



**TRAIL
LIFE
USA**

Bowling

Name _____

- ____ 1. Do all of the following to learn about bowling:
- ____ a. Explain the bowling rules of play.
 - ____ b. Explain the bowling scoring system and the difference between scoring a spare and a strike.
 - ____ c. Explain league play, handicapping, and scoring.
 - ____ d. Describe the different ball weights and materials, and explain the reason different materials are used.
 - ____ e. Explain the reasons for using two different balls during the same game.
 - ____ f. Describe the bowling lane and explain why there are arrows on the lanes.
 - ____ g. List and explain at least four different types of modern era pins.
 - ____ h. Explain the difference in bowling styles and approaches.
 - ____ i. Explain what pin is to be hit, and where to properly hit it to pick up a split.
- ____ 2. Do one (1) of the following requirements
- ____ j. Describe the early origins of bowling and what event standardized the game.
 - ____ k. Describe several major professional bowling tours.
 - ____ l. Read a biography of a famous professional bowler.
 - ____ m. Attend or watch a professional bowling tournament.
- ____ 3. Demonstrate the five-step and the three-step approach.
- ____ 4. Over a period of at least six weeks, participate in at least twenty sessions on different days where a session can be any of the following
- Team practice for an organized team
 - League or team game (at least three games)
 - A professionally coached skills session, lesson, or class
 - Bowling on your own with family or friends (at least three games)



Trail Badge Mentor Signature

Date

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