

San Jose Women's 500Club



Fall Newsletter

Volume 2, Issue 5

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Fall 2011

The Newsletter Schedule

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.

Winter Newsletter – January 15th, 2011

Spring Newsletter – April 15th, 2011

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

www.sanjosewomens500club.com

Let's keep in touch

Have you moved recently? Have a new email address?

Please make sure you update the San Jose 500 Club at the next tournament you attend to ensure you don't miss news of upcoming events.



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Did you know?

That USBC rules DOES NOT require bowling shoes to be worn during USBC completion.

You read that correctly, USBC's only rule relating to shoes is Rule 12, "Approaches Must Not Be Defaced." Rule 12 prohibits soft rubber soles and heels that rub off the approach. Bowling centers, leagues and tournaments may have their own rules regarding the use of bowling shoes.

Helpful hints and rules like this can be found on usbc.com website, bowl.com.

National 500 Club News

National Women's 500 Club: Mail-O-Graphic Singles Tournament – November 6-9th, 2011 for additional information and enrollment forms please visit the National 500 Club website.

The following Women's 500 Club's are holding tournaments - for additional information regarding dates and times please contact their club's directly.

- Dec. 17th.....Gold Country 500 Club
Christmas Pot Luck Singles Tournament



Bowling Techniques

This quarter we will discuss Arm-Swing and its importance. Arm swing direction is important because it allows you to hit your target consistently. Today we'll discuss what is often referred to as the "pro groove" which calls for a subtle loop in the swing, generally no more than a few inches.

It's often defined as a slight tuck to the inside at the top of the back swing before coming through on line to the target. This allows for stronger leverage and hand position at the point of release.

You can try practicing the pro groove by imagining that you're standing inside a clock face with your head at 12:00. Keep your arm swing between 12:00 and 1:00 on the backswing and between 5:00 and 6:00 at the low point. Your swing should stay within that four-hour zone throughout the delivery.

It's important to be comfortable with your swing and to experiment with your swing until you find what's comfortable for you.

Recruit New Members

The Fall Bowling Leagues are well under way – check your weekly stat sheets and if a female bowler rolls a 500 or better let her know about our San Jose 500 Club. New members equate to more bowlers at our tournaments which in turn leads to more bowling fun for everyone!!



www.sanjosewomens500club.com



UPCOMING 500 CLUB TOURNAMENTS

November 12, 2011

PLACE: Mission Lanes

TIME: 1:00 PM

San Jose 500 club members and open to anybody that holds a USBC card.

December 3, 2011

PLACE: Cambrian Bowl

TIME: 1:00 PM

Friendship and Fun 3-6-9: San Jose 500 club members and a female non club member friend.

January 14, 2012

PLACE: Cloverleaf in Fremont

TIME: 1:00 PM

Bakers Double: Open to all bowlers with a current USBC card.

TOURNAMENT RE-CAP

June 18, 2011

Fern Massa Memorial Tournament

Congratulations to Kathleen Bowman who won the tournament with a 661 series.

July 10, 2011

Invitational No Tap Tournament

Congratulations to Linda Dance who won the tournament with a 831 series.

August 13, 2011

Guys and Gals Scotch Doubles

Tournament – congratulations to Corine Benard and Justin Bernard who won the tournament with a combined 1393 series.

September 10, 2011

Patriot Day Tournament

Congratulations to Muffy Breaux who won the tournament with a 700 series.

500 Club Tournament Attire - 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.

