



DMBS Strike Zone

Issue 2

January 2025

Strike Zone: The Official Newsletter of Dallas Metroplex Bowling Senate



DMBS Board Of Directors

President



Faith Nealon

Vice President



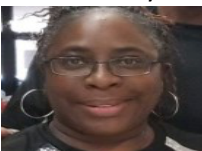
Alex Bruton

Corresponding Secretary



Linda Alexander

Recording Secretary



Linda Shelton

Treasurer



Dion McMiller

Sgt at Arm



Dereyk Lewis

Message From Our President

Dear DMBS Members,

Welcome to the second edition of "DMBS Strike Zone"! I'm thrilled to share that our recent ****Bridging the Gap Tournament**** was a resounding success, showcasing the incredible talent and unity within our bowling community

Our tournament not only highlighted the exceptional skills of our bowlers but also reinforced our commitment to bringing people together through the sport we love. The energy, sportsmanship, and camaraderie displayed were truly inspiring.

As we continue to grow and evolve, I invite each of you to stay engaged, share your stories, and help us keep the spirit of bowling vibrant and strong in the Dallas Metroplex.

Bowling Together, Growing Together,

Faith Nealon

President, Dallas Metroplex Bowling Senate

Upcoming Tournaments

Battle of the Sexes

March 30, 2025,
\$50.00/\$200.00
per team

Forum Bowl
1:00 pm

Contact Information
Steven Lewis
917-266-5358

Southern Regional Junior Tournament

April 26-27, 2025
\$100.00 per person

Plano Super Bowl

For more information contact
Traci A. Ellison
Traciellisonbowls@gmail.com

TNBA National Tournament

May 22nd-June 1st, 2025,

Las Vegas, NV

Interested in Bowling or need a team, Contact Starr Washington, 412 527-6918

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DMBS Certified League Listing

Strikes for a Cause	Forum Classic	DFW Mixed Doubles
Quad Squad	Wednesday Fun	Monday Blenders
Bits & Pieces	Platinum Ford Classic	
Pushovers	Wednesday Fun	Mo Vic Match Point
NFL Trios	Mates & Dates	Beat the House
Sunday Follies	Dot & Paul Bakers	Pushovers
Monday Mixers	Young at Heart	Dynamic Duo

Any 24-25 active TNBA member bowling in one or more of the leagues listed above are eligible for Honors awards. Award Forms must be submitted to the DMBS representative affiliated with the league within 7 days of performance.

Your league can be certified by turning in a copy of the league Rules/By-laws and A copy of the league standing sheets.

Coaches Corner

Mastering Your Release: The Key to Better Pin Action

Every bowler knows that the moment of release can make or break their shot. Let's look at different release techniques that impact your game and how to perfect them.

Understanding Release Types

- End-over-end roll: Produces a straighter ball path with moderate pin action
- Forward roll: Creates consistent hook potential and solid pin carry
- Strong roll with rotation: Generates maximum hook and explosive pin action

Common Release Issues:

- Gripping the ball too tightly
- Releasing behind the ball instead of under it
- Inconsistent hand position at release
- Poor timing between slide and release

Perfecting Your Release:

1. Start with proper fit - ensure your ball is properly fitted to your hand
2. Practice without the thumb first to feel proper rotation
3. Focus on staying behind and under the ball through release
4. Keep your hand position consistent at release point

Quick Tip Box:

"Want to check your release? Look at your track marks on the ball. A consistent track indicates a consistent release."

Practice Drill:

One-step release drill: Stand at the foul line, focus solely on your release without the complexity of a full approach.

Coaches
Corner

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The colors for the Dallas Metroplex Bowling Senate are Black and Gold

The National Bowling Association (TNBA) has approximately 25,000 members and more than 115 chapters across the United States.

TNBA inception was in 1939, But it wasn't until 1950 when the American Bowling Congress (ABC) and the Women's International Bowling Congress (WIBC) eliminated the Caucasian only clauses from their bylaws

TNBA King Candidate: Corey Williams

The Dallas Metroplex Bowling Senate proudly presents Corey Williams as our TNBA King candidate. With 20+ years of bowling experience, Corey serves as a Federal Labor Relations officer and holds degrees in political science, criminal justice, and public administration. He's currently pursuing his law degree and is an active member of Omega Psi Phi Fraternity.

Support Corey's campaign by:

Purchasing a T-shirt for \$20.00

Buying \$1 vote tickets

For more information, please contact:

Corey Williams at 945-527-2295

Or

Mary Murphy 972-240-9135

DMBS – Let's bring home the crown!



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Bowlers Spotlight
300 Games

Jerry Robinson	Kevin Gaddis	Richard Ratchford Jr	Steven Lewis
			
Hats off to Jerry who rolled a 300 at the Southwest Regional Tournament in November 2024	Congratulations, to Kevin who rolled a 300 on Thursday afternoon with the Dynamic Duo League at Forum bowl	Way to Go Richard for Bowling 300 in the Strike for a Cause (SFAC) league at Garland	Kodo's to Steven who rolled a 300 on Thursday during the Forum Classic league

Special recognition goes to the following bowlers for their accomplishments!

Neil St Amant	290 Game	Jana Lyden	279 Game
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Bridging the Gap Tournament winners

POS	TEAM	SCRATCH	HDCP	TOTAL	\$
1	OLIVER/FELSCH	1225	52	1381	\$800.00
2	MOODY/HARLIN	1290	18	1344	\$450.00
3	FRAZIER/CRINER	1260	22	1326	\$350.00
4	LEWIS/LEWIS	1065	85	1320	\$300.00
5	WILLIAMS/GARRETT	1220	29	1307	\$200.00
6	ALEXANDER/ST AMANT	1196	32	1292	\$150.00
7	AVEN/COLE	1189	31	1282	\$120.00
8	LEE/HOSKINS	1045	78	1279	\$100.00

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Upcoming Tournament Information

Dallas Metroplex Senate



Presents the

Battle of the Sexes Tournament

(All Male Teams -vs- All Female Teams)



Forum Bowl | 1:00PM | Sunday, March 30th, 2025
 2001 S Great SW Pkwy, Grand Prairie, TX 75051

Entry Fee: \$50 per person / \$200 per team

Team Name _____

Please check: F M

	Name	TNBA #	USBC #	2023-24 AVG
1				
2				
3				
4				



PLEASE GIVE COMPLETED ENTRIES TO A DMBS BOARD MEMBER OR SEND ENTRIES BY EMAIL TO:

Battle of the Sexes Tournament Rules and Regulations

- The tournament is open to all members of TNBA and USBC and will be operated under the tournament rules of TNBA and USBC. Unsanctioned TNBA members may participate in the tournament by purchasing TNBA membership cards at the site at a cost of \$25.00 each. TNBA cards purchased at this tournament expire on August 31, 2025. TNBA members who have not sanctioned with USBC may participate in the tournament by purchasing a USBC membership card online.
- All averages must be verified prior to bowling.
- Handicap is 80% of 220. Handicap will be figured individually for each bowler.
- Bowlers must use their highest league average, based on a minimum of 21 games for the 2023-2024 season. This includes any Challenge Conversion averages. Bowlers without a 2023-2024 average will enter with the highest average from all current leagues at the time of bowling of 21 games or more. League standing sheets must be presented upon check-in. Bowlers who do not meet any of the average requirements will be entered with a 220 average.
- It shall be the responsibility of each bowler to verify the accuracy of his/her average, whether originally submitted by the bowler, his/her team captain, or others. If the submitted average is higher than his/her true average, no adjustment in handicap will be made. If the submitted average is lower than his/her true average, the bowler's score will be disqualified.
- All disputes shall be resolved by the Tournament Director of the Battle of the Sexes.
- Prize fund will be returned 100%. Prize fund is \$100 with \$100 going to expenses per team. There will be at least one (1) prize for every six (6) entries.

TNBA YOUTH SWEEPER



Brackets available

FRIDAY, APRIL 25, 2025, AT 6:00 P.M.

Check in at 5:00 P.M.

Open to Youth Bowlers
 ages 12yrs - 18yrs

ENTRY FEE: \$40.00
 Awards/Scholarship \$22.00
 Expenses \$ 16.00
 AJR Donation \$ 2.00

AMF Richardson Lanes
 2101 N Central Expy
 Richardson, TX 75080

FORMAT: Bowl 3 games on the same pair of lanes.
 Limited lane availability.



USBC and TNBA certified
 TNBA cards may be purchased on site.



Sign up in advance to
 guarantee your spot!

Submit entries to:
 Traci Ellison, SJRT Tourn. Dir.
 traciellisonbowls@gmail.com



TNBA SOUTHERN REGIONAL
 JUNIOR CHAMPIONSHIP
 TOURNAMENT

PLANO SUPER BOWL

2521 K AVE, PLANO, TX 75074

APRIL 26-27, 2025

JUNIOR BOWLERS

9yrs - 18yrs

ENTRY FEE: \$100

SINGLES & DOUBLES

Saturday, April 26, 2025 at 12pm

TEAM EVENT

Sunday, April 27, 2025 at 9:00am

BANTAMS

8yrs - under

ENTRY FEE: \$30

SINGLES ONLY

Sunday, April 27, 2025 at 9:00am

ENTRIES DUE: APRIL 5, 2025

SUBMIT ENTRY FORM AND PERMISSION SLIP BY EMAIL OR MAIL.

Mail cashiers check or money order to:

Traci Ellison, SJRT Tournament Director
 traciellisonbowls@gmail.com
 5508 Foxfire Lane - The Colony, TX 75056

No refunds will be issued once squad times have been assigned.



This is a USBC and TNBA sanctioned
 tournament. All participants must have
 USBC and TNBA sanction cards.
 TNBA cards may be purchased on site.

Hampton Inn & Suites Dallas/Plano-E
 972-509-4500
 Request group rate:
 TNBA Youth Southern Regional Bowlin

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DMBS VISION 2025-2026

Upcoming Initiatives	Community Goals
<ul style="list-style-type: none"> • Develop DMBS Web Site 	<ul style="list-style-type: none"> • Expand Youth membership
<ul style="list-style-type: none"> • Enhance # of Tournaments per year 	<ul style="list-style-type: none"> • Launch Full TNBA League
<ul style="list-style-type: none"> • Membership recognition Activities 	<ul style="list-style-type: none"> • Host Food & Blood Drive
<ul style="list-style-type: none"> • Card & Domino tournament, 	<ul style="list-style-type: none"> •

Happy Birthday

Rollin Through Seasons: TNBA Birthday Tribute

JANUARY BABIES CAME TO SHOW
AND TO PROVE,
THROWING' STRIKES LIKE THEY
GOT SOMETHING' TO LOSE,
PINS AREN'T SAFE WHEN THEY
MOVE,
WATCHING KINGS AND QUEENS
WITH BIRTHDAY GROOVE.

FEBRUARY BOWLERS, HAVE
GREAT POCKET SHOTS,
GOT THAT PERFECT RELEASE,
MAKING' ALL GREAT SHOTS,
BIRTHDAY SPIRIT RUNNING 'RED
HOT
REPRESENTING' STRONG, GIVING'
ALL THEY GOT.

MARCH CREW SLIDE IN LIKE A
BROOKLYN HOOK,
CLEAN AS HAMBONE, SMOOTH AS
A TEXTBOOK,
TNBA LEGACY, TAKE A GOOD
LOOK,
PERFECT GAME STORIES FOR THE
HISTORY BOOK.

FIRST QUARTER BIRTHDAYS, WE
CELEBRATE YOU ALL,
FROM THE BOWLERS TO NON-ROLLERS,
WE ALL STANDING' TALL,
DMBS FAMILY, ANSWERING' THE
CALL,
WATCH THESE BIRTHDAY STARS
BOWL WALL TO WALL!