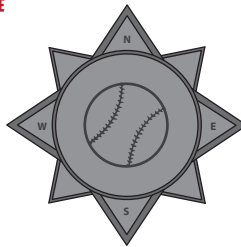


## BOWLING WITHOUT BUMPER BARS

For my sixth birthday, we went bowling. For my seventh birthday, we went bowling. For my eighth birthday, we went bowling. In fact, on every birthday, I go bowling, I love it, even if I struggle with my little raccoon paws.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Go bowling and work on your game so that you can score a strike or a spare. It might be good for you to get your own alley if money allows so you can get plenty of practice without waiting a long time for your turn.

LEVEL D

PERIOD 1

TASK 1

So, your challenge is to learn to bowl, but no bumper bars. That's right! You're going to bowl like a true Trailblazer.

- The first thing you'll want is the right size and weight of bowling ball. Put your thumb and two fingers into the holes. You are looking for a ball that isn't so tight that your fingers won't release, nor too loose that you can't control the bowling ball. Also, weight is a factor. You should be able to hold the ball at arm's length for a few seconds. If you can hold it easily, get a heavier ball, but if you can't hold it at all, choose a lighter ball.
- Now, most people take a few steps as they bowl. If you're beginning, you may want to stand still, until you gain better consistency.
- As you bowl, try not to look at the pins. Instead, look at the arrow markings on the alley itself.
- As you get more proficient, you can practice giving the ball a little sidespin and aiming it towards the edge, so that it brings the ball back into center just before it hits the pins. As you practice, you'll see what I mean.

