

# BEYOND STRIKES & SPARES



A publication of the  
**CANADIAN 5 PIN BOWLERS ASSOCIATION**  
**ASSOCIATION CANADIENNE DES 5 QUILLES**

## Highlights

- New C5PBA Executive elected at AGM
- Executive Profile
- Back on Live TV with CBC
- Coaches Corner
- Upcoming Events
- Rules—A brief encounter

## C5PBA Elections Held at AGM in Ottawa

For three days in August, provincial presidents, provincial delegates, regional reps and executive members gathered at the Residence Inn in downtown Ottawa for the Annual General Meeting.

A portion of the meeting turned into a celebratory gathering as a new executive was elected while the outgoing members were thanked for their many years of dedicated service to the sport and to the members across the country. After a number of years as President, Mr. Mel Osmond is taking a more expanded role within Newfoundland Power and due to work obligations, did not seek re-election. Manitoba's Mr. Geoff McMullan held the position of 2nd Vice-President the past two years and has been involved in moving the organization forward from a



Past President - Mel Osmond



Past 2nd VP—Geoff McMullan

technical point. Geoff was not re-elected at this meeting but his contributions to date are very valuable.

A big thank you to both Mel and Geoff on the many hours they both directed to the sport, you will certainly be missed around the table.

Congratulations was passed along to the new C5PBA Executive following the swearing-in ceremony. The executive and execu-

tive committee looks as follows:

President—Mr. Dave Post, 1st VP - Mr. Len Isleifson, 2nd VP - Mr. Daniel Lemarche, Corporate Secretary/Treasurer - Mr. Al Hong, Western Rep - Mr. Ken Chambers, Central Rep - Ms. Kim Baily, Eastern Rep - Ms. Nina Costain and the hard working Executive Director Ms. Sheila Carr providing team support.

## MEMBER PROFILE - Dave Post Assumes President's Role

Dave became involved with 5 pin bowling over 30 years ago when he was looking for a sport that he could put his two children in. He was looking for a sport that they both could compete at the same time while not breaking his pocket book.

He read in the newspaper that a local bowling centre was holding a Youth Bowling League. He went and enrolled his children and was impressed with the way the program was delivered.

Dave spent the first year as a parent then got involved with the organizational aspect of the sport. Dave spent the next nineteen years as the Program Director as well became a Full Level 2 coach. From there he became the YBC Zone

water cooler

IF BOWLING IS JUST A GAME THEN THE GRAND CANYON IS JUST A HOLE IN ARIZONA

**Watch future issues for profiles on the rest of the executive and your provincial presidents**

## President's Role .. Continued from Page 1

Rep for eight years. Dave's next venture in this great sport took him to the adult level where he became a Decentralized President and from there a Zone President. Meeting new people and facing interesting challenges drove him to the next level. Dave spent eleven years on the Provincial Association, the last six as their President.

Working with the youth and especially the coaching aspect of our game, drove Dave to the National Board where he became the 2<sup>nd</sup> Vice President for the C5PBA. For the next six years he had the privilege to work alongside a group of individuals whose

sole purpose was to improve



**Newly elected C5PBA President, Mr. Dave Post**

the coaching program and hopefully get more youth involved in our game.

On August 27, 2011, Dave became the President of the C5PBA and

is looking forward to help growing the sport. Dave says, "We need to liaise with our partners to find a way to get our youth involved and to find new ways to promote our game".

"We are very fortunate in our sport as it is a game that can be played by the entire family. A game that can be played by the elite at a National level and at the same time played by league bowlers who also can compete at a National level. A sport that is the number one sport with Special Olympics Canada as well with the youth of our country" says Dave. "Yes 5 pin bowling is on the decline but together we will make a difference and turn the sport around".

## CBC Sports Day in Canada



5 Pin Bowling has been included as part of the CBC Sports Day in Canada on September 17, 2011. This will be a 90 minute live broadcast from Calgary, Alberta with a team competition of East vs. West. Competitors were selected from the All Star teams at our National Open Champi-

onship this past June and will compete for the PARTICIPATION CUP in Calgary.

The event begins at 2:30 p.m. Calgary time (4:30 p.m Eastern) and there will be live shots from the centre throughout the CBC Sports Day.

Team East : Lee Escott

(NF), Erica Bortolin (ON), Ian Gawel (ON), Karole McDonnell (ON) and coach Lynn Allard (QC).

Team West: Don Clearhue (SK), Jennifer Ladan (AB), Adam Webber (AB), Simone Leon (SK) and coach Jim Anderson (MB)

**Check your local listings for show times**

## A Look at the Rules - C5PBA Membership Criteria

### **RULE 1 - ELIGIBILITY**

(a) Membership in the Canadian 5 Pin Bowlers' Association is open to any individual bowler who voluntarily wishes to apply for such membership through a C5PBA sanctioned league or tournament.

(b) Individual bowlers who are currently suspended or have been denied membership are ineligible for application, unless approval for

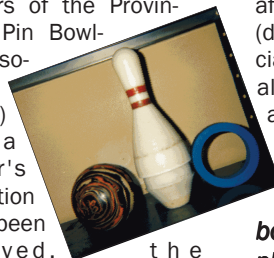
his/her application has been given by the Board of Directors of the Provincial 5 Pin Bowlers' Association.

( c ) When a bowler's application has been approved, the member agrees to abide by all rules and regulations of

the Canadian 5 Pin Bowlers' Association and its affiliated associations.

(d) A member of the association shall be entitled to all benefits provided by the association.

**Each month, we will print a rule from the book for your reading pleasure.**



## COACHES CORNER - How do I pick a corner pin?

The most important thing to remember when attempting to pick corner pins is to throw the ball the same way you do when attempting to hit the middle.

Do not try to throw a ball with more or less curve when attempting to hit a corner pin. This will cause inconsistency in your delivery.

The best approach is to throw diagonally across the lane at the corner pin, always rolling the ball over the same spot on the lane. "The Spot" refers to the arrow or marker found about 15 feet down the lane from the foul line

which your ball needs to roll over to hit any pin on the lane.

If you are aiming at the right corner pin, stand on the left hand side of the lane and walk directly towards your target. Your target being the same spot 15 feet down the lane that you use to throw at the head pin.

Vice versa if you are aiming at the left corner pin.

**Greg Gigliuk is a Central Alberta 5 Pin Bowlers Association coach with an enviable record in both coaching and competitive bowling giving him tremendous insight into the sport.**

*My biggest problem is that I keep dropping my shoulder. What is a good way for me to overcome this? Also I seem to have a lot of trouble on my corner pins?*

Dropping the shoulder is a common problem with bowlers - it happens to all of us at one time or another! Keep your head & shoulders in a level position - the best thing to do is to keep your eyes focussed on your target arrow as you go through your approach & watch the ball roll over your target. As for corner pins, go "cross alley" to hit the corners. Remember to face your intended target

pin - draw an imaginary line between the target pin, your target arrow, & you! Walk in a straight line to your target pin; keep your eyes on your target arrow; release the ball out on the lane; follow through to the pin; & watch the ball roll over your target arrow. If you're hitting your target arrow but still missing the pin, adjust your starting position on the approach by a board (ie. move in the direction that you're missing the pin on).

**Fran Clarke's efforts are unprecedented in the area of technical development in Alberta & country wide.**

## Five Pin Bowling According to Wikipedia

Five-pin bowling is a bowling variant which is played only in Canada, where most bowling alleys offer it, either alone or in combination with ten-pin bowling. It was devised around 1909 by Thomas F. Ryan in Toronto, Ontario, at his *Toronto Bowling Club*, in response to customers who complained that the ten-pin game was too strenuous. He cut five tenpins down to about 75% of their size, and used hand-sized hard rubber balls, thus inventing the original version of five-pin bowling.

Five pin bowlers use a number of terms to denote the results of Throw: **"Punch"** - hitting only one pin when two or more pins are remaining (commonly known as a "cherry" on the 2nd or 3rd ball) **"Headpin"** (denoted H on a score sheet) - punching the

headpin on the first ball. The most dreaded result on the first ball as a "headpin-spare" is extremely difficult to achieve. **"Chop" or "Chop-off"** (denoted %) - hitting the headpin and the 3 and 2 pins on one side on the first ball, leaving the other 3 and 2 pins on the other side.

**"Split"** (S) - taking out the headpin and one of the three-pins, scoring 8 on the first ball. Difficult to obtain a spare on the second ball but if accomplished, this is known as a "split-spare". Many bowling associations will offer a special pin for this achievement.

**"Aces"** (A) - taking out the headpin and both three pins but leaving the two corner pins. Also referred to as "bed posts" or "goal posts". **"10 the hard way"** - after the third ball, having a frame score of 10 result-

ing from hitting the 5 pin and one 3 pin and one 2 pin on opposite sides of the headpin.

**"Full Set"** - when all pins are knocked down by using all three balls. Also referred to as a "clean up".

**"Strike Out"** - Finishing the game with 3 or more strikes.

**"Turkey"** - 3 consecutive strikes

**"[number]-pack"** - Term for a number of consecutive strikes; e.g. 6 consecutive strikes is a "six-pack". Also referred to as "[number]-bagger" (e.g. 6-bagger). **"Clean game"** or **"Fifteen"** or **"Clean-up"** - Finishing a game with a strike or spare in every frame.

**"Wood"** or **"Deadwood"** - The pins left on the lane, usually after throwing the first two balls of a frame. This originates from when bowling pins were typically made of wood and not

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

Acrylic.

**"Corner-pin"**- Leaving only the left corner pin or right corner pin standing on the first ball is denoted by an "L" or an "R" respectively on a score sheet.

**Complete article can be found at :**

[http://en.wikipedia.org/wiki/Five-pin\\_bowling](http://en.wikipedia.org/wiki/Five-pin_bowling)

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The Canadian 5 Pin Bowlers' Association is a service oriented sports organization of male and female 5 Pin bowlers. It provides quality programs and services to its members for their participation in organized 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 the integrity of, and to enhance the enjoyment of 5 Pin Bowling as well as to instill a pride of membership in its members.

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, 2011**

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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