

Spring Middle School Bowling

AT VAL LANES

**Sign-Up at
Val Lanes**

**100 Ashworth Rd
West Des Moines, IA**

**Now to
February 28, 2020**

Practice schedule and program
information packets will be
distributed.

Schools:

**Des Moines Christian
Indian Hills
Stillwell
Merrill
Sacred Heart
St. Augustin
St. Francis of Assisi
Holy Trinity
Home Schoolers**

More information on reverse side!

Join Your School's Team - NO CUTS - Have FUN

Short & Flexible 8 Week Program

No CUTS - ALL Students Make the TEAM

No one rides the bench - EVERYONE Bowls!

Get your friends together and join the team!



**Bowling is America's
#1 participation sport!
70 million people bowl
each year!**

**Everyone loves bowling, having fun,
getting better & making new
friends! It sure beats watching TV
or spending hours on social media!**

Coaches Wanted!

Would you like to be a coach for your school?
Contact Denny Torgerson at 515-274-0493 to get signed up!

Is Your School NOT listed?

The Middle School Bowling Program is open to all Iowa Middle Schools. If your school is not listed, please contact Bev Van Blair at the IBPA to get your school registered!
Phone: 515-255-0808 | Email: iowabowling@iowabpa.org

Program fee?

A one time bowler fee of \$75 pays for the entire program!

This includes all bowling during practices, matches & select tournaments!

Uniforms and awards are also included!

WHY BOWL?

Joining your Middle School's Bowling Team is a great way to prepare for High School Bowling opportunities that exist in Iowa!

High School bowling is the fastest growing high school sport in the country!

Now more than 250 colleges offer bowling as a sport with half of those now offering full or partial scholarships to student athlete bowlers!

In addition to scholarships awarded by colleges around the country, the local Iowa Grand Prix and the Iowa Bowling Council also award scholarship money to Iowa Youth bowlers!

When are practices?

Practice will be held every Monday starting Monday, March 2, 2020 at 4pm. Practices will last approximately 1 1/2 hours.

Is transportation provided?

School transportation is not provided.

When are competitions?

Matches are held after school and/or Saturdays and will last approximately 1 1/2 hours. Schedule TBD.

How many on a team?

Teams will be made up of 5 bowlers. We will put bowlers together to make teams if necessary!

Do I need to be a good bowler?

NO bowling experience necessary!

Everyone makes the team!

Our coaches will make the program fun and you will become a better bowler!



In addition to the local Middle School competitions, teams and individuals may choose to participate in the Iowa Middle School State Championship!

Date: Saturday, March 28, 2020

Scholarship money awarded to the top bowlers at the Middle School State Championship!