

**Gain the Competitive Edge!**

**Join:**

**Michigan State Champions:**

Addi Pointer, 2005 & 2008

Jessica Guertin, 2006

Jenna Law, 2007

Nick Cooper, 2009

Matt Nugent (Catholic Central), 2010

&

**Indiana State Champion:**

Michelle Grammatica, 2007

## High School Bowling Training Camp

Receive 1 hour of coaching each week

for 8 weeks from Professional Bowlers

**Aleta Sill & Michelle Mullen**

followed by ½ hour of practice on the lanes.

Sessions limited to **10 bowlers** for personal attention.

**THAT IS A 1:5 COACH TO STUDENT RATIO!**

## Training Camp Schedule

Thursday @ 3:00pm (Starting June 21, 2012)



FEATURING **DIGITAL VIDEO ANALYSIS**  
COMBINING THE POWER OF VIDEO WITH DIGITAL TECHNOLOGY OF COMPUTERS.

**SEE YOURSELF BOWL!**

### Country Lanes

30250 W. 9-Mile Rd.

Farmington Hills, MI 48336

### Your Bowling Coaches:

Aleta Sill & Michelle Mullen

### Topics to be covered include:

Grip, Armswing, Timing, Finish, Release,  
Spare Shooting, the Mental Game, and more. . .

Plus

Receive a signed copy of:

All this for just

**\$175.00**

for the 8 week session  
(Beginning June 21, 2012)

