

***30th Annual Jim Beleele Memorial
Junior-Collegiate Regional Tournament***

June 27-June 29, 2008

***Mockingbird Lanes
Omaha, Nebraska***



Contact Information

Max Bowl North

281.540.2800

Robbie Fravel

713.201.7608

Don Seagraves

832.754.8475

Betty Kahlden

713.303.7606

Super 8

10829 M Street
Omaha, NE 68137
1-402-339-2250

Motel 6

12121 North I-35
Oklahoma City, OK 73131
1-405-478-4030

Mockingbird Lanes

4870 S 96th Street
Omaha, NE 68127
1-402-339-8858

Itinerary

Tuesday, June 24th

11:00 p.m. Max Bowl North — Someone will be at the bowling center as early as 9:30 p.m. to receive drop-offs. We will be on the road all night making stops as necessary and we'll be changing bus drivers once we get to Oklahoma City, OK.

Wednesday, June 25th

4:00 p.m. Arrive in Omaha, Nebraska – Check-in at Super 8. (*Bowlers remain on bus during check-in process*)

Thursday, June 26th

10:30 a.m. Depart for Thunder Alley Entertainment Center (*be on the bus by 10:15 am*)

4:00 p.m. Return to hotel
(*be on the bus by 3:15 pm*)

8:00 p.m. Mockingbird Lanes Bowling Center –
practice time
(*be on the bus by 7:40 pm*)

****All times are approximate****

Friday, June 27th

- 12:30 p.m. Depart for bowling center for tournament play (*be on the bus by 12:15pm*)
- 1:30 p.m. Team Event
- 4:00 p.m. Scholarship Tournament
- 7:00 p.m. Return to hotel – pizza party!

Saturday, June 28th

- 7:15 a.m. Depart for bowling center (*be on the bus by 7:00am*)
- 8:00 a.m. Team Event
- 10:30 a.m. Doubles / Singles Event
- 1:30 p.m. Team Event
- 5:00 p.m. Return to hotel - Nothing planned at this time.

Sunday, June 29th

7:00 a.m. Check-out and depart for bowling center.
Please make sure you are packed and on the bus by 6:45a.m.

8:00 a.m. Doubles / Singles Event

11:00 a.m. Stop for lunch and travel to
Oklahoma City, OK


7:00 p.m. Arrive in Oklahoma City, OK...check-in
at Motel 6. ***(Bowlers remain on bus during check-in process)***

Monday, June 30th

9:30 a.m. Check-out and depart for HOME ***(please make sure you are packed and on the bus by 9:15a.m.)***

7:00 p.m. Arrive at Max Bowl North
(Parents can call bowling center after 5:00 p.m. for better arrival time.)

Don's Rules

- ✓ Act like the young adults that you are...show respect for yourself, your parents and those around you at all times.
- ✓ Please leave your foul language and dirty jokes at home.
- ✓ You are not to leave the hotel without notifying Don, Ms. Robbie or Ms. Betty. **No exceptions!**
- ✓ If you leave the hotel, another bowler must accompany you (buddy system). **No one leaves the hotel alone.**
- ✓ ***“No bowler left behind policy”***. When the bus leaves for a special outing, we all leave for a special outing. Yes, you have to go! No, you can't stay, so don't ask!! Youth bowlers will ***not*** stay at the hotel without chaperone supervision. **No exceptions!**
- ✓ Please, please - ***NO*** running in the halls, slamming of doors and excessive loud noises. We are not the only guests in the hotel...be mindful of other guests.
- ✓ You should be in your room by 10:00 p.m. and all outside guests must leave at this time.
- ✓ Curfew is 1:00 a.m., go to sleep... Your chaperones need their rest...some of them are OLD!!! And, YOU are here to bowl and have fun, but you need your rest...***remember if Don, Robbie and Betty are happy, then everyone is happy!!!***
- ✓ Don is ***“The Big Dawg”***,  do not test him, his bite **can** be worse than his bark...it's not a pretty site. Don't go there...remember you were warned!!

2008 Tournament Bowlers

NAME	CENTER	NAME	CENTER
<i>*Amanda Lopez</i>	<i>Emerald</i>	<i>*Kennon Riley</i>	<i>Max North</i>
<i>*Anthony Lavery-Spahr</i>	<i>Max North</i>	<i>*Kevin Foerster</i>	<i>AMF Willow</i>
<i>*Ashleigh Calote</i>	<i>AMF Alpha</i>	<i>Kevin Hougland</i>	<i>Copperfield</i>
<i>*Austin Fontaine</i>	<i>Delmar</i>	<i>*Kyle Kahlden</i>	<i>Max North</i>
<i>*Ben Carr</i>	<i>Max North</i>	<i>Kyle Young</i>	<i>Alvin</i>
<i>Carolyn Young</i>	<i>Alvin</i>	<i>*Madison Williams</i>	<i>Copperfield</i>
<i>*Chris Carr</i>	<i>Max North</i>	<i>Michael Cook</i>	<i>Copperfield</i>
<i>*Dominick Savage</i>	<i>Delmar</i>	<i>*Nathan Arredondo</i>	<i>Copperfield</i>
<i>*Ellen Farber</i>	<i>Palace Lanes</i>	<i>Nathan Burge</i>	<i>AMF Stafford</i>
<i>*Emily Fravel</i>	<i>Palace Lanes</i>	<i>*Raphael Dickerson</i>	<i>Copperfield</i>
<i>*Ethan Holloway</i>	<i>AMF Willow</i>	<i>*Richard Slenker</i>	<i>Max North</i>
<i>Gregory Cook</i>	<i>Copperfield</i>	<i>*Sarah King</i>	<i>Max North</i>
<i>Halie Rasmussen</i>	<i>Copperfield</i>	<i>*Savannah Bolten</i>	<i>AMF Willow</i>
<i>*Heather Reed</i>	<i>Max North</i>	<i>*Sean Lavery-Spahr</i>	<i>Max North</i>
<i>*Hunter Scrogin</i>	<i>AMF Stafford</i>	<i>*Steven Guerrero</i>	<i>AMF Willow</i>
<i>Jelesa Maryland</i>	<i>Copperfield</i>	<i>*Taylor Ward</i>	<i>Palace Lanes</i>
<i>*Josh Alexander</i>	<i>Pearland</i>	<i>*Terence McQueen</i>	<i>Delmar</i>
<i>*Justin Wren</i>	<i>Max North</i>	<i>*Terrius Hilliard, Jr.</i>	<i>Delmar</i>
<i>*Keenan Eisemann</i>	<i>Palace Lanes</i>	<i>Travis Dahringer</i>	<i>AMF Stafford</i>

Friday, June 27, 2008

Team Event – 1:30 p.m.

CASE Closed

Heather Reed
Ashleigh Calcote
Steven Guerrero
Ethan Holloway

Go For Broke

Terence McQueen
Nathan Arredondo
Terrius Hilliard, Jr.
Kevin Foerster

Texas Tornado

Sarah King
Ellen Farber
Madison Williams
Raphael Dickerson

Bowlers 'R' Us

Hunter Scrogin
Nathan Burge
Keenan Eisemann
Travis Dahringer

Yellow Roses of Texas

Savannah Bolten
Halie Rasmussen
Amanda Lopez
Jelesa Maryland

Out of the Shute

Kevin Houglan
Dominick Savage
Michael Cook
Gregory Cook

Don's Troup

Chris Carr
Kennon Riley
Ben Carr
Richard Slenker

Texas Pinblasters

Austin Fontaine
Josh Alexander
Justin Wren
Sean Lavery-Spahr

Texas Local Express

Emily Fravel
Taylor Ward
Kyle Kahlden
Anthony Lavery-Spahr

Friday, June 27, 2008

Scholarship Tournament - 4:00 p.m.

Amanda Lopez
Anthony Lavery-Spahr
Ashleigh Calcote
Austin Fontaine
Dominick Savage
Ellen Farber
Emily Fravel
Ethan Holloway
Gregory Cook
Halie Rasmussen
Heather Reed
Hunter Scrogin
Jelesa Maryland
Josh Alexander
Justin Wren
Keenan Eisemann
Kennon Riley
Kevin Foerster

Kevin Houglan
Kyle Kahlden
Madison Williams
Michael Cook
Nathan Arredondo
Nathan Burge
Raphael Dickerson
Richard Slenker
Sarah King
Savannah Bolten
Sean Lavery-Spahr
Steven Guerrero
Taylor Ward
Terrence McQueen
Terrius Hilliard, Jr.
Travis Dahringer

This Scholarship portion of the tournament is open to all bowlers in grades 9 through College. The tournament shall consist of singles competition with four divisions. . . Female Handicap, Male Handicap, Female Scratch and Male Scratch. The amount of Scholarship Funds awarded will depend on the number of entries. However, there is a guaranteed \$150 scholarship for the first place winner in each division.

Saturday, June 28, 2008

Team Event – 8:00 a.m.

Texas Wreckin Crew

Savannah Bolten
Ellen Farber
Austin Fontaine
Josh Alexander

Texas Strikers

Nathan Burge
Amanda Lopez
Travis Dahringer
Kevin Houglan

Stars & Strikes

Terence McQueen
Kennon Riley
Dominick Savage
Terrius Hilliard, Jr

Bayou City Boys

Nathan Arredondo
Keenan Eisemann
Raphael Dickerson
Michael Cook

Texas Fireflies

Steven Guerrero
Hunter Scrogin
Kevin Foerster
Gregory Cook

Guys & Gals

Ashleigh Calcote
Chris Carr
Carolyn Young
Jelesa Maryland

Shudda Been

Halie Rasmussen
Ben Carr
Ethan Holloway
Richard Slenker

Waitresses of the Road Kill Cafe

Sarah King
Emily Fravel
Madison Williams
Taylor Ward

Texas Prairie Chickens

Justin Wren
Kyle Kahlden
Sean Lavery-Spahr
Anthony Lavery-Spahr

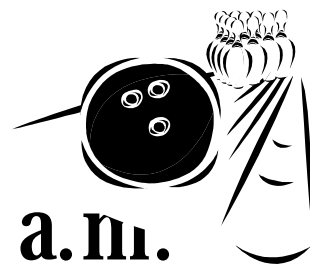
Texas Armadillos

Heather Reed
Kyle Young
Vacant
Vacant



Saturday, June 28, 2008

Doubles/Single Event – 10:30 a.m.



**Emily Fravel
Kyle Kahlden**

**Amanda Lopez
Nathan Burge**

**Hunter Scrogin
Travis Dahringer**

**Savannah Bolten
Josh Alexander**

**Halie Rasmussen
Jelesa Maryland**

**Sarah King
Ellen Farber**

**Terence McQueen
Dominick Savage**

**Raphael Dickerson
Justin Wren**

**Steven Guerrero
Ethan Holloway**

**Austin Fontaine
Nathan Arredondo**

**Keenan Eisemann
Terrius Hilliard, Jr.**

**Kevin Foerster
Kevin Hougland**

**Madison Williams
Sean Lavery-Spahr**

**Chris Carr
Ben Carr**

**Carolyn Young
Kyle Young**

**Michael Cook
Gregory Cook**

**Taylor Ward
Anthony Lavery-Spahr**

**Kennon Riley
Richard Slenker**

**Heather Reed
Ashleigh Calcote**

Saturday, June 28, 2008

Team Event – 1:30 p.m.

Lone Star Bowlers

Kevin Foerster
Dominick Savage
Kevin Hougland
Michael Cook

On A Roll

Keenan Eisemann
Ethan Holloway
Nathan Arredondo
Raphael Dickerson

Go For Broke

Madison Williams
Taylor Ward
Sean Lavery-Spahr
Anthony Lavery-Spahr

Better 'N Average

Hunter Scrogin
Terence McQueen
Terrius Hilliard, Jr.
Austin Fontaine

Texas Two Steppers

Steven Guerrero
Amanda Lopez
Sarah King
Justin Wren

The GEEK Squad

Ellen Farber
Emily Fravel
Gregory Cook
Kyle Kahlden

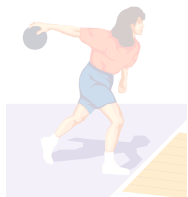
Here for the Fun

Heather Reed
Chris Carr
Ashleigh Calcote
Ben Carr

Texas Chili Peppers

Savannah Bolten
Kennon Riley
Richard Slenker
Josh Alexander





Sunday, June 29, 2008

Double/Single Event – 8:00 a.m.

**Jelesa Maryland
Kevin Foerster**

**Ashleigh Calcote
Ben Carr**

**Ethan Holloway
Josh Alexander**

**Justin Wren
Michael Cook**

**Keenan Eisemann
Hunter Scrogin**

**Amanda Lopez
Ellen Farber**

**Chris Carr
Richard Slenker**

**Terrius Hilliard, Jr.
Dominick Savage**

**Kevin Hougland
Gregory Cook**

**Nathan Arredondo
Raphael Dickerson**

**Emily Fravel
Taylor Ward**

**Kyle Kahlden
Anthony Lavery-Spahr**

**Kennon Riley
Kyle Young**

**Steven Guerrero
Austin Fontaine**

**Heather Reed
Carolyn Young**

**Nathan Burge
Travis Dahringer**

**Sarah King
Madison Williams**

**Halie Rasmussen
Savannah Bolten**

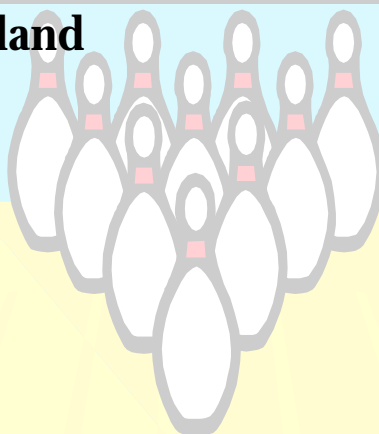
**Terence McQueen
Sean Lavery-Spahr**



Sunday, June 29, 2008
Team Event – 10:30 a.m.

Maximum Force

Halie Rasmussen
Jelesa Maryland
Vacant
Kevin Hougland



Texas T 'n' T

Travis Dahringer
Michael Cook
Gregory Cook
Kyle Kahlden



Texas Gators

Vacant
Carolyn Young
Kyle Young
Nathan Burge

Team Event – Friday, June 27th - 1:30 p.m.

Bowler Name:

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

Scholarship Tournament – Friday, June 27th

Bowler Name: _____

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

Team Event – Saturday, June 28th - 8:00 a.m.

Bowler Name:

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

Singles Event – Saturday, June 28th

Bowler Name: _____

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

Singles Event – Saturday, June 28th

Bowler Name: _____

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

Team Event – Saturday, June 28th - 1:30 p.m.

Bowler Name:

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

Singles Event – Sunday, June 29th

Bowler Name: _____

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

Singles Event – Sunday, June 29th

Bowler Name: _____

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		

Team Event – Sunday, June 29th - 10:30 a.m.

Bowler Name:

1	2	3	4	5	6	7	8	9	10											

1	2	3	4	5	6	7	8	9	10											

1	2	3	4	5	6	7	8	9	10											

1	2	3	4	5	6	7	8	9	10											

1	2	3	4	5	6	7	8	9	10											

1	2	3	4	5	6	7	8	9	10											

1	2	3	4	5	6	7	8	9	10											

1	2	3	4	5	6	7	8	9	10											

1	2	3	4	5	6	7	8	9	10											

1	2	3	4	5	6	7	8	9	10											

1	2	3	4	5	6	7	8	9	10											

Bowler Name:

Event & Date:

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

Bowler Name:

Event & Date:

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

Bowler Name:

Event & Date:

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

Bowler Name:

Event & Date:

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

1	2	3	4	5	6	7	8	9	10

These ideas from USBC Coaching can help your game even before you roll your first ball at the tournament.

Before you go:

- Q Choose your arsenal. Select the bowling balls you would like to bring. Talk to others who have already bowled in the tournament or are familiar with the lane conditions to help you determine which ones will be right for you. Many tournaments limit the number of balls per bowler to six.
- Q Check your equipment. Look for chips and cracks on the surface of each ball. Replace worn finger inserts as necessary.
- Q Prepare your accessory bag. Make sure you bring a rosin bag, clean towel and plenty of tape.
- Q Find a USBC certified coach. A USBC coach can help you find a way to knock down a few more pins each game. Find a USBC coach in your area.

When you get there:

- Q Pay attention to what is happening around you. If other bowlers are starting to miss right or left, the lane condition may be changing slightly. Be alert and make adjustments.
- Q Relax and have fun. You'll have a harder time making your shots if you are nervous, worried or concerned. To decrease tension, take a deep breath and exhale before each shot.
- Q Get back to basics. Tournaments are exciting and in such an atmosphere, bowlers have a tendency to get overanxious and forget about fundamentals. Focus on the basics to ensure your best performance.

(information borrowed from the Coaches Corner at usbowlers.com)

Hit the mark with a straight arm swing

- Q The most common cause of a poor shot is a poor arm swing. The bowler should have a straight swing that stays in line with the target on the lane throughout the delivery.**
- Q In the starting stance, position the ball to the side not in front of the body. Part of the ball should be visible to someone standing behind the bowlers shoulder.**
- Q On the forward swing, the forearm should point like an arrow to the target. As the ball is pushed out, the ball should be in a groove or track that is in line with the bowlers body and target. Pushing the ball away from or pulling it in toward the body can cause the ball to swing in the opposite direction and off the target.**

Improve with a positive mental attitude

- Q Having a positive mental attitude is the first step toward bowling well, especially at a center where you haven't fared well in the past. You should never think, I don't bowl well at this center, because that can turn into a self-fulfilling prophecy: You think you will bowl poorly and you will bowl poorly.**
- Q Instead of dwelling on past experiences, call to mind all the skills and techniques it will take to bowl well this time, then use them. You'll be surprised at the results of having a positive mental attitude and it will probably rub off on your teammates or doubles partner, too.**

(information borrowed from the Coaches Corner at usbowlers.com)

You're an athlete – prepare like one!!

Bowling is a sport. You are an athlete involved in this sport even if you only do it recreationally. Proper stretching and warming up before you bowl will help prevent injury. There a few stretches you can do before you ever throw your first ball that will help prevent injury.

- ☞ Grab your right ankle with your right hand and pull your foot up behind you until you touch your hip. Now do the same with your left hand and your left ankle. In addition to this, some people also stretch differently by grabbing the right ankle with the left hand and the left ankle with the right hand.
- ☞ Hold on to a seat or table if you need to and stretch your right leg out behind you keeping your heel on the floor to stretch your hamstring. Don't bounce and don't try and stretch until you hurt. Just feel it pull slightly. Repeat with your other leg.
- ☞ Before you put your wrist brace on, stretch your arm out in front of you and pull your fingers back keeping your wrist and elbow straight. Also pull the hand down with your wrist and elbow straight. This stretches the tendons you'll be using in bowling and helps loosen them up as well as stretching the wrist.
- ☞ Put your right hand on your left elbow and push the elbow up by your head keeping it bent. Then move your upper arm across your throat and push gently on the elbow toward your back. Repeat with other arm. This will loosen up your shoulder muscles.
- ☞ Another important loosen up technique in to put your hand all the way in the ball and swing it back and forth three or four times. Your thumb feels one way in a ball not in motion and entirely another in the swing. Don't let the first time your shoulder feels the weight of the ball to be when you mean it. Your first shot should be about ¼ speed. By about the 5th or 6th shot you should be up to full speed. No athlete in any sport starts out at full speed. That's what warming up is all about, gradually allowing your body to get into the athletics of your sport. (I've often thought I could have a lucrative part-time job throwing everyone's first three shots.)

These few stretches take about 30 seconds and can really help prevent injury. Check with your doctor before you do any stretching exercises, even these simple ones.

(information borrowed from Susie Minshew, Gold Level Certified Coach -<http://www.beyondbowling.com>)