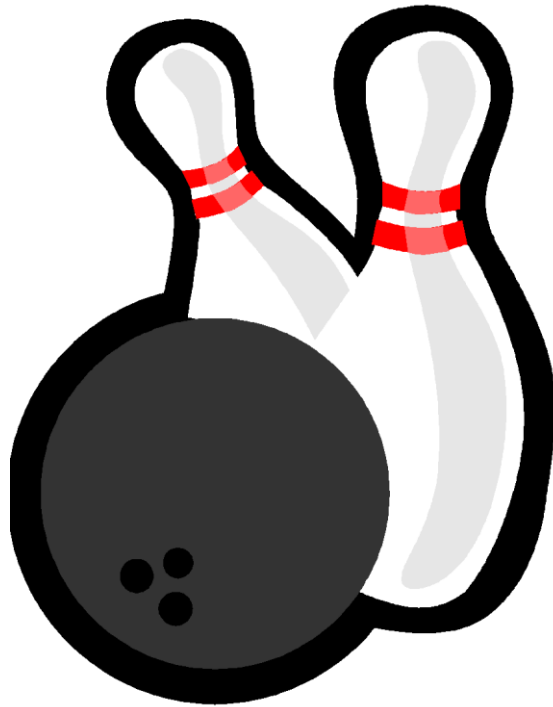


Mini 4-H BOWLING





4-H Facts



The 4-H Symbol: A four leaf clover with an “H” in each leaf.

4-H Colors: Green and White

The 4-H Motto: To make the best better!

The 4-H Pledge:

I Pledge
My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service
My Health to better living
For my Club,
My Community,
My Country,
and my World.



Mini 4-H



Welcome to *Mini 4-H*! You are now a member of the Whitley County 4-H family! We hope that you will have lots of fun learning new things in your 4-H career.

Mini 4-H is designed for youth in Kindergarten through Second grade. It will give you a taste of the 4-H program as well as help you to explore a variety of project areas.

This manual contains fun, age appropriate activities to complete throughout the 4-H year. These activities will help you to learn about the project you have chosen. Additionally, the manual contains all instructions for the exhibit you will be preparing for the Whitley County 4-H Fair in July.

There is no competition in the *Mini 4-H* program. Each child who completes a project for the Fair will receive the same completion ribbon. Leaders will give each project comment sheets, they are provided only as a way to help you do your very best on future projects.

Mini 4-H will meet January through June. Try to attend as many workshops as you can they are planned especially for YOU! These will give you a chance to meet the leaders, have some hands-on fun, and ask questions about your important Fair display. *Mini 4-H* is FUN! You will enjoy it.

Once you enter the third grade you can join a regular 4-H club that meets monthly. You must enroll each year of your 4-H career.

If you have questions about the *Mini 4-H* program, please call the Purdue Cooperative Extension Office at 260-244-7615. We will be happy to answer your questions.

As a Mini 4-H parent, please help guide and encourage your child through the activities. Work with them to help them to “learn by doing”. Activities are designed to help your child learn about the project they have chosen. It is not required that they complete all the activities. Choose those that interest you and your child.

Bowling Basics

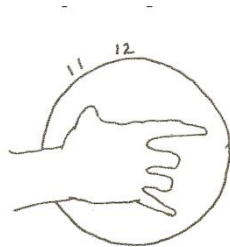
To make a proper delivery in bowling, you should follow certain basic rules. However, you should also do what feels comfortable and natural.

Proper Stance

Stand in a natural, comfortable position. Face the pins squarely. Your eyes should look straight ahead at the pins. Make sure you are relaxed.

While you stand at your beginning delivery point, hold your ball in both hands, resting most of the weight on your left hand if you are a right-handed bowler. Holding it near your waist is best.

Check your grip. Your thumb should be pointing to about the 11-o'clock position. Your wrist should be firm, with your hand and wrist forming a straight line to your elbow. Your elbows should be close to your body.



Making the Push Away

You're ready to make your first move-the push away. You push the ball down, away, and to the right. As you do this, your left hand drops away from the ball. As you push the ball down and away from you, the weight of the ball will carry your arm around in a smooth half-circle. Do not force the ball to go faster or farther than it naturally would, but keep it close to your side.

The Right Approach

Just after you begin your push away, you will also begin the first step in your approach. The weight of the ball will automatically push you forward.

You may begin your approach with either foot. It is better to choose one foot and stick with it.

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Whatever foot you begin your approach with; you must end it with your sliding foot forward. If you are right-handed, you must end your approach by sliding forward on your left foot.

The steps of your approach and the movement of your push away and arm swing must be made at the same time. On your first step, you begin your push away, pushing the ball down and away from you. This step is really a half-step.

On your second step, the ball should be at your side at the lowest point of your downswing. This step should be slightly longer and faster than the first step.

On your third step, the ball is at the highest point in your backswing. This step should be longer but no faster than the second step. A good rule to follow is that the shorter the backswing the better.

On your final step, whether it is your fourth or your fifth, the ball should be brought forward to the foul line. This should be the longest step.

Releasing the Ball

Remember to keep the proper grip, as discussed earlier. Your wrist and hand should form a firm but relaxed straight line to your elbow. You should maintain this grip throughout your arm-swing until after you release the ball.

As the ball leaves your hand, it should be near the floor but it should remain in the air just long enough for it to land a few inches on the other side of the foul line. Reach toward the pins as you release the ball.

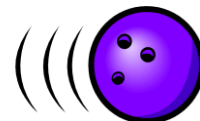
The Follow Through

In bowling, following through means letting your body follow its natural forward motion as you release the ball.

In the follow through, you should lean forward, putting all your weight on your sliding foot. Let your arm continue its natural upward movement, reaching toward the pins. Your hand should come up to about shoulder height.

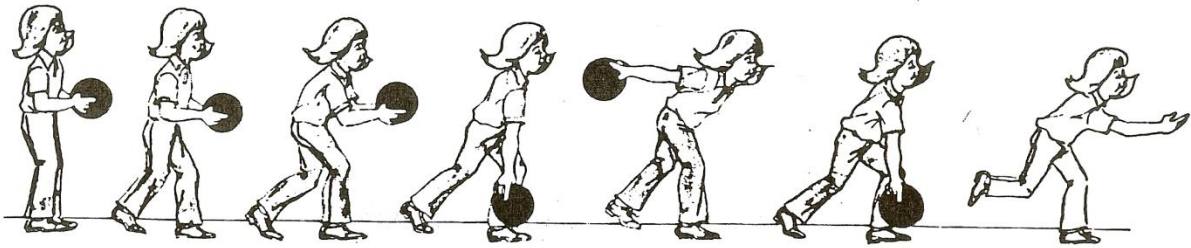
****If you are left-handed, just reverse these instructions.**

MOST OF ALL PRACTICE, PRACTICE, PRACTICE!!!



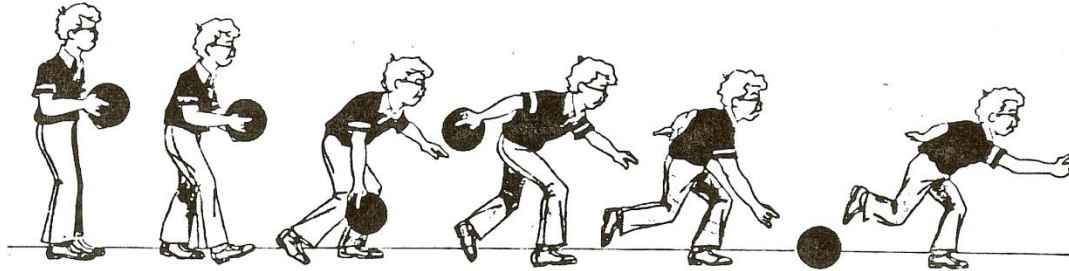
APPROACH AND DELIVERY

5 STEP DELIVERY



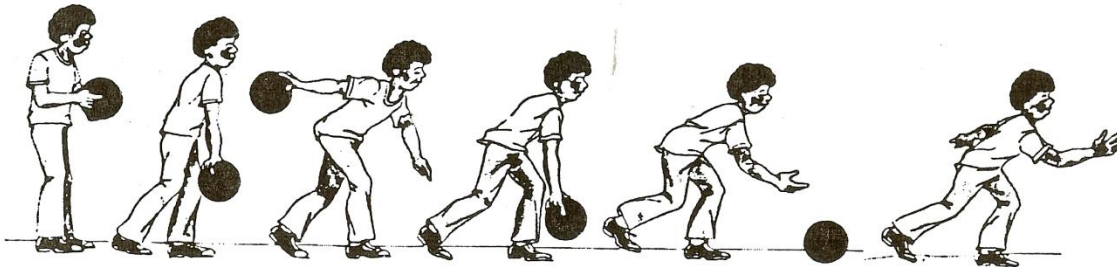
STANCE 1st Step — Left foot shuffles slightly forward. 2nd Step — Pushaway 3rd Step — Start of pendulum swing. 4th Step — Backswing. 5th Step — Ball and foot reaching foul line. Follow-through

4 STEP DELIVERY



STANCE 1st Step — Pushaway. 2nd Step — Downswing. 3rd Step — Backswing 4th Step — Release Follow-through

3 STEP DELIVERY



STANCE 1st Step — Pushaway, downward toward the knee. 2nd Step — Backswing 3rd Step — Ball and foot reaching foul line Ball released over foul line. Follow-through



BOWLING TERMS

- STRIKE ☒
- SPARE ☑
- SPLIT ○
- FOUL ☐
- TURKEY ☒☒☒
- DOUBLE ☒☒
- SPLIT MADE ☑

HOW TO MARK SCORE

STRIKE (X) Count 10 Plus What You Knock Down on Next Two Balls.

Eliminates Arguments

SPARE (/) Count 10 Plus What You Knock Down on Next Ball.

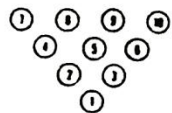
Easier To Score and Follow

More Accuracy

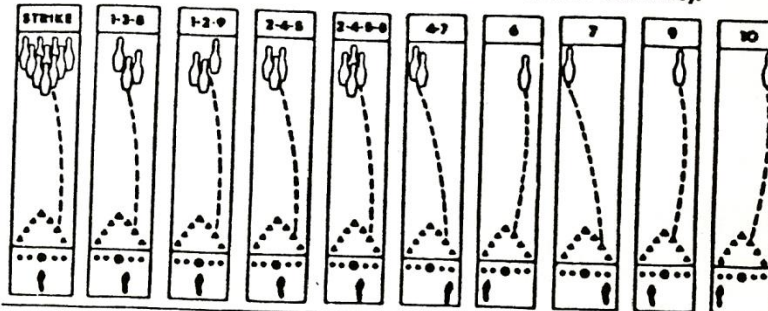
Immediately after each ball bowled mark results in proper frame box

1	2	3	4	5	6	7	8	9	10
X	X	6 2	X	X	6 3	6 3	X	X	X 9
20	38	46	74	94	110	119	149	178	197

"SPARE TIPS"



'Spare Tips' is Designed to Introduce Bowlers to Spot Bowling. (The Pattern of the Left Foot Should be Adjusted One or More Boards in the Same Direction of Excessive Ball Travel. (Left Handed Bowlers - Reverse Methods).



Kindergarten

- 1) **Learn basic bowling technique**
- 2) **Bowl a minimum of eight games-keeping your scores on the score sheet.**
- 3) **Exhibit your Mini 4-H bowling record / score sheet at the Whitley County Fair.**

First Grade

- 1) **Continue to develop your bowling skills.**
- 2) **Bowl a minimum of eight games-keeping your scores on the score sheet.**
- 3) **Exhibit your Mini 4-H Bowling record / score sheet at the Whitley County Fair.**

Second Grade

- 1) **Improve and refine your bowling skills and technique**
- 2) **Learn to keep score.**
- 3) **Bowl a minimum of eight games-keeping your scores on the score sheet.**
- 4) **Exhibit your Mini 4-H Bowling record / sheet at the Whitley County Fair.**

***If you get a printout of your scores/each frame of bowling please transfer the scores/numbers to your bowling record sheet.**

****An extra score sheet has been provided to take with you to the bowling alley. Please transfer the scores to the record sheet that will be turned in at the county fair.**

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What to Exhibit

Kindergarten: Bowl 3 games, display your score sheet.

1st Grade: Bowl 5 games, display your score sheet.

2nd Grade: Bowl 7 games, display your score sheet.

Exhibit tag:

<p style="text-align: center;">Mini 4-H</p> <p>Name _____</p> <p>Township _____</p> <p>Grade _____</p> <p style="text-align: center;">BOWLING</p>

Mini 4-H Bowling Record Sheet

Name: _____

Grade Completed: _____

1) How many years have you been in Mini Bowling? _____

2) What made you choose this project? _____

3) What did you enjoy most about bowling? _____

4) Tell what you learned by taking this project. _____

5) What was your highest score? _____