

Frustration detrimental says bowling's Bob Hart

By HY SHENKMAN
If you kick the rack, slam the table or use profanity you have no business bowling—says American Bowling Congress champion Bob Hart.

"The bowler's only satisfaction should be that he does his best," Hart said.

"We must realize that frustration is detrimental to us and in the eyes of others. We should put forth an effort to control our emotions, especially the angry ones."

Born in Columbus, Ohio, Hart worked for General Motors in Pennsylvania. Transferred to Detroit by General Motors, he is presently employed by the Kirsch Company in Oak Park.

He worked for the Detroit Free Press Bowling School as an instructor.

"I enjoy working with anyone who is interested in this sport, but for me," he admits, "there is nothing better I like than competition. And I'm there to win. I'm an ardent fan of Vince Lombardi who once said, 'Winning is not everything, it's the only thing.'"

HART IS A TRUE gentleman, talks and acts like one. "It doesn't cost any more to be nice," he said. "Put on a smile and it'll help overcome tension. Happier attitudes help to relax you and make others more relaxed."

"As a contender, I have a responsibility to conduct myself in a good manner at all times."

"People who watch us, often follow our pattern so I try to be sure that it's a good one to follow."

Bob first got interested in the sport at age 12 working as a pin boy. The place he set pins was attended by top bowlers of the city.

"I didn't have time to get out of the pit," Hart remembered. "I was too busy making a few dollars. I didn't start to bowl until I was 15."

"Robert Onelich, a nominee for the Hall of Fame, as well as Joe Kristoff from ABC National Hall of Fame were a lot of help to me," Bob said.

"I RECALL how I was criticized by my teachers for spending my time in the bowling alleys which was in those days not a respectable place in the eyes of the general public."

"But the image of bowling has changed. Bowling has become a part of the physical education program and today teachers are busing school children to the bowling alleys," Bob Hart says.

"There are million dollar establishments with more efficiently organized programs, with better equipment and everything in the way of comfort—air conditioning, nicer restaurants, lounges, with regular nursery set-ups for baby sitting so the family can participate as a whole."

Bob Hart, 37, is the head of a bowling family. His wife Judy, son Robert, 14, and daughter Rebecca, 11, are all advanced bowlers.

He worked hard at this sport from the first day and admits that a 150 percent effort is necessary to accelerate. At the age of 17 he was the National Junior Individual Champion (out of 9,000 participants).

"I WOULD LIKE to pass on to the parents a piece of my philosophy," Hart said.

"I wouldn't push youngsters in any direction if they were not interested. Let them excel in something else. When they are very young it is important that they get diversion by trying other sports and other activities."

"The time comes when everybody reaches an age when they know what their aims and goals are. Only at this point they should dedicate themselves to that particular field."

"At a younger age one should live as himself and not try to imitate a national champion. There is such a thing as losing oneself in frustration," the champ said.

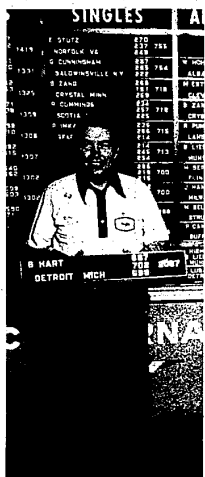
"The prestige and honor of having won three American Eagles in one year means more to me than the monetary reward, which I can certainly use well," Hart admits.

THIS YEAR, he and Chuck Sunseri won the national doubles title.

Bob Hart was the fourth man in 73 years to win three bowling titles in one year. He also won the individual events title for 1974. Twenty-five thousand bowlers competed in each event. The winner's award was \$3,200, the highest individual purse this year.

From July 14 through July 20 Hart will be in Miami, representing United States in the Friendship Tournament of the Americas. Thirty nations will be competing.

"I'm at my best right now and I anticipate to continue for another 10 years of good performances," he says.



Bob Hart



COURTSIDE By JOE FELICE

The forehand is one of the two basic ground strokes of tennis. It is probably the most popular of all tennis strokes.

Both the forehand and the backhand should be started from the ready position which should consist of the following:

- Face the net, feet shoulder width apart.
- Forehand grip as though you are going to shake hands with the racket.
- Weight on balls of your feet.
- Neck of the racket cradled in opposite hand with racket head straight in front of body.

FROM The ready position you are ready to move either way, to the forehand or backhand.

As you see the ball coming to the forehand side, turn and point the racket head at the back fence keeping the racket approximately at waist level.

Keep the arm relaxed and remember the only part of the body to stay firm throughout the swing is the wrist.

Watch the ball constantly and as the ball approaches you, step forward with the front foot putting your weight over the top of the front knee.

BALL CONTACT should be made even with the front knee with the follow through directing the face of the racket over top of the net. The follow through should be as though you are going to shake hands with someone on the opposite side of the net.

Think of the forehand swing as a half circle keeping your elbow down close to your body until ball contact is made and then letting your whole arm go forward in the follow through.

The most important part of the swing is approximately one foot behind the ball to one foot past the ball. Try to have the face of the racket moving forward towards the net during this part of the motion.

"You can't get any power into a push if your legs are stiff and straight"

REMEMBER THE following points on the forehand stroke.

- Turn sideways, racket pointing at back fence.
- Stop and wait for the ball with racket back.
- Step and swing with smooth level motion meeting ball even with front knee.

Follow through out and over the top of the net.

Never let the back foot come around with the swing. This will cause a loss of control. You can go up on your toe but keep the back foot on the ground as a balancing point, even though your body weight should be over the front foot.

On both forehand and backhand always bend your knees as though you are going to push something. You can't get any power into a push if your legs are stiff and straight.

(Joe Felice is a member of the U.S. Professional Tennis Association.)

Stonycroft first place to Simpson

Nora Simpson carded a 267 to take top honors in the championship flight of the Stonycroft Hills Ladies Club Championship tournament.

The 54-hole par 216 layout got the best of the lady duffers, as scores soared in the July 23-24 tourney.

Madge Woodward needed two extra holes to win the first flight on the tournament.

Second and third flight golfers played three nine-hole rounds to decide their contests, rather than the three 18-hole rounds.

CHAMPIONSHIP FLIGHT

1. Nora Simpson, 267; 2. Maggie McGinnis 272; Low Net-Jean Van Allen 222.

FIRST FLIGHT

1. Madge Woodward, 311; 2. Marion Forston, 311; Low Net-Jimmy Anders 239.

SECOND FLIGHT

1. Fran Warner, 455; 2. Frieda Bigham, 478; Low net- Ginny Sage, 123.

THIRD FLIGHT

1. Elaine Dobson, 185; 2. Mary Weisenberger, 193; Low net-Ann Whitney 126.



Nora Simpson (Photographed by Art Emanuel)

The sporting life

Wheels offering ticket package

Detroit's World Football League franchise, the Wheels, is offering a special block-ticket package for home games at Ryerson Stadium in Ypsilanti.

Interested parties may call Wheels Ticket Manager Brian Reikel between 8:30-5 p.m. weekdays at 964-8560.

Ryerson seats approximately 22,000.

AN OVERHEATED engine short-wired Vic Pottinger's hopes during the Gold Cup 67.5-mile auto race for Formula Super Vee cars in Watkins Glen, N.Y., last week.

Piloting a Pottinger Lola T292, the Bloomfield Hills driver ranked a poor 32nd, completing only four of the race's 20 laps on Watkins Glen's 3.3-mile track.

Sanctioned by the Sports Car Club of America (SCCA), the two-day event attracted nearly 74,000 spectators.

Pottinger next will compete during SCCA's Formula Super Vee festivities Aug. 25 in Elkhart Lake, Wis.

BIRMINGHAM'S JULIE Bookmyer and Bloomfield Hills' Cindy Bagley each took singles titles during the Cranbrook Junior Open tennis tournament last week.

Miss Bookmyer defeated Bloomfield Hills' Nicole Lorenzetti, 6-2, 6-1, to capture the girls 14 and under championship.

Miss Bagley defeated Ann Arbor's Kelly Lazar, 6-4, 6-3, to seize the girls 12 and under crown.

mid-summer sale Our Harman Gallery Collection of Tables . . . (circa 1750)

Our Harman Gallery Collection of Tables is a skillful blending of the Colonial craftsman's know-how with the graceful old world lines of Queen Anne. Each piece is crafted in maple and finished in the exact honeyed brown which flows in dark profusion from the maple tree . . . highlighted and distressed to make each one glow with the treasured aura of an heirloom. All are Mid-Summer Sale Priced . . . and in Stock For Immediate Delivery! No waiting! Enjoy your selection immediately . . . and save!

A. 13" x 28" Butterfly Drop Leaf Table . . . opens to 32" x 28" with one drawer for storage. Sale . . . \$115.

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C. 20" square Bunching Tables . . . just 17" high. Choose one or several for accents. Sale . . . \$53 each.

D. Distinguished Desk for M'lady. Writing surface, 36" x 18" . . . with three drawers for extra storage. Sale . . . \$172.

E. Magazine End Table with brass handle trim. Sale . . . \$115.

F. Nest of Tables. Top one measures 24" x 15" x 22" high. Set of three. Sale . . . \$128.

G. 21" x 27" End Table with one drawer and shelf for added display. Brass trim. Sale . . . \$99.

H. 27" square Commode Table. Has two doors, storage within. Sale . . . \$139.

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