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**The Ten-Pin Tribune Vol. 11**

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Fri, Jan 9, 2026 at 12:07 AM



# The Ten-Pin Tribune

**League Week 11 - Bowling January 10, 2026**

## Parent Announcements

### New This Week

- **There will be an important announcement at bowling this week. All bowlers and parents are encouraged to attend.**
- If you would like to pay for the entire month of January, the cost is \$68 and may be paid after morning announcements.

### The Schedule Ahead


- January 17th - First Half Ends. This is the last day that scores will count toward mid-season awards.
- January 24th is Bring-A-Buddy Day. Bowlers are welcome to bring a friend to bowling! Please try and bring a friend who may be interested in joining the league for the 2nd half.
- January 31st starts the second half of the season. Teams will be switched up! We will also present our mid-season awards.





## Weekly League Highlights

### Junior Highlights Dec. 20th:

 **Turkey Towel** - Axel, Christian, Micah, Braden S., Sophia

### **Pins Over Average (Game or Series) -**

50+ Pins (Game Only) - Jonathan

75+ Pins - Julian, Jake, Melody,

100+ Pins - Christian, Zyra

**First 200 Game** - Jonathan W. - 202

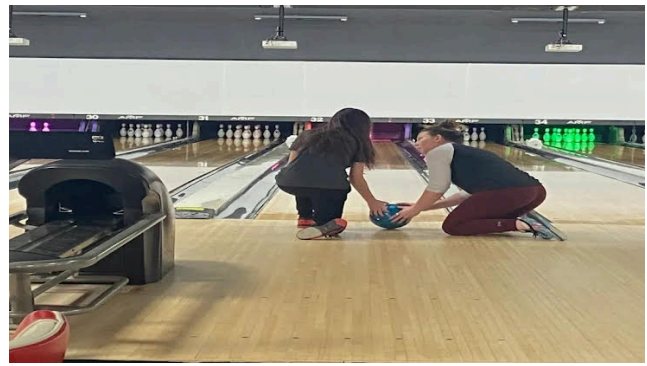
**Team High Score** -Cherry Pepsi - 1418 (Scratch)

### Bumper Highlights:

**Strike Towel** - Emmett, Callan, Connor

### **Pins Over Average (Game or Series) -**

25+ Pins - Emmett, Santino, Connor



## Coach's Corner

### Useful Drills for Hand Positioning and Timing

Practicing bowling is more than just going to the lanes to throw a few games. My favorite drill, which seems to not be popular amongst the kids, is a no step or a one step drill.

A no-step drill is exactly what it sounds like. Stand at the foul line with your body in its final position as if you've just released the ball. Your ball should start in the position as if you're about to do a full approach. Swing the ball a few times, focusing on dialing in your arm movement, and then release the ball without moving your feet. This drill is not about score -- it doesn't matter how many pins the ball hits. This drill allows you to take all of the other variables out and just focus on your swing and hand motion.

A no-step drill is great for a bowler who is struggling to stay behind the ball in the release or a bowler who tries to muscle their swing.

The one-step drill is similar, but emphasizes your finishing position and "posting your shot". Stand far enough away from the foul line that you won't be worried about crossing it. Start with your feet together as if you're starting your entire approach. Your arm should swing normally but your feet stay glued to the spot. When you start to move the ball forward to release it, take your slide step and post your shot.

A one-step drill is also good for a bowler who is looking to focus on arm swing and hand position but I also find that it helps with timing and spatial/body awareness. You need to be in tune with where your arm is in the swing in order to take your step at the correct time.

Both drills should be relaxed and the arm shouldn't

try to compensate for power that may be missing from the legs. To mix it up, I like to use the first ball of a frame for a no- or one-step drill and then play my spares with a full walk up.



## **Mt. Lebanon Junior Bowlers Holiday Doubles Tournament**

Congratulations to our first ever league doubles tournament winners - Brayden C. & Axel!

Jack & Christian were our second-place finishers, while Axel & Makenna took third.

Individual medals and scholarships were also awarded.

## **Upcoming Tournaments**

- Jan 11th Singles Tournament - Butler Area USBC
- Multiple dates in January & February: 2025-26 [Greater Pittsburgh USBC Youth Championship at New Great Valley Lanes](#)

[See the Junior Bowlers website for additional tournament opportunities](#)

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If there's content/a special shout out/pictures you'd like to share/a coaching topic you'd like to see covered in the newsletter, please feel free to email Coach Denielle at [coachd@mtlebanonjuniorbowlers.com](mailto:coachd@mtlebanonjuniorbowlers.com).