**GOING**

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 **THE GOLD ACTION PLAN**

**PREPARE....PRACTICE...PERFORM**

**BY: COACH SHAR.E**

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 **Jr Gold Prep**

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**INTRO:**

The Jr Gold Experience:

The Jr Gold experience is what you make and take away from it. Bowling 16 games over 4 days with over 3500 bowlers will challenge your mental and physical game to the extreme.

You will be bowling 16 games over 4 days, in 2 different houses, on 4 different sport oil patterns.

Total pin fall for the 16 qualifying games will determine who advances to the Advancers Round. Bowlers will advance at a 1:7 ratio for each division; bowlers making the Advancers Round will earn a scholarship.

This action plan was created from what I have learned over the years that helped us manage Jr Gold and other tournaments.

If you are looking to do your best at Jr Gold and other tournaments, you are going to need to prepare, practice and perform! Coach Shar.E

**Dedication:**

This e-book is dedicated to our son Ryan and daughter Jackie Evans. Together we all discovered a whole new world of bowling. Sport Oil Bowling! Both Ryan and Jackie are the reason why the Jr Bowling Sport Challenge was created. When we started attending Jr Gold back in 2004 there wasn't much support or coaching available. We really were on our own. Over time we were able to connect with coaches that could help, however they were states away.

The JBSC program was created in hopes to help our youth bowlers from New England have the connections and resources to learn and grow in the sport oil world.

Thank you Ryan and Jackie for the most amazing journey of our life.

**PREPARE!**

**Team YOU!**

**Work it....Work Through it!**

1. **Select a Squad Time.**

How to register your squad time:

Go to bowl.com click on youth, click on Jr Gold and click on each of the Jr Gold Links for all your information including rules, dress code, equipment specs etc.

Log in to register: Your ID is your last name and your password is the last 4 digits of your social security number.

Study and learn the format of the tournament. (ie,16 games, Advancers, Finals. Jr Team USA quali cations.)

1. **Arrange Travel & Hotel ASAP:**

Hotels: Jr Gold link to travel

[**https://www.bowl.com/Junior\_Gold/Junior\_Gold\_Home/Travel/**](https://www.bowl.com/Junior_Gold/Junior_Gold_Home/Travel/)

**Tip:**

Save money by renting a house or condo for the week with another family. Search for places to rent for a week on google or any search engine in the Las Vegas area.

1. **Organize a Training & Practice Schedule.**

Post a calendar on the fridge or wall with your practice and training schedule.

1. **Budget and Save for Jr Gold**.

You will need to budget for travel, hotel, food, other tournaments, merchandise, any family vacation plans, equipment, and clothes to meet the dress code.

**Tip:**

Hold fund raising events to help with the costs of attending Jr Gold

1. **Start Building Your Bowling Arsenal.**

Bowling Balls

Interchangeable shoes

Switch Grips

Bowling Tool Kit (ask your coach what to include)

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|  **Build a Coaching Team.** |

**6**.

1. Head Coach: Pro, USBC Gold or Silver Coach
2. Proshop, USBC Bronze Coach 3. College Coach (college athletes) **Highly Recommend:**

Working with the Kegel Training Center as your lead coaching team. Del and Randy guided both Tom Hankey and Jackie Evans to winning Jr Gold. When you are ready to go to the next level.....contact Kegel Training Center and become a member of the Kegel family today! The Kegel Training Center has been a big supporter and sponsor since our second year as a program.

[**http://www.kegeltrainingcenter.com**](http://www.kegeltrainingcenter.com/)

**\*Reserve your spot for our Gold Clinic with Del and Coaches from Kegel**

**Date May 23rd at the Cove in Great Barrington Ma. Limited to 50 entries**

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| Note: If you are living in an area that doesn't have coaches with experience in sport oil or |
| Jr Gold, please contact me. I can recommend great coaches to help form your team.  |  |

1. **Start a Daily Routine Now!**

Step 1. Build Endurance: SWEAT IT OUT 30 minutes daily, by walking, working out, biking, or other physical activities that will help build endurance. Step 2. Eat Healthy! Cut back on sugars and junk food. Drink plenty of water and stay hydrated!

Step 3. Sleep: Get plenty of rest. 7 to 8 hours of sleep is needed to perform at your maximum potential.

1. **Weekly Routine:**

Clean Equipment, replace tape, check your shoes.

1. **Do your school work.**

***Good Grades will get you into the college of your dreams***

1. **Prepare for College Recruiters.**

What are college scouts really looking For?

College scouts are more interested in your form and how you present yourself. They are looking to answer these questions are you "trainable"? Are you a good team player? Will you be a good t for their team? How do you handle disappointments? (ie low scores, bad frame etc)

Be prepared to answer this question, "Have you thought about where you would like to go to college and what you would like to major in?"

U15 Athletes: NCAA rules do not allow you to actually speak with College Recruiters. However, you can collect cards and information and get to know who the recruiters are at the Expo.

**TIP:**

Remember to use good sportsmanship always!

**11. How to Impress a College Recruiter?**

Create a Website, a Business Card and a Profile Hand Out Include:

Your Name

Contact Information: Address, Email, Phone

Video Show Case: Include: Side, Front, Back. Practice, During League, Tournaments

Pictures

Your GPA

High School now Attending

Year Graduating

Bowling Stats (averages, high avg, high game, high series, Titles, Tournament Results) Community Service: This is a BIG deal!

Other sports and activities

**Tip:**

Free websites are available at WIX.com

**12. Social Media:**

Facebook Page: Use Facebook to post positive things about bowling, post your bowling stats, post videos, pictures and post about school and hobbies you enjoy doing. College scouts are on all the social platforms learning about youth bowlers and their families.

**Tip:**

**Keep it Positive......**Remember what you post on line lives forever!

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 **PRACTICE WITH PURPOSE**

**Practice Prep:**

1: Set up a practice schedule

2: Set up a training schedule with your coach

3: Ask your center to put out a sport oil pattern.

4: Set up time with your center by the hour not by games.

**Bring to practice:**

1. Bring a note book.
2. Clean equipment and insert new tape (if you use tape).
3. 5 bowling balls
4. Your bowling tool kit
5. Towels

**Practice Time:**

1. Do warm up stretches before bowling.
2. Check the lanes to look for sticky or slippery spots.
3. Determine what you will be working on at practice (example: fundamentals, spare making, etc).
4. You are not bowling for score. Ask the center if they can set the monitor up with outscore keeping.
5. Use all 5 bowling balls you brought.
6. Move around on the lanes. Start from the 1 board moving all the way left for right handers. For left handers, start from the 1 board moving all the way right. Get use to moving around and throw each bowling ball from everywhere on the lane!
7. Get in the practice of writing down after each frame: spare, strike or miss. Write down the ball and what board you were standing on and the target you were shooting at. List sport oil pattern.

The 2 areas to work on at every practice....

1. Your Bowling Rhythm - Walk, Swing & Release 2. Livin on Spares!
2. **Tip:**

\*While in training, avoid candle pin bowling and WII bowling, both will mess up your bowling rhythm.\*



**JR Gold PREP**

**April-July**

Order JSBC All Star Shirts

Practice at least 4 times a week.

Build Endurance through bike riding, walking, jogging

Attend JBSC Super Scholarship Challenge April 19th

Jr Gold Merchandise: Pre-order shirts through [**www.bowl.com**](http://www.bowl.com/)

**May:**

Parents, family, friends, purchase your Jr. Gold 1 Day or Full Week Admission Passes: Order passes online at [**bowl.com**](http://www.bowl.com/) Click on Youth. Click on Jr Gold.

Plan and shop for your wardrobe. The Jr Gold has a dress code. 4 Pairs of Slacks and 4 Shirts with butter y collar or Mock Neck works best. However, look up the dress code at [**bowl.com**](http://www.bowl.com/) (Click on Jr gold and information links for more details) Practice: 5 Times a Week.

Stock your tool kit supplies.

You are allowed ONLY 5 balls for the entire tournament.

**Work with your coach to determine your 5 ball line up.**

**Attend our Gold Clinic Saturday May 23rd with Del and coaches from Kegel.**

**Bowl in T2's Tournament on May 24th at the Cove**

**Bowl in our Junior Gold Super Bowl Mini Jr Gold Tournament May 30th & 31st**

**Tip** 1 Spare ball.1 ball for Short, 1ball for Med, 1ball for Long, 1 ball transition ball.

**June:**

Practice 4 games a day for 5 days in a row. 6th day bowl 8 games in a row. This will help you build endurance for the advancers rounds.

**July**

Check equipment, resurface or purchase new balls.

**Las Vegas is hot. Thumbs and ngers do swell. Carry extra nger grips and switch grips of varying sizes to accomodate for this.**

Keep Practicing

Pack

Confirm Travel Arrangements

# Tournament before Jr Gold: Teen Masters

**Extra Tournaments During Jr Gold Week:**

Turbo Grips Collegiate Expo [**www.turbogrips.com**](http://www.turbogrips.com/)

**DV8 Shoot Out:**

The DV8 Bowl4Life JuniorBowling.com Shootout is your best way to get warmed up before Junior Gold starts. You bowl a total of six games, with two games each on a short, medium, and long pattern. Every bowler receives a new DV8 ball with entry. Because of record participation, squads are now also held after Junior Gold qualifying has completed. Many JSBC bowlers take advantage of this opportunity to get one last competition in before Junior Gold, win scholarships, and qualify for Junior Gold in 2021. This year's Shootout takes place at Santa Fe Station, in the Northwest corner of Las Vegas. Reserve you entry by 6/20/2020 for the lowest entry fee.

[**DV8 Bowl4Life JuniorBowling.com Youth Shootout**](https://www.facebook.com/events/2436066066440180/)

You can find the following USBC youth tournaments being held during Jr Gold Week at [**www.bowl.com**](http://www.bowl.com/)

Jr Team USA Qualifier

Youth Adult

USBC Youth Open

Survivor

**PERFORM**

**Team You at Jr Gold**:

**Registration:** Be on Time! Registration can take a while.

**Practices:** Be on Time! Bring your notebook. Each center will have Ball Sta ers, ask them to help you line up in practice. Move around the center in practice. After practice make a list of balls that work best for the fresh to burn.

In practice, focus on rating your walk, swing, hand release, ball motion. This is the time you have to adjust and improve on areas that may seem just a little o . Rating 1 =good, 2=ok, 3= Need adjustment

Team up with other JBSC members and support each other!

Fuel your body with energy: Eat Right, Healthy Snacks, Water **IT’S GOLD TIME!**

**Bowlers:**

Show up an hour before your scheduled squad time. Seating is limited at the tournament. Get there early to get a seat.

**Tournament Time:**

Fit your equipment. Bring your notebook. Put new tape in and any other prep you need to do. You are allowed only 5 balls the entire tournament. Test your shoes for sticking or slipping.

Do warm up stretches

Super Focus on one ball at a time!

Write in your notebook results after every frame.

You are expected to stay down on the lanes while you are bowling!

Show Good Sportsmanship Always.

Bowlers: Be prepared to speak with the media! Remember they don't know a thing about bowling so keep your answer short, simple and sweet.

**Parents:**

Keep snacks and drinks handy, \* No outside food or drinks are allowed at the centers\* Keep track of your bowlers equipment as they will be moving after each game.

Keep a tournament record.

Keep your bowlers cell phone.

Be your bowlers #1 Cheerleader!

**TIP**

Do yourself a favor, **Hire a coach for Jr Gold Week.**

Parents...... Remember to Lock Your Car! Do not leave laptops, bags or anything in a car while at the tournament.

**Packing Check List:**

\_\_\_ USBC JR GOLD CARD

\_\_\_ Tournament Conformation Letter

\_\_\_ At least 4 pair of slacks

\_\_\_ At least 4 Mock or Butterfly collared shirts

\_\_\_ Socks and Underwear

\_\_\_ Bathroom Accessories (shampoo, deodorant, tooth & hair brushes)

\_\_\_ Cell Phone, Laptop, Camera, Adapters, Batteries, Power Cords

\_\_\_ Hand Towels & Beach Towels

\_\_\_ Prescriptions/ Tylenol/ Ibuprofen etc

\_\_\_ Epsom Salt To soak hands to help heal open sores.

\_\_\_ Bowling Equipment

\_\_\_ Bowling Accessories Tape, New Skin, Scissors, Nail Clippers, Band-aids, tools to remove tape with, Nail file, Wired shoe brush, Avalon Pads, Extra Grips

\_\_\_ Handheld Fan and batteries

\_\_\_\_ Super Glue

\_\_\_ Anything else you would like to bring

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