

ST. XAVIER

Bowling Camp

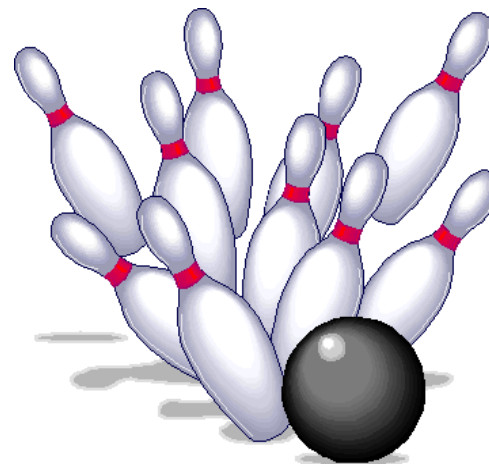
Hosted by:

Brentwood Bowl

"Home to the Bowling Bombers."

9176 Winton Road
513-522-2320

Date: June 8—11, 2009
9:00 am—11:30 am



Directed by:

Dix Brown

St. Xavier Assistant Head Coach
United States Bowling Congress
Silver Certified Coach

For Information:

513-598-4801 home
513-470-6069 cell
Email: jbrown3@cinci.rr.com



Bowling Bombers

State Finalist 2009
District Champion 2009
Sectional Champion 2009
GCL South Champion 2009
GCL Tournament Champion 2009
Sectional Champion 2008
GCL South Champion 2008
State Finalist 2007
Sectional Champion 2007
Regional Finalist 2006
State Finalist 2005
Regional Champion 2005
GCL Tournament Champion 2005
State Finalist 2004

10% Off Discount Tri-State Bowling Supply

The *Exclusive* Equipment Supplier of the
Bowling Bombers.

With two locations to serve you:

Fairfield Western Hills
5405 Dixie Hwy. 6367 Glenway Ave.
513-829-8060 513-574-2020

2009 St. Xavier High School Bowling Camp

Total Cost for each camper is \$80.00
This fee is non-refundable. Early registration is encouraged. All fees are due at registration on June 8, 2009. Walk up registration is welcomed.

Register online at: www.stxsportscamps.com

OR

Make checks payable to: **St. Xavier High School**
Return registration form to:

St. Xavier High School
Dix Brown, Ass't Head Bowling Coach
600 W. North Bend Road
Cincinnati, OH 45224

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ School: _____

Grade: _____ Age: _____

Parent/Guardian Signature: _____

Parent Work Phone: _____

Parent Cell Phone: _____

Camp Program Overview

Stance Posture.

Alignment with the lane.

Alignment with the Target.

Ball Position in Stance.

Synchronize Arm swing with Feet Tempo.

The Secret to a Winning Arm swing.

Hand and Wrist Positions.

Four-Step and Five-Step Approach.

Timing in the Approach.

Develop Proper Push away.

Backswing Height and Timing.

General Body Timing, Posture and Leverage.

Timing Troubleshooting.

The Secret to a Winning Finish Position.

The Four Secrets to Lane Play.

The Secret to Converting Spares.

Registration:

Campers may register by mail by sending registration form to St. Xavier High School or in person on Monday, June 8th between 8:30 am and 9:00 am at Brentwood Bowl.

Age Level:

The camp is open to all athletes ages 10 thru 17.

Equipment needed:

Camper's own bowling equipment is recommended but not necessary for this camp. Brentwood Bowl does have bowling equipment available for camp members. Any camper wishing to purchase his/her own bowling equipment can receive a 10% discount at Tri-State Bowling Supply - The exclusive supplier of bowling equipment for the Bowling Bombers. See Ad for more details.

Daily Schedule:

9:00 am—11:30 am each morning

Cost:

\$80.00 per camper. A \$20.00 non-refundable deposit is required with application. Balance is due when you report to camp. Past camp members are given a \$10.00 discount.

The Camp:

This is not a recreational camp. The aim of the St. Xavier Bowling Camp is to give campers the finest bowling instruction possible and at the same time give them a week full of fun and a stepping stone to becoming a more confident bowler. You will also be associating with some of the best young athletes in the Cincinnati area.



2009 St. Xavier High School Bowling Camp **Medical Release Form**

The undersigned further agree(s) and understand(s) that my/our son participates in the St. Xavier High School Bowling Camp at his own risk, and that the undersigned my/our son's behalf and my/our behalf, assume full responsibility for any injury, loss, or damages incurred in connection with said St. Xavier High School Bowling Camp. The undersigned also agree(s) to forever release, discharge, and covenant to hold harmless the School, it's Trustees, teachers, employees, agents and any other parent or volunteer who participates as a chaperone or other assistant in connection with the St. Xavier Bowling Camp, their heirs, administrators, executors, successors, or assigns, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action belonging to the undersigned or the Student that in anyway and at anytime arise out of the Student's participation in the St. Xavier Bowling Camp.

Mother Sign

Date

Father Sign

Date