



DMBS Strike Zone

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Volume I, Issue I

Strike Zone: The Official Newsletter of Dallas Metroplex Bowling Senate

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President's Corner

Welcome to the inaugural issue of DMBS Strike Zone!

It is with great excitement that I welcome you to the inaugural issue of "Strike Zone," the official newsletter of the Dallas Metroplex Bowling Senate. Strike Zone is more than just a newsletter it's a reflection of our commitment to you. It will serve as a platform to celebrate your achievements, share important updates, and keep the spirit of bowling alive and thriving.

As we roll out this new initiative, I'm reminded of the core values that drive DMBS: excellence in bowling, inclusivity, sportsmanship, and community engagement. These principles will continue to guide us as we work towards our vision of making the Dallas Metroplex Bowling Senate a beacon of bowling excellence and community spirit.

"DMBS Strike Zone" will be instrumental in keeping you informed about new and upcoming initiatives. I encourage each of you to engage with the newsletter, share your stories, and help us make it a true representation of our diverse and passionate bowling community.

Faith Nealon

President, Dallas Metroplex Bowling Senate

Upcoming Tournaments

1. Southern Regional TNBA
- Nov 21-24 2024,
Houston Tx]
2. DBMS Bridging the Gap
(Doubles) - Dec 14,
2024
Dallas Fort Worth
3. National TNBA–
[May 22-June 1st,
2025,
Las Vegas NV

"BRIDGING THE GAP"
50 & OVER / 49 & UNDER
DOUBLES TOURNAMENT
Presented by The Dallas Metroplex Bowling Senate

Saturday, Dec 14th
Forum Bowl
 Check In @ 12:00pm
 Bowl @ 1:00pm

\$100 Entry Per Team
Format: Any combination
 One bowler must be at least 50 years of age as of 12/14/2024
No team cap
 3 game series
 Crossover with other partners for multiple entries
 Averages based on 2023-2024 USBC book winter book with 21 games minimum. If no book, current league average with 21 games minimum. All others will enter at 220
 Handicap based on 80% of 220
Brackets and high-pots available.
TNBA membership required to participate
 Memberships available onsite for \$25
This tournament is TNBA Certified!
 For more information call/text
 917-266-5358

"BRIDGING THE GAP"

DMBS Certified League Listing

League Name	DMBS TNBA Representative	Location
Strikes for a Cause	Faith Nealon	Travel League
Quad Squad	Alesia Pickett	Forum Bowl
Wednesday Fun	Wendy Mooring	AMF Richardson
Pushovers	Alex Bruton	DeSoto Lanes
Mates & Dates	Alesia Pickett	Forum Bowl
Monday Blenders	Deryck Lewis	Plano Super Bowl
Bits & Pieces	Wanda Parker	Red Bird Lanes
NFL Trios	Wanda Parker	Plano Super Bowl
Forum Classic	Stephen Harris	Forum Bowl
Mo Vic MatchPoint	Dion McMiller	CityView
Platinum Ford Classic	Wanda Parker	Bowlero Garland

All bowlers carrying a current TNBA membership who bowl an honor score in these leagues are eligible for awards. See the listed TNBA representative and make sure your award application is submitted



Bowler Spotlight

Mr. Al B. Morrison



Mr. Jarrod 'DJ' Garrett



Mr. Al B. Morrison will receive his 1st TNBA Honor Award for his perfect 300 game bowled on Oct. 15, 2024, in the Mo Vic Match Point league at Cityview Lanes. Finishing up the evening with a real nice 719 Scratch Series (300 203;216)

Mr. Jarrod "DJ" Garrett will be receiving his 2nd TNBA Honors award for his perfect game of 300 on Sept. 10th, 2024. The 1st 300 of the Fall Season in the Quad Squad league at Forum Bowl. (245 300 227) with a real nice 772 Scratch series.

TNBA King Candidate: Corey Williams

The Dallas Metroplex Bowling Senate is proud to present Corey Williams as our distinguished candidate for TNBA King! A dedicated bowler with over two decades of experience on the lanes,

As a Labor Relations officer for the Federal government, Corey brings a wealth of professional experience and leadership to our bowling community. His impressive academic achievements include dual bachelor's degrees in Political Science and Criminal Justice, a Master's degree in Public Administration, and he is currently pursuing his law degree – demonstrating his commitment to lifelong learning and professional growth.

A proud member of Omega Psi Phi Fraternity, Corey embodies the principles of scholarship, leadership, and service. When he's not on the lanes or hitting the books, you might find him exploring the open road on his motorcycle. His passion for understanding and embracing cultural differences makes him an ideal ambassador for our diverse bowling community.



We invite all DMBS members to support Corey Williams in his campaign for TNBA King. Your vote would support a candidate who brings together educational excellence, professional achievement, and a genuine love for the sport of bowling.

Let's crown Corey Williams as our next TNBA King!

Coach's Corner: The 3, 6, 9 Approach to Spare Shooting

The 3, 6, 9 method is a systematic approach to improve spare shooting in bowling. It simplifies spare conversion by dividing the lane into three zones:

1. 3 Board: For spares on the left side

2. 6 Board: For spares in the middle

3. 9 Board: For spares on the right side

Bowlers aim at these boards at the arrows, adjusting their starting position based on the spare's location.

This technique provides a consistent reference point, making spare shooting more manageable and accurate.

Practice this method to develop muscle memory and improve your spare conversion rate.

Bowling Stretches to Enhance Your Game:

Shoulder Rotations

Rotate your arms in large circles, both forward and backward. This improves flexibility in your shoulders, crucial for a smooth bowling motion.

Wrist Flexor Stretch

Extend one arm in front of you, palm up. Use your other hand to gently pull the fingers back towards your body. Hold for 15-20 seconds, then switch hands. This stretch helps prevent wrist strain.

Lunging Hamstring Stretch

Step forward with one foot, keeping your back leg straight. Bend your front knee slightly and lean forward, feeling the stretch in your back leg. Hold for 15-20 seconds, then switch legs. This stretch targets your hamstrings and improves overall leg flexibility.

We want to hear from you! Submit your ideas for future issues to Starr.washington@me.com