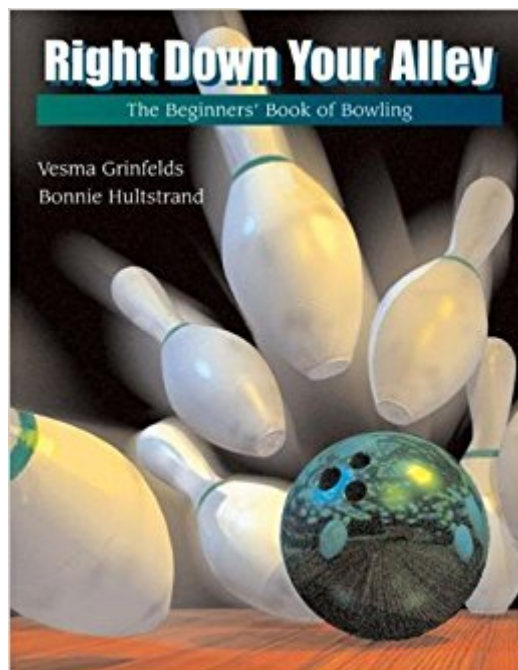




The book was found

Right Down Your Alley: The Beginner's Book Of Bowling (Wadsworth Activities)



Synopsis

RIGHT DOWN YOUR ALLEY: THE BEGINNER'S BOOK OF BOWLING, guides students through the basics of bowling preparation, movement, and adjustment and conversion systems. It includes everything a bowler, whether beginner or advanced, young or old, will need to know about the game of bowling to keep improving. Throughout the text, students will be introduced to all the newest proven techniques, equipment, and teaching and learning concepts that are currently and effectively used by bowlers, coaches, and teachers across the country.

Book Information

Series: Wadsworth Activities

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Average Customer Review: 4.5 out of 5 stars 2 customer reviews

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#26866 in Books > Health, Fitness & Dieting > Diets & Weight Loss

Customer Reviews

1. Understanding the Basics. 2. Preparing for Action. 3. Stance, Approach and Delivery Concepts. 4. Principles of Movement Applied to Bowling. 5. Common Errors and Corrective Actions. 6. 3-1-2 Strike Adjustment System. 7. 3-6-9 Spare Conversion System. 8. Bowling for Those with Disabilities. 9. The Modern Bowling Environment and 21st Century Technology. Appendices.

Vesma Grinfelds earned her B.A. Degree from the University of California, Berkeley in 1971. While attending, she was a member of the bowling team and finished 2nd in the Intercollegiate Championships All-Events. Her professional bowling career started in July 1971 after winning her first title in Las Vegas. During the 20-year span of competitive bowling, she amassed 10 professional titles, 13 regional professional titles, 2 WIBC event titles, and 2 international titles (Japan and the Philippines). She has accomplished three 300 games and an 810 three game

series. Vesma was a Master Clinician for the National Bowling Council for 12 years during which time she conducted seminars to bowling coaches and instructors concerning the teaching of bowling fundamentals and techniques. She was also a coach for the Philippines National Bowling Team for the Southeast Asian Games in 1981. During her bowling career, Vesma was a long time representative of the Brunswick Corporation. She was inducted into the U.S. Bowling Hall of Fame in 1991 for Superior Performance and the Professional Women's Bowling Hall of Fame in 1997. Currently, Vesma bowls occasional events and remains involved with the sport by supporting the budding bowling career of her son, Dzintars. She resides in San Francisco and is very active in philately.

Bonnie J. Hultstrand received her B.S. Degree in Physical Education from St. Cloud State College in 1960 and her M.S. Degree in Physical Education from Washington State University in 1966. After 39 years of teaching, she retired in 1999 as Professor Emeritus from the University of Idaho where she spent her last 24 years of teaching and coordinating the Undergraduate Physical Education program. Prior to the University of Idaho, she taught at the University of Wyoming, Washington State University, and had a four-year stint in the public schools. Her areas of teaching ranged from a variety of professional preparation courses to sport activities. Bowling instruction was always a significant part of her teaching responsibilities. In addition, her 18-year coaching career included the collegiate bowling team at Washington State University. Among her professional leadership and teaching awards are: Northwest American Alliance for Health, Physical Education, Recreation, and Dance (AHPERD) Outstanding College/University Physical Educator of the Year (1998); Idaho AHPERD Outstanding College Physical Educator of the Year (1997); Idaho AHPERD Distinguished Service Award (1989); Associated Students of UI Outstanding Teacher Award (1986); College of Education Outstanding Faculty Award (1990); Chair of Faculty Council (1992-93); and UI Alumni Excellence in Teaching Awards. Bonnie is currently retired and resides in her northern Idaho lake home. She enjoys an active lifestyle that includes traveling, reading, golfing, and volunteering.

This book costed me half the price! and, it was in great conditions! 5 stars because, it was said as is!

A very well written book on the subject in clear language. Great resource for not only the beginner but for the experienced bowler as well. Enjoyed very much.

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