

All Star League News

Turkey Shoot With a Twist

It's that time of year again....

The annual turkey shoot is back with a twist.

The turkey shoot will be held during your regular league play November 9th—Nov. 22nd. Entry fee is just \$5 and you have a chance to win an entire Thanksgiving Basket.

Much like our Strike Jackpots, this year's Turkey Shoot will have three divisions based on your current league average of nine games or more: 129 & below, 130-169 & 170 and above.

170 & Above Division

Just bowl a strike in the 3rd, 6th AND 9th frame in either game 1 or 2 (all three frames

must be bowled in the same game) and you win a turkey! If you succeed at that task then you get to try for the rest of the Thanksgiving Basket. In the third game if you bowl a strike in the third, sixth and ninth frame you win!!! If you don't succeed in the third game you still get to take home the turkey from the previous games.

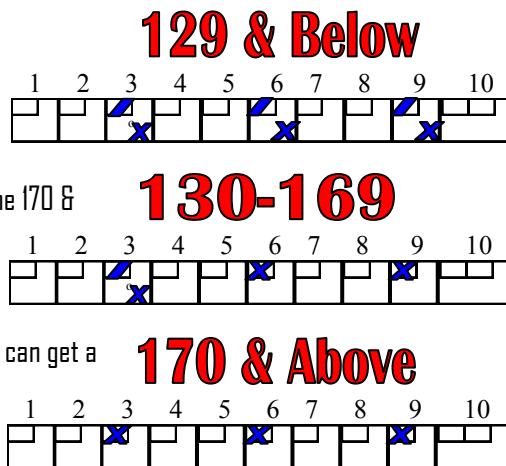
130-169 Division

In this division the rules are the same as the 170 & above division but in the third frame of each task, you can get a spare OR a strike to win.

129 & Below Division

In this division the rules are the same as in the other two divisions but you have to get a strike OR a spare in the 3rd, 6th and 9th frames.

Sign up at the front desk during practice and before the 1st game starts. All prizes will be given out that night.



Getting To Know Your Staff—Ryan Matthews

Each month we will feature a different employee.

If you bowl on everyday but Tuesday you have probably seen Ryan. Towering at about 6 ft 6 inches, he's not a real easy guy to miss.

Ryan was born and raised here in Baton Rouge and graduated from Capital High School. If you see two Ryan's don't worry; you are not seeing double. He has an identical twin brother named Ian.

Ryan will be getting married in December.

Ryan has worked at All Star Lanes for three years and about eight months ago through hard work and dedication, worked his way to Manager on Duty. You will find him during the evenings on Thurs. - Mon. He bowls on Wednesday nights in the BASF league and maybe needing just a tad bit of work on consistency. Ryan averages 170-200.



> October's Bowlers of The Week:

The following qualified for the League Appreciation

MONDAY

- | | |
|------------------|-------------------|
| Amanda Dixon | Jaki Hills |
| Betty Laurendine | Janice Carrier |
| Brian Yoches | Janice Hamilton |
| Bridget Riley | Jeff Oldendorf |
| Cheletta Arthur | Jennifer Mulhearn |
| Chris Curry | John Corne |
| Chris Jacob | Julie Williams |
| Claudia Hebert | Marie Jarreau |
| Denise White | Matt Saucier |
| Derrick George | Mike Bass |
| Don Meyn | Nick Bourgeois |
| Donald Riley | Pam Gaudin |
| Donna Brewer | Robby Navarre |
| Doug McAdams | Tom Coerver |
| Gerald Williams | Willie Griffin |

TUESDAY

- | | |
|----------------|-----------------|
| Alex Domingue | Joe Temple |
| Alyssa Adams | John McGurk |
| Amy Deleon | Kathy Johnson |
| Andrew Allen | Kevin Wales |
| Andrew Spring | Kyles Percle |
| Beverly Locker | Lynn Redmon |
| Carroll Sides | Marilyn Smith |
| Cliff Shrader | Mark Westmoland |
| Corney Welsh | Pearlie Exner |
| David Juneau | Ruth Cardinale |
| Faye Ramsey | Shavonne Martin |
| Irma Mikell | Trip Taylor |
| Jan Gaudet | Troy Smith |
| Janice Murphy | Wayne Delaune |

WEDNESDAY

- | | |
|-------------------|------------------|
| Aaron Fontenot | Lauren Folks |
| Beamer Nguyen | Linda Morris |
| Bonnie Cope | Linda Rouyea |
| Brandy Joseph | Lois Gautreaux |
| Brenda Carlson | Matt Smith |
| David Daresnbourg | Mike Landry |
| Deann Matson | Richard Pierce |
| Dexter Klees | Sal Palermo |
| Edna Oliver | Sharon Berkholz |
| Evelyn Leleux | Sheila Barton |
| Garrett Boni | Terri Andrews |
| Jerry Wagener | Terri Legendre |
| Jo Grosskopf | Victoria Theriot |
| Julie Walley | Viki Saizan |
| Justin Rauschkolb | Ward Oliver |
| Ken Albarez | Will Day |
| Landon Mcaluso | Yolanda Simmons |

THURSDAY

- | | |
|------------------|----------------------|
| Adam Kennedy | Mae Elliott |
| Amy Gillispie | Marilyn Nijoka |
| Angelo Menner | Mark Melder |
| Anita Leonard | Marty Evans |
| Betty Laurendine | Mary Whitney |
| Beverly Pourciau | Matt Richardson |
| Billy Reine | Merry Norman |
| Bobby Kelly | Michael Saccamozzone |

Coaches Corner—5 Most Common Bowling Mistakes and How To Fix Them

Even though every bowler develops a style of his or her own, an overwhelming percentage of bowlers tend to encounter many of the same pitfalls.

This article will go over 5 of the most common problems encountered with their bowling shot and what you need to do to avoid them.

1. Improper Stance or Push Away

A good bowling arm swing is straight back and forth, like a pendulum. There are two common things many bowlers do instead, which negatively affects the results of their shot.

First, a significant percentage of bowlers want to hold the ball in the middle of their chest when they're in the stance. If the ball is this far inside, you're forced to move your arm sideways and back around your body for the backswing. This will throw everything out of whack.

Instead, hold the ball out to the side of your body (on the same side as your bowling hand) so you can swing straight back and forth. Similarly, on the push away (the initial forward extension of your arm that goes along with the first step), many bowlers point to one side instead of straight out to-

wards their target. This also has a detrimental effect on the arm swing because the arm has to come back sideways during the backswing.

2. Drifting With Your Feet

Other times, everything seems to be going fine with your delivery, but the ball just does not seem to be lined up right. If this is the case, you'll want to check if you might be drifting. Drifting means that your starting point is one board, but you end up on a different board at the foul line at the release. In other words, you have "drifted" to one side or the other.

To correct this, set yourself at your starting point and make a practice approach without the ball. Then look down and see if you end up on the same board. You can have one of your lane mates take a look and see if you are going in a crooked pattern. Try not to look down in the middle of a shot, though, as this can mess up other areas of your delivery.

3. Too Fast on the Approach and Delivery

Another big problem for many bowlers is the speed of their approach and delivery. For some reason, everyone seems to be in a huge hurry to throw the ball!

Bowlers who make their steps too quickly to the foul line are usually off balance, rushed and they have an inconsistent release.

If you watch a professional, you will see that everything is slow and deliberate and they never unnecessarily hurry the delivery. You don't need to run up fast to generate power, so take your time and watch your shots improve.

4. Dropping the Ball on the Release

In an ideal bowling shot, the ball is released just past the foul line. Many bowlers, however, mess up their timing and end up letting go too early. This results in them dropping the ball hard on the lane instead of smoothly releasing it. To correct this, be sure you aren't releasing the ball from your hand before your foot starts to slide on its final step and make sure you have reached the foul line.

You might not even be aware that you're dropping the ball, but have a friend watch and check where it first touches the lane surface. If it is before the foul line, you know you need to work on your timing.

5. Lofting the Ball on the Release

Finally, many bowlers loft the ball out so it lands hard on the lane surface. This is a big problem because it will be nearly impossible to control.

If the ball is hitting down on the lane three or more feet out past the foul line, you are getting way too much loft. Don't feel like you need to "throw" the ball like in other sports to generate your power; the pendulum motion and finger lift are all you need.

It's likely you are lofting the ball because your release is too late. Be sure to remove the thumb right when your foot is sliding to the foul line and follow with your remaining two fingers a split second afterward. Also, the problem may be that your ball is improperly fitted to your hand. This makes it tough to release with your thumb and follow with your remaining two fingers a split second afterward. If this is the case be sure to talk to someone at the pro shop.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
31 Pork Roast Cinnamon Apples Vegetable of the day	1 Country Fried Steak Mashed potatoes Vegetable of the day	2 Baked Ham Scalloped potatoes Vegetable of the day	3 Hamburger Steak w/ grilled onions & gravy Mashed potatoes Vegetable of the day
7 Roast Turkey W/ Gravy Stuffing Vegetable of the day	8 Chicken Parmesan House salad Garlic Bread	9 Meat Loaf Mashed potatoes Vegetable of the day	10 Pork Roast Cinnamon Apples Vegetable of the day
14 Country Fried Steak Mashed potatoes Vegetable of the day	15 Baked Ham Scalloped potatoes Vegetable of the day	16 Hamburger Steak w/ grilled onions & gravy Mashed potatoes Vegetable of the day	17 Roast Turkey W/ Gravy Stuffing Vegetable of the day
21 Chicken Parmesan House salad Garlic Bread	22 Meat Loaf Mashed potatoes Vegetable of the day	23 Pork Roast Cinnamon Apples Vegetable of the day	24 Country Fried Steak Mashed potatoes Vegetable of the day
28 Baked Ham Scalloped potatoes Vegetable of the day	29 Hamburger Steak w/ grilled onions & gravy Mashed potatoes Vegetable of the day	30 Roast Turkey W/ Gravy Stuffing Vegetable of the day	

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Bobby McDonald	Mike Bourgeois
Dickie Domingue	Nolan Miller
Heidi Himel	Paula Hargrave
Herman Darley	Rene Boudreaux
Horace Auzenne	Rick Jones
Jerry Burdett	Rita Dufour
Joe Temple	Roland Legleux
Jonathan Crochet	Stewart Bolling
Kaci Hodges	Todd Sims
Kayla Himel	Wanda Genusa
Kyla Watson	Wendy Chapman
Linda Orillion	

FRIDAY

Ada Brooks	Gene Scott
Darius Dents	Robert Oates
Evelyn Haynes	Wally Darce

SUNDAY

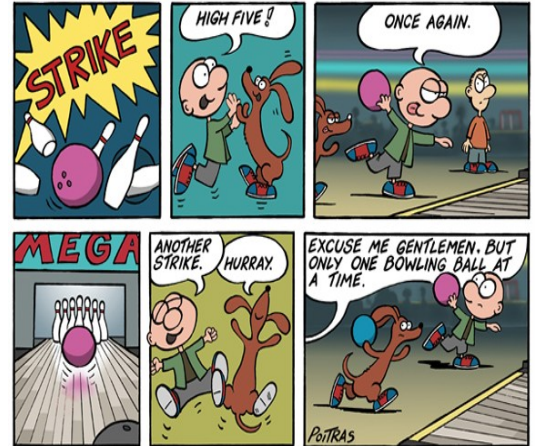
Doni Kachnowich	Lacy Sewell
Adjer Walker	Russ Cradeur
Bill Dupuy	Stevie Stiles
Jamye Garner	

League Benefits

Our Goal at All Star Lanes is to offer perks that no other bowling center offers. You are very special to us and we hope you feel that way.

Each league night one lucky lane is drawn and that team wins a free pizza!

Monday – Thursday the bowling center runs brackets as a courtesy to the league bowlers. For just \$5 per bracket you have the chance of increasing your entry five fold. If your league does not currently participate in brackets and is interested in doing so let the sales office know. All proceeds from brackets go directly to the prizes for the League Appreciation Tournament in May.



More pictures from the Youth Pumpkin Carving.



Sports Shorts Showdown

Ronnie Rantz & Chad Blouin will be bowling for big bucks in the "Sports Shorts Showdown" at All Star Lanes to benefit their charities, The Wally Pontiff Jr. Foundation and the Lazarus Project. Ronnie and Chad will put together two, five person teams consisting of local Celebrities and Sports Legends. The Ronnie Rantz team will be representing

The Wally Pontiff Jr. Foundation, www.wallypontiffjr.org and Chad Blouin's team will be bowling for **The Lazarus Project**. Come on out to support two worthy causes and spend some time with local sports celebrities. Tickets are \$10.00 and can be purchased at All Star Lanes Baton Rouge or call 225-636-1829 for more information.

You can also tune into Sports Shorts TV and Radio shows for more information on this event. Sports Shorts TV airs Monday's at 8:00pm on The Pelican Network HD Channel 1013 & Eatel Cable Channel 4 in Ascension. Sports Shorts Radio airs Saturday mornings 10:00am to Noon on ESPN Radio 104.5 FM.

The Pro Shop

Now's the time to visit Steve in the Pro Shop. He has so many bowling balls on special we couldn't even print them all in this newsletter! Now is the time to get your loved one that perfect Christmas gift. From the bowling ball they have been eying all season or a gift certificate Steve and his sidekick Sumner have the right gift. And of course while you are there don't forget

about yourself! Look for flyers with full details on this Month's deals.



You can find Steve and or Sumner in the Pro Shop:
Monday 12 PM—6:30 PM
Tues. & Wed. 9 AM—12 PM & 3 PM—8 PM
Thurs. 9 AM—5:30 PM
Fri. 12 PM—6 PM and
Sat. 10 AM—2 PM

Thanks Giving No-Tap

After you have stuffed your belly on Thanksgiving day, join us for a nine pin no-tap tournament. The times are 4 PM & 6:30 PM. The cost is just \$25 per entry. There is a men's, women's and optional scratch division. Last year's winners were Mike Cook for the men's division and Eva Courtney for the women's division. They won \$151 and \$110 respectively.

Other winner's were Rusty Broadbent (2nd), Garret Boni (3rd), Billy Kennedy (4th) and Kevin Alvarez (5th) The other winners for the woman's division were Deann Dewitt (2nd) and Rebecca Percle (3rd). Mike Cook also won the scratch division last year with an 884.

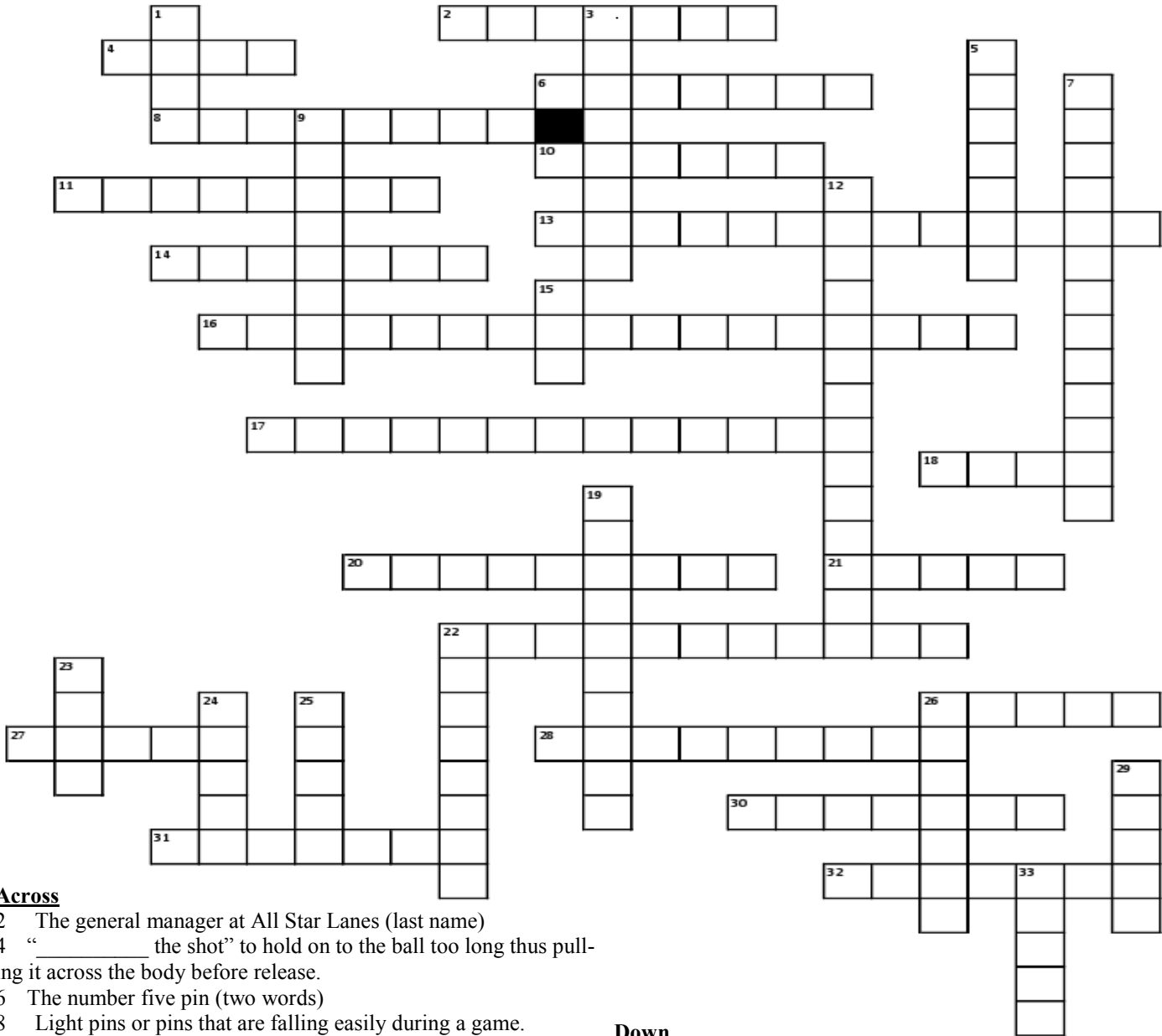
Youth League Pumpkin Patch



Fun Was Had By All

November's Bowling Crossword Puzzle

Complete this puzzle correctly, Turn it into the sales office and
WIN THREE FREE GAMES



Across

- 2 The general manager at All Star Lanes (last name)
- 4 “_____ the shot” to hold on to the ball too long thus pulling it across the body before release.
- 6 The number five pin (two words)
- 8 Light pins or pins that are falling easily during a game.
- 10 Name of movie that Michael J Fox played a professional bowler
- 11 A plastic blend that is normally softer & more porous than polyester.
- 13 State that Rich Sarnie (assistant manager) was born and raised (from October's newsletter)
- 14 Term given to four strikes in a row
- 16 Professional bowler who has the most PBA wins (full name)
- 17 The 3-7-10 split for a right hander. (two words)
- 18 The front of the pin
- 20 The first recorded people to bowl.
- 21 A non hooking lane
- 22 1-2-4-7 leave.
- 26 First general manager at Don Carter's—Baton Rouge. Don _____.
- 27 The bowling center, “alley” or “lanes”.
- 28 Year this bowling center opened. 19__.
- 30 A “dummy” score used when a team does not have the same number on the team roster as do other teams.
- 31 A collection of balls owned by a competitive bowler.
- 32 Abbreviation for our local bowling association

Down

- 1 An incomplete approach taken in which the player walks to the line but does not actually release the ball.
- 3 A split
- 5 The six pin, when it very gently knocks over the ten pin, resulting in a strike.
- 7 The words for ball hitting solidly and leaving a solid back row pin. (three words)
- 9 A weak ball that has lost its drive. (two words)
- 12 Bowling movie that starred Jeff Bridges. (three words)
- 15 The earliest U.S. balls were mostly made of _____.
- 19 A bowling lane has ____ number of boards.
- 22 Last name of 32 across association manager.
- 23 A miss or an error failing to convert a spare other than a split.
- 24 The only bowler in history to win a professional title in 5 decades. (last name.)
- 25 Bowling pins are made of hard _____.
- 26 AMF stands for American Machinery and _____.
- 29 Bowling a strike followed by a Spare (or vice versa) in the entire game is called a _____ 200.
- 33 The bowling ball company that makes the “El Nino”