

San Jose Women's 500 Club



Spring Newsletter

Volume 2, Issue 3

A Quarterly Publication
Spring 2011

The Newsletter Revival

Suggestions for topics are welcomed and can be sent to newsletter@sanjosewomens500club.com. Newsletter submissions must be submitted for consideration one month prior to the release date listed below.

Summer Newsletter – July 15th, 2011

Fall Newsletter – October 15th, 2011

You can also find our newsletter on the Club's website

<http://www.sanjosewomens500club.com>

Annual Open Meeting

San Jose 500 club members this is your annual meeting for your club. Open to all San Jose Womens 500 club members, Agenda will be provided prior to the meeting and we discuss topics of interest and vote on Officers and Directors during this meeting.

Date: May 7, 2011

Location: Mission Lanes

Time: Immediately following the completion of our Friendship and Fun tournament.

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TOURNAMENT RE-CAP

JANUARY 8, 2011 500/600 TOURNAMENT

We had 23 bowlers participate in this tournament. Congratulations to **Ginger Greenfield and Saida Nassirrudin** who won the tournament.

FEBRUARY, 2011 ANY PARTNER WILL DO TOURNAMENT

We had 90 bowlers participate in this tournament held at Mission Lanes in Milpitas. Congratulations to **Muffy Breaux and Celestino Jones** who won the tournament.

MARCH 12, 2011 – ANNUAL CHAMPIONSHIP

Our Annual Championship Tournament was held at 4th Street Bowl and we had 37 bowlers. Congratulations to **Brianne Laiwa** who won the tournament with a 734 Series.

<http://www.sanjosewomens500club.com/Results.htm>



**Check in table at Annual Championship Tournament
March 2011**

<http://www.sanjosewomens500club.com>

Bowling bits

“10 Things to Remember”

1. **Equipment:** Purchase a ball and have it drilled by a pro-shop to fit your hand.
2. **Approach:** Ensure that the ball and your feet arrive at the line at the same time. When you get to the foul line, stay down with a good knee bend and be stable.
3. **Armswing:** Try to hold your ball just outside your body when you setup. As you start your swing let the weight of the ball dictate the speed of the swing as your arm acts like a pendulum exerting no force of its own.
4. **Release:** Remember to always try to keep your palm facing upwards when releasing the ball.
5. **Follow-through:** In order to develop good follow-through remember to have your hand end up next to your right ear for righties.
6. **Aiming:** For a right-handed bowler, if you are hitting your mark but the ball is playing to the right of the pocket move your feet several boards to the right on the approach. If you are hitting too far left, then move your feet left.
7. **Lane Conditions:** Ball selection is a key in conquering various lane conditions.
8. **Tempo:** Be prepared to bowl before you step on the approach.
9. **Mental Preparation:** Imagine in your head what is going to happen before you throw the ball.
10. **Practice:** The only way to be consistent in bowling is through practice. Practice gives us muscle-memory necessary to throw the ball the same way over and over again. When practicing try not to keep score. Work on those aspects of your game that need improvement,



UPCOMING 500 CLUB TOURNAMENTS

FRIENDSHIP AND FUN

MAY 7, 2011

PLACE: MISSION LANES

TIME: **11:30 AM START TIME**

San Jose 500 club member can invite a female friend to bowl.

Fern Mesa

June 18th, 2011

PLACE: 4TH STREET BOWL

TIME: 1 PM

Open to all bowlers with a current USBC card

Invitational No Tap

July 10th, 2011

PLACE: HOMESTEAD LANES

TIME: 1 PM

Open to all members of women's 500 club's must have a current USBC card



Strike Raffle winners – Annual Championship March, 2011.



Other 500 Club News

State 500 Club

California Women's 500 club (State 500)
23rd Annual Princess Tournament
April 2, 2011
Cedar Lanes
Fresno, California

Congratulations to our very own Brianne Laiwa who won the Classic Division of this tournament with a 682 series. Way to represent the San Jose 500 Club – Great Job!

2011 California Womens Annual Tournament
April 2 – May 22nd, 2011
Held in conjunction with the California USBC
Womens Tournament.

If you are interested in bowling in this tournament please visit their web site for details.

<http://californiawomens500club.com>

Raffle Donations

Raffle donations are greatly appreciated, if you have any items for our raffle please contact Vicky Saucedo at 510.304.9840 or Elizabeth Brill at 408.248.5837

HOW ARE BOWLING BALLS CREATED?

The tough part about the design processes is the engineering of the core or weight block in the center of the ball. Of course, the cover on the ball can affect the reaction between the ball and lane surface but the weight block affects the rotation of the ball drastically.

The manufacture of bowling balls is a complex process. Several steps are involved in the process. These steps are core manufacturing, coverstock molding and ball finishing and packaging.

The first step of ball manufacturing is to make the core. The material used to make a core is a filled polyester resin. The weight and size of the core determines the weight of the finished ball. The core design and its positioning in the ball molding will determine the ball top weight and pin out, which can affect the roll of the ball.

Another step in the core manufacture is to make sure that there is a hole in the core. In many cores the hole is molded into the core, if not it will be drilled. The hole in the core is used in the process of adhering the coverstock on the ball via the use of a riser pin.

Coverstocks (shells) of bowling balls start out as liquids. The coverstock material is poured into a round mold around the core and allowed to harden. Coverstock molding begins by preparing a mix of the chemicals specified by the ball design as well as various colors and additives. The coverstock material is poured around the core. Once the coverstock has hardened, the ball is removed from the mold. There is still a hole in the ball where the riser pin had supported the core.

Once the ball cures, the ball is then finished and packaged. The first step in finishing the ball is to lathe, turn it to get it round and close to the final size. The ball is designed to be imbalanced, or have a top weight, as it is floated, the center of gravity will face straight down. The ball is then engraved by the manufacturer and then either polished or sanded depending on the design.

All of these steps are critical to ensure that the ball's finished diameter meets specifications. Once the surface has been finished the ball is sent to a weighing station to check the gross weight, top weight and pin locations. If all specifications are met the ball is packaged and ready for delivery to the customer.

Word Search

Find the following words in the puzzle below.

Strike	Spare	Sour Apple
Split	Lanes	Bowling Alley
Club	Ball	San Jose
Gutter	Turkey	

A	H	M	K	G	S	T	R	I	K	E
W	T	R	S	A	N	J	O	S	E	F
L	D	S	O	E	T	Y	J	V	S	Y
B	U	J	P	D	Q	N	X	R	L	E
N	B	A	L	L	A	G	H	C	D	L
I	L	F	B	A	I	U	Y	S	K	L
C	A	Q	U	Z	C	T	B	P	W	A
V	N	O	K	E	G	T	I	A	C	G
Y	E	K	R	U	T	E	D	R	P	N
O	S	C	G	I	S	R	Q	E	L	I
E	M	H	P	Y	I	A	H	C	M	L
D	S	L	T	B	U	F	F	J	A	W
J	S	O	U	R	A	P	P	L	E	O
Z	X	F	N	V	G	M	O	N	R	B
B	W	P	C	L	U	B	K	Q	X	E

500 Club Shirt --- Reminder

A white or black shirt with our Club logo or a white/black shirt with a collar without the logo is required attire for club members at Club tournaments.

