



ISST NEWS



Illinois State Youth Leaders Newsletter

November 13, 2016

CONSISTENCY IS KEY!

I've had a great amount of people in my bowling career help me with tips, lessons, coaching and I've learned a lot from my teammates and watching fellow competitors. The one thing that stuck with me the absolute most, was something my college coach told me in my freshman year: "You are only as good as your worst shot!"

Think about that for a second. Are you really? And what IS your worst shot? Is it all based on score, or is it about the physical game? And say your worst shot in a tournament happens, what does it leave you with and how does it affect what is yet to come? One of the biggest factors that can make a decent bowler be great, is consistency.

We all know the bowler that has a great form but can't hit the same board twice and therefore can sometimes shoot 250 and the next game 150. Even though shooting 250 is awesome, shooting 150 can be extremely frustrating and lead to more bad shots. To me, the most important thing in bowling is practicing hard to make your good shots happen more often and have your worst shot still be pretty decent. We can't always be perfect, but you can work hard to build consistency and have your worst shot be better than it was before. I know that there are SO many factors in bowling that make it ever changing: lanes, oil, people on your pair and what balls they throw, how you feel that day, how life besides bowling is going, and how you react to how you currently are bowling. This is what makes bowling so challenging and what most of us love about the game! But that exact same thing can be why we 'hate' it: it is easy to be happy when you are doing great, but what happens when you struggle? Hit a bad pair? Leave something on the deck you didn't expect? A vicious circle of negativity is something we see a lot during tournaments. How do we fix it??

It is my belief that you can never over-think something. Only when you add emotions like worry, anger, or disappointment, will it affect your performance. When you are so mad that you left a 10 pin that you miss it, just because you were still stuck in how you felt about leaving it in the first place. Your bowling cycle should look close to this:

- 1.The pre-shot routine - prepare for your shot like you always do. Starts from the moment you walk to the approach till the moment you take your first step.**
- 2.The approach - physical part of your game.**
- 3.Watch and learn - watch your ball reaction, where does the ball leave the pin deck, what do you see and most importantly: you can over-think it but don't OVER-FEEL it!!**
- 4.Decision making - what is going to happen the next time you step onto the approach? Don't plan to throw it better, the plan initially is always to throw it as good as you can so whether you succeeded in that or not, don't change that part of the plan as you will try to over correct. Decide on if you need to make adjustments to help your ball reaction only!**
- 5.Relax and enjoy - give yourself time between shots to enjoy what you are doing.**

Every shot you have to realize that you are trained to make a good shot, rely on your bowling skills and minimize the mistakes. Know that you are always going to have highs and lows during a tournament but be confident that your lows won't ever get uncontrollable. Learn to recognize the feedback you see on the lane and if you need to adapt to this. The more you practice and the more experience you have, the easier this will get. In the end, we are all bowling because we like the challenge and want to have fun doing it!! Realize that your worst shot is often a combination of factors and YOU are in control of how good it is..

Danielle Van Der Meer
USBC Bronze Certified Coach

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ILLINOIS STAR OF TOMORROW AWARD

The Illinois USBC Youth Association offers scholarships each year to reward outstanding youth bowlers.

APPLY NOW!
www.isyl.org

Upcoming Tour Stops

- December 18th, Mardi Gras Lanes
- January 8th, Landmark Lanes
- February 26th, Mardi Gras Lanes

To keep posted on events



Illinois State Scholarship Tour

2016 ISST OCTOBER WINNERS



SCRATCH BOYS

SCRATCH GIRLS

HANDICAP

ISST #111 Forrest Hill Results

Handicap Division Total Pins

1. Adam Weedon	2639
2. Quintin Peterson	2544
3. Dylan Sjouwke	2480
4. Danny LaBonte	2453
5. Alex Brady	2332
6. Blake Attig	2312

Boys Scratch Division Total Pins

1. Jacob Nimtze	2561
2. Kevin Scholz	2507
3. Chris Wiley	2457
4. Nate Stubler	2436
5. Austin Bull	2363
6. Matt Fleege	2276

Girls Scratch Division Total Pins

1. Megan Szczepanski	2547
2. Mabel Cummins	2378
3. Kaitlyn Keith	2339
4. Natalie Koprowitz	2113
5. Paytynn Kuhns	2068
6. Jasmine McKeel	1972

Racing For Junior Gold

U20 Boys

- David Eggert
- Jacob Nimtze
- Dean Mudlong
- Nate Stubler
- Nick Howard
- Matt Fleege
- Trey Arnold

U20 Girls

- Jordan Newham
- Kaitlyn Keith
- Brittany Breedlove
- Bridgette Jacobs
- Haley Douglas
- Peyton Attig
- Serenity Quintero

U15 Boys

- Matthew LaBonte
- James Menard
- Joshua Roth
- George McCoy
- Braden Walters
- Blake Attig
- Kyle Jordan

U15 Girls

- Hailey Frick
- Ariana Guarino
- Jenica Baron
- Kourtney Hauk

Mystery Doubles

1. Kevin Scholz/Kaitlyn Keith	1190
2. Jacob Nimtze/Zach Lantz	1137
3. Kaitlyn Keith/Alex Acosta	1136
4. Danny LaBonte/Landen Miller	1117
5. Ian Ridgeway/Eric Ullian	1093

ISST Average Leaders

Handicap

1. Samuel Ritchie	176
2. Connor Johnson	173
3. Tyler Rowe	169
4. Erin Biccoci	168
5. Haylie Frick	165
6. Danny LaBonte	165

Boys Scratch

1. Brandon Biondo	241
2. James Rogers	218
3. Xavier Muhammad	212
4. David Eggert	210
5. Kevin Scholz	206
6. Tyler Kurcz	205

Girls Scratch

1. Megan Szczepanski	203
2. Taylor Bailey	202
3. Kayla Crawford	200
4. Mabel Cummins	189
5. Denisyha Waller	185
6. Breanna Clemmer	185

See more results at www.isyl.org

FEATURED BOWLERS



OLIVIA ZINANNI
STERLING, IL



LEAH SAMUELSON-BURKEYBILE
SILVIS, IL

Age: 13

School: *Challand Middle School*

Home Center: *Paone's Blackhawk Lanes*

Division: *Handicap*

Sanctioned High Games/Series: *223/559*

Started bowling at age: 6

When did you start bowling the ISST? *2016*

What is your favorite thing about the tour?
The different oil patterns, new experiences, and meeting new people.

What kept you going through the hard times? *Knowing that when I struggle I always come out stronger afterwards.*

What advice would you give to someone who's just starting the ISST?
There's more good times than bad.

Who's your biggest inspiration?
My coach, Loren Wolf because everything he tells me to do improves my game and he is very supportive and patient.

How many times have you been to Jr. Gold? *Never, but I hope to qualify this year.*

Age: 17

School: *United Township High School*

Home Center: *Highland Park*

Division: *Scratch Girls*

Sanctioned High Games/Series: *299/727*

Started bowling at age: 6

When did you start bowling ISST? *2014*

What is your favorite thing about the tour?
Meeting new people and experiencing the challenging lane conditions that will prepare me for my collegiate bowling

What kept you going through the hard times? *The support from my family*

What advice would you give to someone who's just starting the ISST? *Don't expect a lot of strikes. Spares are the key in scoring on these patterns*

Who's your biggest inspiration?
My dad and grandpa, they are the two people who taught me everything I know about the sport. They continue to encourage me and help me to make me a better bowler. I would not be where I am today without my dad and grandpa. Also, the rest of my family for always cheering me on and giving me unconditional support

How many times have you been to Jr. Gold? *2 times*

Overall, what has bowling done for you?
Bowling has taught me to keep going when times are tough and never to lose the passion you have for the sport you love

Illinois State Youth Leaders Officers

President: Kayla Crawford
Vice Pres: Nate Stubler
Sec./Tres.: Roni Dreyfus
Sgt. Of Arms: Ian Ridgeway

Advisor:
Patti Mauerman
309-369-3862
pattimauerman@gmail.com
www.isyl.org



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STATE SINGLES & DOUBLES TOURNAMENT
LANDMARK LANES PEORIA IL

**APRIL 8 & 9 APRIL 22 & 23
APRIL 29 & 30**

**ENTRY FORMS AND RULES ON
WWW.ISYL.ORG**



ILLINOIS STATE SCHOLARSHIP TOUR CUSTOM JERSEYS



SLASH FLAG

CREW NECK
\$55.20



QUARTER ZIP
\$76.80

ONLY COLOR AVAILABLE

SPLATTER TARGET



6 COLORS AVAILABLE
BLUE, GREEN, GREY, PINK,
PURPLE & YELLOW

PATCHES



6 COLORS AVAILABLE
BLUE, ORANGE, PINK, PURPLE,
RED & TEAL

LINCOLN



6 COLORS AVAILABLE
BLUE, GREEN, GREY, ORANGE,
PINK & RED

Bowlifi Ordering Form - Illinois Scholarship Tour

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Email: _____

BASIC SHIRT INFORMATION

Please circle selection

STYLE

V-Neck (\$55.20)
Quarter Zip (\$76.80)
Pullover (\$92.00)

CUT

Youth Men's Women's
Size _____

DESIGN INFORMATION

Please circle selection

SLASH FLAG
SPLATTER TARGET
PATCHES
LINCOLN

COLOR: _____

ILLINOIS OUTLINE ON BACK?
YES NO

NAME ON BACK:

COLOR OF NAME: _____

STYLE OF NAME: _____

ADDED LOGOS?
(Additional Cost \$10 each)

FONT STYLES:

Style 1
Style 2
STYLE 3
Style 4

STYLE 5

Once order is received a invoice will be sent to your email. Once payment is sent back the order will be sent to production. You can choose to ship directly to your house for \$14.95 or to the next tournament for FREE. Contact sales@bowlifi.com with questions or concerns.

Billing Address: _____ State: _____ Zip: _____ Phone: _____

Type of Card _____ Credit Card #: _____ Exp.: _____ CVV: _____

All fields required for processing. If ordering from home/on your own, use code FREE2NEXT to get shipped to Patti Mauerman for free and pick up at the next tour.