

*The  
Florida State  
University*



*Bowling Team  
Handbook  
2019-2020*

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## **WELCOME TO THE FLORIDA STATE UNIVERSITY BOWLING TEAM!**

The FSU Bowling Team operates as a Club Team and is sponsored by Crenshaw Lanes and the Oglesby Union. We do not receive funding or support from the FSU Athletics Department. While we receive modest support from the Sports Club Council, the majority of our financial resources come from team fundraising.

We are committed to the mission of the Florida State University, and towards your success as a student. We want your experience as a student/athlete to allow you to become a better bowler, and a better person. As a member of the team, we hope to instill in you the traits of discipline, responsibility, loyalty, and perseverance. It is our hope that your involvement will round out your college experience, and that when you graduate, you will remember the Bowling Team as one of the most rewarding of your experiences at Florida State.

Last year both the men's and women's teams advancing to post season. This year we want to make sure we do everything we need to do to advance both the men and women's teams to the national championships.

This year we continue to deal with the loss of Crenshaw Lanes during the two-year Oglesby Union renovation. We are fortunate to be able to call Capital Lanes our home during this time. As a member of our team, you will get free practice during specific times. We will ask you to remember that we are guests and to treat Capital Lanes and their employees with respect.

We are pleased that we are continuing our sponsorship with Vise for both squads. They will be providing Inserts and Thumb Slugs. In addition, we will continue our involvement with the FSU Applied Sports Psychology Consulting Service to help strengthen our mental games.

This handbook, reviewed and approved by the Coaches and Club Officers, will acquaint you with the operation of the Bowling Team and the expectations placed upon you. Please keep this handbook and refer to it throughout the year.

Please understand that your success as a member of the Bowling Team is ultimately your responsibility. We have established guidelines, but it is up to you to follow them. We will also expect you to embrace being a member of a team instead of an individual athlete. We hope that you will make the most of your involvement with our program.

Florida State University is a wonderful school located in a beautiful part of the country. We are pleased that you are a student at this great institution and proud to have you be part of the FSU Bowling Team. We hope you will enjoy being a member of one of the most successful sports programs on campus and continue to build the legacy of 55 years of Florida State Bowling.

*Go Seminoles!*



The Great Seal of Florida State University includes three words, **Vires, Artes and Mores**, which are Latin for **Strength, Skill, and Character**. These three words have served as an example of what we strive to achieve at FSU and point the way for our success with the FSU Bowling Program.

**Vires or Strength:** We are not talking about the ability to leap tall buildings in a single bound. We are referring to the strength it takes to see the task through to completion, the strength to push beyond our comfort zones, and to embrace what does not come easy to us. We seek the strength to understand that by being part of a team we can realize more success and fulfillment than we could ever enjoy on our own.

**Artes or Skill:** Just as we come to FSU to seek the skills to make us a better more successful individual, we aspire to increase our skill as bowlers. We ask that you not be content with your current skill set, but that you aspire to become an elite athlete. We expect that you will increase your base skill set, and add additional skills that will make you more versatile with an answer to any situation.

**Mores or Character:** The most important of the three great words is Mores, or Character. Character defines us; it allows us to be good people and good teammates. Character allows us to give our all, and understand that every endeavor is a learning experience whether good or bad. Character understands that it is better to be the sixth bowler on a championship team than the best bowler on a bad team. Character allows us to take joy in the achievements of our team and teammates, even if it comes at the expense of playing time or personal success.

*“Be more concerned with your character than your reputation, because your character is what you really are, while your reputations merely what others think you are.”*

~John Wooden

## **THE FLORIDA STATE UNIVERSITY BOWLING TEAM COACHING STAFF**

The purpose of the coaching staff is to provide structure and accountability for the program. Between them, the coaching staff has significant years of experience, credentials and success. The coaches are here to help everyone get better, to help facilitate our goals, and to provide continuity for our program. You will see some of the coaches more than others, but they have all made valuable contributions to the team over the years and continue to take ownership in your success.

As a competitive bowler, many of you have received coaching from parents, high school, or personal coaches. The efforts of these individuals played a role in you becoming the bowler you are today. We expect you to learn, understand, and adhere to the decisions of the FSU team coaches. This may include, but not limited to, recommended equipment, ball layouts, and practice drills to enhance your game. All FSU coaches have ultimate authority during tournaments to determine team line-ups, and how to play the lanes. Our coaching decisions are made to best position the TEAM to be successful; remember, collegiate bowling is not an individual sport. When we are competing, we will be successful if we are able to come together as a team. Receiving coaching advice from a personal coach or parents during tournaments creates a challenge to our team coming together and may result in a loss of team privileges up to expulsion from the team. We encourage your parents or personal coaches to speak with the FSU Head Coach/Assistant Coach to understand our plan to help each individual be successful in a team environment.

### **HEAD COACH**

The Head Coach for both teams is **Michael Fine**. He is the Director of Crenshaw Lanes and an Assistant Director of the Oglesby Union. This is Coach Fine's 15<sup>th</sup> year at Florida State after coaching the University of Kansas Bowling Teams for 19 years.

Coach Fine is a USBC Silver Level certified coach, past-President of the National Collegiate Bowling Coaches Association, and the 2002 Men's Intercollegiate Bowling Coach of the Year. Since coming to FSU in 2005, the Seminoles have advanced to six Intercollegiate Team Championships with two top five finishes. While at the University of Kansas, his men's teams advanced to the IBC in five of his last six years and captured the 2004 Intercollegiate Bowling Championship. The KU women's team advanced to the IBC in his last three years including two top five finishes. Coach Fine was twice named to The Bowlers Journal "Top 100 Bowling Coaches in America". Coach Fine currently serves on the USBC Collegiate Advisory Council representing the interests of all collegiate bowling programs and the USBC Collegiate Division. He also serves as the Secretary/Rules Editor for NCAA Women's Bowling.

Coach Fine received his Bachelor's Degree in Recreation Management from Emporia State University and his Master's Degree in Higher Education Administration from the University of Kansas. He is married to Jeannie and they have two wonderful bowling loving canines, Maui Bear and Pebbles.

## **ASSISTANT COACHES**

**David Beck** is entering his 10th year as part of the programs coaching staff. He was a four year FSU bowler from 2005 – 2009. David was an officer for 3 years including serving as team President his senior year. He was a two-time recipient of the Marvin Overby Scholarship and a member of the Intercollegiate Team Championship team in 2007. Coach Beck was recognized as Sport Club Member of the Year in 2008 and was Chairman of the Sports Club Council in 2009. He received his BS in Political Science and Business Administration from Florida State. David is currently sponsored by Track Bowling and VISE. He also holds the record for the high three game series in Tallahassee, with a nice 856 series, and was inducted into the Tallahassee Bowling Hall of Fame in 2016. Coach Beck is the Associate Director for University Business Administrators. Coach Beck is the team's ball layout and drilling expert.

**Gina Miller** was a four-year bowler from 2006 to 2010. She was Treasurer of the Bowling Club in 2008. In 2009, she was the winner of the Marvin Overby Memorial Scholarship. Coach Miller was a part of both the 2008 and 2010 teams that advanced to the Intercollegiate Team Championship. She received her BS in Information Technology and her MS in Integrated Marketing and Management Communication at FSU. Coach Miller works for the FSU Division of Student Affairs as the Marketing, Web and Social Media Manager. She has a bowling loving husband Matt who works at Crenshaw Lanes, a wonderful daughter Kenzie, and three wonderful bowling loving dogs, Mogley, Oakley, and Cooper.

**George (Jorge) Seliga** was a 3-year bowler from 2009 to 2012. He was a part of both the 2009-2010 and 2010-2011 teams that advanced to the ITC Sectionals. He received his Bachelor's Degree in Sport Management in 2012 and received his MBA with a Sports Business Concentration from St. Leo University in 2014. Coach Seliga is Manager of New Ticket Sales for the FSU Ticket Office/ Seminole Boosters. George serves as the club advisor.

**Lauren Booke** was a 4-year bowler from 2013 to 2018. She was a part of the 2015-2016 team that advanced to the ITC Championship and finished fifth. She received her Bachelor's Degree in Psychology in 2016 and her Master's Degree in Criminology in 2018, both from Florida State University. Coach Lauren is currently the Operations Coordinator for Campus Event Services for Oglesby Union and she is everyone's favorite coach.

**Rachel DeVillier** was a 4-year bowler from 2015-2019. She was a part of the 2015-2016 team that advanced to the ITC championship and advanced individually to the 2016-2017 ISC championship. She received her Bachelor's degree in Psychology from FSU in 2019 and is currently pursuing a Master's of Public Health with a concentration in Epidemiology from FSU.

**Kendra Handler** was a 4-year bowler from 2015 to 2019. She was a part of the 2015-2019 teams that advanced to the ITC Sectionals and the 2015-2016 team that advanced to the ITC Nationals. She received her Bachelor's Degree in Elementary Education in 2019. She is currently working towards her Master's Degree in Elementary Education.

**Stephen Padilla** is the Director of Coaching for the United States Bowling Congress as well as a Gold Level Coach. He also serves as an Assistant Coach for Team USA. Coach Padilla has helped coach members from international teams such as Germany, Guatemala, and

Venezuela. Coach Padilla is a valuable asset to our program. He is a former Seminole bowler with a degree in Fitness and Nutrition. Coach Padilla was named to multiple Bowlers Journal "Top 100 Bowling Coaches in America" list. While Coach Padilla is currently living in Texas, his heart remains in Tallahassee and with the FSU Bowling Team.

These individuals are alums of the FSU Bowling Program who have continued to be involved in the program. They volunteer to be a resource for the team. They will participate in a number of ways throughout the year.

## **MENTAL SKILLS COACHES**

The bowling team is fortunate to have a relationship with the FSU Applied Sport Psychology Consulting Services. This allows FSU Sports Psychology Doctoral students to experience working with a sports team and it allows us to utilize innovative thinking in the field of sports psychology. Our Mental Skills Coaches conduct team and individual sessions.

Consider scheduling an individual session with our mental skills coaches if you have experienced any of the following thoughts:

"I want to get better."

"I usually do better in practice than tournaments."

"I don't have a mental routine" or "I have a mental routine, but I don't know if it's working"

"I feel nervous at tournaments and can't seem to calm down."

"I have a lot of negative thoughts during competition." For example, "I keep remembering how poorly I performed at Sectionals last year and can't get that out of my head."

"I worry a lot about letting the team down."

"I have a hard time concentrating when it's my turn to bowl. The spectators and noise distract me."

"I let comments I hear bother me and affect my performance."

"I practice a lot but don't seem to get any better."

"When I have one bad throw, I seem to get worse and worse after that."

## **CLUB OFFICERS**

The Club Officers take care of many of the responsibilities for the team including: Coordinating Fund Raising, representing the club on the Sports Club Council, Public Relations, and banking.

|                               |                        |
|-------------------------------|------------------------|
| <b>President:</b>             | <b>Chris O'Connell</b> |
| <b>Vice President:</b>        | <b>Andrew Malozzi</b>  |
| <b>Treasurer:</b>             | <b>Nichole Miller</b>  |
| <b>Safety/Travel Officer:</b> | <b>Kim Howe</b>        |

## **PROGRAM PHILOSOPHY**

The following ideas or philosophies serve as the cornerstone of our program. They can be broken down into four categories: Goals, Methods of Meeting the Goals, Physical Game, and Individual Responsibility.

### **TEAM GOALS**

- 1) Our primary point of emphasis for the year is to advance to the Intercollegiate Team Championship with teams that have the ability to win it all. To that end, we will plan our season and our activities to achieve this goal. We will do things that will make it possible to advance to the national championship, and we will avoid the things that stand in the way of our goal.
- 2) Another goal is for every member of our program, travel team, developmental squad and coaches to improve our physical and mental game while we increase our knowledge of our sport. You will be pushed out of your comfort zone and learn to play all parts of the lane while learning to make advanced adjustments.
- 3) The most important goal is for every member of the team to graduate from Florida State University.

### **METHODS OF MEETING TEAM GOALS**

- 1) We will identify our strengths and build on them.
- 2) We will identify our opportunities for growth and develop a strategy for improvement.
- 3) We will determine what we need to do to make ourselves versatile bowlers.
- 4) We will never forget that a team of five will always win over five individuals.
- 5) We will examine our bowling equipment and make sure that we have an effective arsenal. We do not want the lack of or incorrectly drilled equipment to keep us from being successful.
- 6) Coaches and team members will be unselfish with our knowledge and share our experiences that make us better bowlers and a better people. At the same time, we will listen to others because all members of our team have value and have something important to say.



- 7) When we are in competition, we will count on our teammates and coaches to help us perform to our highest level. Individuals not in the bowler's area are not part of our discussion. This includes parents, friends and anyone else who is not a member of the team.
- 8) We will attend all class sessions when we are not traveling. We will get our homework and projects completed and turned in on time. We will work together in study groups. We will stay in communication with our instructors about travel plans and turn in projects early when possible. When we travel we will take homework with us and make sure we budget time to get our studies completed.
- 9) We will attend all practice sessions, team fundraisers, and team building events. In addition to the Thursday team practice, we will practice individually and in small groups.

### **PHYSICAL GAME**

- 1) At Florida State University, we shoot straight at spares. We emphasize spares because you win championships by picking up spares. We will make it our goal to be the best spare shooting team in the country. As a member of our program, you will shoot straight at spares at all times. Hooking at spares in leagues or practice indicate that you do not buy into the philosophy of our program and stand in the way of our team's success. Hooking at spares in any setting will result in you not traveling with the team.
- 2) We will evaluate each bowler on the following aspects of their game: Overall Motion/Finish, Stance, Start, Posture, Timing, Footwork, Arm swing, and Release. We will achieve this by using the team analysis sheet and video analysis.
- 3) We will aspire to keep the arm swing in the 4-inch groove.
- 4) We will work towards developing proficiency with at least three releases and three ball speeds.
- 5) We will have the ability to loft the ball and lay the ball down early.
- 6) We will use the arrows as our target while utilizing the ability to move our target closer or further away to affect the roll on the ball.
- 7) We will concentrate on *Break Point Management* in order to understand ball reaction and as a method of controlling it.
- 8) We will post our shots.
- 9) We will limit and be consistent with our drift.
- 10) We will be able to shoot outside 1<sup>st</sup> arrow and inside 5th arrow with proficiency.
- 11) We will work diligently to have a loose arm swing.

## EQUIPMENT

- 1) By USBC Collegiate rules, we can travel with up to five balls per person. When putting together your arsenal, we will make sure that we have balls that complement themselves and provide you the ability to be viable on multiple lane patterns. Equipment that is successful on House Patterns are not always viable on Sport Patterns. As a rule, we stay away from drilling patterns that promote a skid/flip reaction. We want you to work with the coaches as you put your arsenal together.
- 2) When describing our equipment, we use numbers from 1 – 5. The numbers reflect how early your ball starts to hook. Note that your 1 ball may not be the one that hooks the most, it is the one that hooks earliest.
- 3) We will expect you to use a polyester or plastic ball for spare shooting. You do have the option of asking to utilize a urethane ball instead under the following parameters:
  - 1) Your ball speed is high enough to control hook, a minimum ball speed of 14 mph for women and 15.5 mph for men.
  - 2) Your ball must have no less than a 2000 grit surface.
  - 3) You must stay viable as a spare shooter. If you can no longer consistently cover spares, you will be asked to go back to a polyester/plastic spare ball.
  - 4) Examples of approved balls include the Purple and Black Hammer and the Storm Pitch Black. Urethane balls with reactive additives and dynamic weight blocks are not included.

## INDIVIDUAL RESPONSIBILITY

- 1) The use of drugs and alcohol affects performance. We will not consume alcohol prior to or during the duration of our competitive trips, prior to practice, or during any team functions. The use of drugs is illegal and is not consistent with success. People who cannot abide by this rule must be more concerned about themselves than the team. If you come to team practices or trips under the influence of drugs or alcohol, you will be asked to leave. **THIS WILL BE A ZERO TOLERANCE RULE.**
- 2) Anyone trying out for the bowling team needs to be actively pursuing a degree at Florida State. The reason that you came to Florida State was to receive a degree. You will be required to perform in the classroom as well as on the lanes. This includes **attending all class sessions**. As a member of the bowling team, you will miss some classes due to competition. This is only acceptable if you attend all other classes. By missing excessive classes, you are putting your academic success and the ability of the bowling team to excuse you for competition at risk.
- 3) For some of you, this is your first time away from home. For others, it might be your first time in your own apartment, or the first time you have traveled. Things are not easy in college. We have seen some student-athletes last only one semester because they were unable to maintain the maturity level that is required to get homework done,

practice, and take care of their own business. College (and the bowling team) is an opportunity for you to make some decisions on how you want to lead your life. No one else will do your homework and nobody but you will be responsible for your success or failure at FSU. No one but you can make decisions about what you do with and to your body. While practicing, competing, and interacting with the coaches and your teammates, you will show a mature responsible attitude. You are now part of a team, there is no "I" in t-e-a-m!

- 4) The bowling team consists of a diverse group of individuals. With some of our trips lasting five to seven days, the way we interact as a team becomes very important. People who do not respect their teammates' privacy, or gossip, or generally fail to get along with others stand in the way of our team's goals. This cannot happen!
- 5) In order to perform your best over an extended period it is imperative that you achieve a level of physical fitness. We expect that you will eat well and get the sleep you need before and during trips and qualifiers. Eating breakfast before a long day of tournament bowling is not negotiable, it is mandatory. Walk whenever you can, take the stairs instead of the elevator, and take advantage of our workout facilities on campus to help improve your performance.
- 6) You are an ambassador for the sport of bowling, the FSU Bowling Team, The Oglesby Union and Florida State University. We expect you to conduct yourself in an exemplary manner. Any action on your part that brings the Bowling Team disrespect or places the team in jeopardy will result in the loss of privileges.
- 7) As a member of the FSU Bowling Team, you will not participate in the posting of harmful, threatening, abusive, harassing, vulgar, obscene, hateful, or racially, ethnically or otherwise objectionable items about your school, teammates, coaches or opponents on Facebook, Twitter, Snapchat, Instagram, Tumbler, or any other web/social media site. You need to understand that what you post becomes public information and any confession that you make to a violation of team policies, university guidelines or the laws of the land, will result in appropriate measures. Across the country, university officials including the FSU police are reading what you are posting. Please do not post anything online that you would not want your mother to read.
- 8) We expect you to embrace the philosophy of the program. If in your heart you do not believe that you need to improve, practice, work with the coaches and conduct yourself at a level of behavior or responsibility that others are, you should not be involved in this program. The strength of this program comes from a group of individuals pulling together towards a common goal. This is a team sport.
- 9) Both the men's and women's teams are fortunate to be sponsored by companies who exist to serve the bowling community. In consideration of their financial investment in our program, team members will be expected to use equipment from our sponsors during practices, leagues and any other time while a member of our program. All members will show the upmost respect for our sponsors and the equipment donated by them. These sponsorships are not a right; they are an amazing privilege that not all programs enjoy. Any bad mouthing or disrespect towards these companies put our

relationship with them at risk and will not be tolerated. New members to the team will be given time to accumulate the correct equipment. As your old equipment is replaced, we ask that it be removed from your lockers and the bowling center.

- 10) If you are unable to attend a practice because of class, homework, illness, or any other reason it is your responsibility to make up all practices missed.
- 11) We are fortunate to have established a relationship with the Sports Psychology Doctoral Students Association. This allows FSU students to work in conjunction with an advising professor to provide Mental Skills Coaching for our athletes. There is no question that the ability to handle your emotions and focus during times of great stress is one of the keys to becoming an elite bowler. As a member of the traveling team, you will be an active participant in this program and put forth all necessary effort to make these meetings a success.
- 12) As a student at Florida State University you will read and understand the Students Rights and Responsibilities located at this web site: <http://srr.fsu.edu>  
This includes the Seminole Creed and the Student Conduct Code.

## THE CHARACTERISTICS OF A WINNER

### EXCUSES

Performance is the only measurable trait the coaching staff can use to determine your value to the team. Excuses for your failure to perform do not change the fact that you failed to perform. Spend your time constructively thinking about how you can perform at a higher level rather than thinking of excuses.

### COMMUNICATION

If you have a concern, any of the Coaches will be more than happy to help you resolve it. Please feel free to discuss with them anything that may be bothering you. **IF YOU HAVE A QUESTION ABOUT DECISIONS RELATING TO THE USE OF PERSONNEL, YOU CAN ONLY GET THAT ANSWER FROM THE HEAD COACH. ANYONE ELSE'S ANSWER IS PURELY SPECULATION.** We also highly encourage you speak one-on-one with your teammates if you have an issue with them or something they did. We are all adults now, and expect everyone to act as such. Calmly and maturely discussing a problem with someone to their face always yields much better results than talking about them behind their back.

### LOYALTY

Loyalty is essential to any successful organization. We consider loyalty one of the finest traits in an individual player and strive to instill this feeling into the entire squad. We expect that you will be loyal to your school, your team and yourself. As a part of that when we are traveling, practicing or participating in any team function we will not wear shirts or merchandise from other schools. **We are proud to be Seminoles, and we will show it with what we wear.**

## **DISCIPLINE**

Discipline is an essential characteristic of all organizations, large and small. We do not mean regimented, stand at attention, military type discipline. We are talking about the discipline it takes to get your homework done instead of playing video games. We are talking about the discipline it takes to understand that the easiest way to get good grades and graduate is to get up and go to class, even if they are early in the day. We are especially talking about the discipline that allows you to maintain your time management in a way that allows you to be successful in the classroom and on the lanes.

The disciplined person is totally dedicated to being an elite student and an elite athlete. They realize that what they do and the manner in which they live are relative to their performance. Pressure is not a significant factor, because the disciplined individual is grooved into doing things only one way, the correct way, regardless of circumstances. They know how to stay under control because they are in constant control at home, in class, and on the lanes. The disciplined person never has to ask themselves, is what I am doing the right thing? The disciplined person knows the difference between right and wrong.

## **TEAMNESS**

This may seem to be a strange word, but we believe that it best portrays the type of person that we are looking for in our bowling program. This person is an individual with their own desires and goals, but this individual realizes their goals come in second to the team's goals, and these goals require the help of every individual on the team. Our desire is to incorporate teamness into your character and your experience on the team. Our hope is by the end of your time with the program, you will consider your teammates, coaches, Crenshaw, and the program, not only a part of your memories and experiences in college, but a part of your family as well.

## **DIFFERENT LEVELS OF FSU BOWLING TEAM MEMBERSHIP**

In past years, we have several different levels of involvement based on academic status, skill status and enrollment status. This was possible because we had lanes on campus. During the period that we are off campus, we will not have Bowling Club or Friends of the FSU Bowling Club level membership options. We will have two levels of membership, The Travel Team and the Developmental Team.

Upon receipt of the \$350 tryout fee, all FSU students will start the season at the Club Member Status. At the conclusion of team qualifying, students will be assigned to either the Travel Team or Developmental Team.

### **Travel Team Member:**

- 1) Only full time FSU students who meet the minimum academic requirements, and are current with fundraising are eligible to represent Florida State in intercollegiate bowling as a member of the Travel Team. The Travel Team will consist of a Varsity team for both the men's and women's squad and as many JV teams as our participation and fundraising allows.

### Developmental Team Member:

- 1) Those students who met all the requirements, but are not traveling, may be named to the Developmental Team. The Developmental Team has all the rights and responsibilities of the Travel Team and at the Head Coaches discretion, may move up to the Travel Team during the season. There is no limit to the number of Developmental Team Members.

### **Difference in Membership Benefits:**

#### FSU Bowling Club Travel Team and Developmental Team:

- 1) Practice at no charge at Capital Lanes at approved times and when lanes are available.
- 2) You will participate in any Bowling Team fundraiser or event on behalf of the Bowling Team. This includes non-collegiate tournaments, end-of-year banquet or other possible functions.
- 3) Developmental and Travel Team members have the ability to participate in Collegiate Discount Pricing Program for bowling equipment.
- 4) You will be expected to attend the Bowling Team Class/Team Meeting every Thursday at 5:30 p.m. and all special and scheduled practices.
- 5) Travel Team members may request up to 3 lockers and Developmental Team members may request up to 2 lockers at no charge as long as they are available.
- 6) Travel Team and Developmental Team members who aspire to travel are welcome to participate in team tryouts. If it is your intention not to travel, your participation in qualifiers will be at the discretion of the Head Coach and based in part on the number of people participating and any potential disruptions that you might cause.

### **TEAM QUALIFYING**

#### **To be eligible to represent FSU in Intercollegiate Competition you must:**

- 1) Be enrolled at Florida State in no less than 12 hours if you are an undergraduate or 6 hours if you are a graduate student.
- 2) Have a cumulative grade point average of greater than or equal to 2.0 or be a first semester freshman.
- 3) Pay your qualifying fee.
- 4) Be in good standing with Florida State University.
- 5) You must have met minimum fundraising levels as set by the team.
- 6) Be in good standing with Crenshaw Lanes, Capital Lanes, FSU, the Oglesby Union and the bowling team.

If you have any questions please direct them to the Head Coach.

## **SPECIFIC ELIGIBILITY**

USBC Collegiate sanctioned intercollegiate activities are amateur events and an individual qualifying in any one of the following categories is not eligible to participate:

- 1) An individual classified as a touring and/or resident professional by a professional bowling organization. If an organization's title uses the word professional, individuals applying for membership or holding membership in that organization shall not be eligible for collegiate competition.
- 2) An individual who has ever applied for or held membership in any professional bowling organization or who identifies himself/herself as a professional.
- 3) An individual who earns the major portion of his/her income as an exhibition bowler.
- 4) An individual who is employed primarily because of his/her bowling prowess and/or whose occupation requires high bowling skills, i.e., resident professional.
- 5) An individual who is subsidized by a bowling sponsor, manufacturer, proprietor or any other agency so that he/she devotes his/her primary attention to bowling.
- 6) An individual who devotes half or more of his/her time as a bowling instructor. (Note: Graduate assistants conducting bowling classes, as part of a degree program shall not be declared ineligible)
- 7) An individual who frequently appears on nationally distributed or network television bowling programs.

## **SATISFACTORY PROGRESS RULE**

A bowler who has participated\* in any sanctioned intercollegiate competition prior to the current season must complete the following minimum academic progress requirements for continuing education:

- 1) Prior to 2nd season of participation - 24 hours minimum prior to 3rd season of participation - 48 hours minimum prior to 4th season of participation - 72 hours minimum
- 2) In order for a graduate student participant to remain eligible, the participant is required to successfully complete a minimum of twelve graduate credit hours since the previous season of participation.

\*Participated in this case means throwing at least ONE ball in ANY sanctioned intercollegiate competition. Please see the USBC Collegiate handbook for further clarification.

## **TRYOUT FEE**

A Tryout fee of \$350 will be assessed to all persons trying out for the bowling team. Free practice and the benefits of team membership will only be extended to those persons who have paid the tryout fee. The deadline to pay the tryout fee is August 31<sup>st</sup>, 2019.

## **THE FSU BOWLING TEAM CODE OF CONDUCT**

The Code of Conduct is an agreement that all team members and coaches will sign that indicates that they understand what is expected of them as a part of our program. In order for us to achieve as a team, we must all be on the same page and understand what is allowed and what is not in the team's best interest. You will be expected to sign and be held accountable to the Code of Conduct.

## TEAM QUALIFIERS

We will have a number of qualifying blocks. Each of these blocks will consist of up to eight games. Multiple sport patterns will be utilized. This is done for the purpose of finding those bowlers who can adjust to a variety of lane conditions. Our preference is to always use actual patterns that we have seen in competition. Accuracy (around your mark and the pocket) and consistency is a must. In order to succeed during qualifying, the bowler must be able to convert spares. Also, bowlers **must** stay in control of their emotions. The Coaches may use different formats for each of the qualifiers. This is not done to pick on an individual bowler, but to help determine which bowlers possess the ability to overcome adversity.

**The schedule for qualifying blocks is included in this handbook. Additional qualifier may be scheduled based on the team needs. Team Members are expected to bowl at all of the qualifiers. No bowl outs will be allowed.**

All concerns, comments, or questions about lane conditions should be brought to the Head Coach. Discussions about lane conditions with others are part of being on a team. Complaining about the shot and using the lane conditions, as an excuse for poor performance is not consistent with our objectives. Good bowlers "play conditions"; they do not let "the conditions play them". In short, we are looking for the bowlers who can adjust to changing lane conditions, convert spares, and keep a positive attitude at all times.

## TRAVEL TEAM SELECTION

While participating in the qualifying blocks we will chart every ball thrown. We will track the following information; total pin fall, strike percentage, single pin spare conversion percentage, multiple pin spare conversion percentage, opens, and first ball pin-fall to produce a statistical analysis for all bowlers. Other skills tests, both written and physical may be used to identify strengths and weaknesses. We will compare your numbers in each category to your teammates and do a rank order correlation to determine your standing on the team. We feel that by doing this we will identify well rounded bowlers.

Travel team members are **expected to exceed** these numbers in order to travel:

|                              | <u>Men's Team</u> | <u>Women's Team</u> |
|------------------------------|-------------------|---------------------|
| Single Pins Spare %          | 85%               | 82%                 |
| Multi Pin Spare %            | 52%               | 50%                 |
| 1 <sup>st</sup> Ball Pinfall | 8.5               | 8.2                 |
| Max. Opens per Game          | 2.0               | 2.5                 |
| Strike %                     | 37%               | 32%                 |

These are the scores that we **aspire** to have in order to compete for a national championship:

|                              | <u>Men's Team</u> | <u>Women's Team</u> |
|------------------------------|-------------------|---------------------|
| Single Pins Spare %          | 95%               | 95%                 |
| Multi Pin Spare %            | 65%               | 62%                 |
| 1 <sup>st</sup> Ball Pinfall | 9.3               | 8.8                 |



|                     |     |     |
|---------------------|-----|-----|
| Max. Opens per Game | 1.0 | 1.5 |
| Strike %            | 50% | 42% |

We may also conduct bowling skills evaluations and physical skills evaluations. Some of these will include adjustments, accuracy, speed, and drift.

The Head Coach will take into consideration the following items in naming the travel teams:

1. Meeting fundraising goals.
2. Performance in all qualifying games/tests.
3. Performance at tournaments.
4. Adhering to the philosophy of the program.
5. Commitment to purposeful practice.
6. Results of written tests.
7. Ability to adjust.
8. Solid physical game.
9. Accuracy.
10. Solid spare game.
11. Strike potential.
12. Coachability.
13. Emotional stability.
14. General team attitude, experience and sportsmanship.
15. Work ethic.
16. Desire to learn.
17. Performance and behavior in leagues.
18. Attendance in team class, meetings, leagues and practices.
19. Your ability to get along with others in a team format.
20. Level of physical fitness.
21. Academic performance.
22. Past performance/behavior with the bowling team.

## Fundraising Expectations

Failure to meet financial obligations and minimum fundraising requirements will disqualify you from travel regardless of your bowling ability, experience or longevity on the team. In addition to the \$350 Tryout Fee, everyone is required to meet fundraising minimum of \$750 over the course of the year. You can learn more about specific fundraising expectations in the section titled Funding and Fundraising. This must be completed in a timely manner; we expect every member to have a fundraising plan in motion that they can share with the coaches to prove the minimum requirement will be met by the deadline. Depending on the success of fundraising and the cost of travel, additional fundraising expectations or out of pocket costs may apply.

You can pay your entire \$750 in fundraising at any time. You must meet these deadlines to continue to bowl:

Tryout Fee \$350 due August 31<sup>st</sup>.

Minimum Amount of Total Fundraising to Participate:

| <u>Total Collected</u> | <u>Deadline</u>          |
|------------------------|--------------------------|
| \$150                  | October 1 <sup>st</sup>  |
| \$300                  | November 1 <sup>st</sup> |
| \$450                  | December 3 <sup>rd</sup> |
| \$600                  | January 7 <sup>th</sup>  |
| \$750                  | February 1 <sup>st</sup> |

Each team will travel with a minimum of five team members. We may take additional bowlers if the coaches determine it necessary and we have sufficient budget. Otherwise, the teams will consist of five men and five women per tournament.

Team selection for each tournament will be posted no less than one week in advance of that tournament. As always, the coaches reserve the right to make substitutions at any time it is deemed in the best interest of the team.

## **LEAGUES**

If you are bowling in leagues at Capital Lanes, you will be expected to stay current on all league fees. The leagues at Capital will follow USBC guidelines and if you fall behind in your league fees not only will you get the boot from the league, you could lose your sanctioning. If that happens, you will not be eligible to participate on the bowling team.

## **TEAM MEETINGS**

Each varsity member is expected to attend and participate in the team meetings. A conflict with another class will be the only excuse allowed. Team meetings will be held every Thursday at 5:30 p.m. starting September 6<sup>h</sup>.

## **BOWLING TEAM ACTIVITIES:**

### **BOWLING TEAM ORIENTATION**

On August 24<sup>h</sup>, at 11 a.m. we will be holding our Orientation Workshop in the Theater in the Askew Student Life Center. This mandatory event will serve as orientation for the team as well as covering expectations pertaining to the physical game. By the time we are finished, you will know everything there is to know about the team, the skill set that we feel we need to master to be successful and have a blue print for your personal success.

### **PRACTICE**

Even the most gifted athlete cannot perform their best if they have not practiced. The Bowling Team will utilize several types of practice.

- 1) We will have three established team practices, Tuesday, Wednesday, and Thursday afternoons from 4:00 – 6:00 pm. We expect that you will be able to attend at least two practices each week.

- 2) One afternoon per week you will participate in standard drills designed to improve your basic skills. This practice involves work with and without the ball and we will be using videotape to analyze your game.
- 3) Practice on your own, with a teammate or with a coach. At this time you will work on specific skills. It is expected that these practices will be goal oriented, and with a purpose. We will establish a schedule of available practice times
- 4) Team practice with other members of a specific traveling squad. As team members, it is important that we understand each other's games well enough to help your teammate. We want you to be able to anticipate your own adjustments based on what you see others do. To achieve that, we expect that the team will spend time together to better understand each other's game and build a sense of teamness.

Practice quality and quantity will be taken into consideration in determining travel teams.

### **PRACTICE POLICIES**

- 1) Practice time is just what it says, TIME TO PRACTICE. It is not time for horseplay with others or clowning around. Each bowler's behavior reflects upon the program, the individual, and the sport.
- 2) Bowlers should **check out one lane**, not a pair of lanes.
- 3) We encourage you to practice with other team members to help replicate the pace we will see in competition.
- 4) Every day is Spare Practice Day! Include spare practice in all of your practice sessions. We never hit the reset button! Shoot all spares!
- 5) In competition, we are not allowed to listen to MP3 players. Because of that, we will not practice while wearing headphones.
- 6) In competition, we are not allowed to use cell phones for calls or text messaging. Because of that, we will turn off our cell phones during practice.

***Practice is one thing that we will do to become the best team we can be. While you are doing something else, somewhere, your competition is practicing so that they can beat you. Remember that failure to bowl well because of lack of practice can never be excused.***

### **FUNDING AND FUNDRAISING**

The Bowling Team is funded through six methods:

- 1) The Crenshaw Lanes subsidized expenses
- 2) Fundraising
- 3) The bowlers pay out of their own pockets
- 4) Qualifying fees
- 5) Donations
- 6) Corporate Sponsorships
- 7) Sports Club Council

Funding for sending athletes to tournaments as well as uniforms, or other expenses will need to be generated through a fundraiser or out of pocket. The first fundraiser of the year will be Bowling for Excellence. This event

involves collecting a per-pin pledge and then collecting money based on your high game of from the 2<sup>nd</sup> qualifier on September 16<sup>th</sup>. Pledge sheets and additional information can be picked up through Coach Fine. You will be provided information about additional bowling team fundraisers and it is expected that you will participate. **In order to continue to participate in intercollegiate tournaments and enjoy other benefits, you must participate in fundraising activities and stay current with all deadlines.**

## **COMMUNITY SERVICE**

As a member of the Sport Club Council and in consideration of the funding we receive, all team members are required to participate in scheduled team community service projects. This is an opportunity to spend time together as a team that not only results in us qualifying for more funding, but it benefits the Tallahassee community. Participation is not optional.

## **CORPORATE SPONSORS**

The Bowling Teams have a number of sponsors.

### **The Oglesby Union**

The Union is the most significant sponsor because Crenshaw Lanes is a part of the Union. They pay the salary of the Coach as well as offer part time jobs for a number of team members. The Union provides us a facility that we can call our own.

### **Vise**

Vise has been very generous in providing grips and slugs for FSU Bowling Team members.

### **USBC Collegiate Pricing Program**

We have the opportunity to purchase balls and shoes from most of the suppliers at a significant discount. This option is available only to full time members of the team who are current with their fundraising obligations.

### **Kegel Training Center**

The Kegel training center is the premier bowling think tank in the world! Individuals and teams travel from all over the globe to become better bowlers. We are fortunate to have a number of dedicated former Seminoles on staff at Kegel. They have gone above and beyond the call of duty in supporting FSU and making their facility available to us at a significant discount. You will learn more about our opportunities with Kegel during the year.

## **BENEFITS AND RESPONSIBILITIES:**

### **THE GOOD STUFF!**

As a member of the FSU Bowling Team, Travel Team or Developmental Team in good academic and financial standing you will enjoy several benefits:

- 1) You will be entitled to free practice whenever lanes are available.
- 2) When you attend tournaments, your entry fees, transportation, and lodging are paid.
- 3) You have the opportunity to get free equipment.
- 4) You have the opportunity to participate in discount purchase programs through the Collegiate Pricing Program.
- 5) You will earn the opportunity to represent your University in intercollegiate competition.
- 6) You will be part of a team and make friends that will last a lifetime.
- 7) You will have the chance to become the best bowler you can become.

In addition to these and other benefits, you will have many responsibilities. As one of the school's best bowlers, others will emulate your behavior. Others will follow the example that you set on the lanes. It is important that you conduct yourself in a professional manner on the lanes. That means not kicking the ball returns, screaming at the pins, or any other behaviors that would be considered in poor taste.

Even when you are not with the team, others who know you will be watching you. **We will expect you to take pride in your game, your school, and your sport.**

It is expected that you will pay your financial obligations on time, and conduct yourself in a manner that is appropriate for a person who is representing the FSU Bowling Team.

We expect that you will be a leader on campus and that your actions away from the lanes will only increase the reputation and image of our sport and team.

#### **DISTRIBUTION OF EQUIPMENT FROM TEAM SPONSORS:**

Distribution of equipment will be closely supervised to make sure we do not violate the trust and confidence placed in us by our sponsors.

Over the past five years, these companies provided the bowling team over \$40,000 worth of free equipment. The expectation on their part is that team members will use this equipment while participating in leagues and tournaments in addition to intercollegiate events. In addition, we will ask team members to submit ball reviews to various web sites discussing their equipment. We will ask you to limit or eliminate the use of other company's equipment and support these companies who have stepped up to support our program.

In order to participate in this program, you will need to be enrolled as a full time student at Florida State University with sufficient GPA and academic progress to be eligible to bowl under USBC Collegiate guidelines. Those guidelines can be found in this Handbook. This program only applies to individuals who aspire to participate on the travel team. Non-student club members do not qualify for this program. You must be current with all financial obligations with the bowling team, Crenshaw Lanes, or Capital Lanes.

The bowling team retains ownership of the sponsored balls that are given out as part of this program. The ball is yours to use as long as you are a member of the program. We get a limited number of each ball so the coaches will work with you to determine the best match of

equipment with your style and needs. If you leave the program or decide you no longer want to use the ball, return it to the team and it will be recycled to another member.

Both squads have the option to purchase a ball from through the Collegiate Price Program for a significant discount. That is your ball to do with as you choose. The only expectation is that balls purchased at this special rate are for your use only, not to be given to friends, family or sold online. We will be happy to help you get discounted equipment through the Crenshaw Pro-Shop for friends and family, but the Collegiate Pricing Program is for team members personal use only.

All companies that provide free and significantly discounted equipment have the same expectation. They want you to represent their equipment in a positive way. We are not asking you to lie or misrepresent information about the equipment, but blaming the equipment for your failure or disrupting and playing the fool on the lanes is the quickest way for us to lose our sponsorship. If that happens, we will not get another company to touch us.

#### **HOW TO GET THE BOOT FROM THE BOWLING TEAM:**

It is our hope that we never have cause to ask anyone to leave the Bowling Team. However, there are several things that we just do not want people to do.

The coaching staff makes all decisions regarding player conduct and subsequent disciplinary actions. These decisions include, but are not limited to, in-program and out-of-program conduct, personal behavior, and academic behavior.

Please understand that by committing any of the following actions you would indicate that you no longer are operating in the best interest of the team, and your relationship with the team could be terminated:

- 1) Falsification of scores during leagues, qualifiers, or tournaments.
- 2) Posting harmful, threatening, abusive, harassing, vulgar, obscene, hateful, or racially, ethnically, or otherwise objectionable comments or remarks about your school, teammates, coaches, opponents, sponsors or anyone else online.
- 3) Lack of attendance at team qualifiers, practices, and meetings.
- 4) Physical, verbal or mental abuse directed towards another member of the team or coaches.
- 5) Any drug or alcohol use during or 24 hours before tournaments, qualifying blocks or traveling to and from tournaments.
- 6) Tampering with equipment in order to gain an unfair advantage.
- 7) Behaviors on the lanes that indicate a loss of control (swearing, shouting, kicking ball returns, hand gestures, chucking balls).
- 8) Failure to stay current with your financial obligations with the Bowling Team, sponsors, leagues, or Crenshaw Lanes.
- 9) Stealing food, snacks, pro-shop supplies or anything else from Crenshaw Lanes or Capital Lanes. As a team member you get free practice, not free food and drink!
- 10) Failure to remain in good academic standing with Florida State University.
- 11) Your inability to get along with other people.

- 12) Being convicted of violating the laws of Tallahassee, Florida, The United States of America, USBC or violating the FSU Academic Honor Policy or Student Rights and Responsibility guidelines.
- 13) Spreading rumors, deceitful behavior or participating in other activities that show your lack of maturity and commitment to the goals of the program.
- 14) Blatant insubordination toward the rules, regulations, and directions of the coaches.

**EXAMPLES OF DISCIPLINARY ACTIONS (NOT ALL-INCLUSIVE):**

- 1) Termination of a player from:
  - a) Any portion of a tournament or competitive event.
  - b) A specific competitive event or tournament.
  - c) All remaining tournaments or competitive events in the season.
  - d) Any and all team functions; i.e., tryouts, practices or workshops.
- 2) Repayment of any or all bowling scholarship moneys received.
- 3) Repayment of partial or total trips and travels costs of an individual or that individual's team for a competitive event.

**PHYSICAL CONDITIONING**

As athletes, you will be expected to maintain peak physical and mental performance over an extended period of time. You just cannot do that if you are out of shape.

We suggest that you take every opportunity to walk or bike to class or to practice. Take the stairs instead of the elevator. If you have a chance to play tennis, racquetball or any other activities that will raise your heart beat, do it! You might consider walking instead of riding when you play golf. Our hope is that within the team, you will develop workout partners who will help motivate by working out together.

The Leach Recreation and Fitness Center is open with state of the art fitness equipment. We recommend that you try to establish a weekly workout schedule. Feel free to talk with the coaching staff to establish a workout program.

As far as diet, we ask that you stay away from junk food around competition. Your body needs the energy that comes from real food, not a sugar high.

**STUDENT RECREATION AND FITNESS CENTER HOURS:**

|                     |                        |
|---------------------|------------------------|
| Monday - Thursday   | 6:00 am until Midnight |
| Friday              | 6:00 am until 10:00 pm |
| Saturday and Sunday | 11:00 am until 9:00 pm |

## **DRUGS AND ALCOHOL**

Part of going to college is making decisions about how you want to live your life. Your parents are not here, and ultimately, you will have to come to your own conclusions about your behavior and the type of person you want to be. There are a few things you need to keep in mind concerning the use of alcohol. Did you know that if you are under the age of 21, the state of Florida has a zero tolerance when it comes to drunk driving? If you have one beer and test at .02 for alcohol you will get busted. If you get a DUI or minor in possession, it can follow you for a long time. It is the type of thing that will show up on an employer's background check when you are looking for a job after college. It will affect your ability to drive a car and you will spend much more on insurance.

We will not be conducting housing checks to determine if you are using alcohol. We will expect that you will show good judgment in your decisions about drinking. Don't drink and drive, don't ride with someone who has been drinking, designate a sober driver. Don't drink to excess.

I do not know how many times I have heard people rationalize that they bowl better with just a bit of a hangover, or after they had a few drinks. I do not buy it. **Drugs** and **Alcohol** do the following things to you:

**It alters the perception of speed, time and space.**

**It causes short-term memory loss.**

**It prolongs learning time.**

**It impairs tracking performance, perceptual tasks and vigilance.**

**It alters sleeping patterns.**

**It severely impairs coordination.**

**AS A PART OF OUR GOAL OF WINNING A NATIONAL CHAMPIONSHIP, WE WILL NOT TOLERATE THE USE OF DRUGS OR ALCOHOL DURING PRACTICE OR COMPETITION. IN ADDITION, SMOKING WILL NOT BE ALLOWED DURING PRACTICE, COMPETITION, OR DURING TRAVEL TO OR FROM COMPETITION.**

## **OGLESBY UNION**

The Oglesby Union is the major supporter of the FSU Bowling Team. We hope that you will take advantage of all that the Union has to offer. Supporting other Union departments is an important way that the Bowling Team can repay the Union for the support we receive.

## **PRO-SHOP POLICIES**

We will continue to operate a pro-shop with ball drilling, measuring and resurfacing equipment. As a team member you are allowed to use this equipment at cost so long as you have training and treat the space with respect. You can purchase grips and slugs at cost plus 10%. As the semester goes on we will provide you with more information about Pro-Shop opportunities. It is expected that you will pay promptly for any work done for you by any Pro Shop, including the Crenshaw Pro Shop.



# **FSU Statement of Non-Discrimination:**

## **OP-C-7-13 EQUAL OPPORTUNITY, NON-DISCRIMINATION, AND NON-RETALIATION POLICY & PROCEDURES**

### **POLICY STATEMENT**

The Florida State University (University) is an affirmative action, equal opportunity employer supporting a culturally diverse educational and work environment. The University is committed to a policy of equal opportunity, non-discrimination and non-retaliation for any member of the University community on the basis of race, creed, color, sex, religion, national origin, age, disability, veteran's or marital status, or any other protected group status. This policy applies to faculty, staff, students, visitors, applicants, and contractors in a manner consistent with applicable federal and state laws, regulations, ordinances, orders and rules, and University's policies, procedures, and processes. It addresses all terms and conditions of employment in addition to student life, campus support services and/or academic environment.

The University expressly prohibits unlawful discrimination, harassment, or retaliation, whether in assumption, attitudes, acts, or policies. Conduct that intimidates by threat, brings about adversity, or creates a hostile environment, is contrary to the University's commitment of maintaining a harmonious, high performance work and educational environment.

Retaliation against an individual, who in good faith brings a discrimination or harassment complaint, participates in the investigation of a complaint, or engages in some other protected activity, is expressly prohibited and will be regarded as a separate and distinct cause for discipline under these procedures.

### **PARENTS**

A cornerstone of our program is the parents and families of our bowlers. The support they bring is more than fundraising and food at events. Parents are our biggest supporters and go to great effort and expense to attend our events.

Part of what makes our program different from many others is that we provide for our team members a comprehensive description of what we expect from them, and what they can expect from us as well as a calendar of when everything will happen for the entire year. We want to have a similar approach with the parents.

As a parent, I have the right to:

- Be treated with dignity and respect
- Ask questions and receive answers from the coach at the appropriate time.
- Cheer for your child and the team in a positive manner
- Verify your coaches/team qualifications
- Talk to other parents and other players.
- Have your child be part of the team without discrimination
- Request a clear disclosure of financial obligations
- Have a written teams statement of philosophy
- Be informed about your child's role on the team

- Be provided travel itineraries for all trips.

As a Parent, I will be expected to:

- Remain in the spectator areas during all games.
- Not advise the coach on how to coach, who to put in the game and/or who to take out of the game.
- Model sportsmanship for my child by treating all coaches, officials, tournament directors and players of either team with courtesy and respect.
- Encourage hard work and honest effort that will lead to improved performance and participation.
- Emphasize the cooperative nature of the sport.
- Not coach my child during the game.
- Encourage athletes to participate drug, tobacco and alcohol free.
- attend all events alcohol and drug free
- Cheer for my child's team and the success of all of our players.
- Encourage my child to participate for enjoyment as well as competition.
- Applaud good and fair play during games.
- Be in control of my emotions.
- Learn the rules of the game to help me better understand what is happening.
- Understand that physical or verbal intimidation of any individual is unacceptable behavior.
- Understand that conduct that is inappropriate as determined by comparison to normally accepted behavior is unacceptable and could affect your ability to attend collegiate events.
- Honor financial commitments.