

Sport Science Review

Over seven years ago Bob contacted me to do some writing for BTM, and boy was I ever flattered. At that point, I had completed much of my undergraduate, graduate, and post-graduate research and writing in the areas of sport science and sport medicine, all focusing on the sport of bowling. Having been a competitive scratch bowler for over 2 decades, it wasn't hard for those who knew me to see how I turned the love for my sport into the joy of my work.

Bob encouraged me to write about what I knew, write about what I wanted others to know, and write about what he thought the bowling community should hear. I was astonished at Bob's insight and clairvoyance. He once told me that I could offer something no other has done in the history of our sport. He encouraged me to withstand the lumps from those around the industry who would react at the thought of something new and unheard of. He further encourage me to defy the odds and not let the nay Sayers derail my mission. Ever since those days, some seven years ago, I've adhered to Bob's advice. I've brought you the world of sport medicine and sport science...introduced hundreds of new concepts and topics...and made it my mission to take our understanding and your learning to another level. I've withstood hundreds of assaults by those who discourage change or fear the unknown. I've bared the burden of truth that sport science is evolving faster than light. And most of all, I've enjoyed learning from Bob how to write and deliver this information to you erasing the intellectual and scientific jargon that so often accompanied my initial efforts. Thank you Bob.

Onward. Tony Stewart. Famous racecar driver. You know him. He's the fella that ran both races this year on the same day. The Indy 500 and the NASCAR race on the same day. He raced well in both events two years ago, but do you know what he recently told the media, he was out of gas – PHYSICALLY – in the closing miles of the 600. Do you think he did something about it this year? YEP. He hired a personal trainer. WHAT????????????? Yah that's right, a professional racecar driver acknowledged that his sport was physically and mentally demanding enough to warrant a personal trainer who also happened to be a nutritionist. What have I been telling you about bowling and becoming a successful bowler-athlete? Well Tony acknowledged it for racing. Tony says in a recent article "having him (the personal trainer) here has probably been the biggest asset to making sure that we do it right this year." Thanks Tony.

So what would one do for bowling? Well, instead of going into the volumes of training material, why don't I give you a few things to think about including some common guidelines to go by:

- Free weights versus machines – machines are safer and provide you the necessary biomechanical guidance.
- Form matters – using bad technique stresses bones and increases your risk of injury.
- Single set training is safer than multiple set-repetition schemes – start with 1 set and work your way into a second or third set as you advance as an exerciser.
- Train within you limits – manage your training at your level, not the intensity or level of other athletes.
- Weight training turns out to be good for the heart, bone density, and cholesterol – you already know that, so don't avoid it.
- Stay away from all those highly publicized supplements – you never know what you're ingesting.
- Fit bowlers are more likely to bowl longer. Want to bowl as long as Joe Norris did, get fit.
- Science has revealed starting an activity program in your 70's and 80's produces results equivalent to that of the youngsters – it's never too late to start.
- The beer bellied bowler – alcohol and beer just don't mix.
- Beef really isn't so bad – lean beef is highly nutritious and quite good for athletes.
- Take in a few healthy calories after a training session to avoid binge eating later.

A Note From a Reader

A reader recently asked me if bowlers dehydrate during the summer months. My answer was simply yes for two main reasons. 1) Bowlers expend calories and energy just as any other athlete, which is the first requisite to dehydration. 2) The hot and humid climate of the summer months induces greater stresses on the body. Unless fluid loss is replaced, a bowler-athlete will become dehydrated. Dehydration impairs performance by causing the following:

- Increased heart rate
- Impaired thermal regulation

- Increased perceived exertion
- Reduced psychological capacities
- Reduced skill level

All levels of dehydration impair performance, and the magnitude increases as the degree of dehydration increases. In order to minimize dehydration, bowler-athletes should ingest fluids constantly, especially during the summer months of training and competing.

Ideally fluids consumed during training and competition should meet the following criteria:

- Have a tasty (palatable) flavor to encourage greater fluid intake
- Contain 6-8% carbohydrate
- Contain electrolytes such as sodium and potassium
- Be non-carbonated (no beer allowed)
- Not contain caffeine (no coffee allowed)

Sports drinks are the preferred fluid to consume during training and competition. Sports drinks are flavored and tasty; therefore they above all encourage a greater fluid intake. The carbohydrate and electrolytes in sports drinks promote greater fluid absorption, and also provides a solid fuel source. Other fluids such as water and juice may be suitable substitutes, but if you really want to know, sports drinks of today are the way to go.

If you want to learn more about sport science and bowling, visit our web site at WWW.BriggsConsulting.Com.

See you next time.