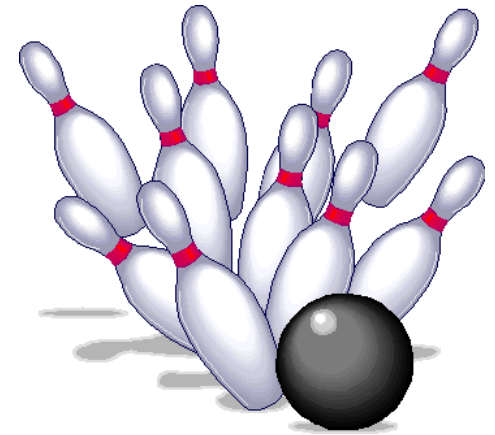


ST. XAVIER

6th Annual Bowling Camp

Hosted by:
Brentwood Bowl
"Home to the Bowling Bombers."
 9176 Winton Road
 513-522-2320

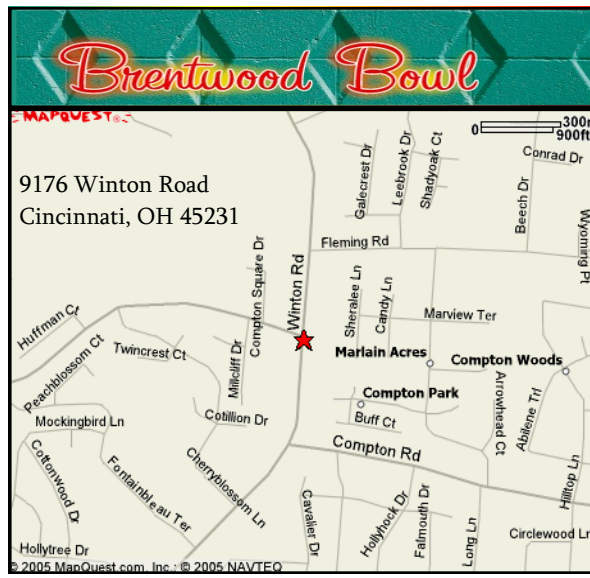
June 13 - 15, 2011
6:30 pm - 8:30 pm



Directed by:

Alan Runkel
 St. Xavier Head Coach
 Greater Cincinnati
 Bowling Hall of Fame
 Class of 2007

For Information:
 513-324-1834 cell
 Email: alanrunkel@fuse.net



Bowling Bombers

- GCL Tournament Champion 2011
- GCL South Champion 2010
- GCL Tournament Champion 2010
- State Finalist 2009
- District Champion 2009
- Sectional Champion 2009
- GCL South Champion 2009
- GCL Tournament Champion 2009
- Sectional Champion 2008
- GCL South Champion 2008
- State Finalist 2007
- Sectional Champion 2007
- Regional Finalist 2006
- State Finalist 2005
- Regional Champion 2005
- GCL Tournament Champion 2005
- State Finalist 2004

10% Off Discount Tri-State Bowling Supply

5405 Dixie Hwy.
 513-829-8060

The *Exclusive* Equipment Supplier
 of the Bowling Bombers.

2011 St. Xavier High School Bowling Camp

Total Cost for each camper is \$80.00
 This fee is non-refundable. Early registration is encouraged. All fees are due at registration on June 13, 2011. Walk up registration is welcomed.

Register online at: www.stxsportscamps.com

OR

Make checks payable to: **St. Xavier High School**
 Return registration form to:

St. Xavier High School
 Alan Runkel, Head Bowling Coach
 600 W. North Bend Road
 Cincinnati, OH 45224

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ School: _____

Grade: _____ Age: _____

Parent/Guardian Signature: _____

Parent Work Phone: _____

Parent Cell Phone: _____

Shirt Size: _____ Email: _____

Camp Program Overview

Stance Posture.

Alignment with the lane.

Alignment with the Target.

Ball Position in Stance.

Synchronize Arm swing with Feet Tempo.

The Secret to a Winning Arm swing.

Hand and Wrist Positions.

Four-Step and Five-Step Approach.

Timing in the Approach.

Develop Proper Push away.

Backswing Height and Timing.

General Body Timing, Posture and Leverage.

Timing Troubleshooting.

The Secret to a Winning Finish Position.

The Four Secrets to Lane Play.

The Secret to Converting Spares.

Registration:

Camper's may register online at www.stxsportscamps.com
Or by mail by sending registration form to St. Xavier High School or in person on Monday, June 13th between 6:00 pm and 6:30 pm at Brentwood Bowl.

Age Level:

The camp is open to all athletes ages 10 thru 17.

Equipment needed:

Camper's own bowling equipment is recommended but not necessary for this camp. Brentwood Bowl does have bowling equipment available for camp members. Any camper wishing to purchase his/her own bowling equipment can receive a 10% discount at Tri-State Bowling Supply - The exclusive supplier of bowling equipment for the Bowling Bombers. See Ad for more details.

Daily Schedule:

6:30 pm - 8:30 pm each evening

Cost:

\$80.00 per camper. A \$20.00 non-refundable deposit is required with application. Balance is due when you report to camp. Past camp members are given a \$10.00 discount.

The Camp:

This is not a recreational camp. The aim of the St. Xavier Bowling Camp is to give campers the finest bowling instruction possible. You will also be associating with some of the best young athletes in the Cincinnati area.



2011 St. Xavier High School Bowling Camp **Medical Release Form**

The undersigned further agree(s) and understand(s) that my/our son participates in the St. Xavier High School Bowling Camp at his own risk, and that the undersigned my/our son's behalf and my/our behalf, assume full responsibility for any injury, loss, or damages incurred in connection with said St. Xavier High School Bowling Camp. The undersigned also agree(s) to forever release, discharge, and covenant to hold harmless the School, it's Trustees, teachers, employees, agents and any other parent or volunteer who participates as a chaperone or other assistant in connection with the St. Xavier Bowling Camp, their heirs, administrators, executors, successors, or assigns, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action belonging to the undersigned or the Student that in anyway and at anytime arise out of the Student's participation in the St. Xavier Bowling Camp.

Mother Sign

Date

Father Sign

Date