



Volume 9, Issue 3, March 2010

Capital Area Rainbowlers Association (CARA) Bowling Newsletter

ATLANTIC CITY TRIP – APRIL 17, 2010

Mark your calendar for the 2010 CARA Atlantic City Trip, Saturday, April 17th. The bus will depart Virginia AMF Alexandria Lanes at 8:30 AM and make a 9:00 AM pick-up at the Maryland Park and Ride (Where the Maryland Beltway and I-95N meet). The bus will arrive in A/C around 12:30 PM, depart to return around 6:30 PM and arrive in the DC area around 10:00 PM.

The cost remains \$40.00. Currently people are getting back \$20.00 to play in slots. People can cash out their winning but not the \$20.00 seed money. People will need to bring their ID and upon arrival obtain a Hilton Players Card to use on the slots.

Contact Hawk at bowlhawk@gmail.com to reserve your seats as early as possible. Let Hawk know which league you bowl in so payments can be arranged.

This event is open to all CARA bowlers, their families, friends, co-workers, etc.

OUTSTANDING BOWLING ACHIEVEMENTS

Congratulations to G. Betancourt who recently bowled an outstanding 300 Game at the Sweetheart Tournament in New Haven, Ct. Outstanding Series: I. Patton – 819; A. Collier – 775; B. Dean – 723; G. Betancourt – 715. Outstanding bowling at the CARA leagues include: Outstanding Games: M. Banister – 300; S. Merriett – 298 & 288 games; M. Rarick – 296; J. Tsugawa & A. Collier – 290 games

BOWLING TIPS

THE 45 DEGREE HAND POSITION: This is the easiest and most natural hand position to use. In the 45 degree hand position the hand is partially under and partially to the side of the ball with the tips of both pinky-s touching. Non bowling hand supports ball.

ADVANCED SKILL ENHANCEMENT SESSION

On Saturday, January 9th, CARA held an Advanced Skill Enhancement Session. 17 CARA bowlers with averages from 160 - 198, took part in the event split between two shifts so as to give maximum attention to each participant. Instructions included pointers on approaches, releases, and spare shots/lane reading from 3 professionals from Sports Plus/Carmen Don's.

Some comments from those who participated: "Gee, Jimmy and Mike were amazing and great to work with." "Well worth the \$20!" "When is the next one?" "I finally understand what I was doing wrong keeping me from the next level of bowling." CARA is aiming to do one before the summer leagues and another in August before next fall/winter season starts.

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Mention that you are a CARA league member to receive a 10% discount!

CARA CALENDAR

MARCH

- 1-14 Second CARA Roll-Off of the season
- 13 Third CARA Skills Enhancement Clinic
- 27 CARA Board Meeting

APRIL

- 17 Atlantic City Bus Trip

MAY

- 10 CARA Board Meeting -- Annual Elections
- 15 CARA End-of-Season Tournament

PBA TV SCHEDULE - SUNDAYS - ESPN 1

Don Johnson Eliminator, March 07 2:00 PM

PBA Match Play Championship, March 21 1:00 PM

Mark Roth Plastic Ball Championship, March 28 2:00 PM

PBA Marathon Open, April 04 1:00 PM

IGBO TOURNAMENTS

PRIT Phoenix Regional Invitational Tournament	Phoenix, AZ Mar 12-14, 2010
SPIT - St. Patricks Invitational Tournament	Memphis, TN Mar 19-21, 2010
VEBC - Vancouvers English Bay Cup	Vancouver, BC Mar 19-21, 2010
SJIT - San Jose Invitational Tournament	San Jose, CA Mar 26-28, 2010
DIXIE - Dixie Invitational Bowling Tournament	Atlanta, GA Apr 1-4, 2010
GOTHAM Gotham Open Bowling Tournament	Syosset, NY Apr 9-11, 2010
OKCLASSIC OKClassic XX Tournament and Scratch Classic	Oklahoma City, OK Apr 23-25, 2010

SIT Sunshine Invitational Tournament	Orlando, FL Apr 30-May 2, 2010
GREAT Greater Rochester Eastern Area Tournament	Rochester, NY Apr 30-May 2, 2010
GRITS Girls Rolling in the South Richmond, VA	Richmond, VA Jun 4-6, 2010

Ladies Invitational Tournament (LIT)

Location: Dallas, TX **Date(s):** March 19/21, 2010

Info E-mail: litdallas@yahoo.com

For more information, contact Janiece Carter
(Director) at 214-883-7444 or email to

litdallas@yahoo.com.