



Lanes & Frames

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 in and around the Greater Fredericksburg region.

GET YOUR TEAM READY

OPEN CHAMPIONSHIP

Handicap Tournament

March 7th and 8th 2009 at the AMF Center

**4 Member Teams, Doubles, Singles & All Events
Optional Scratch Events**

**\$100
Special
Prize Event
for New
Captains**

**Extra \$75 to
Hi Handicap Team
from Each Shift!!!**

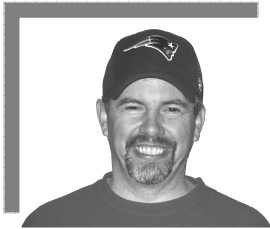
**Brackets
Hi Game Pots
Raffle
50/50**

\$2500 Added Prize Money

ENTRIES CLOSE FEBRUARY 28, 2009

Meet the GFUSBC Board of Directors.

Director Jerry Charlwood



My name is Jerry Charlwood. I am writing to introduce myself to the general membership of GFUSBC membership. A few months ago I was selected to serve on the GFUSBC board as a youth director at the invitation of Dave Brady. My wife Liz and I currently lead the Fred City Strikers youth league out of AMF bowling lanes. We are supported by several great parents who help out a great deal.

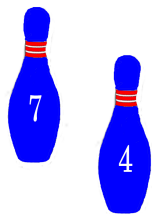
I started bowling when I was 6 years old. My father ran a church based Youth Duckpin Bowling in my hometown of Taunton, Massachusetts. I bowled in the league from ages 6 to 18 along with my 5 siblings who all bowled during those ages. For those who have never bowled Duckpins, the ball is about 3.5 pounds with no holes, the pins are miniature versions of the ones we try to knock down today and there is no such thing as oil. They really fly when you hit them. I stopped bowling during college but picked it up after I started working. I was secretary of a duckpin league in Newport RI, where we used to keep our scores and league stats by hand. When I moved to VA in the mid 90s I was asked by a coworker if I would be interested in bowling in a league. I have enjoyed it ever since and started bowling more and more frequently and in tournaments over the past 4 years or so. I served as president of the Friday Fun Bowling league for a couple of years, before switching to Steve's Trios, then Wednesday Night Men's at Liberty, and Saturday Night Mixed at AMF.

At home and work we stay busy. We have 5 children; 3 in high school (Alicia, Randall, Jacob), and 2 in middle school (John and Molly), who keep us hopping. As the Chief Engineer for a business Segment of the Northrop Grumman Corp, I stay very busy traveling and working long hours at various locations within the US. I am a big Boston Sports Fan (of all the major sports teams) and enjoy playing sports (golf, ski, racquetball, volleyball, basketball) in general. My coaching experience involves several years of coaching Spotsylvania County through Parks and Recreation basketball, baseball, soccer, Babe Ruth baseball, Slapshotz hockey and the Fred City Strikers youth bowlers.

My goal is to further the promotion and growth of the sport of bowling in the Fredericksburg area, by working with the youth in our area, GFUSBCA and local bowling centers. We look forward to growing the membership of Fred City Strikers and the GFUSBC through working with AMF on a membership drive. The upcoming tourney schedule for the kids is exciting and we look forward to taking some of our members who have never bowled in tournaments to these local and national events. The joy of seeing the kids evolve and grow both in bowling and their life is what makes it special for us.

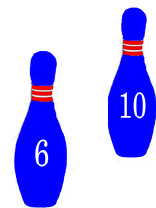
Look forward to seeing you at upcoming events!

Jerry



Bet all of you have seen this in your game and groaned or said bad things. You need to talk to **Cory Oakford in the Thursday Knights** or **Cecil Franklin in the Tuesday Merchant's Mixed Leagues**. These gentlemen converted the

How good is that?



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Mon., Tues., Thur., & Fri.	Sat.	Sun.
1 to 9 PM	10 AM – 6 PM	11AM – 5 PM

Tournament Results

Our 4th Annual Women's Championship was held at Liberty Center in Massaponax. The turnout was smaller but the women were just as competitive as last year. GFUSBC gave out numerous pins for 200 scores on tough lane conditions. Glenda Brown shot 245, Cindi Oneill rolled a 234, Donna Arnold and Linda McGuire had 220's, just to name a few. Almost every team had someone who cashed. The following is a list of the women who received a check in this tournament.

Division 1 Team Event Handicap

1st Team Buchanan – Linda Chappell, Cynthia Voltz, Soung Myers, Marsha Vaughan

2nd Liberty Bells – JoEllen Patterson, Lucretia Hudson, Jean Hockman, Johanna Caudill

3rd Pin Pals – Kimberly English, Patricia Byram, Judy Seitz, Patti Nailor

Division 2 Team Event Handicap

1st Team Leffler – Soledad Russell, Terry Ryan, Cristita Hazel, Marie Leffler

2nd Team Lanier – Erika Dunnington, Bonnie Parazinski, Pamela Payne, Denise Lanier

3rd Team Roath – Lina Walters, Marcy Focht, Peggy Roath, June Forred

Division 1 Doubles (310 & Up) Handicap

1st Cynthia Spitler & Cindi O'Neill
 2nd Amber Garcia-Laffitte & Diane Godinez
 3rd Shelley Surfer & Joyce Myers
 4th Tammie Minnick & Paulette Worrell
 5th Airy Taylor & Diane Cooper
 6th Megan Fortney & Donna Arnold
 7th Soung Myers & Marsha Vaughan

Division 2 Doubles (309 & Under) Handicap

1st Ursala Nutter & Wanda Andrews
 2nd Kathy Cox & Liz Lisk-Charlwood
 3rd Arlene Johnson & Gloria Fowler
 4th Maxine Cantrell & Judy Molosky
 5th Ruth Blankenship & Jennifer Williamson
 6th Lina Walters & June Forred

Division 1 Singles (155 & Up) Handicap

1st Cindi O'Neill

The following women also cashed in this event. Their names in order of finish are: Shauna Bailey, Billie Mitchem, Hannah Jenkins, Cristita Hazel, Kimberly English, Deborah Johnson, Glenda Brown, Linda McGuire, Marie Leffler, Denise Lanier, Patti Nailor, June Forred, Diane Dawson

Division 2 Singles (154 & Under) Handicap

1st Judy Molosky

The following women also cashed in this event. Their names in order of finish are: Megan Fortney, Patricia Byram, Erika Dunnington, Ruth Martin, Pat Jaco, Denise Ratten, Marcy Focht, Liz Lisk-Charlwood, Pamela Stoudt, Cheryl Malone, Maxine Cantrell, Geri-Lynn Copeland, Joan Campion

Division 1 All Events (155 & Up) Handicap

1st Cindi O'Neill

2nd Shauna Bailey
 3rd Marie Leffler

Division 2 All Events (154 & Under) Handicap

1st Liz Lisk-Charlwood

2nd Amber Garcia-Laffitte
 3rd Patricia Byram

Division 1 All Events (155 & Up) Scratch

1st Cindi O'Neill

Division 2 All Events (154 & Under) Scratch

1st Amber Garcia-Laffitte

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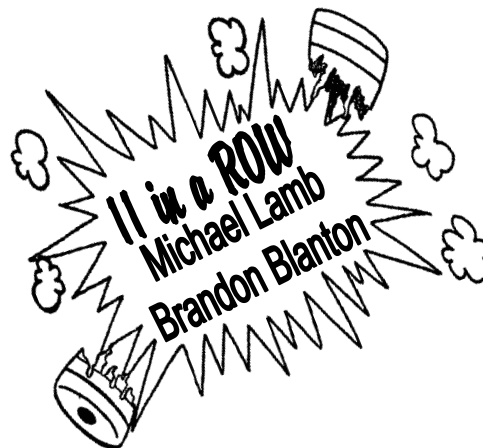
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WINTER FIREWORKS



Saturday Youth Legends 2nd Annual Golf Tournament

On Friday, April 17th the second annual SYL golf tournament will be held. The event will again be held at **Lee's Hill Golf Club**. The cost is **\$75.00 per player/\$300.00 per team**. Sign up begins at 8:00AM with a shotgun start at 10:00AM. This year, **members of the NFL Hall of Fame Redskins "Hogettes"** will be joining us as Grand Marshalls!! Hole sponsorships are available and appreciated. Sponsorship costs are \$100.00. All proceeds are for youth bowlers attending the Youth Open Championship in Indianapolis, Indiana. Last year's event was a blast so come out and join in the fun!!! For information contact **Dave Brady at 898-1745 (home) or 379-6192 (cell)**.

Saturday Youth Legends

2nd Annual Golf Tournament

**To Benefit
Youth Bowlers Attending
National Tournament in Indianapolis, IN**



Special Guest Grand Marshall's:

The Washington Redskins Hogettes"

Friday, April 17, 2009

10:00 AM Shotgun Start

(Sign-ups begin at 8:00 AM)

Lee's Hill Golf Club

\$75 per Golfer

Captain's Choice Format

Fee includes: Range Balls, Lunch, & Dinner



Youth News and More

Liberty Massaponax Youth

On December 6, the Saturday Youth Legends Bowling League held an Adult-Youth no-tap tournament to raise money for the upcoming Youth National Open Tournament. The event drew 72 doubles teams and was divided into 3 divisions. **Bantam Division winners were Tom Maraniari Sr. and Tom Maraniari Jr.** In the **150 and below** average event, **Wes Wiseman and Josh Golden** took first. The **151 competition and above** average division was **captured by Jay Rollins and Bill "Symo" Symanowskis.**

AMF Fred City Strikers News

The Fred City Strikers are planning a series of fund raisers to support eight bowlers who want to participate in the USBC National Tournament in Indianapolis Indiana. The first event will be a youth adult no tap tournament currently scheduled on March 21 at 1pm at AMF Fredericksburg. The tournament will have 3 divisions (below 100, 100 to 159, 160 and up) based on the youth's average. The cost will be \$15 per person (\$ 30 per team). All proceeds go to the Fred City Strikers tournament fund. First, second and third place prizes will be awarded immediately following the tournament. There will be bowling equipment raffles at the event as well. Application forms will be available at Liberty and AMF. Please come out and support the Fred City Strikers!!! Thanks.

In other league news: Bryan Turney bowled a nice 264 game and Robert Maclenhey had a clean game

The Bowlers Edge

Aim your push away at your lane target

As you start the ball moving in your approach, make sure that the ball moves in a straight line toward your target on the lane. This will help prevent your swing from going off line. Let the rest of your swing be relaxed and keep it in a straight line toward your target.

Starting a relaxed swing

Using too much muscle will pull your swing off line and make it difficult to be consistent. In addition, using muscle causes the swing to feel restricted, which actually slows it down. A relaxed swing starts in the stance by keeping your grip relaxed. The hand and arm muscles need to feel relaxed. To develop this feel, try this drill from the USBC Athlete Development Drills package.

1. Get into a comfortable stance position holding the ball about waist high.
2. Move your ball-side foot back more than usual to have additional balance.
3. Squeeze the ball as hard as possible and hold it for seven to 10 seconds.
4. You should feel the tension in your hand, arm and shoulder.

Relax your grip and feel the difference. When ready to bowl, make sure your arm and hand are relaxed before you start your approach.

RULES YOU MIGHT NOT KNOW

You have bowled a few frames in a league or a tournament and think you need to dull your ball to adapt to the conditions. **CAN YOU?**

USBC Playing Rule 18 provides the answer.

Altering the surface of a bowling ball by the use of abrasives while bowling in USBC competition (tournament or league) is prohibited. Any ball altered must be removed from competition. Competition begins when **ANY** player delivers the first ball for score. The little known part is that **you may not alter the surface between the doubles and singles events even if that ball is in your bag and has not been used in play.** Further, this action can lead to dismissal from league and suspension of USBC membership.

You may clean a ball at any time using approved cleaning agents. These agents are listed on bowl.com

GOOD THINGS TO KNOW



Storm Watch

After a bad storm, all but two teams were able to field legal lineups. Are these two teams entitled to emergency postponements when all the other teams in the league were able to get to the lanes?

Yes, weather conditions which prevent a team from fielding a legal lineup are classified as emergencies. Leagues must grant postponements for emergencies when a team fails to appear for its scheduled match due to reasons beyond its control. Adverse weather conditions are sufficient reason to grant a postponement without advance notice.

Members must realize all bowlers do not face the same driving conditions or circumstances, so the inability of an individual to drive under adverse conditions cannot be used as a basis for declaring games forfeited.

Breaking News: Youth Scratch Division Invitational Results:

In the A Division finals, **Sean Crookston** took fourth Place.

The C Division was **won by Paul McNulty**. This is the third year in a row that a youth bowler from our GFUSBC Association has won the C Division! **Jessica Callahan** finished fifth and **Kevin Schwartz** seventh. A very fine showing by our association youth.

Lake of the Woods has Good Vibes

The Lake of Woods League on Thursday afternoon may be just what bowling needs to strengthen its membership. According to Secretary Joan Trotter, no matter what your bowling skills are, they stress the fact that everyone should feel they belong to a team and league. Just have fun and enjoy the day out of the house. In fact, they welcomed three new bowlers to the league. **Lori Kelly, Bennett and Bonnie Hunter** just became LOW League members. Joan also noted that though they have some very high scoring bowlers, others have their day, too. For instance, **Betty Bailey** (133 average) rolled a 214 game and 511 set. **Donnie Mason, Betsy Wilson, Carolyn Montague, Sandy Kenyon, Joan Green** and **Pat Shrader** recently bowled over average scores. Whether bowlers are just starting or have a low average doesn't matter in this league. Having a good time does.

Think about this. You had a good year and then find out you earned a **TRIPLE CROWN AWARD**. "What's that?" you say. That, folks, is having the **highest big three in a league**. "*Scratch game, set and average*". Last year was unbelievable. All these men and women achieved this prestigious award in their respective leagues.

<u>Name</u>	<u>Game</u>	<u>Set</u>	<u>Avg.</u>	<u>League</u>	<u>Name</u>	<u>Game</u>	<u>Set</u>	<u>Avg.</u>	<u>League</u>
Michelle Mulliken	238	602	174	For the Fun of it	Glenda Brown	257	584	168	Doug's Trio
Jennifer Myers	290	740	204	Thursday Nighters	Keith Clark Jr.	300	773	217	Jet Setters
Scott Randels	269	772	205	Guys & Dolls	Sean Crookston	298	745	209	Liberty N. Youth
Brittany Robinson	244	606	164	Sat. Youth Legends	Mary Hand	268	712	178	Guys & Dolls
Dara Sewell	279	712	197	Tues. Night Mixed	Kristina Morris	269	704	192	Liberty N. Youth
Maureen Sorrell	218	583	161	LOW Ladies	Bruce White	300	770	211	Sunday Nite Mixed
John Yankoviak	279	728	203	LOW Fun Bowling	Virginia Street	248	649	183	Saturday Night Mixers

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Greater Fredericksburg

USBC Board

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<u>Vice-Presidents</u>	Ben Jones (540) 373-9414 Brenda Chambers (540) 710-9804 Terry Holloway (540) 845-6289
<u>Sgt. At Arms</u>	Phyllis Massaro (540) 854-0651

Association Manager

Robert "Skip" Frey
(540) 373-7534

Directors

Larry Roath	(540) 898-1403
DJ Johnson	(540) 775-4207
Pat Jaco	(540) 840-1827

Youth Directors

Richard Bergey	(804) 448-5633
David Brady	(540) 898-1745
Gerald Charwood	(540) 469-9659

Youth Committee Members

Tom Brady and Chelsea Mills

Newsletter Editor Larry Roath
ldroath@comcast.net

Assistant Editor Peggy Roath
pwroath@comcast.net

USBC Tournaments

VA St. USBC WBA 52nd Annual Championship Tournament –
Manassas, March, April and May 2009

VA St. USBC 57th Annual Handicap Tournament – Christiansburg
and Salem, VA. / April, May and June 2009

Greater Fredericksburg USBC Tournaments

Youth – Liberty Stafford, Feb. 15 and 16, 2009

Open Championship - AMF Fredericksburg, Mar. 7 and 8, 2009

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

Career high games. (Not honor score since we already capture these events)

Humorous or unusual bowling stories from the bowlers themselves about a recent or past event.

Larry Roath – Lanes & Frames Editor

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Our Association is fortunate to have members and non-members who give some of their time and effort as volunteers to help us with committee work, tournament activities and newsletter distribution. We always need and appreciate help. Thanks to the following men and women who joined up with your Board Officers to make us a more successful Association and your bowling experiences better.

Shelley Surfer, Peggy Roath, Cole Samual, Shelly Leckliter, Amber Garcia-Laffitte, Paul Karas, Jackie Smith, Jeff Smith, Deborah Johnson, Jordan Duncan, Tom Brady, Lucinda Clark, Melissa Damren, Frank Grant, Dick Jaco and Nancy Yeatts.

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From the Association Manager...

It's hard to believe that we are over half-way through the winter bowling season.

In September, I mentioned the negative feedback I had received concerning the timeliness of bowlers receiving their awards and the steps I had instituted to speed up the process in the 2008-2009 season. Overall, the association has met it's goal of getting awards back to the respective league secretaries 30 days from receipt. A major factor in us being able to achieve this goal is the dedication of the league secretaries to file award applications in a timelier manner. As a result, through January 30th, the association has processed almost 3,400 USBC and local awards. In addition we have processed 42 Honor Score awards. I would like to express my thanks to both the league secretaries and Bobby Phillips, Chairman of the Awards Committee, for their efforts in improving our award process.

Relative to honor scores, I would like to, again, remind league secretaries that honor scores are required to be reported to the Association within 48 hours and paperwork submitted within 20 days. Please remember that these prestigious awards cannot be reported to USBC until all paper work has been properly filled out.

As always, if you have any questions or need assistance please call the Association office at 540-372-7870. Remember that your Association is here to help!

Good luck and high scores. I'll see you on the lanes.

Skip Frey
GFUSBC Association Manager

Annual Meeting Coming in April, 2009

The Greater Fredericksburg USBC Annual Meeting of 2009 is scheduled for Saturday, April 11. The meeting will be held at Liberty Center Massaponax starting at 1 PM. Several positions are up for election. Positions that may be applied for are President, Second Vice President, Sergeant at Arms, Director #2 and Youth Directors #5 and #6. Applications can be obtained from Skip Frey [(540) 373-7534]. All members serving on the board are required to have an USBC Background Check and Registration as a protective measure for working with youth bowlers.

This is your opportunity to have a direct voice about bowling and Association Operations and get information on how the GFUSBC conducts business on your behalf. We would also like anyone interested in being a volunteer for our various committees and tournaments to attend this meeting. There will be light refreshments and door prizes. **Join us and have a voice in your Association.**

February is Bowl for the Cure® month



Each of us probably knows someone who has been touched by breast cancer. Whoever it is, they need our help. Since Bowl for the Cure's inception in 2000, bowlers have raised more than \$6 million - last season alone USBC members raised \$1 million! We know this will be the best season yet. With the power of 2.6 million USBC members, together we can make a difference.

Now is the time to get involved. Work with your league to help raise funds. Designate one bowling session in February as "Bowl for the Cure" Day. Take up a collection, run a 50/50 raffle, make "penny a pin" pledges, etc, etc, etc.

Go to < bowl.com > for more information.