

BUILDING A CHAMPIONSHIP BOWLING TEAM & PROGRAM

GETTING YOU READY FOR A SUCCESSFUL 2010-11 SEASON



www.kegeltrainingcenter.com

OBJECTIVES

- 1. Provide insight into the holistic structure of a top collegiate training program**
- 2. Provide knowledge and ideas about constructing a team training program**
- 3. Motivate you to develop a better program**
- 4. Give you the opportunity to create a season training program draft**

**“IT IS ALWAYS
ABOUT
MARCH & APRIL”**

TEAM TRAINING STRUCTURE

- 3 Team Training Days
 - 1 Clinic Day
 - 1 Team Day
 - 1 Sport League +
- 2 Individual Days
- 4 Fitness & Conditioning Sessions
- = 20 to 25 hours weekly

TEAM TRAINING DAILY STRUCTURE

- Dynamic Warm-up
- Drills (5 different drills)
- Practice tasks
- Cool-down
- Daily journaling, sharing, good of the order

BUILDING A CHAMPIONSHIP PROGRAM

HOLISTIC PROGRAM



WHAT IS YOUR TEAM CULTURE?

Culture refers to the cumulative deposit of knowledge, experience, beliefs, values, attitudes....
(HOFSTEDE, 1997)

Cultures and Organizations: Software of the mind. New York: McGraw Hill.







The life expectancy of a team is about eight months. Then the next year, it's a whole new team

- Mike Krzyzewski

THE WEBBER WAY

Be Patient & Present
Strive for Excellence
Constant Learning

THE WEBBER WAY

No Selfishness

Positive & Enthusiastic

No Matter What

Have Fun

IN THEIR WORDS

- Different countries but same language
- Fun, energetic, family, champions
- the best atmosphere for bowlers
- Educational, fun, energetic, big family
- We are a close family
- Fun, positive, great chemistry
- We are like a family
- Supportive, energetic, motivating, learning
- We're a family
- Trust, family, fun, support, willingness to win
- We are one big family
- Unity, trust, fun, supportive, respect
- Many united through one passion
- World class, constant learning, fun, family, respect
- Diverse, interesting, fun, dynamic, respectful
- Fun, motivated, energetic, committed, focused
- The WIU team is a family
- Almost like brothers and sisters
- International, unique, family, funny, and always together!!
- Unique, Inspiring, Awesome
- Dedicated, hard-working, disciplined, positive, learning
- Diverse, team oriented, hard working, determined
- Family, excellence, dedicated, passionate

FAMILY

- Coaches are like family
- Greet them when they arrive
- Stand at the door and give them hand shakes, high fives, etc. on the way out the door every practice

EXPECTATIONS & ACTIONS



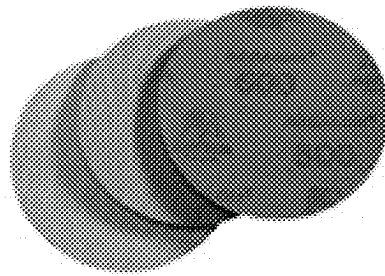
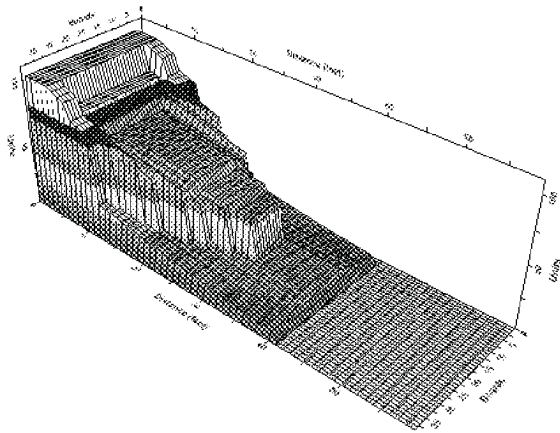
EXPECTATIONS & ACTIONS

- **STARTS** before your first practice
- **FIRST** practice is critical
- **Consistency** of message

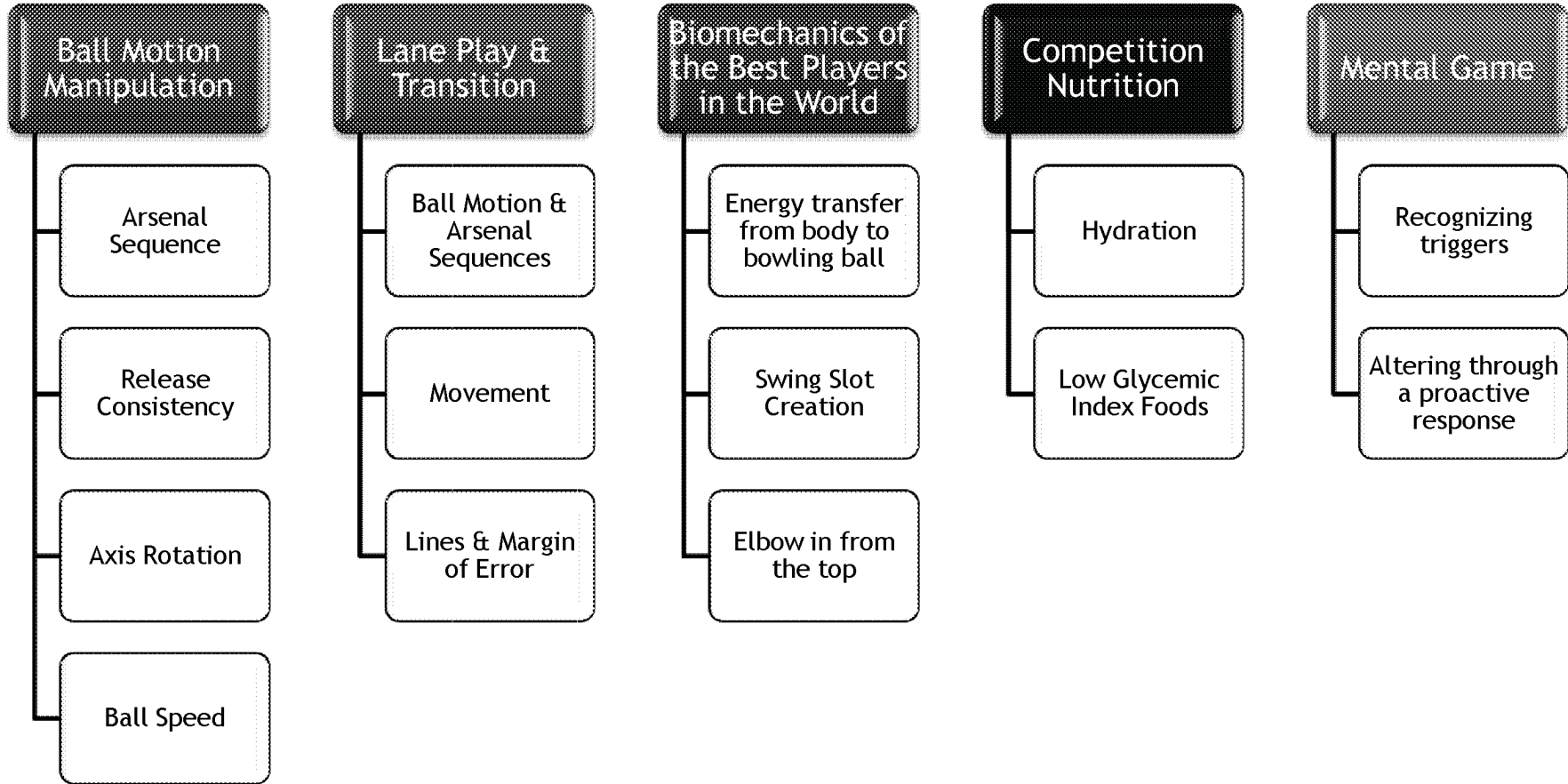
You must discipline yourself to do what is expected of you for the welfare of the team. The coach has many decisions to make, and you will not agree with all of them, but you must respect and accept them. Without supervision and leadership and a disciplined effort by all, much of our united strength will be dissipated pulling against ourselves. Let us not be victimized by a breakdown from within.

John Wooden's Letter to the UCLA Basketball team, 1965

KNOWLEDGE & EDUCATION



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TEAM LANE PLAY

M

- **MANIPULATE**
- **FIRST GAME/SET LANE BREAKDOWN**

A

- **ANTICIPATE**
- **SCOUTING & BELLYFLOP**

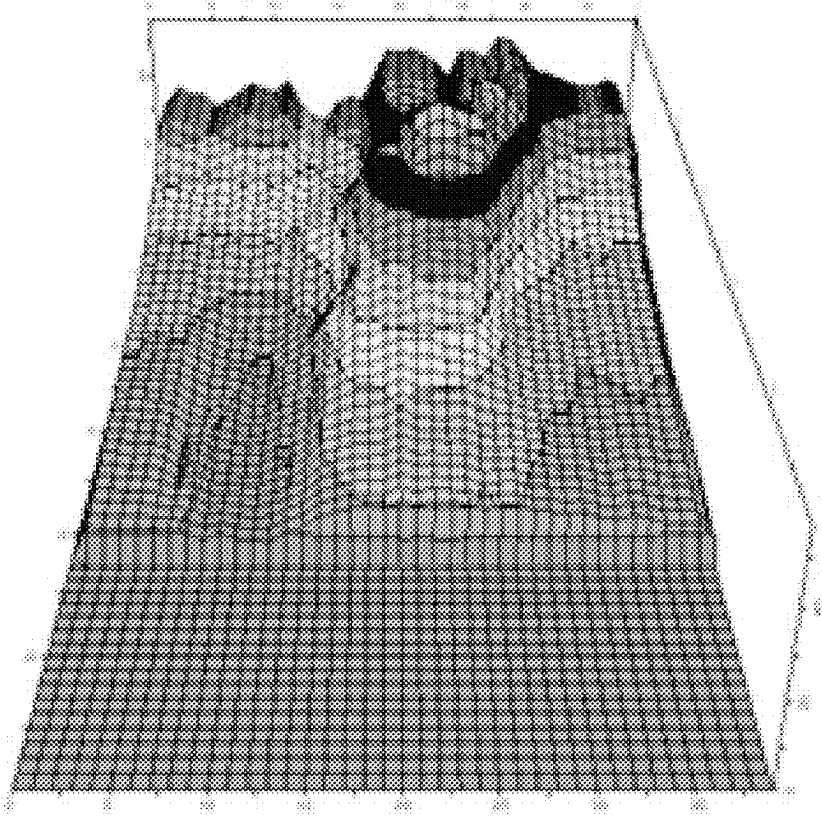
A

- **ANALYZE the FIRST SHOTS CLOSELY**
- **OBSERVE BALL REACTION & MAKE DECISIONS**

P

- **PREPARE by TRAINING TO DO THE ABOVE**

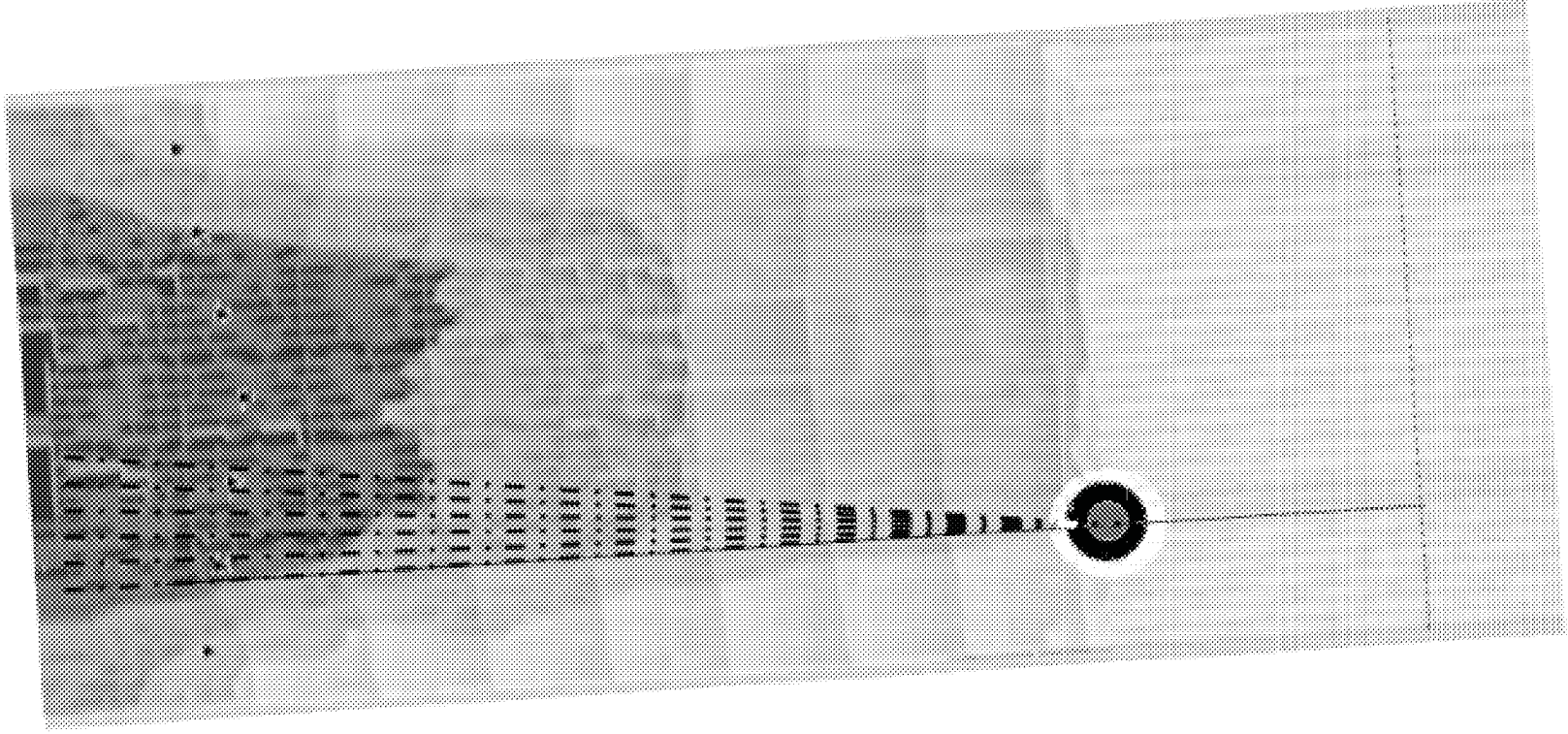
MANIPULATE



TEAM LANE BREAKDOWN

- PL-31 (exit + focal)
- 4-7, 2 Right, 1 Right, Base, Shift
- 6-10, 2 Right, 1 Right, Base, Shift

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ANTICIPATE

- SCOUTING
- ON YOUR BELLY
- OBSERVATION

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PREPARE

2-PERSON OBSERVATION

OBJECTIVE: To foster meaningful observation, analysis, communication and decision-making

TASK: 1st bowler throws a test shot to allow each doubles team to observe. Partners discuss what to do. After decision, the 2nd person throws. If s/he hits the pocket, then the observer throws. Team moves to next lane and does process again with a test shot. Only the shots after test shot count. Each pocket hit counts as 1.

COMPETITION: Consecutive pocket hits

OBSERVATION

OBJECTIVE: To improve a player's ability to track ball motion for team play

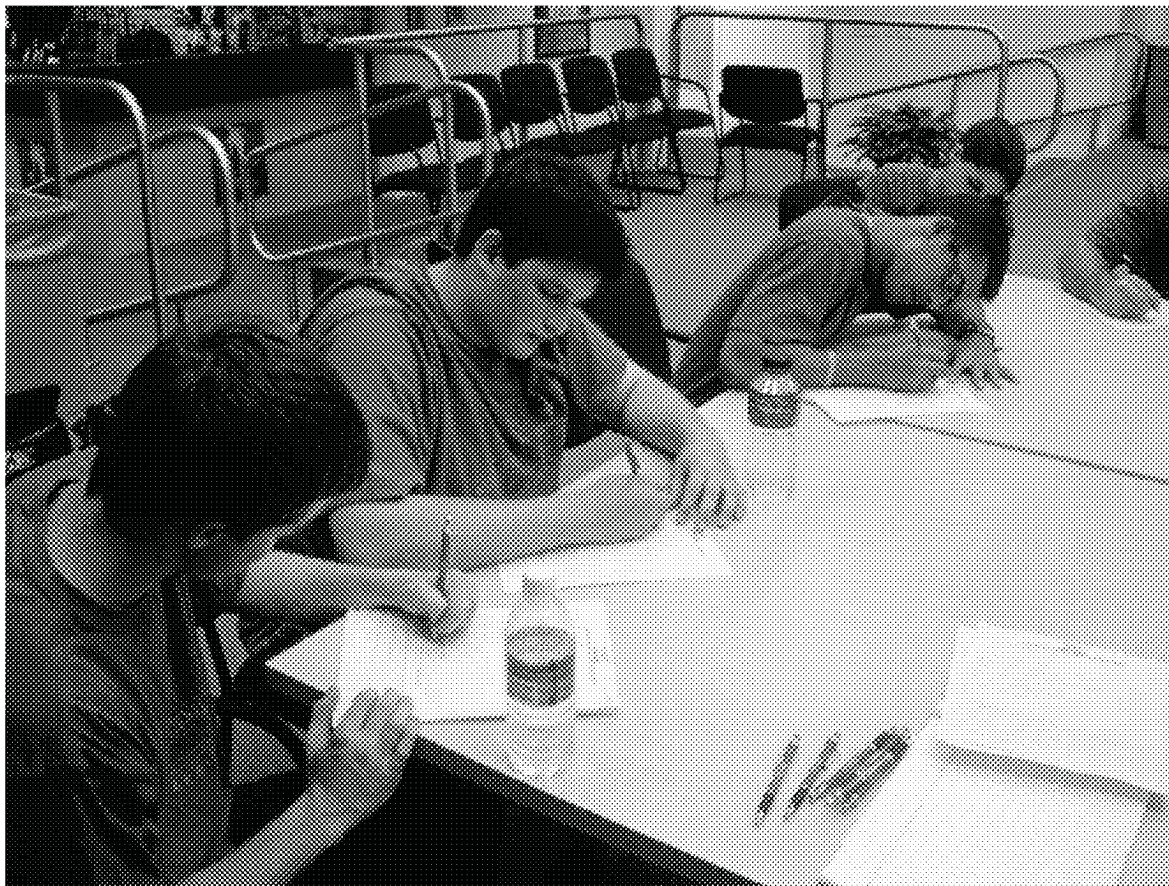
TASK: A bowler observes a team members ball at the arrows and at the breakpoint (or at the end of the pattern and end of the pin deck)

BREAK IT DOWN

OBJECTIVE: To practice the lane breakdown process

TASK: Stopwatch set at normal practice time.
Bowlers move through lane breakdown process.

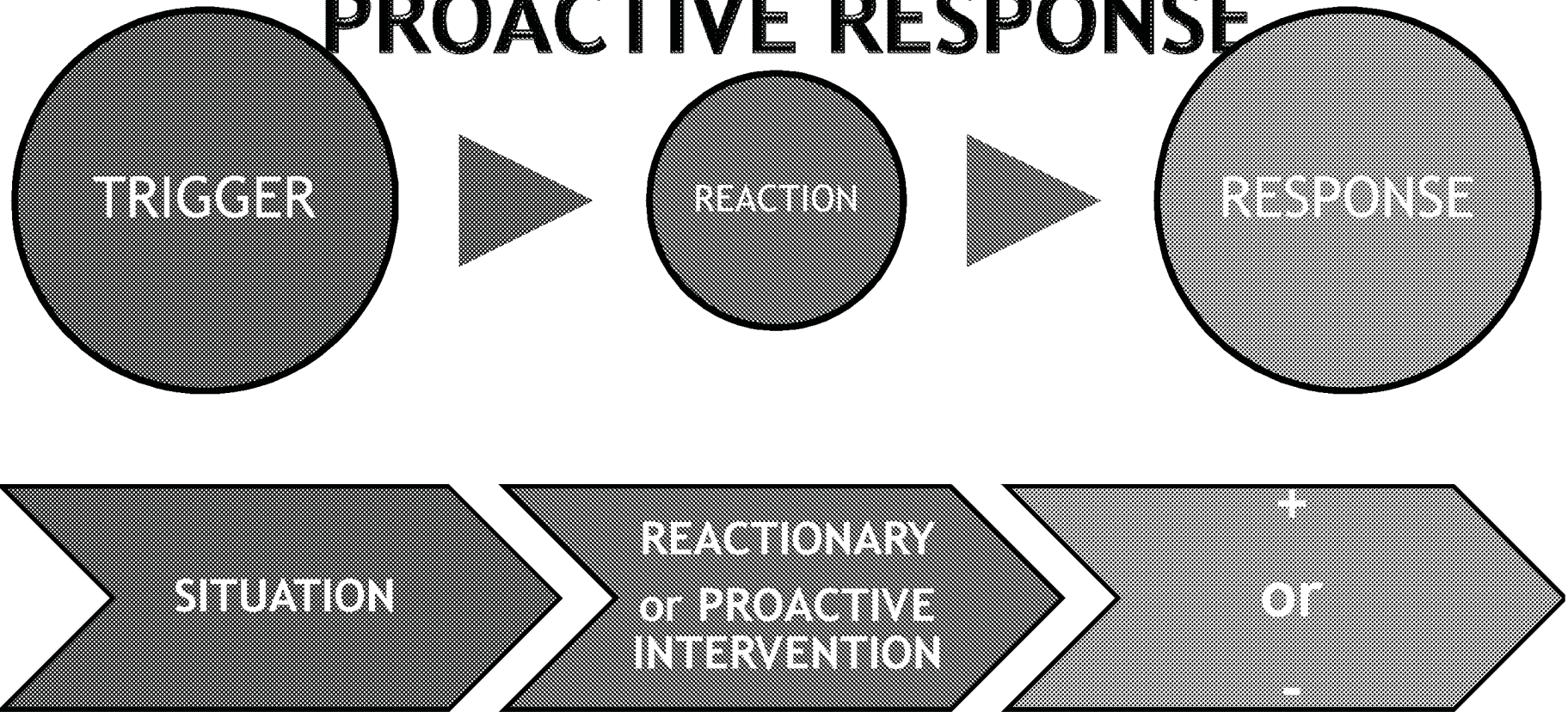
MENTAL GAME



MENTAL GAME

- Daily journalizing
- Weekly Read, Reflect & Respond Activities
- Quarterly sport psychology assessment
- Competition preparation activity

CHANGE TO A PROACTIVE RESPONSE



QUARTERLY ASSESSMENT

- ASCI-28
- Coping with Adversity, Peaking under Pressure, Goal Setting/Mental Preparation, Concentration, Freedom from Worry, Confidence and Achievement Motivation, and Coachability.

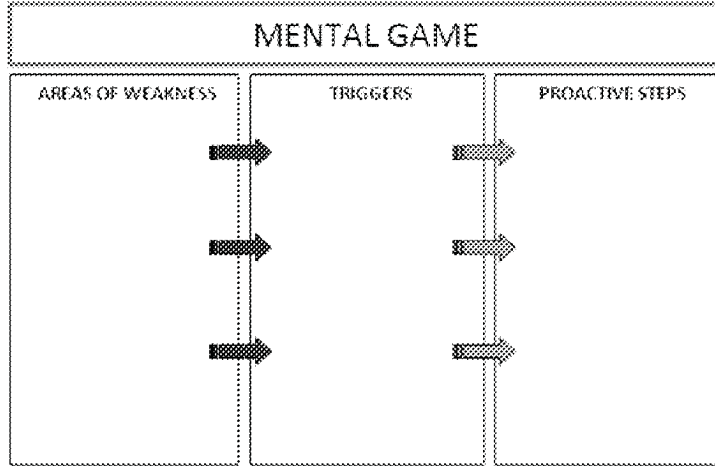
READ, REFLECT & RESPOND

- Weekly reading
- Reflect and Response activities
- Targeted mental game, team building and activities

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WHAT YOU BRING TO THIS TEAM TO MAKE IT BETTER



WHAT I HAVE TO DO TO BE READY

Confidence Statements to Make Daily (My Strengths)

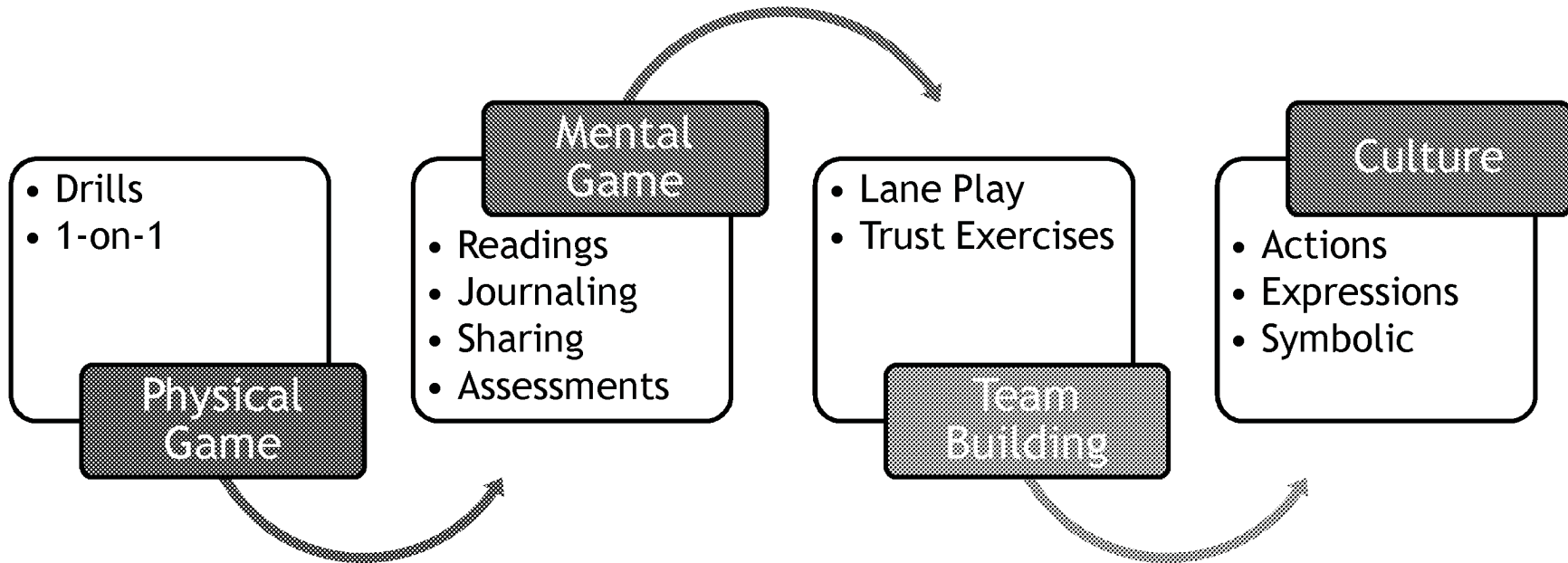
- 1.
- 2.
- 3.

External Worries to Eliminate (Free-Up Memory)

- 1.
- 2.
- 3.

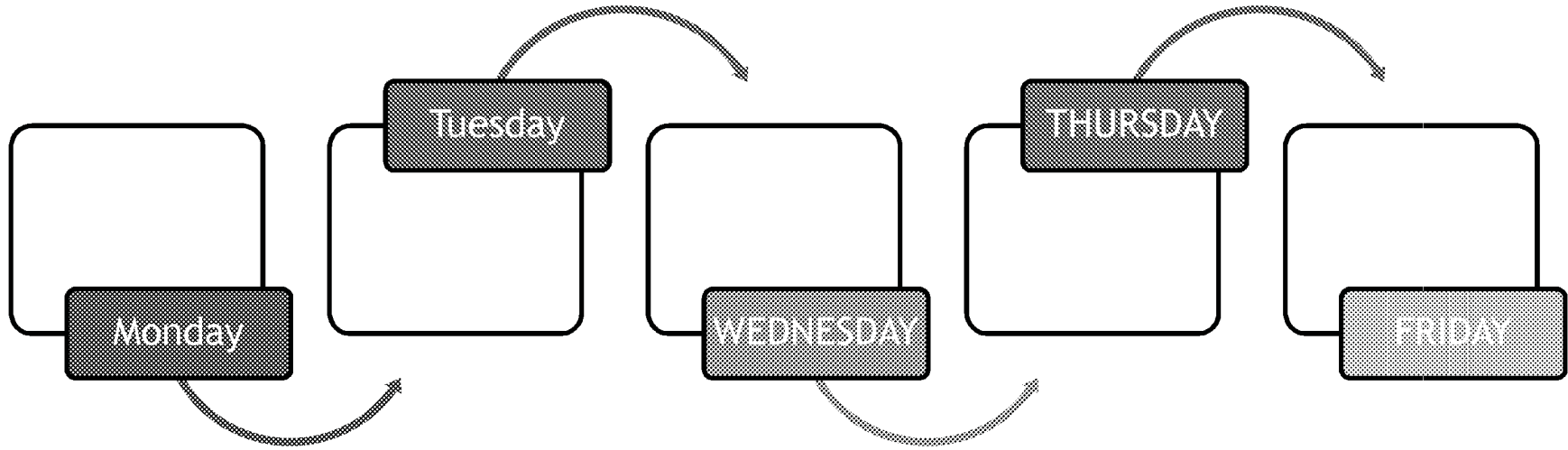
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TRAINING PROGRAM DESIGN ACTIVITY



BUILDING A CHAMPIONSHIP PROGRAM

TRAINING PROGRAM DESIGN ACTIVITY



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CLINIC DAY

- Learning
- Knowledge & Skill Development
- Sequential

TEAM DAY

- Lane Play Breakdown
- Reading Lanes
- Baker
- Working as a Team Unit

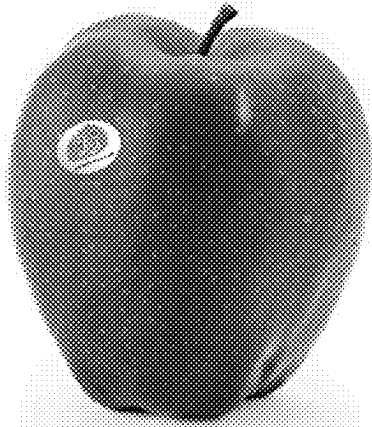
PHYSICAL GAME

- Improve Biomechanics
- Self Improvement
- Team Building

CHALLENGE DAY

- Skill Challenges (7-10-X)
- Pocket Hits on Multiple Conditions
- Baker Doubles

FOOD AND BEVERAGE for COMPETITION



Hydration

- Dehydration found to impact target accuracy but not ball speed
- Devlin L.H, Fraser S.F., Barras N.S. & Hawley JA. (2001). Moderate levels of hypohydration impairs bowling accuracy but not bowling velocity in skilled cricket players. Journal of Science and Medicine in Sport:4 (2):179-87.

Hydration

- Mild dehydration linked to deterioration of mental functioning in younger adults
 - Wilson, M. G. and Morley, J. E. (2003). Impaired Cognitive Function and Mental Performance in Mild Deydration. *European Journal of Clinical Nutrition* 57 (2), 534 - 529.
- Other studies have found a detrimental link between dehydration and cognitive functioning or the ability to think clearly and accurately.

HYDRATION

- If you are sweating profusely or feel thirsty, it is too late.
- Heavy sweating is an indicator of dehydration. At such a point, moderate or mild dehydration has already set in.

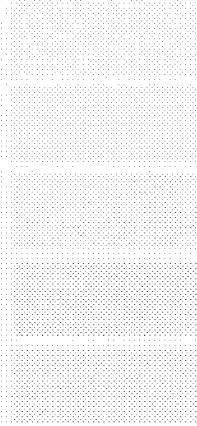
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**1, 2, 3 =
WELL HYDRATED**

**4, 5 = HYDRATED,
but not well hydrated**

H
Y
D
R
A
T
E
D

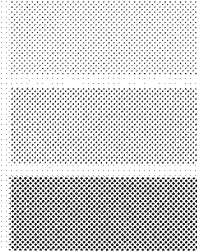
1
2
3
4
5



**6, 7, 8 =
DEHYDRATED**

D
E
H
Y
D
R
A
T
E
D

6
7
8



HYDRATION

- MORNING
 - Drink 16 oz of H2O when you wake-up
- 1 hour before
 - Drink 1 16 oz bottle with Propel
- Throughout the tournament
 - Drink 4 oz every 15 minutes with Propel



Glucose

- Important for brain functioning
- Brain burns glucose as fuel

Glucose

- Previous research has shown that glucose is particularly important in boosting attention and memory.
- In learning tasks, glucose is depleted at a very rapid rate.
- With high levels of focus and attention needed, observing ball motion is certainly a learning task during a tournament.

Glucose

- Spikes in glucose can impact short-term memory negatively
- Those with the highest glucose levels had the worst memories
- Riby, L.M., Marriott, A., Bullock, M., Hancock, J. Smallwood, J. & McLaughlin, J. (2008, February). The effects of glucose ingestion and glucose regulation on memory performance in older adults with mild cognitive impairment. European Journal of Clinical Nutrition. European Journal of Clinical Nutrition

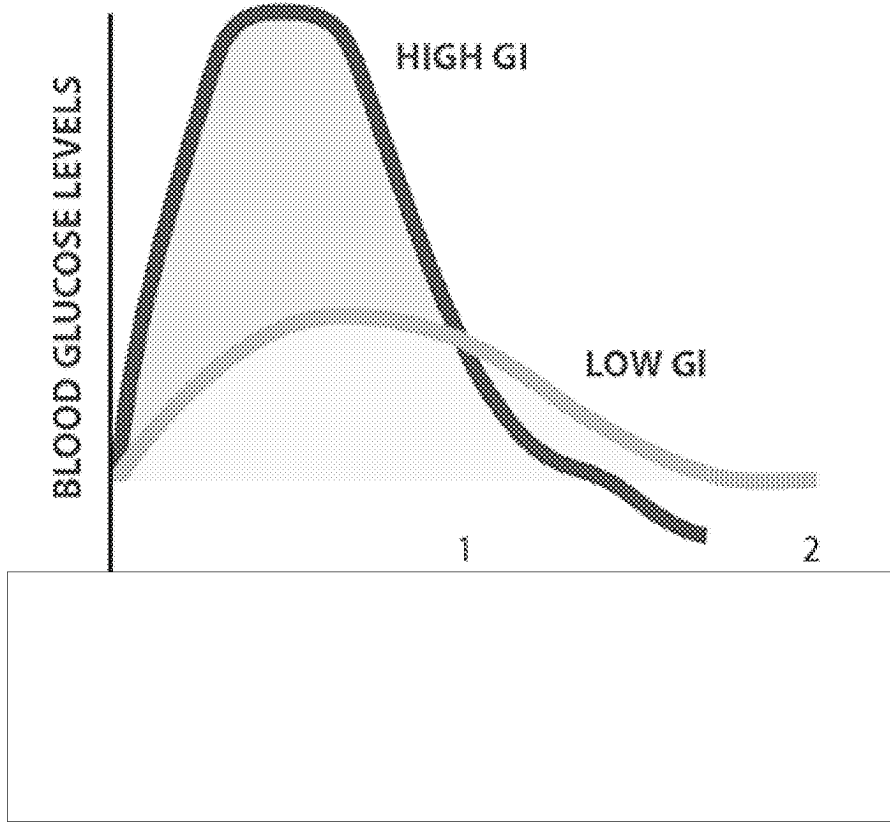
Physiological Responses to High-versus Low-Glycemic Index Foods

“By definition, the consumption of high-glycemic index foods results in higher and more rapid increases in blood glucose levels than the consumption of low-glycemic index foods. Rapid increases in blood glucose are potent signals to the beta-cells of the pancreas to increase insulin secretion. Over the next few hours, the high insulin levels induced by consumption of high-glycemic index foods may cause a sharp decrease in blood glucose levels (hypoglycemia). In contrast, the consumption of low-glycemic index foods results in lower but more sustained increases in blood glucose and lower insulin demands on pancreatic beta-cells.”

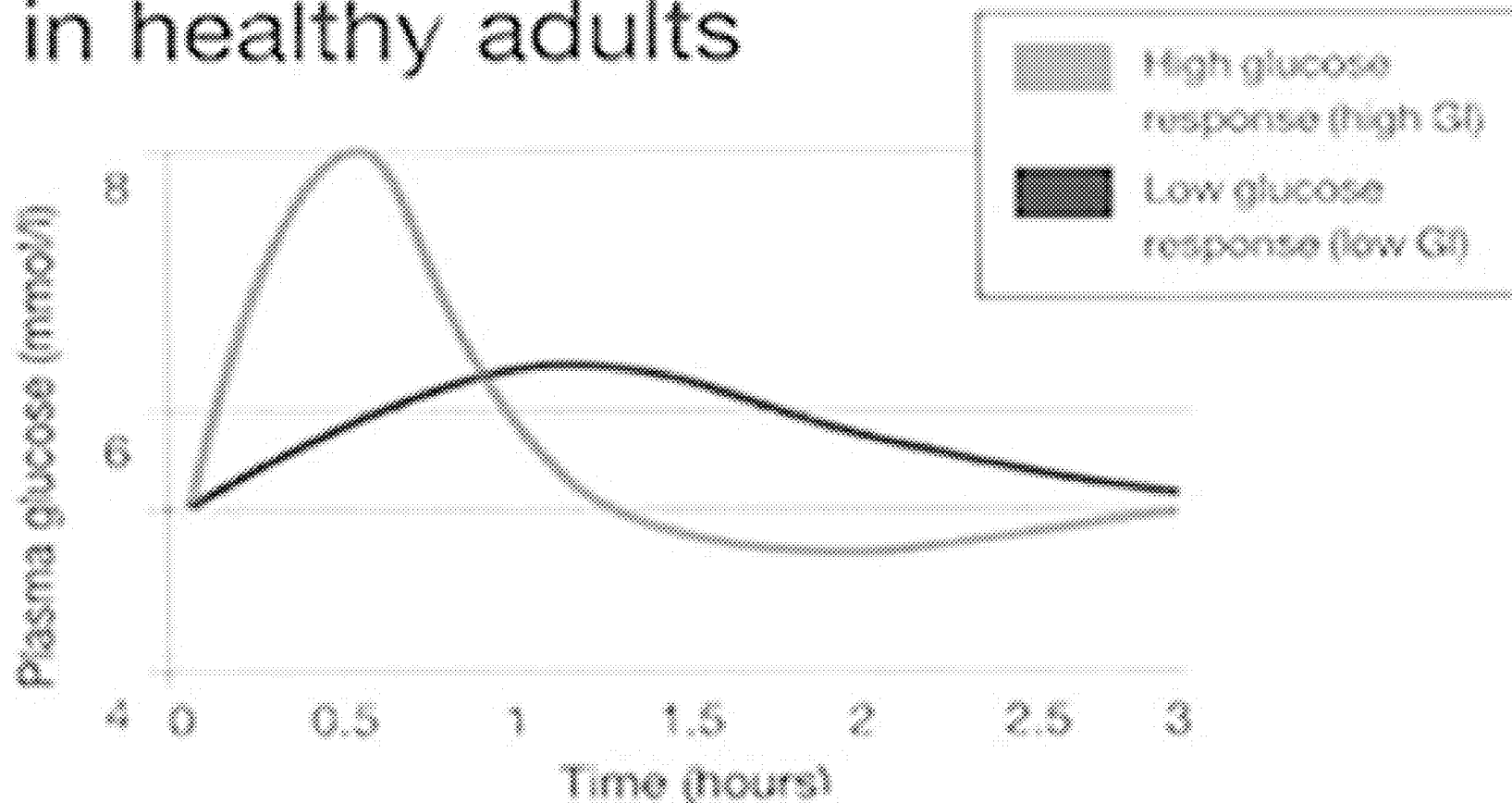
Linus Pauling Institute, Oregon State University

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High GI (70 and above)
Medium GI (56 to 69)
Low GI (55 and under)



Glycemic response in healthy adults



Plasma glucose response (mmol/L) from a high vs low GI food. The change in blood glucose concentration over time is expressed and calculated as the area under the curve (AUC) (Wolever et al, 1991).

FIBER

- **Controls blood sugar levels.** Fiber, particularly soluble fiber, can slow the absorption of sugar

COMMON CHOICES ARE HIGH GI

- Pizza, Plain, 80
- Clif bar, Cookies & Cream flavor 101
- Gatorade® 78
- Potato, french fries 63
- McDonald's Hamburger 66
- Fillet-O-Fish burger 66
- McChicken burger 66
- Lean beef burger (lean beef patty, tomato, mixed lettuce, cheese, onion and sauce on a burger bun) 66
- Popcorn 65
- Potato chips 56
- Corn chips 74
- Bagel, white 69
- Coca Cola 63



BREAKFAST

- Pancakes, homemade 66
- Wonder enriched white bread 71
- Pop Tarts 70
- Cornflakes 81
- Froot Loops™ (Kellogg's) 69

- All-Bran™ (Kellogg's) 30
- Apple Blueberry muffin (Sara Lee Bakery) 49
- Blueberry muffin (Sara Lee Bakery) 50
- Chocolate chip muffin (Sara Lee Bakery) 52
- Double chocolate muffin (Sara Lee Bakery) 46
- 9-Grain Multi-Grain bread 43



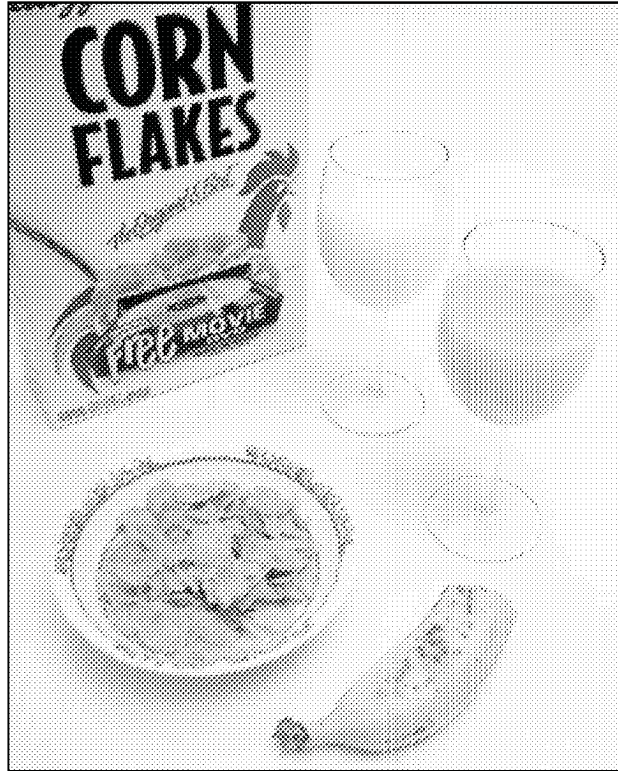
BETTER CHOICES

• Yogurt with fruit	41
• Apple, Golden Delicious	39
• Apricots, dried	30
• Peach, dried	35
• Strawberries, fresh, raw	40
• SlimFast® chocolate meal replacement bar	27
• SlimFast® French Vanilla ready-to-drink shake	37
• wholemeal wheat bread with peanut butter	51
• Macaroni, plain, boiled 5 min	45
• Spaghetti, protein enriched, boiled 7 min	27
• Granola bar,	50
• Chocolate chip cookies, containing coconut flour	43
• Whole Grain Bread	51

BETTER CHOICES

• Apple, raw	36
• Orange, raw	43
• Dates	42
• Spaghetti, white	49
• Spaghetti, whole meal	48
• Milk, full fat	39
• Milk, skim	37
• Nestlé Quik chocolate prepared with 1.5% fat milk	41
• Peanut M&M's	33

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GI = 60



GI = 42

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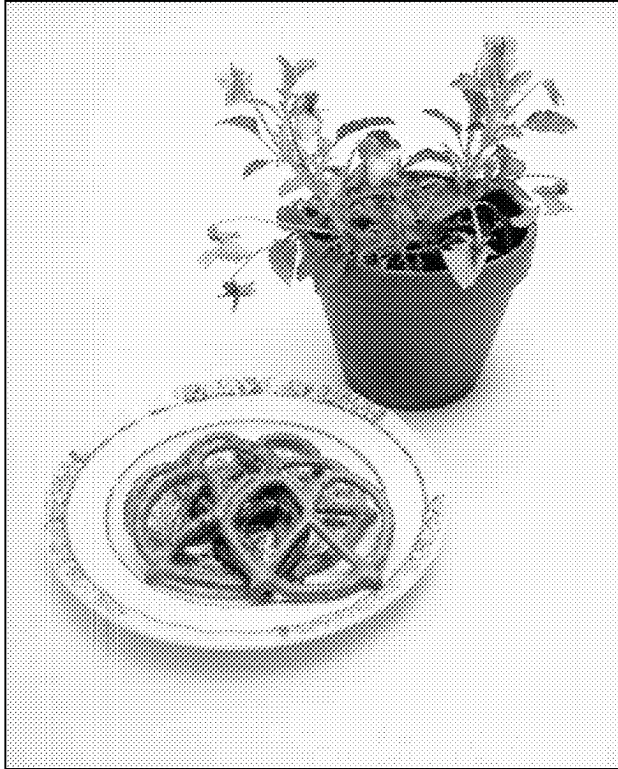


GI = 85

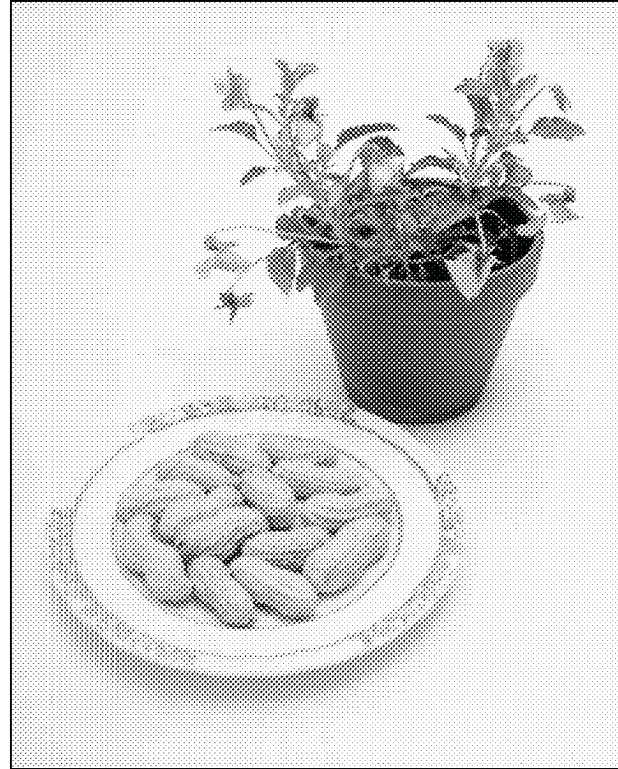


GI = 39

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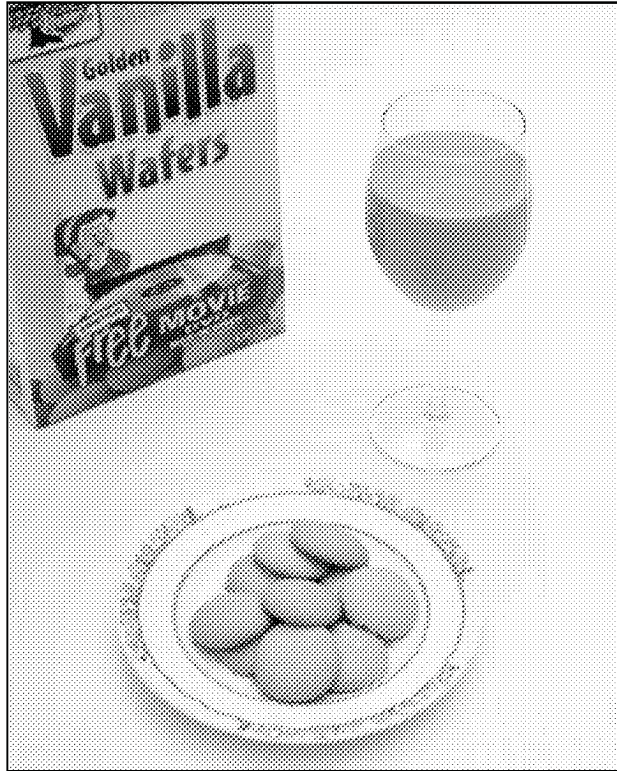


GI = 83

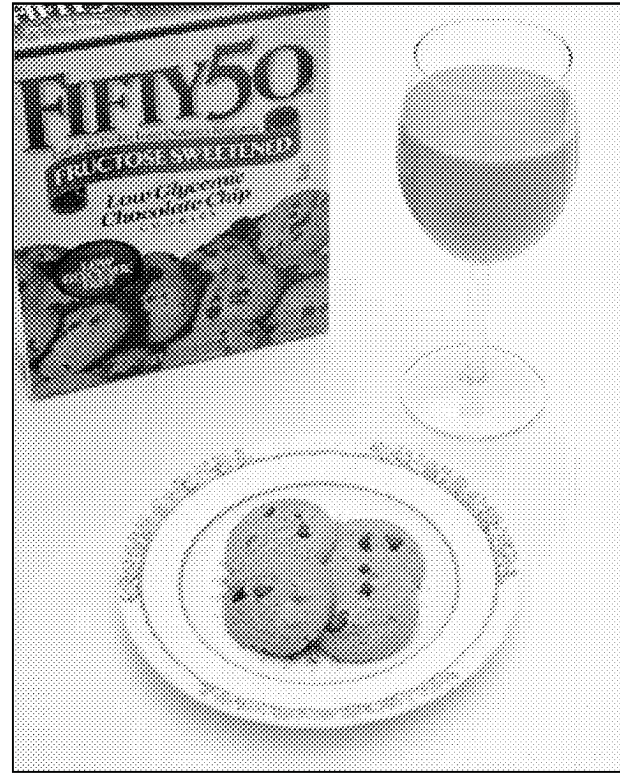


GI = 14

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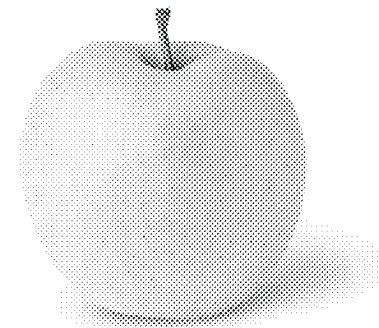
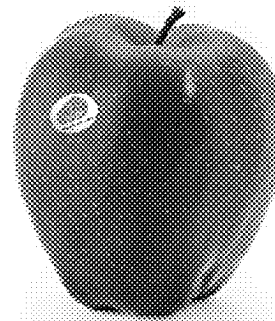


GI = 57



GI = 32

WIU FAVORITES



2% JUICE

SHAKE WELL

Nutrition Facts

Serving Size 1 bottle
Servings per Package 4

Amount Per Serving

Calories 70 **Calories from Fat** 0

*% Daily Value**

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 70mg **3%**

Potassium 230mg **7%**

Total Carbohydrate 14g **5%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 4g **8%**

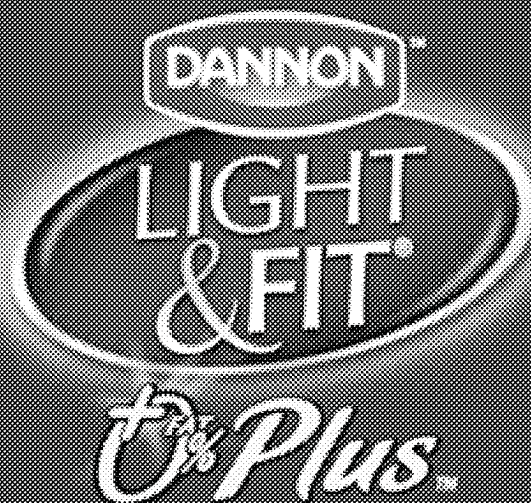
Vitamin A 10% • Vitamin C 0%

Calcium 20% • Iron 0%

Vitamin D 20% • Vitamin E 20%

Riboflavin (Vit B₂) 30% • Vitamin B₆ 20%

Vitamin B₁₂ 20%



Light. But Not Light on Nutrients.™

Light & Fit 0% Plus Smoothie contains 0% fat and nutrients your body needs such as:

- Calcium • Vitamin D • Vitamin E
- Vitamin B₆ • Vitamin B₂
- Vitamin B₁₂ • Vitamin A • Protein†

all that with 70 calories per 7 fl. oz.

† 10% DV PROTEIN PER 8 FL. OZ.

LIGHT & FIT SMOOTHIE: 70 CALORIES, 0g FAT, 20% DV VIT. E, 30% DV VIT. B₂, 20% DV VIT. B₆, 20% DV VIT. B₁₂

OTHER DAIRY BASED SMOOTHIES: 180 CALORIES, 2g FAT, 0% DV VIT. E, 20% DV VIT. B₂, 2% DV VIT. B₆, 8% DV VIT. B₁₂ PER 7 FL. OZ.

INGREDIENTS: NONFAT YOGURT (CULTURED GRADE-A NON FAT MILK, VITAMIN A PALMITATE, VITAMIN D₃), WATER, FRUCTOSE, STRAWBERRY PUREE, CONTAINS LESS THAN 1% OF RASPBERRY PUREE, BLUEBERRY PUREE, POMEGRANATE JUICE CONCENTRATE, MODIFIED FOOD STARCH, NATURAL FLAVOR, SUCRALOSE, POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), MALIC ACID, ANNATTO EXTRACT (FOR COLOR)

DOUBLE FIBER

- Nutrition (per slice):
- 100 calories
- 1.5g fat
- 18g carbohydrates
- 6g fiber
- 4g protein

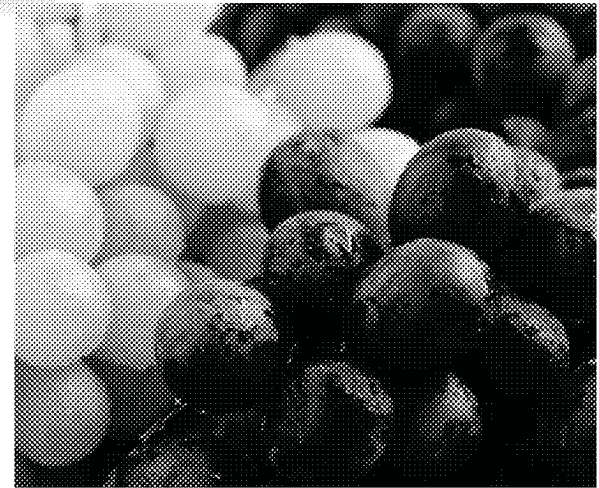
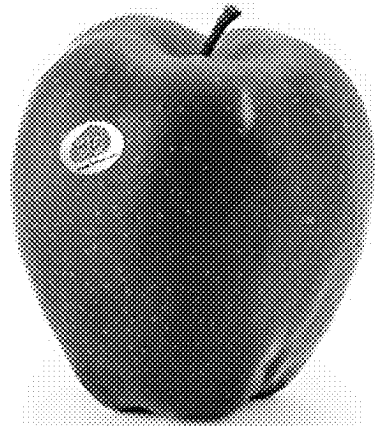


Webber International university food plan

- Water consumption with propel begins 1 hour before (4 oz every 15 minutes - 1 bottle/hour)
- 30 minutes before squad
 - Dannon Light & Fit Yogurt smoothie

Webber International food plan

- Eat a low GI food every hour during competition



Webber International university food plan

- **LUNCH**
 - Sandwich and yoghurt
 - High fiber and multigrain bread
 - Luncheon meat

Post-Event Options

- High Gi for Recovery
 - Tuna Sandwich
 - Banana
 - Gatorade
 - Etc.

REFERENCES

- Glycemic Index
<http://www.glycemicindex.com/>
- American Diabetes Association
- Linus Pauling Institute, Oregon State University

www.kegel.net

**STOP WHINING!
GO PRACTICE!**

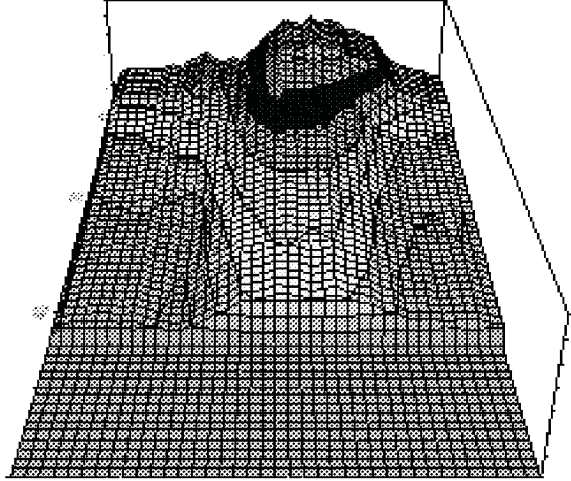
LANE TRANSITION DIFFERENCES BETWEEN MEN & WOMEN



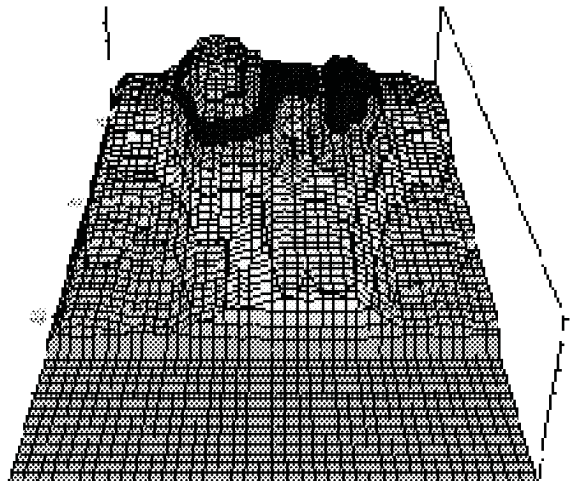
DIFFERENCES BETWEEN MEN & WOMEN

- Gender determines how different parts of the lane will breakdown
 - Women stay out
 - Men migrate to the deep inside
- Be aware to make better decisions

2009 EBT Masters - Women



2009 EBT Masters - Men



Oil Pattern Breakdown

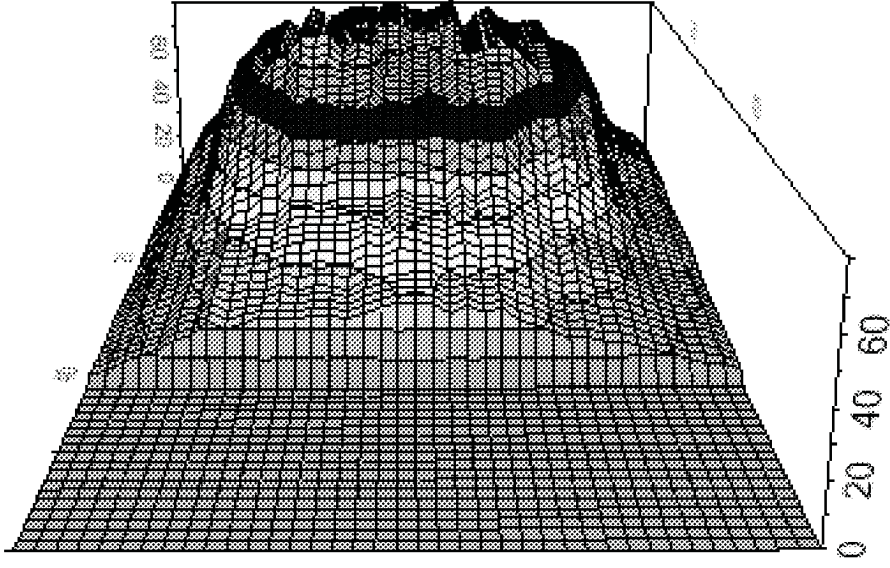
Who you follow is a major factor in today's game!

Because today's bowling balls are so **frictional...**

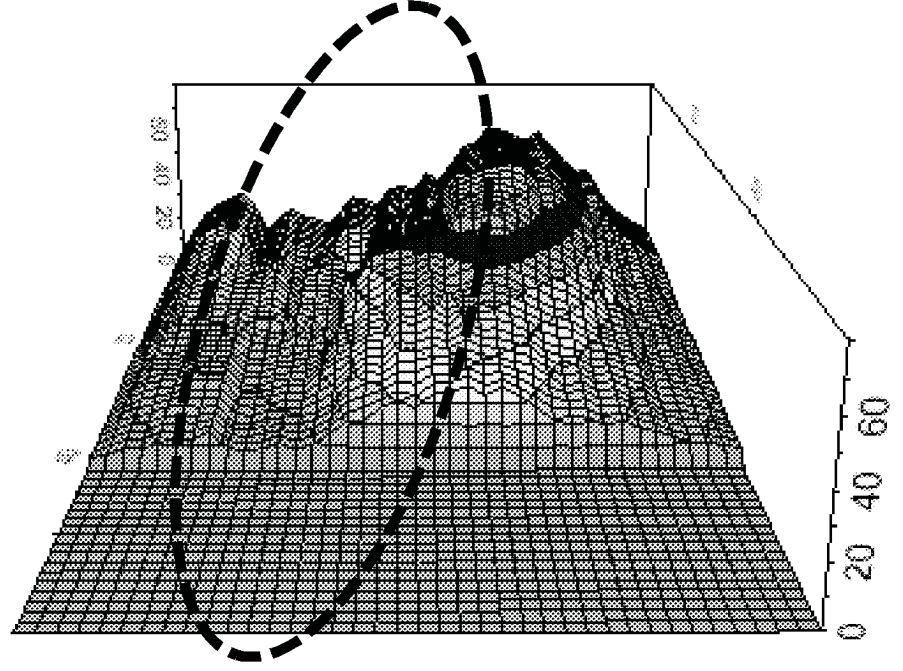
- Small differences in friction make large differences in ball motion
- Different friction areas create different scoring opportunities for different styles
- If one group of players follow the same group every game, it can greatly favor one style over another style for that block.
- Hopefully follow skillful 'pattern managers'
- The reason PBA changed their cross procedure in recent years.

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FRESH



AFTER



www.kegel.net

**STOP WHINING!
GO PRACTICE!**