



Choosing Your Shoes

- If you are getting bowling shoes that are supplied by your local bowling alley your only real option is your shoe size. You want to make sure that your shoes are snug enough that your heel does not slip in the back.
- If you are choosing to purchase your own bowling shoes, you have more options, such as the choice between a performance or athletic shoe. Choosing a shoe also requires an understanding of the sole. As a beginner, you can choose to consult your local pro bowling shop for suggestions or purchase.



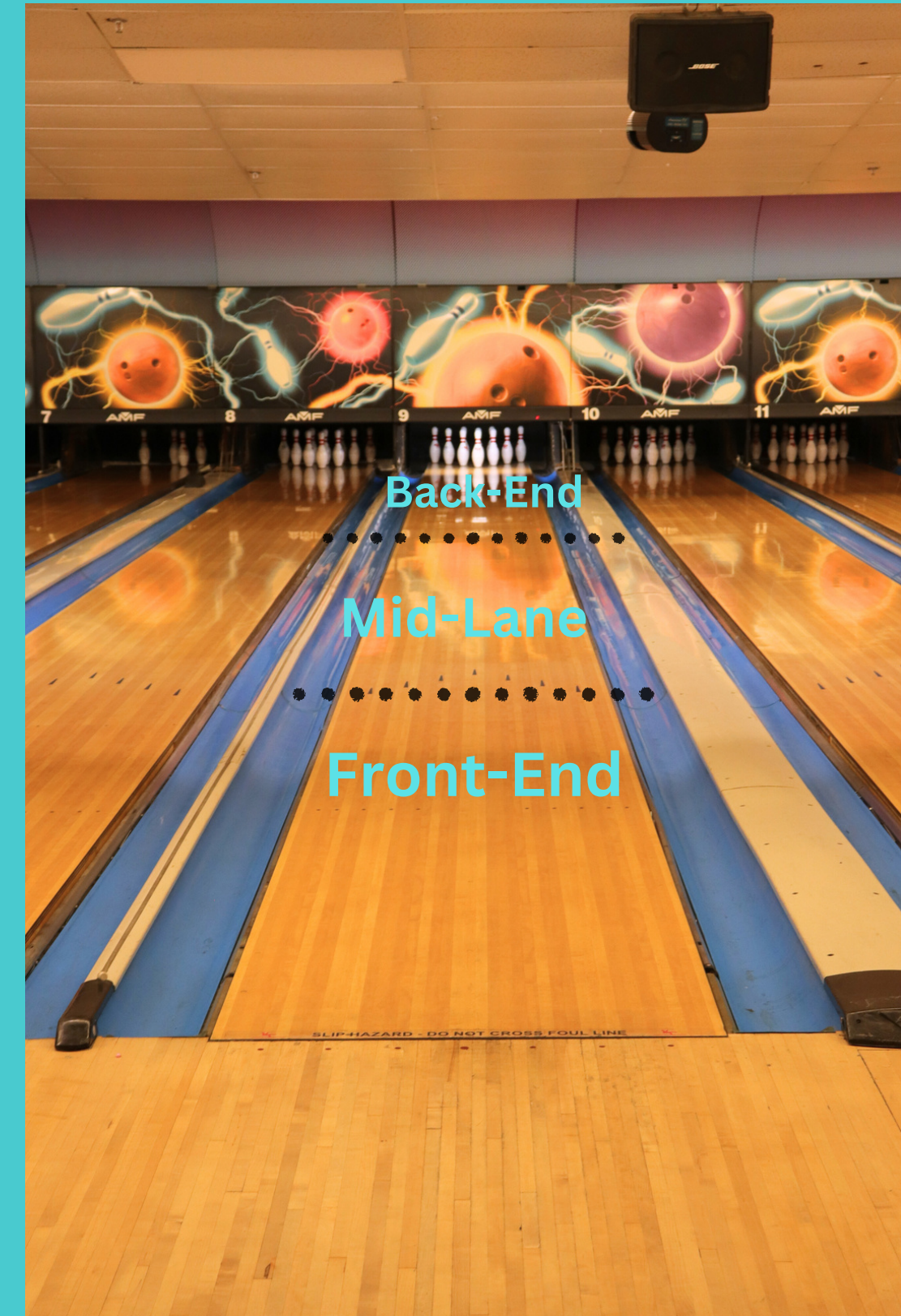
Choosing a Ball

- When choosing a bowling ball provided by your local bowling alley, you have the option of weight. A general rule of thumb is that the ball should be about or below 10% of your body weight. The ball should not be too heavy that it is hard to hold and throw easily.
- You want to make sure that your fingers do not stick inside the ball. If your thumb is catching inside the ball, choose a ball with larger finger holes.



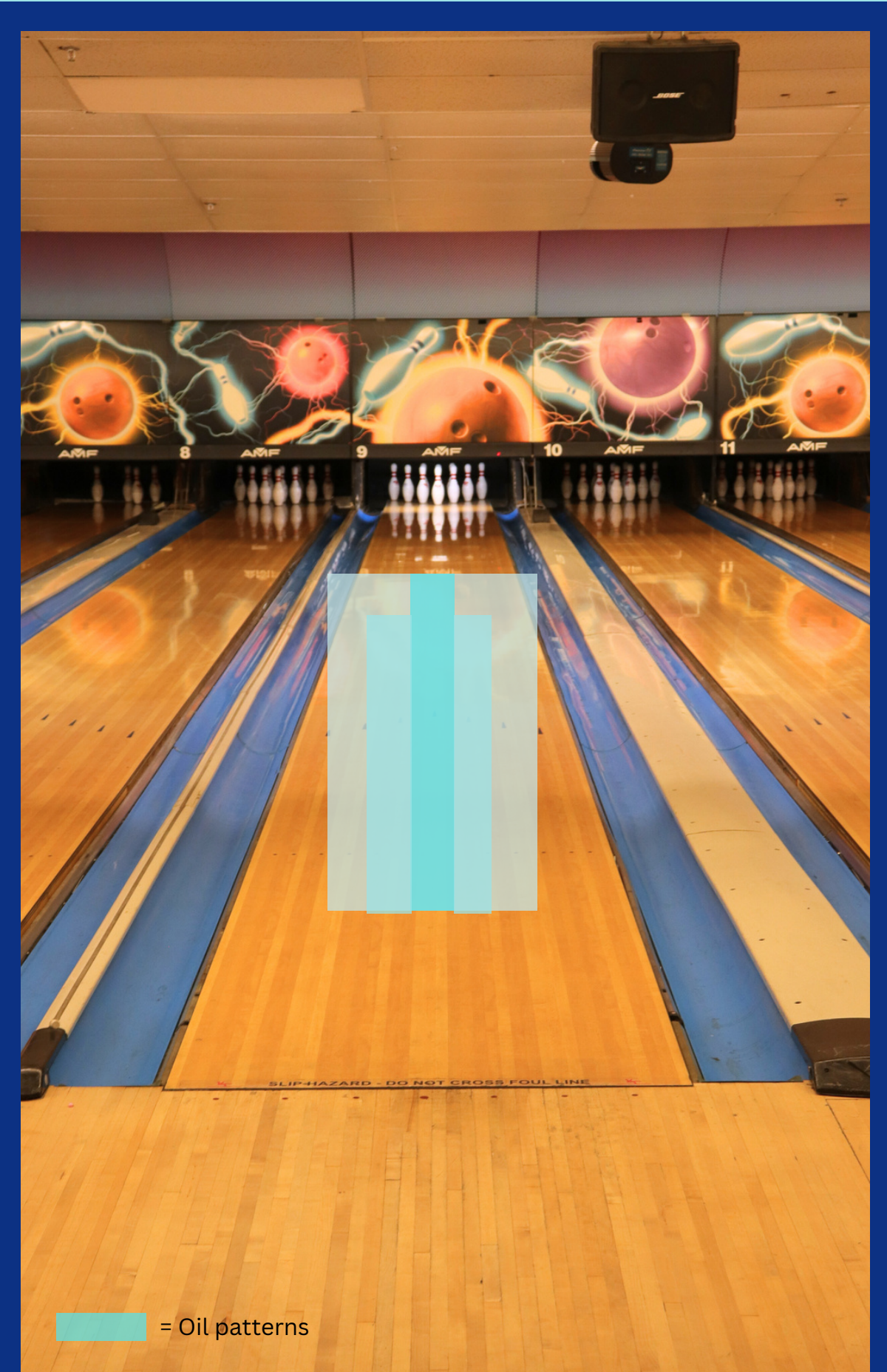
The Lanes

A bowling lane is 60 feet long and divided into three parts, the front-end, the mid-lane, and the back-end. There is also the approach where you release the ball before reaching the foul line.



The Lanes

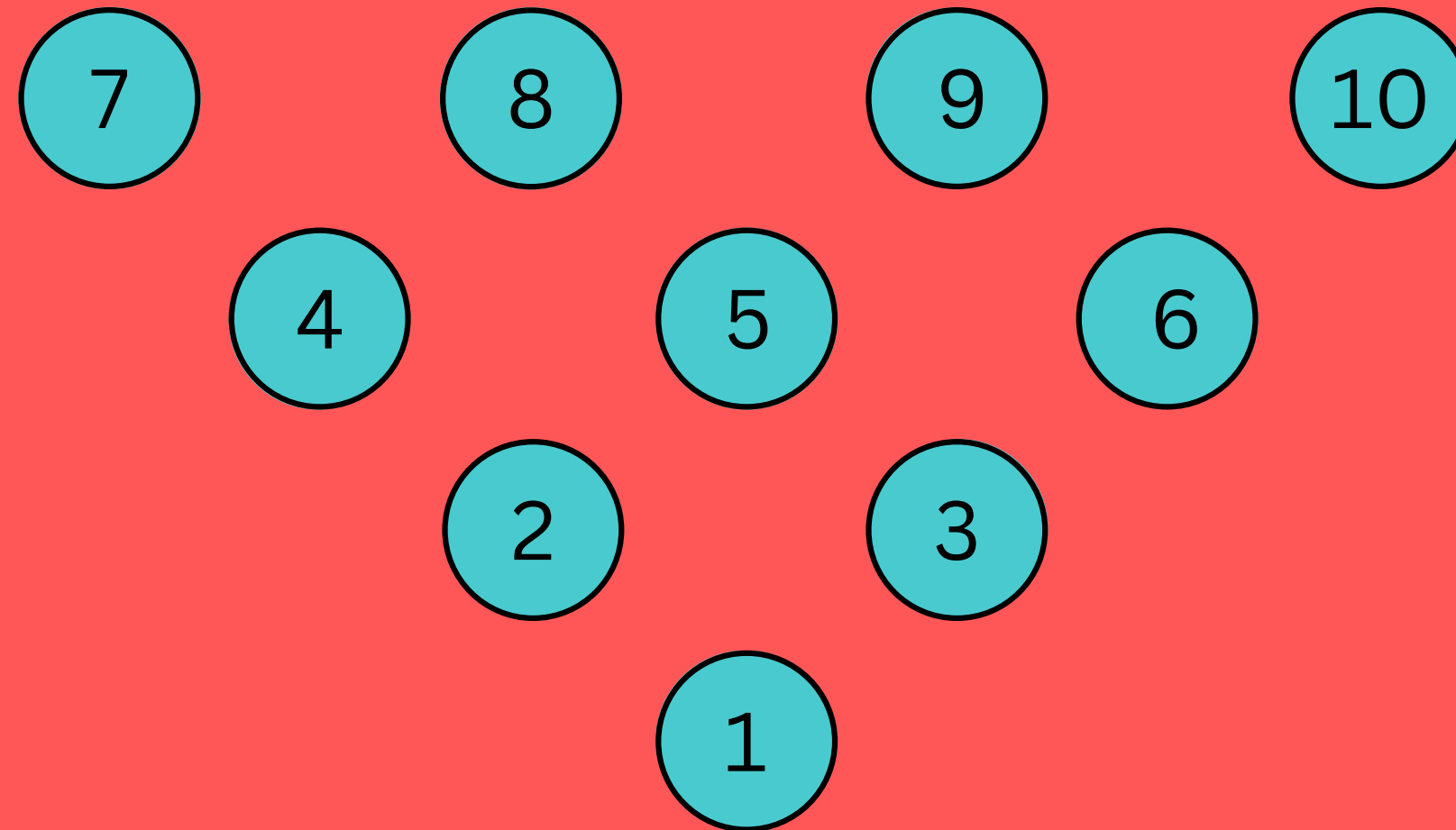
Bowling lanes are oiled. Oil is spread unevenly amongst the width of the lane to create a pattern. Where your ball interacts with the lane and oil can affect its speed and direction. The most common oil pattern found at local bowling alleys is the house pattern, which has more oil in the center of the lane and less towards the outsides.



The Pins

The ten-pin triangle is called the pin rack with the headpin at the front.

You want to aim for the pocket for a strike. If you are right-handed, the pocket is between the headpin and the three-pin, which is to the right. If left-handed, the pocket is between the headpin and the two-pin.

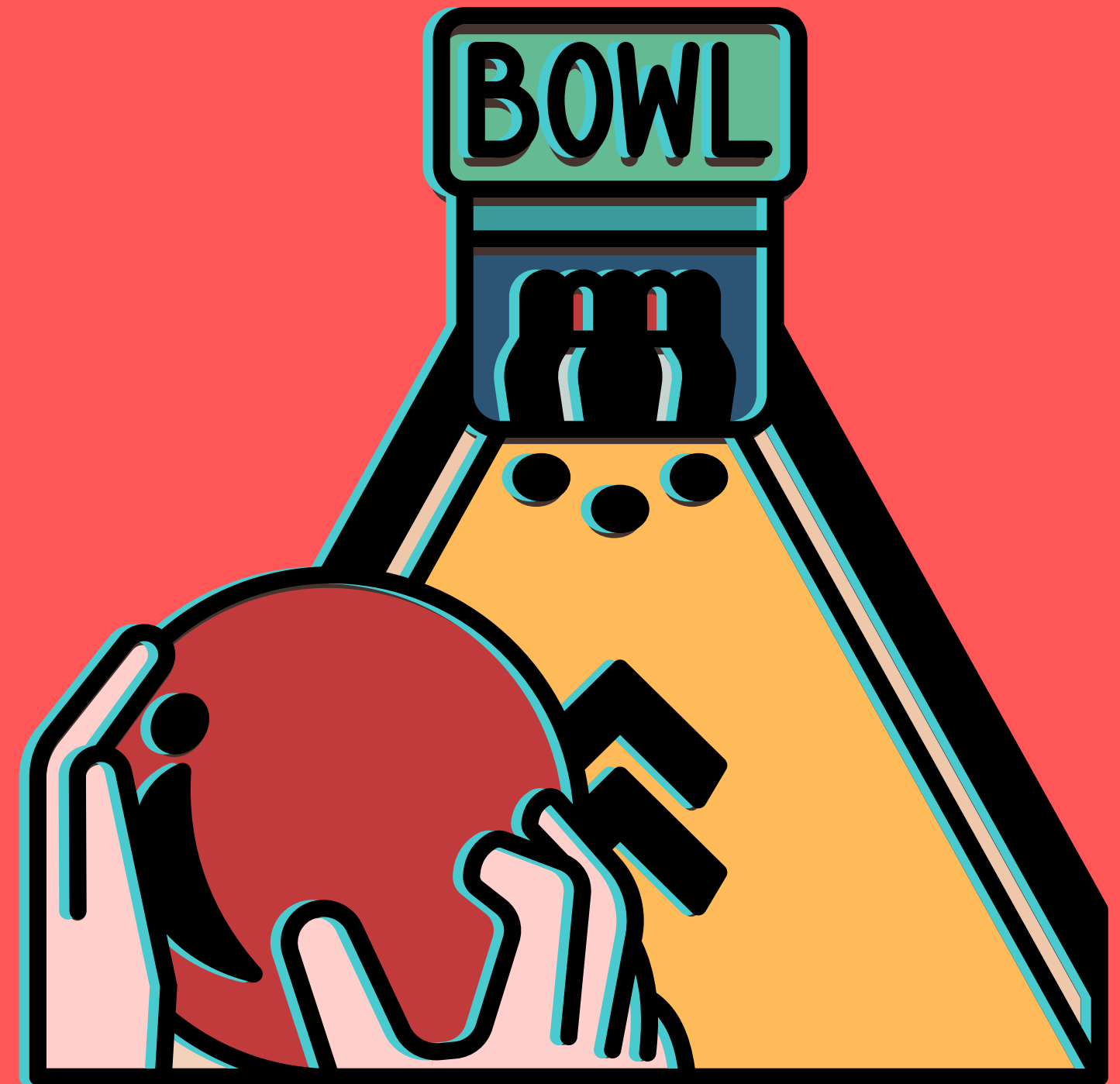


Throwing the Ball

Form is different for each bowler, and it will take time to develop your own style which feels comfortable.

There are some general steps to throwing the ball:

- Visualize the path you want your ball to take. There are arrows on the lanes which can assist in this.



Throwing the Ball

- Release the ball about a foot from the lane's foul line. Count the steps that it takes you to approach the foul line before throwing the ball.
- Keep your arm straight. Align your arm and hips with where you want the ball to go, and keep your arm straight during the swing and release.

