

BOWLING TIP OF THE WEEK

Mark Mohacci operates the Right Approach Pro shop located inside Merril Bowl Lanes in Livonia.

The shop was established by Markie Hall-of-fame mom, Mary, who now helps out occasionally.

Mark is a very accomplished bowler himself and is a certified Silver Level coach through USA Bowling, which is recognized by the U.S. Olympic Committee and he is also certified through the Dick Ritger Academy.

As a comparison to golf, they always say "the swings the thing" and I asked Mark if the same could be said for bowling?

Mark says: "Yes, and the swing should be free, allowing you to repeat time and time again with the same shot."

Throw the first ball of the first game with the same swing and delivery of the last ball in the last game.

It is very important to keep the swing free so you can have the same shot throughout the set.

Question: Does the free swing necessarily apply to all types of bowlers?

Answer: "Definitely not. It would not apply to some of the power shooters and crankers with today's reactive resin balls, however that is only about one percent or less of all bowlers. The free swing is applicable to the other 99 percent."

Q: Should a bowler change his or her swing to change speeds or make other adjustments?

"Not unless you are a part bowler, averaging in the 200s. Anyone else should maintain the same swing at all times. In order to change the shot it would be a lot easier to change the hand position. Keep the swing consistently the same all the time, and keep the arc close to your body."

If you drop your shoulder, the ball is further away from the hip and you may "chickening" the delivery and come up with a very bad shot.

If the arm is relaxed, gravity can control the swing and provide all the necessary power. If you try to muscle the ball, you will become fatigued and it will be harder to make good shots into the second and third game and you will be

unable to keep repeating the good shot.

Q: What is the anatomy of a good swing?

"Starting with the push-away at the first step of the four step approach or the second step in a five step approach."

It will vary between bowlers, because everybody is different. It depends on their body stance, the number of steps and how much they bend at the waist. A bent waist delivery will appear to be a higher backswing.

The critical point is the release, which must occur when you are aligning. To get to that point, begin the approach by pushing out as the foot is moved in the first step. The second step, with a four-step bowler, should have the backswing just behind the calf.

The apex of the backswing should occur at the end of the third step. The apex of the backswing is where the force of gravity takes over and the bowler just has to keep the swing free of muscle forces and then release the ball at the apex.

It is extremely important that the apex happen at the right moment, the end of the third step, at the apex, the ball is neither moving up or down at that instant.

Should the elbow bend during the swing or follow through?

"The elbow should be straight throughout the swing in order to keep an nice, even arc. Continue the arcing motion all the way to the follow through, even though the ball has left the hand."

That will help keep up the free swing, and if you snap with the elbow, the muscle is then used, you don't want to do that.

By the third game, the biceps muscle will be fatigued. In the relaxed swing, the wrist is straight, the fingers are firm and the thumb is relaxed.

To get the optimal swing with a relaxed grip, the fingers and thumb must fit just right. That allows the thumb to relax and you don't have to squeeze the ball.

Q: What you're saying is the arm should be straight during the swing?

"Definitely. Gravity will do most of the work and help keep the arm straight. To be successful and string out a lot of strikes and be consistent, it is best to keep that swing free, easy and relaxed. The same would apply for spare shooting."

Today's kids need lesson in bowling



AL HARRISON

Guns and bombs, school kids going crazy, kids killing kids. Recent group-sense headlines have told it all, and the worry and fear are all too real.

This is like a wake-up call. What has gone wrong in our society?

Do you remember the hit musical, "The Music Man" with Professor Harold Hill saying "There's trouble in River City" and how he started up a band to keep kids out of the pool hall, and of course he sold some instruments.

This is a simple analogy, but it relates to our problems of today, and instead of a band, we can get the kids involved in organized programs, such as youth bowling, that are fun to participate in, but most important, to get them motivated mentally and physically in a healthy pursuit.

It is a fact that kids who are in youth bowling programs tend to keep out of trouble.

Millions of dollars are spent yearly in correctional institutions for youthful offenders. It would take a lot less money than that to formulate programs along the lines of youth bowling or other well structured activities.

Whether it's school related or not, the kids would be given an outlet for their energy.

In youth bowling programs, the kids learn to associate with all types of other kids, from a

wide range of ethnic backgrounds and diverse cultures, and out on the lanes, they learn to compete in a friendly social atmosphere without developing animosities and hatred for others.

It is simply applied sportsmanship. Those that have pent up anger in their make up can get mad at the bowling pins, and want to knock them all down.

A smaller child may be able to bowl a much larger opponent, there is no advantage to size or gender in this sport.

Isn't that better than setting off bombs or firing automatic weapons at others? The tools for this are all in place.

There are over a hundred bowling centers in the metropolitan Detroit area. Each of these bowling centers would be able to provide the necessary lanes and times for the kids to come in and develop their bowling skills and compete for prizes as well as the available scholarship funds.

I now suggest that any concerned people who feel that this would be a good bet for the future of our kids, get organized, create programs, in which bowling could be a vital part.

Get funded so that some worthwhile projects could take place, and most of all, make it happen.

June 6 is the date and Cloverlanes in Livonia is the place for three youth traveling leagues from the metro area to face off to determine the city championship.

The three leagues are the Ward's Travel Classic, which was founded a long time ago by the late Cecil Ward; Sunday Youth Classic, which has devel-

oped many of today's adult stars; and the Western Wayne Youth Travel Classic, which has a strong instructional program and many star bowlers have risen from their ranks as well.

Wards travels to mostly east side and north suburban houses, SYC, is active mostly in the southern Oakland and Wayne counties while the WWTVC operates more westward in Wayne County.

This should be a classic battle with most of the best our area has to offer in the wide world of youth bowling. Anyone can come on down to Cloverlanes and watch these great kids in action.

The Les Stanford Chevrolet All-Stars finished another big season with the Championship team winning both halves of the season, that was plenty good enough for the All-Star's Big Boy team captained by Lew Anarsa of Farmington Hills, Ken Kosick of Canton, Todd Kurovski, Tony Stipeak of Redford; Ken Wyatt, Vernon Peterson and Bob Chamberlain of Auburn Hills.

The John Gavin Cup was won by the Red Robin restaurants team with captain Larry Walker of Garden City, Tony DaDeppo, Jessie Bowersock, Chris Viney; Julius Miasano of Westland and Bob Casale.

The All-Stars, who bowl on Tuesday nights at Thunderbowl are generally recognized as the strongest men's league in the nation.

Bowling Digest has named its candidates for top woman bowler of the 1990s, and topping the list is Alota Sill, the only bowler female or male, ever to win two triple crowns along with everything else.

The results of the vote are not yet complete. Alota, who was raised in Garden City and Westland deserves this honor. She is currently in Las Vegas competing in the Ladies Doubles Championship.

Her partner is Jeanne Gebbia of Garden City. A victory there would put Sill over that \$1 million plateau in career earnings, becoming the first woman bowler to do that.

In April 25 Ten Pin Alley bowling report, there was the story about Debbie Hanson of Redford, bowling her first ever perfect game in the All-Star Bowlerettes at Cloverlanes in Livonia.

It was a minute in time that is never forgotten by anyone who gets their first 300 and sometimes a picture is worth 1,000 words, as this photo of Debbie taken right after the game reflects the elation and excitement of the moment.

This was the sixth perfect game in the league this season, one more reason to salute these fine bowlers for all that they have accomplished.

In the All-Star Bowlerettes at Cloverlanes the first- and second-half champs rolled off for the overall league championship with Hamtramck Singles/Hit-Tech Pro Shop beating Contour-Power Grips.

The championship team is comprised of Patsy Wray, Carol Mielczarek, Karen Martin, Jamie Morand and Sandy Winbiger.

The runner-up team was captained by Kathy Henslip of West Bloomfield. She was joined by Renee Tesner, Kathy Siemiasz, Cyndi Black and Carmen Allen.

BOWLING HONOR ROLL

COUNTRY LANES (Farmington)
Sunday Qualifiers: (League Champion) Sinks Zone, Todd Worthinger, captain Mike D'Angelo, Bill Vico, Tom Schneider. They defeated the first hat champions, Solomon's Kings made up of Mary Weiss, Sid Harris, and captain Bob Solomon.

HOVI BOWL
Westside Luthieran: Al Hunt, 681; Bill Mueller, 657; Rip Gagnon, 259/626; Clark Stone, 625; Mike Faith, 621.

PULM HOLLOW LANES (Southfield)
T.C.A.C.: Bruce Pippen, 300.

BOWL ONE LANES (Troy)
Doris Supply Senior Class: Mort Friedman, 230; Roland Snodgrass, 712; Phil Horowitz, 278/724; Chris Ginas, 278/730; Lloyd Nichols, 721; Frank Gavin, 710; Les Sfrichta, 722; Scotty Laughland, 708.

Ladies House: Sue Maleski, 252; Linda Matveit, 225; Pam Butz, 237; Lisa Lane, 233.

Ladies Hite Out: Janice Holibaugh, 215.

Adams & Eves: Brian Bierkamp, 274; Fran Prytulski, 240/727.

Monday Marchers: Jerry Thiel, 744; Dave Henderson, 757; Paul Gorski, 278.

828 Classic: Wayne Grive, 288/800; Gabe Raskiewicz, 300.

Beard's Heart: John McCune, Jr., 741; Al Martens, 299.

Bowl One Jewels: Gordon Long, 257.

Bowl One Classics: Leon Guzzini, 300/790; Jason Stephenson, 299; Bill Cicale, 300; John McGraw, 298.

Bowl One Junior House: Charles Harwood, 257/714; Fred Eye Classic: Jeff Zerro, 209/737; Larry Magrie, Sr., 268/715; Al Oliver, 692.

Goldstars: Judy Halock, 238.

WESTLAND BOWL
St. Mar's Men: Steve Wornick, 278/734; Mike Cavichio, 234/681; Gary Morton, 238/646; Roy Lince, 235/610; Doc Cirino, 223/621; Scotty Giverson, 248/666; Bill Van Valze, 225/665; Jim Swain, 265/643; Dennis Dobransky, 224/628; Bob Grutis, 234/628; Rex Kosinski, 257/644.

CLOVERLANES (Livonia)
Patsy Wray, 226-235-257/718; Carol Mielczarek, 210-214-209/633; Karen Martin, 219/571; Jamie Morand, 205-228/618; Sandy Winbiger, 203/567; Kathy Henslip, 208-255/654; Kathy Siemiasz, 213/588; Cyndi Black, 208-255/638; Carmen Allen, 212/566.

PLAZA LANES (Plymouth)
Jackie & Jill: Steve Seadek, 268-248-249/655.

Waterford Men: John Calosa, 255; Peter Russo, 255; Sam Lofelano, 257; Bill Siemiasz, 268; Larry Bennett, 268; Mark Pennington, 268/708; Roger Woney, 258; Tom Shea, 268; John Scherer, 258.

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To submit your nomination for the High School Athlete of the Week:

1. Send us up to one page of information about the athlete's involvement in sports, community, academic achievements and any awards he/she has received. Include the name of the high school and a picture of the athlete.
2. Include your name and daytime phone number.
3. Send your nomination to:

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