

## BOWLING

### Superintendent

**4-H Resources:** 1<sup>st</sup> year – 4-H Bowling manual (Revised 2016)  
Beginner (Grades 3-5) – Beginner Score Sheet  
Intermediate (Grades 6-8) – Intermediate & Advanced Score Sheet  
Advanced (Grades 9-12) – Intermediate & Advanced Score Sheet

### **BEGINNER DIVISION (Grade 3-5):**

Exhibit a three-ring notebook, labeled and decorated as you wish, containing the following items: **THIS MANUAL!**

1. Score sheet from participation in at least **10 games**.  
Bowlers are encouraged to bowl on your own with family and friends. Keep score using the score sheets in this manual or by transferring your scores each time you bowl. Bowlers are encouraged to bowl at any bowling alley throughout the year. ***(Summer Free Bowling Counts)***.
2. Add Weekly Notes describing how you did, and how you would like to improve (goals), or how you have improved.
3. Complete an essay for specific grade from bowling year;
  - a. **Grade 3** explain, using an illustration (drawings), how to “Properly Keep Score and Parts of a Lane”.
  - b. **Grade 4** write a short essay describing the “Proper Etiquette of Bowling.”
  - c. **Grade 5** write a short essay describing how to “Walk and Deliver” the ball.

**(Note for all Essays: Essays will be required turned in two (2) weeks prior to the fair, to be read and returned at the fair.)**

### **INTERMEDIATE DIVISION (Grade 6-8)**

Exhibit a three-ring notebook, labeled and decorated as you wish, containing the following items: **THIS MANUAL!**

1. Score sheet from participation in at least **12 games**.  
Bowlers are encouraged to bowl on your own with family and friends. Keep score using the score sheets in this manual or by transferring your scores each time you bowl. Bowlers are encouraged to bowl at any bowling alley throughout the year. ***(Summer Free Bowling Counts)***.
2. Add Weekly Notes describing how you did, and how you would like to improve (goals), or how you have improved.
3. Intermediate Level will score keeping track of their averages per game.
4. Write an essay as described below:

**(Note for all Essays: All Essays will be required to be turned in two (2) weeks prior to the bowling tournament, to be read and returned prior to the fair.)**

### **Intermediate Essay Topic “TO MAKE THE BEST, BETTER!”**

Using the 4-H Motto, **“TO MAKE THE BEST, BETTER!”** write a three hundred word essay on how you are applying the motto to your 4-H bowling program and your daily life. Utilizing the question, ***“What would you like to change about yourself?”*** each year tell how you have improved (Made the Best Better) over the past year. ***(HINT - Using your weekly notes might help you write your essay.)***

### **ADVANCED DIVISION (Grade 9-12)**

Exhibit a three-ring notebook, labeled and decorated as you wish, containing the following items: **THIS MANUAL!**

1. Score sheet from participation in at **least 15**.

Bowlers are encouraged to bowl on your own with family and friends. Keep score using the score sheets in this manual or by transferring your scores each time you bowl. Bowlers are encouraged to bowl at any bowling alley throughout the year. **(Summer Free Bowling Counts).**

2. Add Weekly Notes describing how you did, and how you would like to improve (goals), or how you have improved.
3. Advanced bowlers will work off a handicap established on the first day of bowling. Handicap score will be 100% of the difference between the bowler's average and a scratch score of 200.
4. Write an essay as described below:

(Note for all Essays: All Essays will be required to be turned in two (2) weeks prior to the bowling tournament to be read and returned prior to the fair.)

**ADVANCED DIVISION ESSAY TOPIC "THE 4-H PLEDGE"**

The 4-H Pledge is a useful tool in everyday life. In every aspect of life everyone will use each part of the pledge in some way. What does each aspect mean to a bowler? Let's find out.

**HEAD** (for clearer thinking)

**HEART** (for greater loyalty)

**HANDS** (for larger service)

**HEALTH** (for better living)

Using each of the Four H's of 4-H,

**Grade 9:** Using the **First H** (Head) write a three (300) hundred word essay on how you have applied this "H" to your bowling program.

**Grade 10:** Using the **First and Second H's** (Head and Heart) write a four (400) hundred word essay on how you have applied these two "H's" to your bowling program.

**Grade 11:** Using the **First, Second and Third H's** (Head, Heart, Hands) write a four hundred and fifty (450) word essay on how you applied these three "H's" to your bowling program.

**Grade 12:** Using the **4-H Pledge** in a five hundred (500) word essay tell how you have applied the pledge to your 4-H Bowling Program.