4-H Members Name:_____

BOWLING Level 1

The Explorer level is the most basic of all levels. The youth begins to explore the boundaries of the project area, touching on many skills and knowledge areas that will be expanded later.

Date Initial

____ ____ Proper warm-up to include jogging in place, 3minutes, and full body stretching.
____ ____Members should understand proper ball retrieval procedures.
____ ____Members should demonstrate lane courtesy.
____ ____Members should be shown how to properly pick up ball in arm cradle, then use that skill.
____ ____Learn how to select an appropriate sized ball to best fit the bowler.
____ ____Demonstrate proper bowling stance and delivery.
____ ____Deliver ball without crossing foul line.
____ ____Demonstrate a 4 or 5 step delivery approach.
____ ____Identify and define the following terms: strike, spare, split, open frame.
____ ____Bowl at least one game without gutter guards/ bumpers.

Project Leader's Signature of Completion: _____ Date:_____
Key Leader's Signature of Completion: _____ Date:_____

COMMENTS:_____

_____

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_____

4-H Members Name:_____

BOWLING Level 2

The Producer level builds and expands on the knowledge and skills learned in level 1- Explorer.

Date Initial

_____ ____ More experienced members should newer members how to stretch properly.
_____ ____Take a tour of bowling alley to learn how ball returns work and how the pins get re-set.
_____ ____Give a report on your findings at the next community club meeting.
_____ ____Describe "locator dots" and their purpose.
_____ ____Describe the "pin deck" and the arrangement there.
_____ ____ Develop 2 of the 4 following ball delivery methods: Hook, Curve, Backup, Straight.
_____ ____ Bowl at least 50% of your games without bumpers/ gutter guards.

Project Leader's Signature of Completion: _____ Date:_____
Key Leader's Signature of Completion: _____ Date:_____

COMMENTS:_____

_____

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_____

4-H Members Name:_____

BOWLING Level 3

The Consumer level takes the member beyond the immediate project, out into the community, as they explore the project area in depth.

Date Initial

____ ____ Develop 3 of the 4 following ball delivery methods: Hook, Curve, Backup, Straight.
____ ____Demonstrate ability to use all 4 methods.
____ ____ Bowl all of your games without gutter guards/ bumpers.

Project Leader's Signature of Completion: _____ Date:_____
Key Leader's Signature of Completion: _____ Date:_____

COMMENTS:_____
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_____