



Volume 9, Issue 1, October 2009

Capital Area Rainbowlers Association (CARA) Bowling Newsletter



CARA PRESIDENT LES JOHNSON

GREETINGS

The CARA Board of Directors and I would like to welcome all of the new and returning CARA bowlers for the 2009-2010 bowling season. It has been a busy summer for the leagues, especially with two of our leagues relocating to other bowling houses. These moves impact not only the leagues that are moving but leagues that may gain/lose bowlers due to these changes.

Capital Area Match Play has moved to Bowl America Falls Church and is now bowling at 8PM on Tuesdays. With the change in the economy, the closing of AMF Annandale has been put on hold so Pride of Alexandria has moved back to its former location and time, bowling again at 8PM on Wednesdays.

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IGBO MID YEAR 2010 UPDATE

The pins are flying and the balls are rolling. Welcome back to the lanes CARA and IGBO bowlers!

We've got one year down and one to go until DC hosts the IGBO 2010 Mid-Year Tournament—and what a year it's been so far.

Rob Treadway has coordinated a group of volunteers to work more than 15 Verizon Center events to shuck beverages and hawk food to the masses attending concerts and Capitals games. We've raised more than \$4,400 this way without having to ask you, our loyal supporters, for anything but some time. It's been a lot of fun and if you're interested in helping, please let Rob know at rob@igbomy2010.org and we'll get you trained and on the list.



Jeremy Glasser has been scheduling theater events, buying group tickets to some fabulous events around town. These are fun nights out away from bowling and a great way to hang out with friends. We'll be scheduling a couple more this year, so be on the look out for when the curtains will raise. If you'd like to receive notices for such events, please contact Jeremy at jeremy@igbomy2010.org.

Adam Boenning is ever-diligent in his efforts to bring in sponsors. An event like this is difficult to pull off without sponsors helping with cash donations or stepping up to pay for events like Scratch Masters or women's interest events. This is a 501c3 charitable event so if you have ideas about who might be willing to sponsor, let Adam know at adam@igbomy2010.org.

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Former CARA President Honored

October was a good month for former CARA President James "Hawk" Crutchfield. On October 18 he was one of three people to receive the Trailblazers Award from Team DC (www.teamdc.org) for his years of work on behalf of the local GLBT bowling community. Three days later, Hawk, who has been continuously active as a volunteer or leader in the DC GLBT community for over thirty years received a second award when he was one of twenty individuals recognized as Community Pioneers by the Rainbow History Project (www.rainbowhistory.org).

PBA TV SCHEDULE - SUNDAYS - ESPN 1

Motor City Open, November 01 1:00 PM
Cheetah Championship, November 08 1:00 PM
Viper Championship, November 15 1:00 PM
Chameleon Championship, November 22 1:00 PM
Scorpion Championship, November 29 1:00 PM
Shark Championship, December 06 1:00 PM
PBA World Championship, December 13 1:00 PM
Pepsi Red, White and Blue Open, January 03 1:00 PM
Don and Paula Carter Mixed Doubles, January 10 1:00 PM
Earl Anthony Memorial, January 17 1:00 PM
PBA Tournament of Champions, January 24, 1:00 PM
Chris Paul PBA Celebrity Invitational, February 07 2:00 PM
USBC Masters, February 14 3:00 PM
Gemini Championship, February 21 1:00 PM
67th Lumber Liquidators U.S. Open, February 28 12:30 PM
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

SUNDAY - ESPN 2

Dick Weber Open, January 31 1:00 PM (ESPN 2)

GREETINGS (Continued From Page 1)

In total, there are a total of fourteen Fall/Winter CARA leagues with more than 700 bowlers in the greater metropolitan Washington, DC area. Although the team size, numbers of games, times and nights vary, the one thing our leagues all of our leagues have in common is the goal of having fun. Five of our leagues now offer separate Fall/Winter Seasons - these leagues include Ten-Pin Pride, Dale City Pride, Centreville Pride, Out&About and SMACK.

CARA also operates an Incentive Awards Program, Inter-league Roll-offs twice a year, and conducts Skill Enhancement Clinics during the bowling season.

CARA 2009/2010 CALENDAR

NOVEMBER	
18	CARA Board Meeting
21	CARA Trios Tournament
30	Start of first CARA Roll-Off of the season
DECEMBER	
1-13	First CARA Roll-Off of the season
28	CARA Holiday Social Bowling Event
JANUARY	
9	Second CARA Skills Enhancement Clinic
21	CARA Board Meeting
30	CARA Doubles Tournament
FEBRUARY	
13-14	Sweetheart Invitational Tournament (CT.)
22-28	Second CARA Roll-Off of the season
MARCH	
1-7	Second CARA Roll-Off of the season
13	Third CARA Skills Enhancement Clinic
27	CARA Board Meeting
APRIL	
3-4	Dixie Invitational Tournament (Atlanta, GA)
10-11	Gotham Tournament (New York/New Jersey)
17	Atlantic City Bus Trip
MAY	
10	CARA Board Meeting -- Annual Elections
15	CARA End-of-Season Tournament

MID YEAR (Continued From Page 1)

The A.C.E.S. High Tournament in Atlantic City held in September was a great success. The one-day tournament attracted 120 bowlers from all over the IGBO Northeast Region and was a great way to launch into the fall tournament lineup. Working with the Syracuse Mid-Year 2009 team, we raised more than \$3,290 to be split by the two tournaments. Our thanks to the many CARA and other IGBO Bowlers who showed up in support. We couldn't have done it without you!

In the next couple of weeks and months we will be reaching out to CARA bowlers to flesh out the many committees that will be organizing to help out at the IGBO Mid-Year Tournament. Transportation, decoration, registration, women's events, selling tickets at the lanes, helping out with the AIDS Quilt panels, managing hospitality with the IGBO Board and hosting hospitality suites are all just some examples of where we will need assistance. If you have a couple hours to spare or have a passion for a particular thing, please let us know. All help is greatly appreciated. A complete list of committees can be found on our Web site, www.igbomy2010.org.

This is going to be an exciting year with a tremendous amount of work to be done, but with the help of the CARA bowling community we're sure that IGBO 2010 Mid-Year is going to be a truly Capital Event!

As always, our many thanks to the CARA bowlers! We can't do it without you!

Steve, Adam, Jeremy, Rob, Jim
Mid-Year 2010 Executive Committee

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UPCOMING IGBO TOURNAMENTS

LASSI Los Angeles Silver Screen Invitational	Los Angeles, CA Nov 20–22, 2009
CHUZA <u>Chuzapalooza</u>	Tucson, AZ Jan 15–17, 2010
ACT <u>Alamo City Tournament</u>	San Antonio, TX Jan 15–17, 2010
FLIRT - Fort <u>Lauderdale Invitational</u> <u>Regional Tournament</u>	Ft. Lauderdale, FL Jan 15–17, 2010
GAGME <u>Gasparilla Annual</u> <u>Games Mixed Event</u>	Tampa, FL Feb 5–7, 2010
ICE <u>Ice Bowl</u>	Omaha, NE Feb 19–21, 2010
CPI - Chicago Pride <u>Invitational</u>	Chicago, IL Mar 5–7, 2010
PRIT <u>Phoenix Regional</u> <u>Invitational Tournament</u>	Phoenix, AZ Mar 12–14, 2010
SPIT - St. Patricks <u>Invitational Tournament</u>	Memphis, TN Mar 19–21, 2010
VEBC - Vancouvers <u>English Bay Cup</u>	Vancouver, BC Mar 19–21, 2010
SJIT - San Jose <u>Invitational Tournament</u>	San Jose, CA Mar 26–28, 2010
DIXIE - Dixie <u>Invitational Bowling</u> <u>Tournament</u>	Atlanta, GA Apr 1–4, 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.

BOWLING TIPS FROM ANGLEFIRE

Try The Drop Away Method: The drop away method replaces the push away. I find it more consistent and easier to do. In the drop away method you hold the ball high up at shoulder height in the stance. Take a normal size 1st step but don't move the ball. Then at the start of the 2nd step let the ball drop straight down into the swing. If this feels awkward try sliding the foot out on the 1st step until you get used to it. The rest of the approach is the same as the push away.

Develop Good Practice Routine: Analyze your delivery and think about what you are doing when you practice. Feel your good shots when you make them and imprint it into your mind so that you can repeat them. Use visualization to practice off the lanes and go through the delivery in your mind making perfect shots.

Shoe Sliding Problems (Sticking): If you have trouble sliding buy a Dexter red slide sole and some Velcro self sticking fastener. Cut the red slide sole and Velcro self sticking fastener the same size as the rubber heel on the slide shoe. Paste the Velcro fastener on the rubber heel and then fasten the red slide sole to the Velcro fastener.

Capital Area Rainbowlers Association (CARA)



The **Capital Area Rainbowlers Association** is a member-supported association of GLBT bowling leagues in the greater metropolitan Washington, DC area. It is the objective and purpose of CARA to coordinate and promote the sport of bowling for men and women in the Washington, DC-area GLBT community.

There are four summer leagues and 14 Fall/Winter CARA bowling leagues in the metro DC area. Although the team size, format, times and nights vary, the goal of all our leagues is to have fun. Information about each league can be found at: www.carabowling.org