Wenatchee High School Bowling

**Head Coach**

**Jeff Leavitt**

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**Phone: 509.995.5949**

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**Assistant**

**Courtney Hil**l

General Guidelines and Expectations

1. Contacts:
	1. Coaches:
		1. Jeff Leavitt
		2. Courtney Hill
	2. Athletic Department:
		1. Phone: 509.663.3384
		2. Websites:
			1. Athletics: http://www.wenatcheeschools.org/whs/athletics/index.cfm
			2. Bowling Team: https://sites.google.com/wenatcheeschools.org/whsbowling/
2. Equipment Needed:

We will provide shoes at no cost to the bowlers. There are bowling balls that can be used at the center. We will also try to provide bowling balls if they are available. Eastmont Lanes also provides excellent discounts if the bowlers want to purchase their own balls.

 Bowling shirts will be provided. It is expected that they will be worn at all matches.

1. Location and times for practices and matches:

We practice and have our home matches at Eastmont Lanes. Bus transportation is provided. Practice is from 3:15-5:00. Home matches are held Tuesday and Thursday afternoons. Home matches begin at 2 pm, away matches begin at 3 pm. Each of the bowlers will be provided with a practice and match schedule.

Every bowler that can make the home matches will be able to participate. We have an excellent program and have a large turnout, other schools do not have the numbers we have. When we travel, our travel squad is based on how many bowlers the other team has and the numbers vary greatly. It is our intention to provide an out of town experience for each of our bowlers.

You will miss significant amounts of school time as a bowler. Most matches require an out of school time of around noon, depending upon the length of travel.

1. Team Selection Process:

Varsity is based on average, effort, attitude, eligibility, and practice commitment. There are five bowlers that make up the varsity.

**Starters**

Varsity starters will be determined by:

1. Willingness to adjust and adapt (coachability)
2. Attitude and effort
3. Attendance and punctuality
4. Average

The girls with the highest average may not always start. Team unity and team spirit often has as much to do with winning as ability and average.

The Wenatchee Varsity Bowlers can compete with anyone when they demonstrate camaraderie and bowl with class and style. Working together as a team, we will win more games than individual bowlers can, regardless of skill.

Dear Bowlers (and parents)

This is our 18th year of competitive bowling at WHS. We are excited about this year’s bowling season. We also look forward to sharing our enthusiasm for bowling with you. This year Wenatchee High School will again compete in the Central Washington Bowling League, a WIAA sanctioned sport. We have the opportunity to add to the tradition of excellence begun by legendary coach Jay Young and his longtime assistant, Heather O’Connor.

Several letter winners graduated from last year’s state championship team, so we are rebuilding a bit this year. We will be developing the skills in the bowlers new to the program so they can contribute in the future.

Between assistant coach Courtney Hill and myself we have lots of bowling instruction experience, however we admit we still have a lot to learn. We plan to work together to develop bowlers who can compete in WIAA bowling and continue to bowl and make an impact on the sport in the future.

WENATCHEE HIGH SCHOOL GIRLS BOWLING TEAM SAFETY GUIDELINES

1. Prior to Leaving for a Match: Do not leave class early. Check what the out time is and make sure if you are in a class that you have gone to that class before heading out.
2. On the Way to the Match:
	1. If we are going on an away match we will all leave together from the high school at the designated time.
	2. If the match is at Eastmont Lanes, you will either ride the school bus over and back or drive. If you drive you must have a permission slip on file with the athletic office and a copy with me. The same goes for the practices. Either ride the bus over and back or if you drive have the permission slip on file.
	3. While on the bus, always make sure that your bowling ball is placed on the floorboard under your seat or in the compartment that is provided by the charter bus service under the bus. Never place your ball in a bin above you or another bowler. There is a good chance that it might fall and hit someone in the head.
3. During Practice or at the Match:
	1. No horseplay in the bowling area. Be aware of who is bowling and stay behind the bowler.
	2. Never put your hand in front of or behind your bowling ball while it is on the rack. Another ball coming along can pinch your hand and hurt you.
	3. Do not leave the bowling center that we are bowling at for any reason.
	4. If you are injured in any way, for example hand, finger, wrist sprain, let the coaches know right away. Do not continue to bowl.
	5. If you step in any water or liquid, do not attempt to bowl. You will stick on the lanes and could get hurt. Always get another pair of shoes if this happens.
4. Before Heading Back from Out of Town Matches:
	1. When we eat always make sure you are with another bowler and coach. Never go alone.
	2. Always use caution in walking to a designated eating spot.
	3. Do not walk away from our eating location to see the sights.
5. On the Way Back
	1. From Eastmont Lanes if you rode the bus, you need to return on the bus. If you drive, you must have a signed permission slip.
	2. From an away match, everyone is expected to come back with the team. The only exception is if your parents have made arrangements with the athletic office prior to leaving Wenatchee. Roll will be taken on the bus and we will always check to see that everyone that went with us is on the return trip.

**Varsity Bowlers Agreement**

You will receive schedule information for practices and matches. There are a few expectations that need to be reinforced. Practice times are from 3:15 to 5:00. The following are rules and expectations for WHS bowlers during practice and matches. Please read carefully. Compliance with these guidelines and the WHS athletic code and contract will ensure the integrity of our program.

1. Expectations for Practices:
	1. Be on time
	2. Try your best to improve
	3. Follow directions
	4. Maintain a positive attitude
	5. Use appropriate language and gestures
	6. Observe the athletic code of WHS
	7. Keep up with school work and grades
	8. Demonstrate good sportsmanship at all times
	9. Attempt the skills being taught. Be coachable

Remember, you compete as you practice!

1. Expectations for Matches:
	1. Be on time
	2. Try your best
	3. Follow directions
	4. Maintain a positive attitude
	5. Use appropriate language and gestures
	6. Observe the athletic code of WHS
	7. Demonstrate good sportsmanship at all times
	8. Wear your bowling shirt to all matches
	9. Use the fundamentals taught in practice
	10. Be coachable
2. Traveling
	1. Observe bus rules
	2. Stay in bowling center, do not leave the site
	3. Keep the coaches informed of all activities
	4. Ride to and from matches on the bus, unless a signed form is given to the coach in advance. (Forms are available in the athletic office.)
3. Absences:
	1. Excused absences include prearranged absences made with the coach, illnesses, or academics.
	2. All other absences from practice or matches will be considered unexcused.
	3. Continued late arrival to practice will be treated as an unexcused absence
	4. Three excused absences will be treated as an unexcused absence and result in missed match games, and loss of Varsity points. (exceptions will be made for academics)
	5. One unexcused absence will result in non-participation in next match.
	6. Two unexcused absences will jeopardize your position on the team.
4. Instructions and Directives:
	1. During practice you are expected to work on the fundamentals taught. This includes spare angles, strike lines, and form.
	2. During a match you are expected to use the fundamentals and techniques taught in practice.
	3. The coaching steps taken during a match are:
		1. Step 1 Reinforce fundamentals with a reminder
		2. Step 2 Require compliance with a warning
		3. Step 3 Remove from match with a refusal

Remember, you represent WHS Panthers and yourself!

**Varsity Letters**

It is possible for all girls on the team to earn a Varsity Letter. The criteria for earning a letter are as follows:

1. Have no unexcused absences from practices or matches.
2. Report to practices and matches on time.
3. Put 100% effort into improving your game.
4. Respect guidelines of the WHS Athletic Code of Conduct.
5. Earn varsity points as possible:

Points required to Letter 40

|  |  |  |
| --- | --- | --- |
|  |  | Max. |
| MatchesAverage | 1 point for each varsity game (1/2 for J.V.) raising average 3 pins after 9th game, or have ending match average above 135 | 30 |
| Practices25 | ½ point for each attended practice | 5 |
|  | [minus 1 point for each missed practice] | [-50] |
| Additional points may be earned and can be lost as follows: |
| Team SpiritPositive AttitudeEffort to ImproveCooperative Effort |

This structure is semi-rigid and we reserve the right to award a varsity letter to a bowler who may not meet all of the above criteria, but whom we feel has earned a letter with effort and attitude and typifies the varsity spirit at WHS.

***Awards***

Most Improved

Increase over last year’s average

Most Inspirational

Voted on by all team members

M. V. P.

Voted on by all team members

Coach’s Award

Coach’s pick for most coachable

**Fundamentals**

 Our philosophy on coaching is to perfect the fundamentals to give the athlete an opportunity to excel. Those who understand our coaching style know that we emphasize fundamentals, regardless of the level of the bowler. Some of you have bowled extensively and some are just starting. In either case the fundamentals are of utmost importance. There are limitless possibilities for those with solid fundamentals. We have seen many bowlers reach a plateau and wonder why they cannot get any better, even with a lot of practice. When asked to restructure their game (break old habits), they invariably say:

“I can’t. . .” “I have always. . .” or “I don’t want to . . .”

 If you are having a problem or are unhappy with your game do what the top bowlers do. . . ask for help. We have bowled with and been around many top bowlers for years, and invariably, they ask for help, expect to hear a very simple correction based on fundamentals.

 Your response should always be:

“OK. I’ll try that.”

 We are on a journey to better averages. Each small step advances us toward our destination. We cannot improve your bowling until we correct our fundamentals. The immediate results may not be evident. In fact, in many cases, it will appear to be detrimental, but remember that this is about a 15-week process. By the end of the season you will see an improvement; more importantly, you will have a foundation for greater thigs to come.

 No one will be the same if February as they are today. If you believe in yourself and trust the coaches’ ability to teach the fundamentals, you will improve beyond your expectations. If not, you will struggle and be disappointed. It’s your choice. Either way, commit to a goal and stand by your decision. That is the way of the truly successful person.

**THE 1-2-3-4 FLEXIBILITY PROGRAM**

Each exercise should be held either once for 30 seconds or for three repetitions of 10 seconds each. The stretch should not be done with a bounce but worked in a slow and controlled manner. Stretch every day and work with intensity. The 1-2-3-4 stands for one minute on the bench, two minutes in the air, three minutes on the wall, and four minutes on the floor.

|  |  |
| --- | --- |
| **ONE ON THE BENCH**Hamstring & Back StretchKeep leg locked at knee and toes vertical. Switch to the other leg after 30 seconds. | **FOUR MINUTES ON THE FLOOR**Abdominal StretchLay flat on the floor, put hands on the floor shoulder width apart, extend elbows creating an arch in the back. Relax. |
| **TWO IN THE AIR**Latissimus StretchCross your hands and raise your arms above your head and as far back as possible.Pectoral StretchCross your hands behind your back, raise your arms up and back as far as possible. Stand tall. | Adductor StretchWith feet as far apart as possible, grab ankles or feet and pull torso slowly toward the floor. If you can’t reach your toes then place two fists on the floor behind you and push forward.Groin StretchSit with bottom of feet together, grab feet or ankles, pull in and press down with |
| **THREE ON THE WALL**Calf StretchWith hands on the wall for balance, move hips forward and push back heel down. Keep leg straight. Switch after 30 seconds.Achilles StretchSame as Calf Stretch but slightly bend knee, keep heel one inch off the ground and squat down increasing the load on Achilles tendon.Quadriceps StretchTake one hand off the wall, and grab foot. Pull leg straight up and away from buttocks. Knee should be at a 90° angle. | elbows on the thighs toward the floor.Gluteus Maximus StretchTwist torso with opposite arm. Press knee firmly with arm. Forcing the knee to the other side of the lower leg then switch after 30 seconds.Hip Flexor StretchPlace front foot two feet in front of knee, place hands on knee and force hips forward and down. Spread the chest eyes straight ahead. Make sure the front lower leg is perpendicular. |

**COMPREHENSIVE GOAL SETTING PLAN**

 You should be setting goals for yourself and writing them down. This page will help you in this process. Written goals must be SMART. In other words: Specific, Measurable, Attainable, Realistic, and Timely. They provide a sense of purpose and satisfaction. Goals are an organized and conscious plan that allows us to assess our performance.

The Goal Setting Process

1. Evaluate present skill level

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1. Decide on goals based on true talent, desire, and commitment

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1. Develop action plan for achieving those goals

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1. Set up timeframe for achieving those goals

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1. Implement action plan for achieving those goals

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1. Review results on a regular basis

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1. Go back to step one and confine

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Use a process focus, not an outcome, and remember that all goals should be written as if they existed now. For example: “I go through the step pattern and cadence without the ball 50 times a day.”

**FUNDAMENTALS AND DRILLS LIST**

|  |  |
| --- | --- |
| SkillKnee bend and waist bendExtension and follow throughSpare anglesReleaseStrike lineArm swingConcentrationFirst stepTimingReleaseExtension and follow throughAccuracyBalance at the lineArm swingLane geometryKnee—waist bendFollow through and extensionRelease and targetsRelease and rollSquare at the lineExtension and reachArm swingAngles and targets | DrillBalance line drillOne step drillSpare line drillKneel down drillStrike line drillBalance line drillTarget line drillPush away drillPractice swing drillKneel down drillKneel down w/head touchTarget line drillBalance line drillOne stepTarget line drillBalance line drillKneel down drillPush away (grip and direction)One step drillBalance line drillKneel down drillAll drillsSpare/strike game |

Individual drills will be reviewed and extended as needed throughout the season.

**FRIENDS AND OBSERVERS**

 Many bowlers believe that they have something to offer in the way of advice. While well meant, this tends to interfere with our goal of being fundamentally sound. To accomplish this end, we work on one specific skill each practice and expect each team member go be working on that fundamental during practice. If others offer advice, you simply say, “Thanks, but coach has me working on something else today.”

 If you have a friend or family member who wants to help, tell them what we are working on and ask them to watch for that fundamental. Hopefully, they will understand the importance of consistency and focus on that skill. If they don’t, please ask them to talk to the coaches. We have attached a list of the fundamentals we will be working on. This may change a little depending on circumstances, but it will help guide your friends and family when they want to help. Remember, our goal is to be a complete bowler and to qualify for State in February. To be successful, we must be the most fundamentally sound team competing in our league and in tournaments.

 Because our practice facility is a public establishment, personal contact with non-team members can be a problem. During league bowling and open play this is common and acceptable. However, all school practices are CLOSED practices. If friends are entertained during practice, the team and coaches are distracted. Your friends are welcome to watch, but you are to remain involved in practice. It is your responsibility to let them know the rule and that you will be done at 5:00. If we have to interrupt what we are doing with another team member to remind you of your commitment to the team and our program, you will be asked to leave practice. Each missed practice this season will result in a missed match. If your social life is too important to honor this policy, you will be asked to resign from the team, or be cut. This is for the good of the entire team and the integrity of Varsity Bowling at Wenatchee High School.

**THE SECRET OF FEELING GOOD**

(The perfect strike feeling)

Knee and waist bend gives balance,

Balance allows pendulum swing,

Pendulum swing produces follow through,

Follow through promotes accuracy,

Accuracy provides consistency,

Consistency results in the perfect strike feeling,

The perfect strike feeling results in high games,

High games always feel good.

**WINNING**

Winning in any sport requires sound fundamentals, practice, discipline, and inner drive. WHS will provide the opportunity for practice, teach fundamentals, and encourage discipline, but you must develop the inner drive. Inner drive is demonstrated by a certain aggressiveness, a hunger to improve, and a commitment to give the extra effort to win.

 We will never be losers. Win or lose, we will always bowl with poise, style, enthusiasm, and the desire to win. Our opponents will know they have competed against a team with class. Winners always impress their opponents, regardless of the outcome of the match.

WENATCHEE HIGH SCHOOL GIRLS’ BOWLING TEAM HANDBOOK SIGNATURE PAGE

I have read and understand the following information found in the Wenatchee High School Girls’ Bowling Handbook

|  |  |
| --- | --- |
| 1. General Guidelines and Expectations | \_\_\_\_\_\_Parent\_\_\_\_\_\_Bowler |
| 2. Expectations for Practice and Matches | \_\_\_\_\_\_Parent\_\_\_\_\_\_Bowler |
| 3. How is Varsity Selected | \_\_\_\_\_\_Parent\_\_\_\_\_\_Bowler |
| 4. Absences | \_\_\_\_\_\_Parent\_\_\_\_\_\_Bowler |
| 5. How Varsity Letter is Earned | \_\_\_\_\_\_Parent\_\_\_\_\_\_Bowler |
| 6. Awards | \_\_\_\_\_\_Parent\_\_\_\_\_\_Bowler |
| 7. Coaches Philosophy | \_\_\_\_\_\_Parent\_\_\_\_\_\_Bowler |