

# **Athlete Instruction Sheet (Day 1)**

Welcome to the 2025 Eisenhower Bowling season!! Since there are so many students and we have a limited amount of time, we ask that you please follow the directions on this sheet in the order they are listed. We're here to help so if you need assistance, just let one of the coaches know.

## **(1) TEAMS**

- ✓ CREATE YOUR TEAM WITH 4 TO 5 PLAYERS AND FIND A LANE
- ✓ WRITE THE NAME OF YOUR PLAYERS ON THE TEAM LANE FORM
- ✓ MAKE SURE TO INCLUDE THE FIRST LETTER OF THEIR LAST NAME
- ✓ MAKE SURE THEY ARE IN THE ORDER YOU WOULD LIKE
- ✓ IF YOU NEED ASSISTANCE LET ONE OF THE COACHES KNOW

## **(2) SHOES**

- ✓ CHECK YOUR CURRENT SHOE SIZE SO YOU KNOW WHAT TO GET
- ✓ GET YOUR SHOES FROM THE COUNTER
- ✓ ONCE YOU FIND SHOES TRY TO REMEMBER YOUR SHOE SIZE
- ✓ THIS WILL SPEED UP FINDING SHOES NEXT TIME
- ✓ IF YOU NEED ASSISTANCE LET ONE OF THE COACHES KNOW

## **(3) BOWLING BALL**

- ✓ FIND A BOWLING BALL THAT FITS YOUR HAND
- ✓ MAKE SURE THE BALL IS NOT TOO HEAVY
- ✓ ONCE YOU FIND A BALL TRY TO REMEMBER YOUR BALL COLOR
- ✓ THIS WILL SPEED UP FINDING A BALL NEXT TIME
- ✓ IF YOU NEED ASSISTANCE LET ONE OF THE COACHES KNOW

## **(4) BOWLING ALLEY RULES**

- ✓ STAY ON THE CARPET AREA IF YOU ARE NOT UP TO BOWL
- ✓ DO NOT RUN AROUND IN THE ALLEY IF YOU ARE NOT UP TO BOWL
- ✓ WAIT FOR THE BALL TO COMPLETE ITS RETURN BEFORE GETTING IT
- ✓ KEEP YOUR HANDS AND FINGERS AWAY FROM THE BALL RETURN
- ✓ PAY ATTENTION FOR YOUR TURN
- ✓ LET THE PINS COMPLETE THEIR CYCLE BEFORE THROWING
- ✓ IF YOU HAVE FOOD – DO NOT EAT WITH YOUR BOWLING HAND
- ✓ CLEAN UP ANY MESS YOU MADE BEFORE YOU LEAVE
- ✓ IF YOU NEED ASSISTANCE LET ONE OF THE COACHES KNOW