

Bowler Assessment

Name: _____

Date: 10/7/2018

Bowler Variables

LH / RH (Circle)

Axis Point	4.5 over	1.125 up
Speed	14.5	MPH
Rev Rate	350	RPM
Tilt	0	degrees
Track Diameter	13.5	
Spin Speed	8.948864	
Release Ratio	1.6	

Some Characteristics About Your Game:

Usually higher rev and high speed players (two handers)
Better for extremely high initial ball speeds (+/- 21mph)
Tend to have most launch angle
Can struggle on extremely dry and/or soft lane surfaces (guardian/wood)
Good for heavy volume, front loaded patterns
Surface adjustments usually in the 2000 to 4000 range

Arsenal Choice Appropriate to Your Game:

Release Ratios 1.75 and under (quicker response)

- Higher RG
- Lower differential
- Pin distances 5.5-6.0" from axis
- Weak/Medium Cover
- Shiny finish

Release Ratios 1.75 and under (smoother response)

- Low/Medium RG
- Medium/High differential (asymmetrical)
- Pin distances 4-5" from axis (with hole)
- Medium/Strong Cover
- 2000 to 4000 finish

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Spare Shooting (Percentage)

Lane Condition:		House	
Spare	# Shots	# Made	Pct.
7	30		0%
10	30		0%
3-6-10	30		0%

Instructions:

Spare Shooting: Record the number of successful attempts for each spare.

Accuracy

Lane Condition:	
Intended Board at Arrows	
Intended Board at Break Point	

Accuracy: Fill in the board you intend to hit at the arrows and at the break point. For each shot, fill in the actual board you hit at the arrows and the break

Shot:	1	2	3	4	5	6	7	8	9	10
Actual-Arrows										
Error-Arrows	0	0	0	0	0	0	0	0	0	0
Actual-BreakPt										
Error-BreakPt	0	0	0	0	0	0	0	0	0	0

Shot:	11	12	13	14	15	16	17	18	19	20
Actual-Arrows										
Error-Arrows	0	0	0	0	0	0	0	0	0	0
Actual-BreakPt										
Error-BreakPt	0	0	0	0	0	0	0	0	0	0

Arrows Avg Miss Out 0.0 board(s)
 Arrows Avg Miss In 0.0 board(s)
Arrows - Accuracy 1.0 board(s)

Break Avg Miss Out 0.0 board(s)
 Break Avg Miss In 0.0 board(s)
Break Pt - Accuracy 1.0 board(s)

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Speed (in MPH)

Baseline Speed:	19	MPH
Maximum Speed:	22	MPH
Minimum Speed:	14	MPH
Variability:	8	MPH

Axis Rotation (0-90 degrees)

Baseline AR:	45	degrees
Maximum AR:	50	degrees
Minimum AR:	30	degrees
Variability:	20	degrees

Loft (Percent Controlled)

Distance	# Shots	# In Range	Pct.
0-2'	10		0 %
2' - 5'	10		0 %
5' - 8'	10		0 %

Instructions:

Speed (in MPH): Find your baseline speed with the help of an instructor. Using the speed detection in the center, roll shots with your maximum REPEATABLE ball speed. Take the difference in speed and add it to your baseline speed to get your maximum ball speed. Repeat using your slowest REPEATABLE ball speed to get your minimum actual ball speed.

Axis Rotation (Range 0-90 degrees): This is best done with the aid of an instructor. Using a good quality camera, tape the ball from your positive axis point to a point above the fingers. This should be the minimum and maximum axis rotation you can repeat in competition! You can measure axis rotation using an overlay template placed over the image of the ball at release.

Loft: Using an end lane (and permission from the center) place tape on the channel at 2', 5' and 8' from the foul line. Have a spotter watch as you attempt the desired amount of loft for 10 shots. Record the number of shots that fell within the desired distance from the foul line.