Wenatchee High School Bowling

**Head Coach**

**Jeff Leavitt**

**Email: leavitt.j@wenatcheeschools.org**

**Work: 509.663.8117 ex 413**

**Assistant**

**Bill Herzog**

General Guidelines and Expectations

1. Contacts:
   1. Coaches:
      1. Jeff Leavitt
      2. Bill Herzog
   2. Athletic Department:
      1. Phone: 509.663.3384
      2. Websites:
         1. Athletics: http://www.wenatcheeschools.org/whs/athletics/index.cfm
2. Equipment Needed:

We will provide a hook and spare ball (if available) and shoes at no cost. We are in the process of acquiring 2-ball rollers to carry equipment. Eastmont Lanes also provides excellent discounts if the bowlers want to purchase their own balls. If you haven’t purchased your own equipment in the past, please consult Coach Herzog. He is a certified expert.

Bowling shirts will be provided. It is expected that they will be worn at all matches along with appropriate black slacks (no denim).

1. Location and times for practices and matches:

We practice and have our home matches at Eastmont Lanes. Van or bus/charter transportation is provided. Girls wanting/needing to drive themselves to practice must have pre-arranged permission from parents and the athletics department. Practice is from 3:30-5:00. The van leaves from the bus garage parking lot at 3:15 for practices. Matches are held Tuesday and Thursday afternoons, with a couple of Wednesdays also. Home matches begin at 2 pm, away matches begin at 2:00, 3:00, or 3:30 pm depending on location. Each of the bowlers will be provided with a match schedule which is also posted on the school’s athletics website.

Every bowler that can make the home matches will be able to participate. When we travel, our travel squad may be limited to the number of bowlers on the other team. However, we will bring as many as are able to come. It is our intention to provide an out of town experience for each of our bowlers.

You will miss significant amounts of school time as a bowler. Most matches require a dismissal from 10 am to noon, depending upon the length of travel.

1. Team Selection Process:

Varsity bowlers need to be able to not only bowl well, but step up with the pressure inherent in varsity-level competition. Varsity is based on average, effort, coachability (attitude), eligibility, and practice commitment. There are five to eight bowlers that make up the varsity, with five bowling at a time (the substitutes would be bowling JV and come in as replacements as needed). As coaches we determine substitutions by taking many factors into consideration. At any given time **all** team members should be ready to step into a varsity role. Having substitutes that are ready to step up is a huge asset to the team as a whole. A JV team member is providing a vital, supporting role to the success of the **entire team** and should not consider bowling JV as a less-important contribution to the team.

**Starters**

Varsity starters will be determined by the following factors:

* Average
* Team chemistry
* Ability to handle varsity pressure and history of doing so
* Willingness to adjust and adapt (coachability)
* Attitude
* Attendance and punctuality
* Eligibility (academically and citizenship)

The girls with the highest average **may** not always start on the varsity. Team chemistry, unity, and spirit often has as much or more to do with success as ability and average. We are looking for the combination of competitive ability, positive attitude, and positive team chemistry.

Wenatchee Bowlers can compete with anyone when they demonstrate camaraderie and bowl with class, style, and by supporting and celebrating the successes of teammates. Working together as a team, we will win more games than individual bowlers can, regardless of skill.

Dear Bowlers (and parents)

This is our 20th year of competitive bowling at WHS. We are excited about this year’s bowling season. We also look forward to sharing our enthusiasm for bowling with you. This year Wenatchee High School will again compete in the Central Washington Bowling League, a WIAA sanctioned sport. We have the opportunity to add to the tradition of excellence begun by legendary coach Jay Young and his longtime assistant, Heather O’Connor.

Just two letter winners graduated from last year’s team, so we are eager to see what this year brings. We will be developing the skills in the bowlers new to the program so they can contribute as well.

I am thrilled to have assistant coach Bill Herzog (The Landlord) and his great bowling and instructional experience on the team. We plan to work together to develop bowlers who can compete in WIAA bowling and continue to bowl and enjoy the sport in the future.

This year the coaches have lofty goals for the team and the program as a whole. Based on what we observed last year over at the state tournament, WHS was the second best team in the state at the 4A level. However, just one team (and two individuals from WHS, both are returning) qualified for state from out district due to allocation rules put out by the WIAA. This year, we expect two teams to qualify for state (and four individuals) from our district based on allocations and we plan to be one of those teams. To do that we need to finish first or second at the district tournament in January. Once at state, anything can happen.

Our goals for the team go beyond wins and losses, however. We want our team (athletes and parents) to grow close together in an amazing supportive family that encourages and celebrates each and every girl. Coach Landlord and I don’t want to simply impart bowling knowledge. We want to invest in each athlete to help her be the best that she can be. To this end, the captains will be leading the girls through a team covenant process. We are confident this will only help our desire to develop each girl toward being a strong leader on the team and in other areas of their lives. It’s the first time we’ve ever done this in a formal manner, so it might be a bit rough, but having supportive parents in the process and the outcomes is so helpful.

As coaches we appreciate and love each of you and your athletes. Thank you for trusting your daughter to us during this exciting time in their lives.

**SPORTSMANSHIP STATEMENT**

Good Sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic athletic program, as well as for the individuals who participate in the program. People involved in any facet of the Wenatchee Athletic Program are expected to demonstrate qualities that are characterized by fair play, integrity, ethical behavior and respect. Emphasizing and improving the sportsmanship of our student-athletes, coaches, parents and staff is one of our highest priorities. Each coach, student, parent and staff member has a role and responsibility to model and teach good sportsmanship while keeping in mind that athletic participation is a learning experience for the student and the programs are part of the educational process.

The Wenatchee Panther Sportsmanship Guidelines:

·       Understand the rules and strategies of the contest in order to cheer at the proper times.

·       Maintain enthusiasm and composure.

·       Positively support the participants and coaches.

·       Exercise good judgment in cheering for outstanding performance, not against opponents or to ridicule an error.

·       Follow the cheerleaders in positive cheers to show support for the participants.

·       Show respect and concern for an injured player, regardless of team.

·       Respect decisions made by contest officials.

·       Realize that a ticket represents a privilege to observe and positively support a high school activity. It is not a license to verbally assault others or to be generally obnoxious.

·       Respect fans, coaches and participants.

·       Encourage surrounding fans to display only sportsmanlike conduct.

·       Display pride in your program at all times.

**WENATCHEE PANTHERS Believe SPORTSMANSHIP Is An EXPECTATION!**

**Please Let the Players Play,  
Let the Coaches Coach,   
Let the Officials Officiate,  
Let the Spectators Be Positive Be A Fan…..   
Not A Fanatic!!!!**

WENATCHEE HIGH SCHOOL GIRLS BOWLING TEAM SAFETY GUIDELINES

1. It is expected that Wenatchee bowlers will act in a respectful and classy manner at all times. Have fun, but remember you are role models and represent WHS. People are watching.
2. Prior to Leaving for a Match: Do not leave class earlier than what is on the schedule. Check what the dismissal time is and make sure if you are in a class that you have gone to that class before heading out.
3. On the Way to the Match:
   1. If we are going on an away match we will all leave together from the high school at the designated time.
   2. If the match is at Eastmont Lanes, you will either ride in the van over and back or drive. If you drive you must have a permission slip on file with the athletic office. The same goes for the practices. Either ride in the van over and back or if you drive have the permission slip on file. You are allowed to ride home with a parent after practice.
   3. While in the bus/charter, always make sure that your bowling ball is placed on the floorboard under your seat or in the compartment that is provided by the charter bus service under the bus. Never place your ball in a bin above you or another bowler. There is a good chance that it might fall and hit someone in the head.
   4. Keep the area around you on the bus clean, especially when we return from a match.
4. During Practice or at the Match:
   1. No horseplay in the bowling area. Be aware of who is bowling and stay behind the bowler.
   2. Never put your hand in front of or behind your bowling ball while it is on the rack. Another ball coming along can pinch your hand and hurt you.
   3. Do not leave the bowling center that we are bowling at for any reason.
   4. If you are injured in any way, for example hand, finger, wrist sprain, let the coaches know right away. Do not continue to bowl.
   5. If you step in any water or liquid, do not attempt to bowl. You will stick on the lanes and could get hurt. Always get another pair of shoes if this happens.
   6. If your match finishes early, come to the other lanes and cheer on teammates that are still bowling. When everyone is done bowling, we will give the opponent a cheer as a team. We will also have a brief team meeting. It is expected that you will attend this meeting. We will celebrate successes, make announcements, etc. at that meeting. Please don’t leave until we are completed with the team meeting. Putting away your equipment can wait.
5. Before Heading Back from Out of Town Matches:
   1. When we eat always make sure you are with another bowler and coach. Never go alone.
   2. Always use caution in walking to a designated eating spot.
   3. Do not walk away from our eating location to see the sights.
6. On the Way Back
   1. From Eastmont Lanes if you rode in the van, you need to return in the van. If you drive, you must have a signed permission slip. You may ride home with a parent, just be sure they sign the form stating that you are leaving with them.
   2. From an away match, everyone is expected to come back with the team. The only exception is if your parents have made arrangements with the athletic office prior to leaving Wenatchee. Roll will be taken on the bus and we will always check to see that everyone that went with us is on the return trip.

**Bowlers Agreement**

You will receive schedule information for practices and matches. There are a few expectations that need to be reinforced. Practice times are from 3:30 to 5:00. Please warmup before beginning to bowl. Also, wait for the coaches to arrive so there is supervision. The following are rules and expectations for WHS bowlers during practice and matches. Please read carefully. Compliance with these guidelines and the WHS athletic code and contract will ensure the integrity of our program.

1. Expectations for Practices:
   1. Be on time
   2. Try your best to improve
   3. Follow directions
   4. Maintain a positive attitude
   5. Use appropriate language and gestures
   6. Observe the athletic code of WHS
   7. Keep up with school work and grades
   8. Constantly improve using good sportsmanship
   9. Attempt the skills being taught. Be coachable
   10. Remain in the settee area during practice and keep your focus there—try to minimize distractions from others in the house

Remember, you compete as you practice!

1. Expectations for Matches:
   1. Be on time
   2. Try your best
   3. Follow directions
   4. Maintain a positive attitude—even if you get replaced
   5. Use appropriate language and gestures
   6. Observe the athletic code of WHS
   7. Demonstrate good sportsmanship at all times
   8. Wear your bowling shirt and black slacks to all matches
   9. Use the fundamentals taught in practice
   10. Be coachable—you may be substituted for or be a sub; be ready
   11. Remain in the settee area during match play.
2. Traveling
   1. Observe bus/van rules
   2. Stay in the bowling center, do not leave the site
   3. Keep the coaches informed of all activities
   4. Ride to and from matches on the bus/van, unless a signed form is given to the coach in advance. (Forms are available in the athletic office.)
3. Absences:
   1. Excused absences include prearranged absences made with the coach, illnesses, school-related activities, or academics. If you will miss practice because of academics, contact the coach yourself; please don’t have a teammate tell a coach you won’t make it to practice. It puts them in a difficult position. If you’re ill or absent during the day, coaches will see this on the daily attendance.
   2. All other absences from practice or matches will be considered unexcused.
   3. Continued late arrival to practice will be treated as an unexcused absence
   4. One unexcused absence will result in non-participation in next match.
   5. Two unexcused absences will jeopardize your position on the team.
4. Instructions and Directives:
   1. During practice you are expected to work on the fundamentals taught. This includes spare angles, strike lines, and form.
   2. During a match you are expected to use the fundamentals and techniques taught in practice and make appropriate adjustments as lane conditions change.
   3. The coaching steps taken during a match are:
      1. Step 1 Reinforce fundamentals with a reminder
      2. Step 2 Require compliance with a warning
      3. Step 3 Remove from match with a refusal

Remember, you represent WHS Panthers and yourself!

**Varsity Letters**

The criteria for earning a letter are as follows:

1. Have no unexcused absences from practices or matches.
2. Report to practices and matches on time.
3. Put 100% effort into improving your game.
4. Respect guidelines of the WHS Athletic Code of Conduct.
5. Earn varsity points as possible:

Points required to Letter 35

|  |  |  |
| --- | --- | --- |
|  |  | Est. Max. |
| Matches  Average | 1 point for each varsity game (1/2 for J.V.)  Raising average 5 pins after 9th game, or have ending match average above 145 | 33  5 |
| Practices | ½ point for each attended practice | 12.5 |
|  | Missed practice (unexcused) = No Possibility of Lettering |  |
|  | [minus ½ point for being late to practice (unexcused)] | [-12.5] |

There is no “automatic” letter. Letters must be earned. Simply being on varsity, bowling at state, a senior, etc. does not entitle any bowler to a letter. While it’s not mathematically impossible to letter as a JV bowler, it is difficult.

***Awards***

Most Improved

Increase over last year’s average or largest increase from beginning of season to the end (if no previous season stats exist)

Most Inspirational

Voted on by all team members

M. V. P.

Voted on by all team members

Coach’s Award

Coach’s pick for most coachable

**Philosophy & Fundamentals**

Our philosophy on coaching is to perfect the fundamentals to give the athlete an opportunity to excel. Those who understand our coaching style know that we emphasize fundamentals, regardless of the level of the bowler. Some of you have bowled extensively and some are just starting. In either case the fundamentals are of utmost importance. There are limitless possibilities for those with solid fundamentals. We have seen many bowlers reach a plateau and wonder why they cannot get any better, even with a lot of practice. When asked to restructure their game (break old habits), they invariably say:

“I can’t. . .” “I have always. . .” or “I don’t want to . . .”

If you are having a problem or are unhappy with your game do what the top bowlers do. . . ask for help. We have bowled with and been around many top bowlers for years, and invariably, they ask for help, expect to hear a very simple correction based on fundamentals.

Your response should always be:

“OK. I’ll try that.” And then actually try it more than superficially.

We are on a journey to better averages. Each small step advances us toward our destination. We cannot improve your bowling until we correct your fundamentals. The immediate results may not be evident. In fact, in many cases, it will appear to be detrimental, but remember that this is about a 15-week process. By the end of the season you will see an improvement; more importantly, you will have a foundation for greater things to come.

No one will be the same in February as they are today. If you believe in yourself and trust the coaches’ ability to teach the fundamentals, you will improve beyond your expectations. If not, you will struggle and be disappointed. It’s your choice. Either way, commit to a goal and stand by your decision. That is the way of the truly successful person.

**THE 1-2-3-4 FLEXIBILITY PROGRAM**

Each exercise should be held either once for 30 seconds or for three repetitions of 10 seconds each. The stretch should not be done with a bounce but worked in a slow and controlled manner. Stretch every day and work with intensity. The 1-2-3-4 stands for one minute on the bench, two minutes in the air, three minutes on the wall, and four minutes on the floor. Other warmups may be used as led by team captains.

|  |  |
| --- | --- |
| **ONE ON THE BENCH**  Hamstring & Back Stretch  Keep leg locked at knee and toes vertical. Switch to the other leg after 30 seconds. | **FOUR MINUTES ON THE FLOOR**  Abdominal Stretch  Lay flat on the floor, put hands on the floor shoulder width apart, extend elbows creating an arch in the back. Relax. |
| **TWO IN THE AIR**  Latissimus Stretch  Cross your hands and raise your arms above your head and as far back as possible.  Pectoral Stretch  Cross your hands behind your back, raise your arms up and back as far as possible. Stand tall. | Adductor Stretch  With feet as far apart as possible, grab ankles or feet and pull torso slowly toward the floor. If you can’t reach your toes then place two fists on the floor behind you and push forward.  Groin Stretch  Sit with bottom of feet together, grab feet or ankles, pull in and press down with |
| **THREE ON THE WALL**  Calf Stretch  With hands on the wall for balance, move hips forward and push back heel down. Keep leg straight. Switch after 30 seconds.  Achilles Stretch  Same as Calf Stretch but slightly bend knee, keep heel one inch off the ground and squat down increasing the load on Achilles tendon.  Quadriceps Stretch  Take one hand off the wall, and grab foot. Pull leg straight up and away from buttocks. Knee should be at a 90° angle. | elbows on the thighs toward the floor.  Gluteus Maximus Stretch  Twist torso with opposite arm. Press knee firmly with arm. Forcing the knee to the other side of the lower leg then switch after 30 seconds.  Hip Flexor Stretch  Place front foot two feet in front of knee, place hands on knee and force hips forward and down. Spread the chest eyes straight ahead. Make sure the front lower leg is perpendicular.  Approach Slide Safety Check  Practice you slides on each approach before warmup throws commence. |

**COMPREHENSIVE GOAL SETTING PLAN**

You should be setting goals for yourself and writing them down. This page will help you in this process. Written goals must be SMART. In other words: Specific, Measurable, Attainable, Realistic, and Time-bound. They provide a sense of purpose and satisfaction. Goals are an organized and conscious plan that allows us to assess our performance.

The Goal Setting Process

1. Evaluate present skill level

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1. Decide on goals based on true talent, desire, and commitment

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1. Develop action plan for achieving those goals

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1. Set up timeframe for achieving those goals

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1. Implement action plan for achieving those goals

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1. Review results on a regular basis

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1. Go back to step one and confine

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Use a **process** focus, not an outcome, and remember that all goals should be written as if they existed now. For example: “I go through the step pattern and cadence without the ball 50 times a day.”

**FUNDAMENTALS AND DRILLS LIST**

|  |  |
| --- | --- |
| Skill  Knee bend and waist bend  Extension and follow through  Spare angles  Release  Strike line  Arm swing  Concentration  First step  Timing  Release  Extension and follow through  Accuracy  Balance at the line  Arm swing  Lane geometry  Knee—waist bend  Follow through and extension  Release and targets  Release and roll  Square at the line  Extension and reach  Arm swing  Angles and targets | Drill  Balance line drill  One step drill  Spare line drill  Kneel down drill  Strike line drill  Balance line drill  Target line drill  Push away drill  Practice swing drill  Kneel down drill  Kneel down w/head touch  Target line drill  Balance line drill  One step  Target line drill  Balance line drill  Kneel down drill  Push away (grip and direction)  One step drill  Balance line drill  Kneel down drill  All drills  Spare/strike game |

Individual drills will be reviewed and extended as needed throughout the season.

**FRIENDS AND OBSERVERS**

Many bowlers believe that they have something to offer in the way of advice. While well meant, this tends to interfere with our goal of being fundamentally sound. To accomplish this end, we work on one specific skill each practice and expect each team member go be working on that fundamental during practice. If others offer advice, you simply say, “Thanks, but coach has me working on something else today.”

If you have a friend or family member who wants to help, tell them what we are working on and ask them to watch for that fundamental. Hopefully, they will understand the importance of consistency and focus on that skill. If they don’t, please ask them to talk to the coaches. We have attached a list of the fundamentals we will be working on. This may change a little depending on circumstances, but it will help guide your friends and family when they want to help. Remember, our goal is to be a complete bowler and to qualify for State in February. To be successful, we must be the most fundamentally sound team competing in our league and in tournaments.

Because our practice facility is a public establishment, personal contact with non-team members can be a problem. During league bowling and open play this is common and acceptable. However, all school practices are CLOSED practices. If friends are entertained during practice, the team and coaches are distracted. Your friends are welcome to watch, but you are to remain involved in practice. It is your responsibility to let them know the rule and that you will be done at 5:00. If we have to interrupt what we are doing with another team member to remind you of your commitment to the team and our program on a habitual basis, you may be asked to leave practice. Each unexcused missed practice this season will result in a missed match. If your social life is too important to honor this policy, you will be asked to resign from the team. This is for the good of the entire team and the integrity of Varsity Bowling at Wenatchee High School.

**THE SECRET OF FEELING GOOD**

(The perfect strike feeling)

Knee and waist bend gives balance,

Balance allows pendulum swing,

Pendulum swing produces follow through,

Follow through promotes accuracy,

Accuracy provides consistency,

Consistency results in the perfect strike feeling,

The perfect strike feeling results in high games,

High games always feel good.

**WINNING**

Winning in any sport requires sound fundamentals, practice, discipline, and inner drive. WHS will provide the opportunity for practice, teach fundamentals, and encourage discipline, but you must develop the inner drive. Inner drive is demonstrated by a certain aggressiveness, a hunger to improve, and a commitment to give the extra effort to win. Winning also means being team-focused, not self-focused. Ask, how you can encourage a teammate or how you can genuinely celebrate the success of another on the team. This will help take your eyes off of yourself and see the experience as a team experience.

We will never be losers. Win or lose, we will always bowl with poise, style, enthusiasm, and the desire to win. Our opponents will know they have competed against a team with class. Winners always impress their opponents, regardless of the outcome of the match.

Bowler’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_\_

WENATCHEE HIGH SCHOOL GIRLS’ BOWLING TEAM HANDBOOK SIGNATURE PAGE

“I have read and understand the following information found in the Wenatchee High School Girls’ Bowling Handbook.” Please indicate this by initialing each line as shown.

|  |  |
| --- | --- |
| 1. General Guidelines, Sportmanship, and Expectations | \_\_\_\_\_\_  Parent  \_\_\_\_\_\_  Bowler |
| 2. Expectations for Practice and Matches | \_\_\_\_\_\_  Parent  \_\_\_\_\_\_  Bowler |
| 3. How Varsity is Selected | \_\_\_\_\_\_  Parent  \_\_\_\_\_\_  Bowler |
| 4. Absences, Eligibility | \_\_\_\_\_\_  Parent  \_\_\_\_\_\_  Bowler |
| 5. How Varsity Letter is Earned | \_\_\_\_\_\_  Parent  \_\_\_\_\_\_  Bowler |
| 6. Awards | \_\_\_\_\_\_  Parent  \_\_\_\_\_\_  Bowler |
| 7. Coaches Philosophy & Fundamentals | \_\_\_\_\_\_  Parent  \_\_\_\_\_\_  Bowler |