

SPECIAL POINTS OF INTEREST:

- News from the Nationals
- Mens Team selected for World champs in Germany

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# WCBA Newsletter

ISSUE 2

JULY 2010

## News from the Nationals

For a number of bowlers, Queens Birthday weekend meant the Nationals. This year they were in Strike Porirua with a strong turnout from Wellington Bowlers.

Full results can be found on the TBNZ website listed later in this newsletter. The national champions from the event were:

Open Men - Jason Walters  
Open Women - Ivena Heald  
Graded - John Miklos

Most will be familiar with Ivena, a Wellington bowler that has been at the top level of the sport in Wellington and NZ for a number of years. John Miklos is also from Wellington, with this being his first nationals and narrowly took the title from

Stuart Cunningham, also from Wellington.

For those not able to make the presentation ceremony,



Above—Danny Jamieson along with helpers Hannah and Michelle Robinson and Monica Sopi carrying the medals for a Nationals Presentation.

Right—John Miklos

there were some special helpers recruited to assist in the presentation, three of

them pictured here. One of the more interesting moments was Ivena Heald collecting three of her many medals. In the doubles she achieved the rare feat of taking first, second and third.

While there weren't any 300's at the competition, there were some very high scores with 290 rolled twice.



## WHAT A TEAM

The team to compete in the 2010 WTBA Mens World Championship being held in August in Munich, Germany has been selected.

This team has a strong Wellington flavour with both Greg Nicholas and Tim Swain being included in the team.

The other six members are Sonny Reguerra, Tony Lum, Craig Nevatt and Terry Mustchin.

Within the National champs this team (less Craig, as it was 5 man teams) bowled up a storm in winning the open Mens team event with a new Nationals record of 3184.

WCBA wish them all the best for this event and hope that they repeat the performance shown during the nationals.

## Websites

There are a number of websites that have information about bowling and will contain the performance of Wellington bowlers. Some of these you may already be aware of but if not you may be interested in having a look sometime.

[www.wcba.org.nz](http://www.wcba.org.nz) – Updated with key achievements of Wellington bowlers

<http://tenpinwellington.snappages.com/news.htm> - Regularly updated site about Wellington bowling news

[www.tbnz.co.nz](http://www.tbnz.co.nz) - A good source of national news

[www.bowlarama.co.nz](http://www.bowlarama.co.nz) – Main website for the Newtown bowling centre

[www.strikenz.co.nz](http://www.strikenz.co.nz) – Main website for the Hutt and Porirua strike bowling centres

[www.kapiti10pin.co.nz](http://www.kapiti10pin.co.nz) – Main website for the Kapiti bowling centre

## Recognition of Tenpin Bowling

In London on the 7th of June Tenpin bowling was approved as a category 2 sport in the Commonwealth Games.

It now joins 12 other sports as optional sports. The host city chooses 7 of these to include along side 10 compulsory sports. These other sports that Tenpin Bowling has now been given parity

with are:

Cycling

Basketball

Diving

Gymnastics

Shooting

Tennis

Table Tennis

Synchronised Swimming

Wrestling

Archery

Judo &

Triathlon.

It is great news to see this acceptance that Tenpin Bowling as a sport. Hopefully this is just a stepping stone to inclusion in the Commonwealth games and potentially the Olympics at some stage.

WCBA  
NEWSLETTER

## Coaching Corner - Did you know

My thanks go out to Allan directly and indirectly to Fred Borden and Jeri Edwards wrote the book "Advanced Adjustment" for the source inspiration for this section. The topic for today is choosing a good time to practice. Yes practice, its one of the more reliable ways of improving performance and its legal. Its notable that Trevor Purnell has commenced a regular coaching regime and is getting very good results this year as a result.

- Create a plan about when you are going to practice, what items are going to be practiced and how long

you will spend on each item. Ideally this would involve several sessions per week.

- In creating this plan, consider what times will work best to really work on this plan being in an appropriate relaxed open mental state. Rushing into a bowling centre and trying to throw as many shots as possible before league starts in 20 minutes is not recommended.

- Practice can be more than lane time. A number of studies have shown improved performance through mental imagery and physical training. If you can't make it to the centre for physical training, work on imagery or technical knowledge

- Fitness should not be under-estimated. Tony Lum passed on the opinion one NBT I was at that when he did lots of Gym work it improved his average by 10 pins. Being physically fit improves balance, increased strength increases the number of delivery options available and good stamina increases the consistency between the first and last game of the block

Although practice is not competition, confusion can still snowball into anxiety and frustration during practice.

And lastly enjoy your practice.

# Ken Powe - What a series

The nature of bowling lends itself to many statistics and game/series scores. Some like 200 games have been achieved by many bowlers, but there are a couple of top end achievements that are not frequently

achieved. These are 300 games and 800 series. In May, Ken Powe was a touch disappointed that he missed out on the 300 with a 296 game, but the other two scores of 279 and 226 made the series 801. He

wasn't aware at the time that this was the first 800 south of Auckland and the first in NZ since Sep 2005. As a comparison there have been 19 recognised 300 games since this last 800.

## Practice and Competition 300's

Congratulations go out to Carlos Tuason. He has become the most recent Wellington bowler to achieve the feat of bowling a sanctioned 300 game in Porirua. He achieved this on the 19th of June.

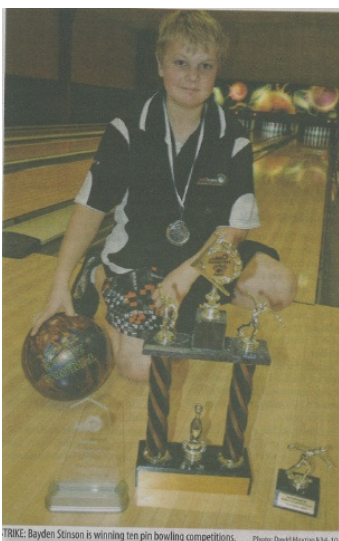
Two other Wellington bowlers also deserve honourable mention. Allan

Heald as a coach will recognise the irony of having the timing right to roll a 300 game earlier this year, but his timing was terrible as it was in practice. Now he knows he can do it, we are hoping for a repeat in league or competition.

Another ex Wellington bowler also recently bowled a notable 300. This time it was achieved in competition and not just any competition - Graham Parkins rolled a 300 on game 13 in the 2010 Seniors Australian Open – Ballarat Victoria. What great timing.

## Profile - Bayden Stinson

This name may be new to you but that might not be for much longer. Bayden is a young Kapiti bowler showing a lot of promise. The picture included here ap-



TRIKE: Bayden Stinson is winning ten pin bowling competitions. Photo: David Houson Kapiti 10

peared in the Kapiti News following some stunning efforts in the National Tour—Junior grade. Bayden is only 11 years old but is bowling well above his young years. In the NBT in Newtown (stop2) he averaged 166 to qualify 2nd in the Junior division and then came through to win the Junior Masters.

Left—Picture that appeared in the Kapiti News of Bayden Stinson

Right—The helpers at the nationals. Front Row: Fiona, Justin, Jordyn, Michelle and Hannah. Back row: VIP Twins, Gregory, Julie\_ann, Monica, Dane.

In Takapuna (Stop3) Bayden again qualified 2nd with a 162 ave this time. He then repeated his earlier efforts to win the masters by a narrow 7 pins from 2nd.

In Lincoln Road (Stop4) Bayden managed to qualify in 2nd (153 ave). He must be liking this qualifying position because for the third time he came through and won the masters, this time with a very impressive 176 average.



# Entertainment Books - Update

WCBA are not directly selling them this year. The Wellington representative team for the National Teams Championship have taken over this

fund raising opportunity. If you haven't bought a book and like the idea of getting discounted dinners and other entertainment options then

contact Jane at [jane.cameron@nzpost.co.nz](mailto:jane.cameron@nzpost.co.nz)

## WCBA 2010 Wellington Championships

In March 2010 WCBA again ran a graded competition, following on from a successful event at the end of 2008. It is hoped to continue to run the competition in this new time-frame near the start of the calendar year. Bowlers bowled

four games qualifying with the top 16 making a knockout final. Tina Sicut was the top qualifier including a personal best game of 258. Trevor Purnell did just enough to make the finals making through in last place. Luckily for Trevor the format of the

finals was a fresh start and he proceeded to beat Elmer (by 36), Kaleb (by 64), Graeme (by 5) and finally Danual in a best of 3 to win the event. Full results can be found on the WCBA website

## Upcoming Competitions

After the Nationals (Strike Porirua) and the VIA Elite Classic (Bowlarama Newtown) there are still two major competitions still to be run this year in Wellington.

Strike Porirua is running Stop 5 of the National Bowling Tour. This event is being run on the

weekend of the 30th July—1st August. The National tour has 5 sections (Mens, Ladies, Seniors, Youth & Junior) so if you know someone that could do well in one of these divisions—suggest they might like to enter.

Coke High Roller—This has returned to its old timeslot in the

bowling calendar—Late October/Early November. It will be run over the weekend of the 29th—31st October 2010. Strike Championships. These are being run over the following dates:

Singles 13-15th Aug @ Porirua  
Doubles 17-19th Sep @ Hutt  
Teams 15-17th Oct @ Porirua

## Breaking News—VIA Elite Classic

The VIA elite classic was held over the weekend of the 2nd to 4th of July, with 16 games qualifying over two days. While the field wasn't huge (38 bowlers) the calibre of bowlers was high with 16 of the top 20 nationally ranked men enter-

ing the competition. Day one was dominated by Craig (221) & Kurt (216). Day two was dominated by AJ (235), Craig (232) & Kurt (228) with Hamish McGrigor also doing well (221). The cut was just over 200 average with Graeme Finn & Dave

Warwick making the cut. There was carry forward pinfall in the masters, with Graeme improving to 4th and Dave finishing in 8th. AJ finished the masters in 3rd but came through in the playoff to win the event.

The WCBA is proud to have supported and sponsored our home grown International Bowlers and will continue to do so, to the best of our ability in the future.

If you wish to help WCBA out in the future please feel free to contact Wayne Booth or any of the other committee members to see how you can help.