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Your GFUSBC Newsletter



www.gfusbca.org

Mission Statement

The Greater Fredericksburg USBC is to be the unified organization of choice focused on the promotion and growth of the sport of bowling in and around the Greater Fredericksburg region.

GFUSBC awards youth and adult scholarships.

In December 2009, youth coaches were give information to share with all graduating seniors in their leagues. Information about an adult scholarship was posted in this newsletter and on the GFUSBC Website. These scholarships award 250 dollars in USBC SMART funds to youth winners and 500 dollars to one adult. Once the winner is accepted to the school of their choice, the funds are transferred to that institution in the students name.

Our Scholarship Committee of Brenda Chambers, Melinda Reynolds and Adrienne Carrington reviewed the applications and interviewed the applicants. The 2010 GFUSBC youth scholarships are awarded to:

Errin Antwine of North Stafford High School Brittany Robinson of Chancellor High School

Our first Adult GFUSBC Scholarship goes to:

Samantha Iverson

Samantha will attend Germanna Community College.

Congratulations to these young men and women and we wish you success in your studies and future.

GFUSBC Bowlers Showing They Care

In leagues and at tournaments, association bowlers are contributing to worthy causes. **Bowlers to Veteran Link (BVL) and Bowl for the Cure** are high on the list of charities we give too. Each person that gives, even a small amount, is making a difference in many lives. Thank you from your GFUSBC Association for continuing to support all these important causes.

GFUSBC Bowlers Showing They Care (Cont.)

In the 2008/09 season GFUSBC Members gave \$7,295. So far, in the 2009/10 year, we have collected \$4,948. Here are a few leagues that gave Lanes & Frames a report of their fundraising.

In February the **Tuesday Morning Ladies League of Massaponax South** held its 4th Annual Bowl for the Cure. We raffled off a gourmet food basket, over 20 items in the silent auction, ran a 50/50 raffle and gave away prizes to those who got a strike with a pink pen in play. The ladies all wore pink and had pink snacks. All the bowlers had a great time.

The Ladies raised \$465.00.

The Colonial Beach Ladies League of AMF recently held their annual Bowl for the Cure event.

The Ladies raised \$161.50.

The Stafford Liberty Ladies League of Liberty Lanes Stafford raised \$589 in support of the Susan G. Komen Bowl for the Cure to find a cure for breast cancer. President Nita Markle happily reported their total from their 36-person league's efforts. Every bowler pledged a penny a pin or made a donation for one league date in February. They also sold raffle tickets for a gift certificate donated by Liberty Lanes. Special recognition goes out to Linda Chappell for organizing the pledging of a penny a pin games and Wanda Andrews and Cindy Voltz for selling the raffle tickets. Also, many thanks go out to all who participated in the fund raiser.

The Ladies raised \$589.00.

**The Stafford Liberty Ladies proudly contributed this money in memory of one of their former bowlers and friend, Marva Burr.

News From Our Leagues and Other Tidbits

Thursday Lake of the Woods (LOW) Fun Bowling League

Submitted by Joan Trotter

Ralph Sonntag of the HI-Lows averages 131. Like most of us, Ralph likes the games he bowls over average and he especially likes a 144 game. So it would seem anyway, because in March he bowled a triplicate set of 144. Carolyn Holland (suffering with back pains but keeps on bowling) started a year ago with a 90 average and has often been rolling over 100 this season with her latest game being 130. Sort of takes the air out of those bad back excuses doesn't it.

Tuesday Night Mixed – Liberty Massaponax.

Soledad Russell bowed her highest game ever when she shot a 255. Must have been a lot of smiles and hand slaps for this game.

Tuesday Morning Ladies League - Liberty Massaponax.

Submitted by Cherie Harbison

Bonnie Martin will be 80 in April. We wish you a very Happy Birthday Bonnie and we are so happy you are part of our league. By the way, Bonnie averages 136.

Colonial Beach Ladies - AMF

Submitted by Peggy Roath

We bowl Tuesday mornings. If you are interested in joining our league next season, contact Peggy Roath at 540-898-1403 or on-line (pwroath@comcast.net). Our only criteria is that you be female - no need to be a senior or live in Colonial Beach.

Fawn Lake Senior Men – AMF Submitted by Deborah Johnson

Pat Fountain (184 average) bowled his first 300 game in the Fawn Lake Senior Men's League on March 29th. I understand there was quite a fuss as he proceeded to roll his tenth frame strikes (calmly I am sure). This is an uncertified league so Pat will not receive USBC Awards or be listed in the Bowling Hall of Fame but, none the less, this is a very noteworthy bowling achievement and the GFUSBC Association congratulates Pat for his fine game.

AMF National "In League Tournament"

Over the last several weeks, AMF has conducted an "In League tournament". This tournament had several qualifying divisions based on average. For a small fee, any league bowler would use his or her league scores to try to qualify as a finalist in their participating center. Center qualifiers would compete to move on to the AMF District Qualifying rounds. The AMF District winner advances to Las Vegas to try for the big money.

Don Monroe of AMF Fredericksburg did just that. He became an AMF Qualifier in the Open Division, bowled in the District Tournament in a field of 27 (one from each center) and won. Don will travel to Las Vegas (expenses paid by AMF) for the National Final Competition and compete against 25 other AMF District winners. First place \$50,000 and second \$25,000. Don, Fredericksburg is rooting for you. GOOD BOWLING AND GOOD LUCK.

Fredericksburg Woman is Part of the Team, Hampton University Team that is.

Many of you know Melinda and James Reynolds and, if you do, you may also know their daughter Brittani. Brittani is a 19 year old sophomore at Hampton University in Hampton, Virginia. She graduated from Courtland HS where she not only achieved academically but played basketball, softball and ran track and field. Brittani is also a bowler and apparently a good one. She is on the Hampton U Lady Pirates Bowling Team and competes against teams in the Mid-Eastern Athletic Conference (MEAC). Nice to know some of our association bowlers are taking their sport to another level. Congrats Brittani.

Tournament Results

The Greater Fredericksburg USBC 5th Open Championship was held in The Liberty Center at South Point on March 6th and 7th. In the handicap division, 47 teams, 99 doubles, 198 singles and 177 all events participants competed. Many of these bowlers also opted to bowl in the scratch divisions. All were after a share of over \$10,000 in prize monies. Lanes were treated between shifts to keep conditions as uniform as possible for the participants. Liberty staff did a fine job of preparing the lanes for this tournament and the results were good. The following are the teams, doubles and singles that cashed.

Team - Handicap

- Can't Buy a Strike Charles Radtke, Rodney DeMarre, John Hoban, David Williams. (The team also receives Trophies and Jackets)
- Jones, A Larry Jones, Jacqueline Bonds, Regina Watson, Adele Jones
- 3. <u>Lucursi, N</u> Wes Wiseman, Ralph Austin, Nick Lucursi, Skip Frey
- 4. <u>Uncle Paul's Crew</u> Keith Grey, Paul Rumbaugh, Brandon Blanton, Jon Blanton
- 5. <u>Kelly's Heroes</u> Craig Copeland, Andrea Sharp, Joe Kelly, Geri-Lynn Copeland
- B & P Cynthia Bergey, Linda Powell, Richard Bergey, Bill Powell
- Spitler Robert Jerrell, James Spitler, Janis Jerrell, Cindy Spitler
- LPS 2^{nd¹} String Denise Lanier, Pam Payne, Jeter Holloway, David Mathews

Team - Scratch

- 1. <u>Uncle Paul's Crew</u> Keith Grey, Paul Rumbaugh, Brandon Blanton, Jon Blanton
- All or Nothing John Zentner, Dave Tomlin, John Fillis, Don Norton

Doubles - Handicap

- 1. Erika Dunnington / Marclay Herron
- 2. DJ Johnson / Dick Hagaman
- 3. Robert Bradley /Steve Foster
- 4. Jeff Blankenship / Wanda Andrews
- 5. Larry Crawford / Bobby Phillips
- 6. Denise Lanier / Dave Mathews
- 7. Dave Tomlin / John Fillis
- 8. Dave Edwards / Michael White
- 9. Linda Powell / Bill Powell
- 10. Shelley Surfer / Daniel Pittman
- 11. Ken Bensman / Tom Langrehr
- 12. Mack Smith / Scott Smith
- 13. Andrea Sharp / Joe Kelly
- 14. John West / Nick Roman
- 15. Chris Brady / Jennifer Brady
- 16. Michael McLeese / Jim Meredith
- 17. Ricky Lawson / Larry Shoemaker

Doubles - Scratch

- 1. Eric Kroeger / Jim Wolfe
- 1. DJ Johnson / Dick Hagaman
- 3. Dave Tomlin / John Fillis

Singles - Handicap (shown in the order of finish)

1. Jim Merideth

Roger Spencer, Dave Brady, Erika Dunnington, Jeannie Allen, Connie Gourdine, Daril Godinez, Robert Bradley, Gil Taylor, Brent Childs, Dave Henderson, Eric Briggs, Bill VonNieda, Marvin Johnson, Robert Jerrell, Michael Dibble, Henry Thode, Bobby Phillips, Craig Copeland, Geri-Lynn Copeland, Charles Radtke, Paul Rumbaugh, Larry White, Cynthia Bergey, Scott Russell, Rodney DeMarre, Daniel Pittman, Dave Edwards, Tony Cornell, Linda Powell, Anthony Shifflet, Nick Roman, John Garnett, Michelle McDaniel, Jesse Daniels, Donnie Nave

Singles - Scratch (shown in the order of finish)

1. Paul Rumbaugh

Eric Briggs, John Zentner, Frank Weaver, Kristopher Walker, Dave Edwards, Doug Dickson, Bobby Phillips

All Events - Handicap (shown in the order of finish)

1. Jim Meredith

Bill Wiseman, Linda Powell, Charles Radtke, Erika Dunnington, Mack Smith, DJ Johnson, Dave Brady, Geri-Lynn Copeland, Connie Gourdine, Jeannie Allen, Pong Cobb, Dave Henderson, John Fillis, Ken Bensman, Bobby Phillips, Jennifer Brady, Jon Blanton, Craig Copeland,

All Events – Scratch (shown in order of finish)

1. John Fillis

Bill Wiseman, Paul Rumbaugh, Jim Wolfe





Tournament Results

5TH ANNUAL YOUTH CHAMPIONSHIP RESULTS

The Youth Tournament was bowled at AMF Fredericksburg and the kids put up some great scores. These young folks are at all stages in the development of their style and degree of bowling proficiency but they are bowlers and showed their metal in this competition. Tournament bowlers were in two handicap divisions determined by over and less than 12 years of age. The following are the winners of USBC SMART Awards.

Team, 12 & up Handicap

- 1. North 3 David Hoban, Chance Babec, Brooke Babec, Katheryn Whitehead
- 2. <u>Fillis</u> Chris Falcetti, Michael Parker, John Fillis Jr., Eric Winkleyoss
- 3. <u>Mills, Chelsea</u> Chelsea Mills, Jessica Callahan, Brittany Robinson, Joshua Myles

Team, 11 & Under Handicap

1. Marlowe – Trever White, Rachel Marlowe, Ariel Goldsmith, Pete Oliver

Doubles, 12 & Up Handicap

- 1. Thomas Brady & David Armstrong
- 2. Joshua Falcetti & James Murray
- 3. Matthew VanZant & Zachary Wiant
- 4. Timothy Schlang & Joe Krehbiel
- 5. Rashun Chapman & Erica VanZant

Doubles, 11 & Under Handicap

- 1. Keishon Ellis & Joshua Burnett
- 1. Pete Oliver & Ariel Goldsmith

Singles, 12 & Up Handicap

- 1. Tyler Nobles
- 2. Ashley Mineard
- 3. Cody Saunders
- 4. Erica VanZant
- 5. Rashun Chapman
- 6. Errin Antwine
- 6. Chance Babec
- 8. James Murray
- 9. Thomas Brady

Singles, 11 & Under Handicap

- 1. Brooke Babec
- 2. Keishon Ellia
- 3. Zachary Biggs
- 4. Joshua Burnett

Singles, 150 & Up Scratch

- 1. Tyler Nobles (719 set)
- 2. David Armstrong

Singles, 149 & Under Scratch

1. Ashley Mineard (567 set)

All Events, 12 & Up Handicap

- 1. James Murray
- 2. Tyler Nobles
- 3. Erica Nobles
- 4. Thomas Brady
- 5. David Armstrong

All Events, 11 & Under Handicap

- 1. Brooke Babec
- 2. Keishon Ellis
- 3. Zachary Biggs

Virginia State Mixed Tournament

The VIRGINIA STATE MIXED TOURNAMENT was held in Norfolk this year and will be COMING TO FREDERICKSBURG IN 2011. (We will be looking for help from anyone that wants to volunteer). Many of our association bowlers cashed this year. The following is a list of these bowlers listed in the order they finished.

Team Handicap (You know who you are)

Class & Sass II The Pin Busters Dolls & Trolls Roll With It #1

Doubles Handicap

Rhonda Edwards / Bobby Phillips, Jennifer Brady / Keith Wells, Geri-Lynn Copeland / Craig Copeland

Singles Handicap - Men

Robert Mahanes, Craig Copeland, Joe Kelly, Keith Wells, Larry Shoemaker

Singles Handicap - Women

Aneta Linnabery, Wendy Burton, Cindy Rumbaugh

All Events Handicap - Men

Keith Wells, Craig Copeland,

All Events Scratch - Men

Eric Briggs, Paul Rumbaugh

Paul Rumbaugh rolled a **300** game in this tournament. Way to go!



George Martin 299

II in a Row

Jim Wolfe 299
John Holman 299,
Jim Murray 290,
Paul Rumbaugh 290
Frank Weaver 290,

Bobby Rose 298 Marclay Herron 290



Frank Weaver 806 Tom Whitehead 824



Paul Rumbaugh Chris Petrini

The Bowler's Edge

Elite bowling performance declines far less than other sports as you age.

By Jim Slowinski - top 100 Coach Read the rest of the article at http://www.bowlingknowledge.info/

An October 2007 study published in the journal *Age and Ageing* reveals that performance declines in bowling are far less than other sports. Specifically, over a 50-year period, an elite (professional and master) bowler's performance will decline approximately eight percent. This performance decline is far less than other sports, such as those requiring significant cardiovascular endurance and muscular strength, which has a norm of a 10 percent performance decline for each decade in a person's life.

The good news is the fact that elite bowlers can maintain their best performances through the age of 45 before declines are first seen. This study demonstrates how important skill and technique are in the sport. A serious bowler can be competitive over a lifetime.

In *Declines in Ten-Pin Bowling Performance with Advancing Age*, researchers Allison Elizabeth Devan and Hirofumi Tanaka analyzed scoring data of 147 elite bowlers. Scores and ages were collected from the 2002 PBA World Championships and the 2002 Senior World Championships. Only bowlers whose age could be determined were used in the analysis. Ages were found on the PBA web site or through an Internet search.

In an effort to determine a relationship between aging and performance, a correlation and regression analysis was completed. In short, this explores a mathematical relationship between two variables. Through such an analysis, researchers explore how a dependent variable changes (scoring) as an independent variable (age) changes. In this case, the researchers are determining how dependent performance (scoring) is on age.

Researchers found that approximately 40 percent of the decline in performance was due to age. Yet, the decline in performance was less than 10 percent over a 50-year period. Specifically, from the age of 20 to 70, the average decline in performance was actually eight percent, or from 216 to 188. Significantly less than the decline in other sports which is normally 10 percent. The good news was that performance was maintained to approximately 45 years of age. This correlates well with the high performances of elite professionals like Pete Weber and Walter Ray Williams Jr. and others who continue to perform well on the PBA Tour well into their 40s.

Compared to other sports, which depend on cardiovascular endurance and muscular strength, bowling is dependent upon skill and technique. With these findings, it demonstrates that some sports can be played at a high level throughout a lifetime. The rate of performance decline in bowling is far less than other skill-based tasks performed by older adults. Specifically, skill and technique is important in the sport of bowling.

One limitation of the study is that only men's scores were studied.





Liberty Massaponax Youth

Submitted by Richard Bergey

With the Youth Nationals coming up, the Saturday Youth Legends have been busy fund-raising for the trip to Indianapolis, IN in July. Thirty of these youth bowlers will be making the trip. Upcoming fund raisers are the Golf Tournament at Lee's Hill on April 9th and an adult/youth no tap tournament on April 24th at Liberty Center (1 PM).

Richard also reports that nineteen youth have qualified for the Virginia State Pepsi Tournaments. They are:

Boys 11 & Under Handicap

Keishon Ellis, Jaymes Chase, Jonathon Merritt, Jeremiah Watson

Boys 12 & Up Handicap

Wade Garrison, Tim Schlang, T.J. Wells, Nick Brown, Andrew Gardiner, Kevin Schwartz, Joe Drehbiel, Chris Collins

Girls 11 & Under Handicap

Conner Freeman, Libbie Wells

Girls 12 & Up Handicap

Chloe Cuff, Brittany Robinson, Taylre Gunn

Boys 12 & Up Scratch

David Armstrong, Tom Brady

The GFUSBC wishes all these young bowlers good luck in the State and National Tournaments

AMF Fredericksbrug Youth

Submitted by Jerry Charlwood

The Fred City Strikers 2009/2010 season ended on March 20th. We had a great season this year and **thank all of the adults who helped us out this season**. We had 25 bowlers in the league this year and over half were new bowlers. A season ending party is planned for April 17th and a trip to the USBC Nationals in July. A big thanks to the staff of AMF for supporting us again this season, especially **Bob Resio** who greeted us every Saturday!

On March 21 the Fred City Strikers held our annual Youth/Adult No-tap bowling tournament at AMF lanes. We raised over \$700 for our trip to the USBC National bowling tourney. Thanks to all of the local adult and youth bowlers who came out and bowled for the cause.

The following individuals won awards for this season:

Boys

Bryan Turney284 High Scratch GameMatt VanZant659 High Scratch SeriesJohn Woodburn754 High Handicap SeriesRashun Chapman720 High Handicap Series

Girls

Amber Rector Nicole Douglass Rachel Marlowe 216 High Scratch Game 274 High Handicap Game 668 High Handicap Series







Vinyl Siding * Fiber Cement Siding Vinyl & Wood Windows

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Trim * Soffit * Azek Deck, Rail & Trim Products
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Greater Fredericksburg

USBC Board

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Brenda Chambers (540) 710-9804
Terry Holloway (540) 845-6289

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(540) 424-2351

Association Manager

Robert "Skip" Frey (540) 373-7534

Directors

Larry Roath (540) 898-1403 DJ Johnson (540) 775-4207 Pat Jaco (540) 854-8219

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Vacant

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Youth Committee Members

Tom Brady and Chelsea Mills

Newsletter Editor

Larry Roath

ldroath@comcast.net
Assistant Editor

Peggy Roath

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USBC Tournaments

53rd VA State Women's Championship April - May 2010 – Spare Times in Hampton and at AMF Norfolk.

58th VA State Annual Open Handicap

April, May & June 2010 Danville & South Boston, VA

The Clock is Ticking - Several Association bowlers have not cashed award checks issued to them for tournament play. These checks have a 90 day expiration date. Please cash or deposit your outstanding check. If it has been more than 90 days since you received this money, you may contact Skip Frey (Association Manager).

I am always looking for unusual bowling stories or scores from league secretaries or bowlers.

Items like:

Triplicate scores by an individual or team.

First ever 300, 400, 500, etc. series

<u>Career high games.</u> (Not honor scores since we already capture these events)

<u>Humorous or unusual bowling stories from the Bowlers themselves about a recent or past event.</u>

Larry Roath - Lanes & Frames Editor

Interesting Numbers

GFUSBC placed Honor Boards in the bowling centers to display the names of bowlers that rolled 298, 299 and 300 games and/or an 800 series. The Association has honor records back to 2006 covering the five years we have been in existence. Here are some interesting facts on the numbers of honor scores rolled in each center during that period.

	<u>300</u>	298/299	<u>800</u>
<u>AMF</u>	61	32	12
Liberty South	18	2	2
Liberty North	21	15	7



Get the feeling of Professional bowling in a <u>PBA</u> Experience League that will be held at <u>Liberty Lanes</u> of Stafford this summer. The organizational meeting will be May 17, 2010 (6:30PM) with league to follow immediately afterwards. Teams will be four person in any combination (men, women, mixed). Lane oiling patterns will test your skills on the *Chameleon, Cheetah, Scorpion, Shark* and *Viper* sports patterns. This is tough challenging bowling that can sharpen your skills for your typical house shot. If you think you have the nerves, this is the league that will put you to the test.

New Board Members Elected at GFUSBC Annual Meeting

The Association's Annual Meeting was held on April 3, 2010 at Liberty Center. This meeting is held to report on Association business, give financials, provide committee reports and elect Members to the Board of Directors currently open due to normal rotation. This year, the positions open were 1st Vice President, 3rd Vice President, Directors #1 and 3. Delegates and alternates were also selected for the 2010 Virginia State USBC Jamboree in Virginia Beach, VA and the 2011 USBC Annual Meeting in Grapevine, TX.

Your newly elected GFUSBC Board members are:

1st Vice President – Bobby Phillips 3rd Vice President – Terry Holloway Director #1 – Denise Lanier Director #3 – Pat Jaco

Board members will be installed at the Annual Secretaries' meeting in August 2010.

GFUSBC Volunteers Really Make a Difference

The GFUSBC has many duties to perform in order to keep this association successful. There are numerous internal operations that require our attention and actions to make your league and tournament bowling a really good experience. We put on four tournaments using a handicap so any average bowler has a chance to cash. These are the Senior, Women's, Youth and Open. All are handicap competitions with optional scratch events. Next year we will host the Virginia State Mixed Tournament. We also produce a newsletter just to enlighten bowlers of Association, league, state news as well as articles about the people in our leagues and other items pertinent to our bowlers.

We can do this because we have <u>a very valuable asset to help us</u> complete this work. **Our volunteers!** These fine people step up to lend a hand with our tournaments, committee work and this newsletter. Not all are bowlers, but all are people that have helped if asked or just joined us of their own volition to make a difference. They give their time and efforts without any reward more than thanks. We salute the following volunteers who have worked to make your association better in the 2009-10 season. **As editor of the "Lanes & Frames" I offer my personal thanks** to all you who help me with our newsletter. I have asked for your help and you have never let me down.

Thanks again to: (Hopefully we have not missed anyone who has helped.)

Shelley Surfer	Peggy Roath	Amber Garcia-Laffitte	Shelly Leckliter
Frank Grant	Richard Graves	Steffany Cleaveland	Virshynda White,
Allison Holloway	Mary Melton Priest	Nikki Warren	Allie Duvan
Matt Huber	Bobby Phillips	Jordan Duncan	Deborah Johnson
Nancy Yeatts	Lucinda Clark	Christina Rodriguez	Dave Mathews Sr
Dan Lorenze	David Armstrong	Mike Lane	Matthew Howdershelt
Nikki Warren	Sarah Brandel	Ashli Oliver	John Oliver
Jeff Smith	Cindy Rumbaugh	Nick Brown	Dick Jaco
David Armstrong	Wes Wiseman	James Murray	

