

BOWLING

a HantzGroupSM company

ATTENTION HIGH SCHOOL COACHES

Bowling IQ will be offering high school bowling camps this summer. There will be two separate types of camps.

1. Phase I Camp

- a. This camp is intended to be geared to high school programs that want to work on basics of the individual bowler and up to the basics of lane conditions and team training.
- b. This camp is intended to be the camp for all Junior Varsity programs
- c. This camp is intended to be attended if you have not previously completed a high school bowling camp held at Bowling IQ in the past

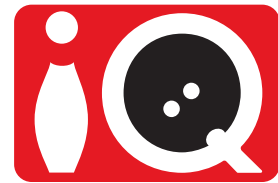
2. Phase II Camp

- a. This camp is intended to be geared to high school programs that want to step up their program
- b. This camp is intended to be geared to Varsity High School Programs
- c. This camp is only available if you have completed a Bowling IQ camp in the past

**High School Coaches, you need to
take advantage of this program.**

**7023 E. 14 Mile Rd. Sterling Heights MI 48312
(586) 268-4001
www.BowlingIQ.com**

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Phase I Camp will be designed to work with all your bowlers on fundamentals, with classroom time and on lane time. Class time will be geared to releases, spare shooting, bowling ball dynamics, and some nutrition and strength training.

Cost per student will be \$150.00 for the Phase I camp.

Phase II Camp will be designed to highlight your bowler's style to achieve greater potential. Classroom and on lane time will be more in depth on covering bowling ball layouts, lane conditions, lane topography, lane surface, and bowling ball surface. We will also cover spare shooting drills, spare shooting angles, pre-competition, during competition, and post competition meals, along with strength conditioning and training. Furthermore, we will work on mental focusing and "staying in the moment" techniques; along with this you will also learn lane breakdowns, oil transition, and break zone targeting. Finally, phase II will also include guest speakers featured in Sport Psychology and Nutrition and Personal Training.

Each student will receive a Bowling IQ T-Shirt, Bowling IQ Towel, and a DVD to take home to watch their progress from Day 1 and Day 3. Also, they will be able to use this DVD to send to a college or university they plan on attending after they graduate High School.

Cost per student will be \$225.00 for the Phase II camp.

Please contact T.J. Yeip Education/Training Manager of Bowling IQ at Thomas.Yeip@bowlingiq.com or call (586) 268-4001. Dates and times below are on a first come first serve basis. **Don't get shut out!!!**

June 20th-22nd 2012

Time 10:00a.m.-4:00pm

June 25th-27th 2012

Time 10:00a.m.-4:00pm

July 11th-13th 2012

Time 10:00a.m.-4:00pm

July 18th-20th 2012

Time 10:00a.m.-4:00pm

August 8th-10th 2012

Time 10:00a.m.-4:00pm

August 22nd-24th 2012

Time 10:00a.m.-4:00pm

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