



DMBS Strike Zone

Issue 3

July 2025

Strike Zone: The Official Newsletter of Dallas



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Faith Nealon

Vice President



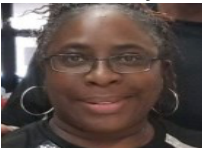
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Message From Our President

Welcome to the third edition of "DMBS Strike Zone"! I'm thrilled to share highlights from our vibrant bowling community and celebrate the achievements that make our organization truly special.

This issue honors **three decades of service** as we recognize Shirley Sanders, Mary Murphy, and Beatrice Thomas. These remarkable women exemplify the Fellowship, Friendship, and Sportsmanship that define TNBA and DMBS through their unwavering leadership and dedication. We are especially proud to celebrate **Kendall Cook**, daughter of our member BJ Wade, who was awarded the prestigious **TNBA Owen O. Washington Scholarship**.

Our **Battle of the Sexes Tournament** was outstanding! What an incredible display of skill and competitive spirit from both teams. Our ladies came out strong, taking victory in the main tournament, while the men rallied back impressively in the title competition.

The energy, sportsmanship, and camaraderie displayed throughout these events remind me why DMBS is more than just a bowling organization; we're a family. 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

Honoring Three Decades of Service

The Dallas Metroplex Bowling Senate proudly recognizes Shirley Sanders, Mary Murphy and Beatrice Thomas

These remarkable women have not only been members in good standings but have given their unwavering commitment to The National Bowling Association Inc. (TNBA) and The Dallas Metroplex Bowling Senate (DMBS) for over three decades. Each of these ladies not only served in the leadership capacity as a DMBS President but also served in numerous other cabinet positions throughout their tenure.



Mary Murphy, Beatrice Thomas, Shirley Sanders

Shirley Sanders and Mary Murphy were honored for their 40 years of service and Beatrice Thomas for her 35 years of service. Their milestone achievements represent far more than mere longevity – they reflect a deep-seated dedication to the principles that defines TNBA and DMBS, Fellowship, Friendship, and Sportsmanship.

Please join us as we, the Executive Board of DMBS, extend our heartfelt gratitude to Shirley Sanders, Mary Murphy, and Beatrice Thomas for their remarkable service and enduring dedication

DALLAS METROPLEX BOWLING SENATE CELEBRATES KENDALL COOK



**WINNER OF TNBA OWEN O. WASHINGTON
SCHOLARSHIP**

DMBS is proud to recognize Kendall Cook, a remarkable young leader from Lancaster High School. Kendall was awarded \$1500 from The National Bowling Association, Inc, Owen O. Washington Scholarship. Kendall's exceptional academic performance speaks volumes about her dedication to excellence - she ranked 7th out of 548 students in her graduating class with an outstanding weighted GPA of 5.4143, earning her a spot on the President's List, while simultaneously completing her associate's degree during high school. Beyond her impressive academic achievements, Kendall accumulated over 384 hours of documented community service across multiple organizations. During high school, Kendall was a cornerstone volunteer with Hardley's Helping Hands, contributing 240 hours to prepare and distribute over 5,000 meals to individuals experiencing homelessness in the Dallas area. Additionally, Kendall served as a Student Volunteer Assistant with the Lancaster High School Special Olympics Program, supporting athletes and creating innovative visual instruction cards that are now permanently integrated into the program. At Belt Line Elementary School, she dedicated 80 hours as a teacher's assistant and a tutor that helped students improve their ^{reading} fluency by two grade levels.

Beyond direct service, Kendall demonstrated exceptional leadership as a Project Coordinator for the Student Council Food and Clothing Drives. Organizing initiatives that collected over 2,000 food items and 500 items of clothing for families in need. Kendall also established a partnership with a local shelter, where she was instrumental at increasing student participation by 30%, when initiating a toiletry drive that collected over 300 items at Lancaster High School. As a distinguished Track and Field athlete, she earned the Long Jump Athlete of the Year honor in 2022 and 2024, along with being named Student Athlete of the Week and featured on the local sports broadcast segment of WFAA. Kendall exemplifies the well-rounded excellence that makes her a National Honor Society member. The Owen O. Washington Scholarship recognizes students who exemplify academic achievement combined with meaningful community involvement, and Kendall Cook represents the very best of what this scholarship seeks to honor. We are thrilled that TNBA has recognized Kendall, who is the daughter of our member BJ Wade. The Dallas Metroplex Bowling Senate hereby congratulates Kendall Cook for this exceptional achievement; while looking forward to the continued impact this extraordinary young leader will have on our community and beyond.

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DMBS Southern Regional Tournament Participation

2025 SOUTHERN REGIONAL TOURNAMENT
NOVEMBER 20-23, 2025
ST. PETERSBURG, FLORIDA
BOWLING CENTERS

The Dallas Metroplex Bowling Senate will be participating in the **2025 Southern Regional Tournament** in **St. Petersburg, Florida** from **November 20-23, 2025**.

Our scheduled bowling times are:

- **Friday at 1:00 PM - Seminole Lanes** (Seminole) - Singles and Doubles
- **Saturday at 12:00 PM - Maple Lanes Countryside** (Clearwater) - Teams events
- **Sunrise Lanes** (St. Petersburg) - Mixed Doubles

We are also planning to secure team spots for Sunday, but these reservations will not be made until we confirm we have enough teams interested.

If you're interested in joining our DMBS group for this tournament, please reach out ASAP
Spots are Limited!

Contact Information: Starr Washington at **412-527-6918** or **starr.washington@me.com**
Please remember that spots are limited and will be allocated on a **first paid, first served** basis.

Links to SRT Tournament forms are below!

TEAMS (MIXED, MEN, WOMEN, SENIOR MIXED) MAPLE LANES COUNTRYSIDE 27867 US HIGHWAY 19 N CLEARWATER, FL 33761 727-796-8100	SINGLES AND DOUBLES (MEN, WOMEN, SR MEN, SR WOMEN) SEMINOLE LANES 8668 PARK BLVD SEMINOLE FL 33777 727-892-2271	MIXED DOUBLES SUNRISE LANES 6393 9TH ST N ST. PETERSBURG, FL 33702 727-522-2174
TEAMS	MEN SINGLES & DOUBLES	MIXED DOUBLES
SENIOR TEAMS	WOMEN SINGLES AND DOUBLES	
TOURNAMENT RULES		MIXED DOUBLES RULES
	HOST HOTEL HOLIDAY INN ST. PETERSBURG N-CLEARWATER 3535 ULMERTON ROAD CLEARWATER, FL 33762 RATE: \$89	

Coaches Corner

The Mental Game-Staying Focused Under Pressure

Every bowler has experienced it: you're having a great game, then suddenly you're aware of your score and the pressure mounts. Your next shot feels different, your approach feels awkward, and before you know it, you've left a difficult split or thrown a gutter ball. The mental game is just as important as your physical technique, and learning to manage pressure can transform your bowling performance.

UNDERSTANDING MENTAL PRESSURE

When we feel pressure, our bodies naturally tense up, affecting our timing, release, and accuracy. The key is developing mental strategies that keep you calm and focused, regardless of the situation.

ESSENTIAL MENTAL STRATEGIES

1. **Develop a Pre-Shot Routine** Create a consistent routine you follow before every shot. This might include visualizing your target, taking practice swings, or adjusting your starting position. A routine gives your mind something familiar to focus on instead of the pressure.
2. **Control Your Breathing** Deep, controlled breathing helps relax your muscles and clear your mind. Take a slow, deep breath before stepping onto the approach, and exhale slowly as you begin your delivery.
3. **Positive Self-Talk** Replace negative thoughts ("Don't throw it in the gutter") with positive, action-focused statements ("Smooth release through my target"). Your internal dialogue directly affects your confidence and performance.
4. **Focus on Process, Not Outcome** Instead of thinking about your score or what you need to bowl, focus on executing your technique properly. Trust that good technique will produce good results.

COMMON MENTAL MISTAKES

- **Score watching:** Constantly calculating what you need to bowl creates unnecessary pressure
- **Dwelling on bad shots:** Letting one poor shot affect the next several frames
- **Comparing to others:** Focusing on opponents' scores instead of your own game
- **All-or-nothing thinking:** Believing one bad shot ruins your entire game

BUILDING MENTAL TOUGHNESS

Start practicing mental skills during less pressureful situations. Use your league play to work on staying calm and focused, so these skills become automatic when the stakes are higher.

Quick Tip Box: "Try the '3-2-1' focus method: 3 deep breaths, 2 practice swings, 1 clear target visualization before each shot."

PRACTICE DRILL

Pressure Simulation Drill: Set up a challenging spare (like a 7-10 split) and give yourself only one ball to convert it. Practice this scenario repeatedly to get comfortable performing under pressure. The more you practice handling "must-make" shots, the more confident you'll become in actual pressure situations.

Remember: Your mind is like any other muscle - the more you train it, the stronger it becomes. Developing mental toughness takes time and practice, but the results will show in more consistent bowling and better performance when it matters most.

Battle of Sexes Results



\$1st Place Men's Team

Let's Do This #1

- Bryan Blanks
- Ken Suber Sr
- Ken Suber Jr
- Dennis Williams



1st Place Women Team

We Showed Up

- Karen Sykes
- Vicki Williams
- Amy Hart
- Katrina Smoot



Battle Of the Sexes

Our ladies came out strong and proved they have serious game, taking the victory in the main tournament competition! The women's team showcased exceptional bowling, demonstrating the depth of talent we have among our female members. However, the men weren't ready to concede defeat just yet. When it came to the bonus competition, the men rallied back with impressive performances, showing they had been saving their best shots for when it mattered most.

This back-and-forth battle perfectly captured what makes our DMBS community so special. The competitive fire, mutual respect, and good-natured rivalry between our teams created an electric atmosphere that had everyone on the edge of their seats. Whether you were cheering for Team Women or Team Men, everyone left knowing they had witnessed some truly exceptional bowling.

This 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. Congratulation to the men's team who were the ultimate winners and hold this year's title for this Battle of the Sexes tournament, But I am sure next year the women will Battle back and regain the title. Congratulation GUYS for a Job Well DONE!

	TEAM NAME - MEN	SCORE	PRIZE	PER BOWLER
1	LET'S DO THIS #1	2782	\$800	\$200
2	GOOD FOR SOMETHING	2722	\$500	\$125
3	LET'S DO THIS #2	2652	\$300	\$75
4	BRINGING HEAT	2630		
5	MACK ATTACK	2524		
6	CARSON N COMPANY	2519		
7	HE-MAN WOMEN HATERS	2509		
8	SOMETHING LIKE THAT	2505		
9	N.TEXAS BOWLERS - MEN	2502		
10	6 HANDS	2497		
11	WE'RE BACCCCK	2468		
12	DOG POUND 2.0	2466		
13	A FEW GREAT MEN	2421		
14	TARGET PRACTICE	2353		
15	IT'S WORTH A SHOT	2347		
16	HARD CORE	2347		
17	WeMEN BEATERS	2295		

	TEAM NAME - WOMEN	SCORE	PRIZE	PER BOWLER
1	WE SHOWED UP	2691	\$800	\$200
2	SNEAKER HEADS	2622	\$400	\$100
3	BALL BUSTERS	2608		
4	N.TEXAS BOWLERS - WOMEN	2598		
5	WE AIN'T SCARED	2551		
6	LADIES LET'S DO THIS	2507		
7	NICE BALLS	2501		
8	FAVORED 2 WIN	2481		
9	TAKING CARE OF BUSINESS	2450		
10	LET'S GO	2423		
11	SHE UNIT	2418		
12	NUT CRACKERS	2357		
13	GIRL POWER	2268		