

Andy Penny - USBC Gold Coach
AMF Stirling
Sat 5th February (9.30 - 5.00)

DAY ONE - COURSE CONTENT

- + Get the right tools for the job - Selecting the best equipment to suit your game
- + How to find the right place to play with the right ball in just 3 shots!
- + Understanding what your ball can and can't do on the lanes is the key to matching your style to the lane conditions.
- + Once you've found the right area..... it will change!
- + Making the correct adjustments when the lane changes will maintain a higher scoring pace
- + Learn when to move or when to change ball or both!
- + Practice with a purpose - Try new training routines that will make you a better player and have fun at the same time!

Interested? - Contact Course Organisers.

Anne Williamson
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Andy Gillespie
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Closing Date for Entries 16th Jan 2011 - Places Limited.

Cost: Bowlers £50 - Coaches £25