

Bowling - My View Of Physical Competency

Many people misconstrue bowling as a simple leisure activity. Society is often misled by the notion that bowling is nothing more than throwing a ball at ten pins and adding the score. Quite a disillusionment from what we actually face as coaches and bowlers. This assumption negates the sport of bowling as both physically and psychologically demanding and difficult. In fact, bowling may not be as physically exhaustive as marathon running and distance swimming, or dangerous like football and boxing, **but it does require sport specific athleticism.**

All sports require physical effort translating into work. Bowling, no different from other sports in this respect, also requires sport specific physical exertion. Numerous combinations of muscular contractions generate the movements required to produce the aesthetically pleasing smooth roll of a bowling ball. These same muscular contractions equate into calories burned, energy expended and kinetic and heat energy created. Particularly strong muscular force is impelled throughout a bowler's stance, pushes away, approach, pivot step, forward arm swing, release, follow through and finish position.

Avid bowlers often adhere to exercise training and nutrition guidelines similar to other sport and recreation enthusiasts. In fact, I have most recently designed many personalized programs for bowlers and coaches with specialized needs or requests. Physical fitness has always been a viable tool to improved athletic performance, while only recently being applied with some accuracy to the bowling community. Thank you **BTM**. As a proponent of physical fitness and education, I advocate bowling coaches maintain a working knowledge of the physical stresses involved in our sport. Developing an appreciation and a level of proficiency in basic exercise, nutrition, injury management, fluid intake and related topics will enhance the consumer's perception as well as the coach's capabilities. To aid your quest for bowling-specific fitness information, pick up the latest issue of Bowling This Month (1-800-282-7043) and review the *Physically Speaking* section.

In closing, we should acknowledge that the perception of our sport has been marred for many years by societies disillusioned view of the bowler. Again, bowling is a far cry from throwing a ball at ten pins and adding the score. Continued academic and athletic study of bowling will promote an enhanced perception of our reality. Knowing the terminology, understanding the physics, and enforcing physical fitness will elevate a coach's competence and capabilities. Therefore, let us not allow society to be fooled by the smooth aesthetic beauty of our sport, for bowling is both physically and psychologically challenging.