

San Jose Women's 500Club



Winter Newsletter

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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.

Spring Newsletter – April 15th, 2012

Summer Newsletter – July 15th, 2012

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

www.sanjosewomens500club.com

Let's keep in touch

The Club has a new email address we will be using for communications regarding all tournaments and club business. Please make note of our new email address, send entry forms, questions, etc.

sjwomen500club@gmail.com



Facts: A Bowling Pin

Composition: Hard maple

Coating: Plastic

Height: 15 inches

Weight: Between 3 pounds, 6 ounces and 3 pounds, 10 ounces

Base Diameter: 2 ¼ inches

Circumference at Widest Point: 15 inches

A Pin's Life

Most bowling centers will have at least two sets of pins. This way, the operator can rotate out one set midway through the bowling season and allow those pins to rest while using the other set. If consistently rotated, a set of pins will last three good seasons of league bowling before a center operator needs to purchase new pins. Pin life can be stretched beyond that, but the quality of play will go down.

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National 500 Club News

National Women's 500 Club: Indian Wells Valley 500 Invitational Tournament – February 4th, 2012. For additional information and enrollment forms please visit the National 500 Club website.

The following Women's 500 Clubs are holding tournaments in January, for additional information regarding dates and times please contact their club's directly.

- January 22, 2012 - DELTA 500 Club Invitational Tournament – Stockton, CA
- February 25, 2012 - Gold Country 500 Club Singles Tournament, Members only

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!!



Bowling Techniques

This quarter we will discuss bowling adjustments. In order to bowl consistently high games you have to be willing to make adjustments. You need to be able to read lane conditions and be willing to make the necessary adjustments. The following tips will help you determine when the lanes require an adjustment and how to apply it.

Lateral adjustments: when you're missing left or right, try a lateral (side-to-side) adjustment to correct. This means shifting your starting position either left or right with no other changes. Move in the direction of the miss.

Forward/backward adjustments: If the lateral adjustment doesn't correct missing left or right try moving forward or backward. If you start a step forward of normal, the ball will get to the pins quicker. If you start a step backward, the ball will take longer to get there.

Speed adjustments: Oil can be your friend, take advantage by changing the speed of your ball. Generally a slower speed will result in more hook, and a faster speed will result in less hook.

Finger position adjustments: use your index and pinky fingers to control the amount of rotation on your ball. When you want less hook, spread your fingers wider. When you want more hook, bring your fingers closer together.

Ball adjustments: When all else fails, maybe it's time to try a new ball 😊

UPCOMING 500 CLUB TOURNAMENTS

February 11, 2012

PLACE: Moonlite Lanes
TIME: 1:00 PM
500/600 clubs tournament

March 10, 2012

PLACE: Morgan Hill Bowl
TIME: 1:00 PM
Championship tournament - San Jose 500
club members only – qualifier

April 7, 2012

PLACE: Moonlite Lanes
TIME: 1:00 PM
Edith Prows Memorial Tournament no tap,
doubles.

TOURNAMENT RE-CAP

October 8, 2011

Garlic Lovers Tournament

Congratulations to Ellen Chong who won the
tournament with a 697 series.

November 12, 2011

Memorial Tournament

Congratulations to T.H. Hall who won the
tournament with a 750 series.

December 3, 2011

Friendship & Food 3-6-9 Tournament

Congratulation to Erma Herrmann who won
the tournament with a 805 Series.

Bowling Ball Raffle

Congratulations to Alice Obermueller who
won the raffle. Thank you to all that
participated.

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.



www.sanjosewomens500club.com