand motion with a release point no higher than waist level. PENALTY: Bowler may be subject to suspension (See also Section D—Rule 5(b)). (d) A ball may not be rolled

to clear deadwood or balls from the channels, unless permission to do so is granted by the opposing team captain, coach or tournament official before doing so. PENALTY: If such ball is rolled without receiving permission to do so, the ball shall count as a legally delivered ball and a 15 point reduction from his/her total game score shall be made (see Section B - Rule 13(b))



(e) Any ball hitting or clearing a C5PBA approved "Lane Protection Device" shall be considered a legally delivered ball. (See also Section B - Rule 9 and Section B - Rule 11(j).)

Member Profile— Len Isleifson in Familiar Role

Residing in Brandon, Manitoba, Len Isleifson is in his 5th year on the executive of the Canadian 5 Pin Bowlers' Association.

Len met his wife Chris in 1978 and she quickly introduced him to the sport of 5 Pin Bowling during the YBC Bring A Buddy tournament at Recreation Lanes in downtown Brandon.

Len continued to remain involved in 5 pin bowling and with the birth of their two children, spent a number of years as the YBC Program Director with the mind set "to give something back". Len went on to become Manitoba Zone A Rep for YBC and was involved in the program until the hosting of



C5PBA 1st Vice President,
Mr. Len Isleifson

the YBC Nationals in Winnipeg was completed. A recipi-

ent of the 2001 Manitoba Five Pin Bowling Federation's Volunteer of the Year award, Len achieved his level 2 coaching certification where he developed an entry level bowling program for his rural YBC bowlers. Len continued on for numerous years as the President of the Manitoba 5 Pin Bowlers' Association and held the position of President of the Manitoba Five Pin Bowling Federation for one year.

Len's involvement at the C5PBA table included chairing the Audit Committee, Corporate Secretary/Treasurer and now back as 1st Vice President.



The Paterson File - It's Not Easy Being Green

It's not easy being green. Of course if you are from Saskatchewan it is a lot easier than if you hail from other provinces (The Rider Nation). Everyone that has ever coached has experienced the unique challenges that come with the first 5 years of coaching. Here is a perspective to consider for both the rookie coach and the athlete on the receiving end. Athletes your task is to look for opportunities to learn. For those that struggle with this consider the following; Oft times we learn in what we may consider 'the most unlikely places'. Coaches, Rome was not built in a day. Demonstrate your genuine interest in the individual and/or team. Do what makes sense and carry out what you say you will do. Practice reasonableness and fairness.

The Non-negotiables

Every coach needs to identify and establish their NONNEGOTIABLES.

Think through, reflect and sort out, what your non-negotiables are as a coach. For example (but not limited to);

- Boundaries
 - o Do a My Job, Your Job list. This can be done with the athletes you are coaching or...simply your own list.

- Decision making at the event

o Brainstorm a variety of scenarios with the team and from that decide on what action fits each scenario. For example; Intoxication, missed curfew

IT'S NOT EASY BEING GREEN

- Poor sportsmanship (hitting, kicking, things or

inappropriate language, refusal to honour commitments made, line up decisions, advice during tight match.

Everything else is negotiable.

The NEGOTIATED items

Goal setting - what does the player and team want to achieve. How are they going to work towards achieving the goal (s) so that they give themselves the best opportunity to succeed?

Commitment - Once the and how of goal setting is formed - does it balance with what their promise of commitment is?

THE BOTTOMLINE on goal setting is that the individual and team needs to take ownership of the goals. Therefore they need to be

involved in the creation of the goals AND as importantly what the commitment to get there will be. Once the goal setting is established then its enforcement may be adapted by the team as a non-negotiable. For the Coach at the Lanes

On the lanes come prepared - punctuality and pre-

Submit a coaching question to us, we will ask the experts and publish the answer in a future edition of "Beyond Strikes & Spares"

paredness in what is going to be done at the practice is critical. Whether you are a seasoned veteran or the rookie coach it is critical that you lead by example. Get there on time, and be prepared.

Tom Paterson is a teacher administrator and an author. His previous books include Technique Bowling - The Five Pin Bowler's Guide (1980), and Lane Logic (2000). Along with the writing of materials Tom has over 30 years of experience in the development.

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Established on May 22nd, 1978, the Canadian 5 Pin Bowlers' Association is the governing body for the sport of 5 Pin Bowling in Canada. Its membership is comprised of eleven (11) Provincial/Territorial 5 Pin Bowlers' Associations, encompassing all areas and boundaries within the Dominion of Canada. In turn, each Provincial/Territorial 5 Pin Bowlers' Association is comprised of Local (Zone) 5 Pin Bowlers' Associations, whose boundaries are established by the parent Provincial/Territorial Association.

Bowlers and leagues within the boundaries of these Local Associations may join (affiliate) with the Local Association by voluntarily purchasing a membership card through the Local Association. Those bowlers and leagues who affiliate with the Local Association, automatically become registered members of their respective Provincial/Territorial 5 Pin Bowlers' Association and the Canadian 5 Pin Bowlers' Association.

CALENDAR OF EVENTS



October 21, 2011

Bowling Federation of Canada Annual
General Meeting
Calgary, Alberta



January 15–16, 2012

C5PBA
Semi-Annual General Meeting
Flamingo Hotel & Casino
Las Vegas, Nevada



March 23 - 25, 2012

Youth Challenge National Championship
Winnipeg, Manitoba



April 26 - 28, 2012

Inter-Provincial National Championship
Thunder Bay, Ontario



May 30 - June 2, 2012

Open National Championship
Gatineau, Quebec



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