



GFUSBCA



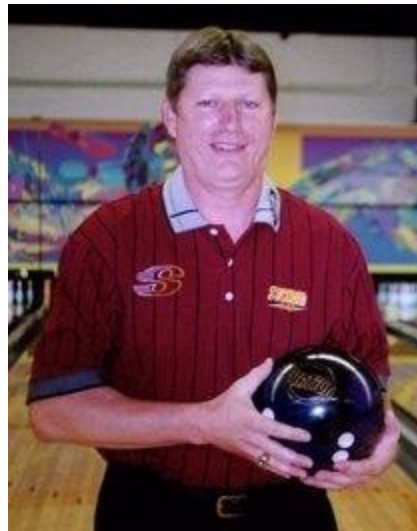
The Strike Force Gazette

Greater Fredericksburg United States Bowling Congress Association Newsletter

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ONE OF OUR OWN—State Hall of Fame



It is with great pride and honor that the GFUSBCA recommended Paul to be considered as a candidate for the Virginia State Hall of Fame. For those of you who do not know Paul, here is a little history about him and his bowling career. Paul started bowling at Fort Ritchie Lanes, Fort Ritchie, MD where his father was a mechanic and later the manager. He bowled there a few years in the bantam leagues before giving up the sport until college. He picked up the sport again in college, bowling in several leagues a week by his senior year.

He took another break from the sport until joining the U.S. Air Force and being assigned to Minot AFB, ND in 1987. He began league bowling in earnest and was a member of the base bowling team for three years. After three years at Vandenberg AFB, CA bowling in multiple leagues, he moved to Randolph AFB in San Antonio, TX. His passion soon turned into an obsession as he bowled in six leagues a week, anchored the base bowling team and bowled tournaments almost every weekend. It culminated with him being selected as the San Antonio Bowling Association's Bowler of the Year 1997-1998. Paul rolled his first 300 game in 1997 at Randolph AFB only to roll another one two nights later. It was while in San Antonio that Paul made the first of three All Air Force teams. After moving to Omaha, NE in 1998, Paul bowled in four leagues at Offutt AFB, NE; Omaha, NE and Council Bluffs, IA. In 2000-2001, Paul received the Greater Omaha Metro Bowling Association's Award of Merit for having the highest league average in the Association with a 232. In February 2001, Paul was the runner-up at Air Force Championships held at Tinker AFB, OK.

(Continued on Page 7)

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Cannon Ball Lanes Dahlgren

Hall of Fame



Liberty Center Massaponax

2015-2016 GFUSBCA Hall of Fame

The GFUSBCA will be holding a Hall of Fame Induction Ceremony on Saturday, November 12th to honor this year's Hall of Fame recipients. The inductee for Meritorious Service is **Bobby Phillips** and the inductee for Bowling Achievement will be **Bryan Gallahan**. The ceremony will be held in the Presidential Ballroom at the Hospitality House at Central Park from 5 pm to 10 pm. Costs of the tickets are \$ 30 each.

If you wish to attend, please see Brenda Chambers, HOF Chairperson or any GFUSBCA Board Member. Brenda can be reached at bcham329@aol.com or at 540-710-9804.

Nominations for the 2016-2017 GFUSBCA Hall of Fame are now open. The nomination process will conclude on December 31, 2016.

Nomination of the candidates for election into the GFUSBCA Hall of Fame can be made by any GFUSBCA certified bowler or a GFUSBCA Hall of Fame Member.

All qualifications and achievements of the candidate must be provided on a standard GFUSBCA Nomination Form which can be obtained at each center, the GFUSBCA newsletter, the GFUSBCA website or by asking any of the GFUSBCA Board Members.

All applications must be submitted to the GFUSBCA Hall of Fame Chairperson, Brenda Chambers, or an GFUSBCA Board member. ***The application must be submitted in a sealed envelope.***

A deceased bowler may be eligible for induction into the GFUSBCA Hall of Fame.

Contact the GFUSBCA with any questions.



AMF Dale City Lanes Woodbridge




AMF Fredericksburg Lanes

*** ANNOUNCEMENTS ***

The GFUSBCA Tournament season has started!
 Hope to see all members out on the lanes for each tournament.
 Good luck and high scores to all!!
 Want to volunteer? Contact an association member!

**Any GFUSBCA member can and are encouraged to submit articles, announcements, etc. for this newsletter.
 If you have an event/news, please email the Association Manager.**

- ✓ 5 & 6 November 2016 - Senior Tournament at AMF Fredericksburg
- 7 & 8 January 2017 - Women's Tournament at Liberty Lanes
- 4 & 5 February 2017 - Youth Tournament at Liberty Lanes
- 25 & 26 February 2017 - Mixed Tournament at AMF Dale City
- 18 & 19 March 2017 - Open Tournament at AMF Fredericksburg



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Upcoming Local Tournaments and Events

- ◆ Second Sunday of the Month, Liberty Doubles Shootout Handicap Tournament, 10:00am Liberty Center
- ◆ Last Sunday of the Month, TNT Dynamite Handicap Doubles, 9:00am AMF Fredericksburg
- ◆ Last Sunday of the Month, Heard Scratch Sport Tournament, 2:00 pm AMF Fredericksburg

Check GFUSBCA Web Site <http://gfusbc.org/events/events.aspx> for more events



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Youth News!

Saturday Youth Legends had 4 youth participate in the Virginia Commonwealth Games based on their qualifying for Pepsi. 3 made the first qualifying cut. Jaymes Chase (in picture) took 1st Place in his division earning the Gold medal. He rolled his highest game to date during the tournament with a 279 game! Jaymes entered the tournament with a 178 average. Ashlynn Mayhall (in picture) took 2nd place in her division earning the Silver medal Ashlynn also rolled an all time high game of 178 during the tournament. She entered the tournament with a 111 average. Shelby Sullivan placed 5th in her division.

(See Photo on Page 6)

High Scores and Series Achievements

Saturday Youth Legends

Lenora Leake (10/1) 138 avg., 197 game
 Lydia Watkins (10/1) 107 avg., 143 game
 Codie Garrison (10/1) 129 avg., 163 game
 Jaymes Chase (10/1) 159 avg., 258 game
 Izzy Kelly (10/1) 119 avg., 150 game
 Bailor McGettigan (10/8) 86 avg., 123 game
 Ashlynn Mayhall (10/8/) 122 avg., 165 game
 Haley Henneberry (10/8) 57 avg., 89 game
 Jaymes Chase (10/15) 178 avg., bowled a 213, 223, and a 190 for a 626 series
 Anthony Watson (10/15) 79 avg., 103 game
 Grant DeVries (10/15) 86 avg., bowled a 108, 91, and a 136 for a 335 series
 Matthew Merritt (10/15) 91 avg., bowled a 124, 108, and a 111 for a 343 series
 Izaiah Garrison (10/15) 95 avg., 112 game
 Brody Kmety (10/15) 64 avg., 100 game
 Israel Rock (10/15) 78 avg., bowled a 78, 120, and a 114 for a 312 series
 Shelby Sullivan (10/15) 153 avg., 190 game
 Lydia Watkins (10/15) 114 avg., 170 game
 Bailor McGettigan (10/15) 89 avg., 133 game
 Bentley Beaman (10/15) 72 avg., 108 game
 Lenora Leake (10/15) 142 avg., 194 game
 D.J. Watson (10/15) 78 avg., 120 game
 Leana Williams (10/15) 88 avg., 110 game
 Dalton Dean (10/15) 170 avg., 227 game
 Dominick Henneberry (10/15) 153 avg., 181 game

Fred City Strikers

Josh Mattice (9/10/16) 214, 236, 258 =708 set
 Taelor Brown (9/17/16) Avg 106 - 156 game
 Josh Mattice (9/17/16) 162, 259, 298 (11 in a row) = 719
 Devin Jobe (9/17/16) Avg 165 - 225 game
 AJ Dyott (9/17/16) Avg 169 - 224 game
 Phillip Pryor (9/17/16) Avg 155 - game 237
 Scott Southall (9/24/16) Avg 192 - 269 game
 Cody Abelende (10/01/16) Avg 169 - 226 game
 Caleb Mattice (10/01/16) Avg 180 - 230 game
 Evan Snowman (10/01/16) Avg 157 - 214 game
 Taelor Brown (10/8/16) Avg 106 - 169 game
 Jacob Horsman (10/8/16) Avg 143 - 201 game
 Anthony Picariello (10/15/16) Avg 134 - 235 game
 Pete Oliver (10/15/16) Avg 195 - 257, 237, 267 761 set
 Cody Abelende (10/15/16) Avg 178 - 244 game
 Philip Mayden (10/22) 98 Avg, 170 game
 Evan Snowman (10/22) 153 Avg, 232 game
 Dylan Perdue (10/22) 150 Avg, 215 game



Association Manager Comments

League sanctions and awards are being processed as they are received.

Remember—when completing your tournament applications, please ensure all data is complete.

Secretaries please remember to submit your Honor Scores as soon as possible.



Thank you Ralph Grubb for submitting this cartoon!!



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Honor Scores

Reported for October

Bowler	Achievement	League or Tournament	Date
Oliver, John	300 Game	Merchant Mixed (AMF Fred)	10/4/2016
Simpson, Michael	300 Game	Wednesday Night Men's (Liberty)	10/5/2016
Simpson, Michael	11 in a row	Wednesday Night Men's (Liberty)	10/5/2016
Simpson, Michael	824 Series	Wednesday Night Men's (Liberty)	10/5/2016
Taylor, David	803 Series	Thursday Knights (AMF Fred)	10/6/2016
Furnia, Jonathan	300 Game	Tuesday Nite Mixed (Liberty)	10/11/2016
Underwood, Russell	803 Series	Liberty Eagles (Liberty)	10/16/2016
Herron, Marclay	803 Series	Liberty Eagles (Liberty)	10/24/2016
Toman, Martin	842 Series	DCMML (AMF Dale City)	10/31/2016
Toman, Martin	11 in a row	DCMML (AMF Dale City)	10/31/2016



Jaymes Chase and Ashlynn Mayhall with their winning medals from the VA State Commonwealth Games!



Lane Representatives:

AMF Dale City—Dan Lorenz
 Liberty Lanes—Mark Henderson
 AMF Fredericksburg—Jeff Crouch

Director #5 (Youth)
 position is now available. If you
 are interested, contact a mem-
 ber of the Board.

ONE OF OUR OWN (Continued from Page 1)

Paul arrived in Fredericksburg, VA in 2001. He continues to bowl in multiple leagues each week and does so in three different houses. He also bowls in tournaments all over the United States. In June 2005, Paul set the VA state record with an 879 series bowling at Liberty Lanes Stafford. Paul has also served as the President of the GFUSBCA from 2007-2011. During his tenure as the Association President, he developed a Standard Operating Procedure's manual for the Association, and he attended the National USBCA conventions. Attendance at the yearly BVL ceremony at the Tomb of the Unknown Soldier was an event that Paul was honored to be a part of. Most importantly, he served as a leader and mentor for other bowlers in the Association. In seven of the GFUSBC Open tournaments, he won 11 scratch titles. In April 2013, Paul won the Nation's Capital Association Tournament All Events Scratch Event. Several years ago, Paul bowled a 300 at the National Bowling Stadium in Reno, NV during the USBC Open Championships. This year, Paul also bowled a 300 game at the National Military Tournament held in Las Vegas, NV. A review of his bowling career shows that he has averaged over 200 in 63 leagues with 41 of the leagues having an average of 220 or higher. Paul has 35 career 300 games and 19 career 800 series.

Anyone who knows Paul can tell you that he epitomizes what it is like to be a good sportsman and a gentleman. In 2013, Paul was inducted in the GFUSBCA Hall of Fame. While an induction into the local association is something to be proud of, having Paul honored on a State level is an even greater achievement and one for which he can add to his many bowling accomplishments.

Paul is very deserving of this honor and the GFUSBCA is excited to see him get recognized for his bowling achievements and for his service to the bowling community where his support to the USBC is beyond reproach. Congratulations **Paul Rumbaugh**.

Are you interested in supporting your association, we have the following committees that could use your help:

Audit	Lane Certification
Awards	Nominating
Budget and Finance	Scholarship
Coaching	Tournaments
Communications/Facebook	Way and Means
Community Service	Website
Constitution and Bylaws	Workshop
Hall of Fame	Youth

Contact a member of the board for more information.

Coaches Corner

Three Bowling Tips from the Coach

Number 1:

Relying on muscle memory is key to performing at a high level. Overthinking your physical mechanics is a common mental mistake in competition. Whether it's trying to fine-tune your already-rehearsed mechanics during competition or simply overthinking what your body is doing, learning to keep your brain focused on making strategic adjustments and staying on "autopilot" is key to not making unforeseen mistakes.

Number 2:

While subtle, proper balance during the approach provides an important base for the rest of your shot. Below are some quick tips to increase your balance throughout your approach:

Your stance – ball-side foot should be slightly behind the opposite foot. Your knees should be slightly bent

Tilt your shoulders slightly forward Put the ball between shoulder and chin

Make your wrist firm to support the bowling ball

Keep your first step short to begin your momentum

Number 3:

A good spare shooter must have a plan before each shot. With the 3-6-9 system-great for those who roll the ball straight or with a slight curve-the bowler moves left or right on the lane depending on which pins are still standing after the first ball. The target on the lane stays the same as for the strike ball and the ball is rolled across the lane at the spare.

For this system to work, you must know which board you stood on for the strike shot and be able to identify and hit the key pin-either the only standing pin or the pin with the lowest number among all the pins left standing.

After identifying the key pin, determine which zone that pin stands in, as shown in Figure 1. Then move three boards for each zone that pin is away from the head pin. For example, the 2- and 8-pins are one zone away from the head pin. If either of those pins is standing after the first ball, move three boards to the right and roll across the lane. If the 10-pin is left standing, for instance, the bowler moves nine boards to the left since the 10-pin is three zones to the right of the head pin. The chart in Figure 2 shows you how many boards to move depending on the key pin.

If you are a certified coach and willing to assist in teaching the youth and adult members, please contact a member of the [board of directors](#).