

2011 - 2012
SAINT URSULA ACADEMY
BOWLING PROGRAM

HOME LANES

Stones Lanes at 3746 Montgomery Road in Norwood.

TEAMS – We plan to have two teams consisting of a Varsity and a Reserve team.

BOWLING CLINIC will be held at Stones Lanes in Norwood on June 4, 11, 18, 25, July 9 & 16, 2011 beginning at noon each day. This clinic is for incoming freshmen and current SUA students wishing to try-out for the Bulldogs bowling team in 2011. This is an intensive program designed to teach the fundamentals of bowling through repetition and drills. Each participant will receive six weeks of bowling three games of tenpin bowling, learn fun and different bowling games, learn training drills designed to teach the fundamentals of scoring, and will receive a personalized analysis at the end of the six week program. **Cost - \$100 if registered before May 27, 2011.**

WARM-UP SESSIONS will begin the week of October 31, 2011 (Monday, Tuesday and Wednesday from 3:30-5:30pm) and will be free to all bowlers in preparation to ready them for try-outs.

STUDENT PARTICIPATION FORMS are required by July 1, 2011. ***NO FORM IN HAND: NO PARTICIPATION.***

TRY-OUTS – begin on Friday, November 4, 2011 at 4:00pm and will continue on Monday and Tuesday, November 7 and 8, 2011. Try-out sessions will last approximately 2 hours each. Interested bowlers must attend try-outs each day to be considered for one of the two teams.

ATHLETIC TRAINER – Cincinnati Sports Medicine supplies a trainer during the spring for three days a week after school for three hours.

ATTENDANCE – Once the teams are picked, attendance is mandatory for all practices, scrimmages and games. If you believe this will be a problem, please do not plan to attend try-outs.

PRACTICES will be held after school from 3:30 – 5:00pm at Stones Lanes.

MANDATORY PARENT/STUDENT-ATHLETE MEETING will be held Monday, November 21, 2011 at 6:00pm in the Saint Ursula Academy Gymnasium / Convocation Center. It is mandatory that at least one parent and the student athlete attend this meeting. If a parent cannot attend, please contact the athletic director at least 72 hours in advance. **ALL ATHLETIC FEES AND PARTICIPATION FORMS ARE DUE AT THE PARENT/STUDENT-ATHLETE MEETING.**

GAME SCHEDULE for the season will be distributed at the Parent/Student-Athlete meeting. Changes will be updated on the SUA website.

FOR ADDITIONAL INFORMATION you may contact Mike Sipes in the athletic department office at 961-3410, ext. 129.