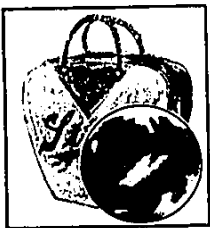


# What Equipment Do You Need?

## All You Need Is...

All you need is a bowling ball and shoes. Few sports can be enjoyed without some sort of investment in equipment. Bowling is one of them. Balls are available at the centers free of charge, and only a nominal fee is charged for rental of bowling shoes. Once you become a bowling enthusiast, of course, you may well want to purchase your own shoes and ball and, of course, a bag in which to carry your ball. Shoes cost about what any shoes cost. Bowling balls range in price from about \$26 to \$40.



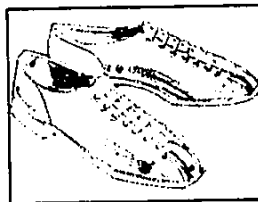
## Balls

Most balls are made of either hard rubber or plastic. The size is standard, but weights range from seven to sixteen pounds. Children use the lighter balls, men usually pick a 14 to

16 pound ball, and women pick something in between. The correct weight ball for a person is determined by that person's strength, rather than by his size or weight, although the two do go somewhat hand in hand. The way to test is this: In the second step, if the shoulder drops too much, the ball is too heavy. A lighter ball will knock down more pins than a ball that is so heavy the bowler cannot maintain good control. The rule is to pick the heaviest ball you can throw comfortably. Try several of the bowling center's balls before you invest. A little experimenting will tell you what weight is best for you.

A ball is held by the two middle fingers and the thumb. The position and size of the holes must fit the

bowler's hand to allow a comfortable, natural grip if he is to attain even fair success. In the conventional grip, the fingers are inserted in the ball as far as the second joint. The span between the thumb hole and finger holes is as important as the size of the holes, and a properly fitted ball will allow your best game.



## Shoes

Bowling shoes are different than ordinary shoes. While some are "universals" with two leather soles, many are made with a leather sole on the left shoe to permit a slide on the last step of the delivery and a rubber sole on the right for braking. The soles are reversed for left handed bowlers. The sales clerk is not being nosy when he

asks you if you are right or left handed. If he doesn't, he is probably selling you universals. Most bowlers wear the same size in a bowling shoe as they do in a street shoe. The new fashionable shoes that look like bowling shoes really aren't. They have like rubber soles and won't do for bowling.

## WHAT SHOULD YOU WEAR BESIDES SHOES?

Besides shoes (and stockings, of course, to keep the Department of Health happy if you use rental shoes), you will need additional clothes, but you probably have them in your closet right now. Maybe you even have them on. In choosing clothes for bowling, comfort is the byword. Freedom of motion is important, particularly across the shoulders and under the arms, and of course through the legs. Pants, culottes, pleated skirts, or hot pants, topped with a comfortable shirt or sweater will outfit you in fine condition to enjoy this sport. Some women even wear dresses. Really, unless you have a highly unusual toss, you won't be bending over far enough to lose your modesty. Your choice should be based on what you feel comfortable in.

**SOMETHING for EVERYONE**

**YOUTH LEAGUES**  
SATURDAY  
10:00 a.m. & 12:00 NOON  
Daily after School

**FATHER and SON**  
SUNDAY . . . . . 11:45 a.m.

**MOTHER and DAUGHTER**  
SUNDAY . . . . . 11:45 a.m.


**MEN'S INDUSTRIAL**  
3 MAN TEAM  
FRIDAY MORNING  
SANCTIONED

**RETIREEES**  
WEDNESDAY . . . 12:30 p.m.  
SPECIAL RATES!  
CALL NOW FOR RESERVATIONS!

**Bel-Aire LANES**  
24001 ORCHARD LK. Rd.  
(Just S. of 10 Mile Rd.)  
**476-1550**

*The New*

**OLYMPIAN® Brunswick**



**BOWLING BALL \$24.95**

THE NEW DYNAMIC BALANCE ASSURES  
CONSTANT ROLL TIME AFTER TIME!

THE OLYMPIAN IS SOLD ONLY IN  
PROFESSIONAL BOWLING SHOPS  
WHERE YOU WILL BE ASSURED A CUSTOM  
FIT FOR YOUR GAME.

**GNIEWEK'S**  
TROPHIES INC.  
AUTHORIZED BUNNICK DEALER

21925 MICHIGAN AVE.  
DEARBORN

**278-1130**

**Brunswick**  
THE NO. 1 NAME IN BOWLING



**BLACK BEAUTY**

Custom Drilled **\$19<sup>95</sup>**

24 Hour Service

**Budde's**  
SPORT SHOP INC.  
**476-4855**  
DOWNTOWN FARMINGTON CENTER