
Ten-Pin Tribue Vol. 15

1 message

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The Ten-Pin Tribune

League Week 15 - Bowling February 7, 2026

Parent Announcements

New This Week

- We have started a new month! With that, if you would like to pay for the full month, the cost is \$68.
- If you haven't already joined our Facebook group, we invite you to do so [here](#). We share photos, tournament info, and reminders. It is a private group, so you will need to answer the group question to be let in.


The Schedule Ahead

- February 14th will be our Valentine's Day party! There will be candy - and probably ducks! 🦆🦆🦆
- March 7th - Beat Your Coach 9-pin no tap event
- March 14th - No bowling due to a previously scheduled event at the bowling alley



Weekly League Highlights

Junior Highlights January 31st:

 Turkey Towel - Jake, Sam, Jack, Micah, Julian, Jonathan, Zyra, Ben

Pins Over Average -

50+ Pins (Game) - Ronan, Julian, Sam, Jake, Jonathan, Christian

75+ Pins - (Game/Series) Micah, Vincent, Christian

100+ Pins -(Series) Micah, Ronan, Abigail

150+ Pins - (Series) Sam, Julian

First 200 Game - Julian, Christian

Week High Game Boy/Girl - Christian: 218 Julian: 543

Makenna: 169 / 462

Team High Score - Sam/Jonathan/Vincent/Vacant -1525 (Handicap)

Bumper Highlights:

Strike Towel - Callan, Santino, Thad

Pins Over Average (Game or Series) -

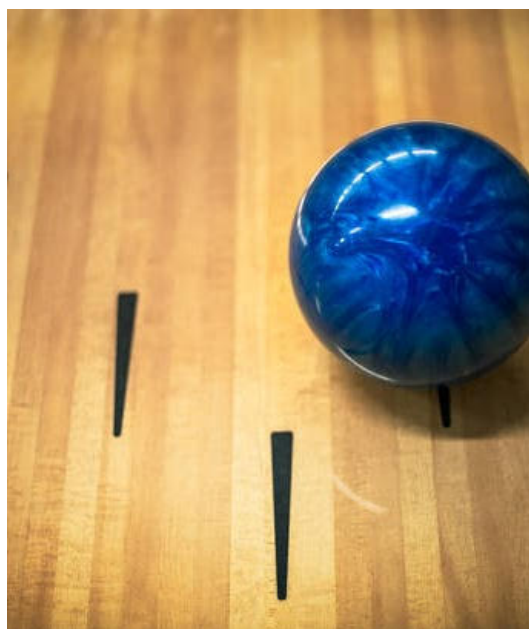
25+ Pins - Callan

Week High Game Bumper - Callan: 130

Upcoming Tournaments

- Last weekend - February 7 & 8, 2026: [Greater Pittsburgh USBC Youth Championship at New Great Valley Lanes](#)
- Multiple dates - REGIONALS - February 15 -March 15 - [PA Youth Scratch Championship & Handicap Scholarship Singles](#)

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



Coach's Corner

How to Adjust:

In practice, you find your target throw a couple beautiful strikes. By the 10th frame, your ball is now overhooking the pocket. How do you adjust?

There are two questions you have to ask yourself: did you hit your target? Did you throw the ball well? If both answers are yes, it might be time to move your feet.

If you are over hooking, move your feet closer to the center of the lane (move left for rightys and right for leftys). If your ball is not hooking enough, move more towards the outside (right for rightys and left for leftys). Typically, moving your feet a couple boards in either direction can fix this. And remember to ask yourself those two questions (and answer honestly) before you make any adjustments.

Upcoming Bowling Events at AMF Mt. Lebanon for Spectators

High School Bowling:

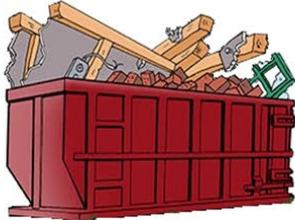
- WPIBL Boys Team Championships - Wednesday 2/11 @ 1:15
- WPIBL Girls Team Championships - Thursday 2/12 @ 1:15
- WPIBL Boys Singles Championship - Wednesday 2/18 @ 1:15
- WPIBL Girls Singles Championships - Thursday 2/19 @ 1:15

College Bowling (use this link for the full schedule)

- Intercollegiate Singles Championship - March 13
- Intercollegiate Team Sectionals (ITC) - March 14 & 15

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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.