



University of California

Agriculture and Natural Resources

4-H Youth Development Program

4-H Members Name: _____ Club: _____

BOWLING - Level 1

The Explorer level is the most basic of all levels. The youth begins to explore the boundaries of the project area, touching on many skills and knowledge areas that will be expanded later.

Date Initial

- ____ Proper warm-up to include jogging in place, 3minutes, and full body stretching.
- ____ Members should understand proper ball retrieval procedures.
- ____ Members should demonstrate lane courtesy.
- ____ Members should be shown how to properly pick up ball in arm cradle, then use that skill.
- ____ Learn how to select an appropriate sized ball to best fit the bowler.
- ____ Demonstrate proper bowling stance and delivery.
- ____ Deliver ball without crossing foul line.
- ____ Demonstrate a 4 or 5 step delivery approach.
- ____ Identify and define the following terms: strike, spare, split, open frame.
- ____ Bowl at least one game without gutter guards/ bumpers.

Project Leader's Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

COMMENTS: _____





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BOWLING - Level 2

The Producer level builds and expands on the knowledge and skills learned in level 1- Explorer.

Date Initial

- ____ More experienced members should newer members how to stretch properly.
- ____ Take a tour of bowling alley to learn how ball returns work and how the pins get re-set.
- ____ Give a report on your findings at the next community club meeting.
- ____ Describe "locator dots" and their purpose.
- ____ Describe the "pin deck" and the arrangement there.
- ____ Develop 2 of the 4 following ball delivery methods: Hook, Curve, Backup, Straight.
- ____ Bowl at least 50% of your games without bumpers/ gutter guards.

Project Leader's Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

COMMENTS: _____





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BOWLING - Level 3

The Consumer level takes the member beyond the immediate project, out into the community, as they explore the project area in depth.

Date Initial

- ___ ___ Develop 3 of the 4 following ball delivery methods: Hook, Curve, Backup, Straight.
- ___ ___ Demonstrate ability to use all 4 methods.
- ___ ___ Bowl all of your games without gutter guards/ bumpers.

Project Leader's Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

COMMENTS: _____

