**Costs:**

 The cost of this camp is $25. This includes the use of shoes, bowling ball, and lanes for all three days. This cost also includes a Cedar Falls Bowling Camp tee shirt.

 Please make all checks payable to Cedar Falls High School Bowling.

 **Send forms and payment to:** Cedar Falls High School c/o Brad Baker

1015 Division St.

Cedar Falls, Iowa 50613

 All camp forms are due by July 6th to ensure we have enough lanes.

**Contact Information:**

 Send any questions or concerns to Coach Brad Baker.

Phone: 641-919-9589

Email: brad.baker@cfschools.org

**What Will Be Covered**

 During the three day camp instruction will be provided on how to select the proper equipment. The coaches will also spend time developing the understanding of the terms of bowling. Instruction will also be provided on developing the proper approach, and release. Coaches will be working on the mental game of bowling as well.

 The first day will be spent mostly on learning terms as well as selecting the proper equipment. On this day Coaches and high school bowlers will teach each camper the numbers of each of the pins, as well as other terms bowlers use.

 Day two will be spent mostly on the approach to bowling. We will be instructing campers on physically how to approach bowling. This will include showing campers proper techniques on the lanes. We will also work on how to mentally focus in on each shot, and the different techniques used to accomplish different scenarios.

 The third day will be used to compete in teams and show what they have learned. Parents are encouraged to attend this day and cheer on their campers.



**Tiger Bowling Camp**

Head Coach Brad Baker

**Camp Dates July 10-12th**

**Grade levels 5-8 & 9-12**

**Times:**

**10:00-11:00am Grades 5-8**

**11:00am-12:00pm Grades 9-12**

**Location: Maple Lanes**

**Bowling Alley on University Ave in Waterloo**

**Program Goals**

Our goal is to develop life long bowlers who love and respect the sport of bowling and have a desire to compete at a high level.

Name of Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Shirt size(circle one) Adult S M L XL XXL

Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Agreement

We (or I) authorize the CF Bowling Camp Staff to act for us (or me) in any emergency situation using their best judgment. We (or I) hereby release the Cedar Falls Bowling Staff from any and all liabilities and or injuries incurred while at camp.

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Detach here and submit with payment

**Instructors:**

***Coach Brad Baker***

 Coach Baker was hired as the Cedar Falls High School Bowling Coach in 2010. Prior to this he was a teacher and baseball coach for Cedar Fall High School. Coach Baker was the 2016 state coach of the year in the state of Iowa, helping lead CFHS to the state championship. He has led the Tiger men’s bowling team to the state tournament three of the last four years finishing no lower than 6th in each trip.

***Coach Scott Holman***

 Coach Holman is the girl’s head varsity coach for Cedar Falls High School. He is a sanctioned USBC coach and has coached individual state qualifiers while at CFHS. Coach Holman has been named Mississippi Valley conference coach of the year in 2015. He is also an accomplished bowler himself holding multiple 300 games.

***Coach Rob Walker***

 Coach Walker is in his 1st season with Cedar Falls. Prior to coming to the CFHS bowling team Coach Walker coached at Waterloo Columbus for 3 years. He is also an accomplished bowler with a high game of 300 and numerous series over 700. Coach Walker is also USBC sanctioned coaching Saturday mornings for the past 14 years.

Things to Bring

Each bowler should have a clean pair of socks each day. The alley will provide shoes (if needed). If your bowlers have their own equipment please have them bring it along, but this is **NOT** a requirement to participate.

Each bowler should try to bring a water bottle that has a lid. Kids will be working hard and often don’t realize how much energy they expend bowling. We will have water available, but it would be great for each bowler to have their own bottle.

Each bowler should also wear comfortable clothes. There is no dress code for camps, but we will be doing some different drills and games that require campers to be able to move around.

Each camper should also bring a great attitude and be willing to learn.

Every camper can also get 2 free games of bowling all summer long by signing up at kidsbowlfree.com