



2025.g. no 31. jūlijā līdz 03. augustām, Rīga, Bowlero Centrā.

II. Nometne

JOE SLOWINSKI

➤ **Organizātors**

Latvijas Boulinga Federācija

➤ **Datumi, vieta**

2025.g. 31.07.-03.08.

Rīga, Bowlero Boulinga Centrs

➤ **Dalībnieki**

Latvijas Republikas pilsoņi un pastāvīgie iedzīvotāji. !!! **Piemērots jebkura boulinga spēles līmenim!**

➤ **Grupas**

A – Silver abonements - Lekcijas (kopā: 8 stundas)

B – Zelta abonements - Lekcijas + kopējie informatīvie treniņi lekciju apkope uz celiņiem (kopā: 8 st lekcijas + 8 st treniņi)

C (trīs apakšgrupas C1, C2, C3) – Platīna abonements - Individuālie treniņi + kopējie informatīvie treniņi + lekcijas (5 st individ treniņi (katrā apakšgrupā max 4 spēlētāji) + 8 st kopējie treniņi + 8 st lekcijas)

➤ **Dalības maksa**

A – Silver abonements – 60 eur (* vietu skaits nav ierobežots)

B – Zelta abonements – 160 eur (* vietu skaits **ierobežots**! Max 24 spēlētāji. Uz celiņa max 4 spēlētāji). (* pie liela interesentu skaita, vietu skaits šajā grupā, var tikt palielināts, ja būs tehniskās iespējas)

C – Platīna abonements – 250 eur (* vietu skaits **ierobežots**! C1, C2, C3 – katrā apakšgrupā max 4 spēlētāji = **kopā max 12 spēlētāji**)



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➤ **Pieteikšanās**

Līdz 18.jūlijam. Avansa maksājums 50% no dalības maksas reģistrācijas laikā (līdz 18.06.25) + atlikums līdz 2025.g. 31.jūlijam. C grupas dalībniekiem no pirmās noņemšanas ir priekšrocība veikt rezervāciju C grupai.

Informācija:

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➤ **Treniņu grafiks**

| Datums | Diena | Laiks | Garums | Grupas |
|------------|-------------|-------------|--------|-----------|
| 31.jūlija | Ceturtdiena | 09:00-11:30 | 2,5 st | C-1 |
| | | 12:00-14:30 | 2,5 st | C-2 |
| | | 15:00-17:30 | 2,5 st | C-3 |
| 01.augusts | Piektdiena | 09:00-11:30 | 2,5 st | C-1 |
| | | 12:00-14:30 | 2,5 st | C-2 |
| | | 15:00-17:30 | 2,5 st | C-3 |
| | | 19:00-21:00 | 2 st | A+B+C |
| 02.augusts | Sestdiena | 09:00-13:00 | 4 st | B+C |
| | | 13:00-14:00 | 1 st | pusdienas |
| | | 14:00-17:00 | 3 st | A+B+C |
| 03.augusts | Svētdiena | 09:00-13:00 | 4 st | B+C |
| | | 13:00-14:00 | 1 st | pusdienas |
| | | 14:00-17:00 | 3 st | A+B+C |

➤ **Papildus informācija**

Valoda: angļu + tulks latviešu/krievu valodā (atkarīgi no grupas) + tulks NB (pēc vajadzības un piešķiršanas)



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➤ **Lekciju un treniņu saturs**

INTERNATIONAL APPROACH to URETHANE PLAY (45 MINUTES CLASSROOM, 75 MINUTES ON-LANE) [2]
Having coached with success in major international championships, such as the World Championship, Pan AM Games, European and Asian Championships, Coach Slowinski brings a unique experience to effective utilization of urethane use. Learn multiple perspectives of urethane lane play, adjusting breakpoint to adapt to carry down, lining up with a back-up, and using release versatility (speed, axis of rotation, loft) to effectively use urethane in competition. The session will also teach participants how to line up for back up lane play as well. With the increasing use of urethane becoming a competition reality, this session provides deep insight into an emerging reality.

APPLIED COMPETITION SPORTS PSYCHOLOGY (75 MINUTES CLASSROOM) [1.5]
Coach Slowinski's applied mental game techniques have helped his teams and individuals be successful in major international competitions including come-from-behind Gold medals, overall nation titles, and earning match play qualifying in major international competitions such as the World Championship, European Championship, Asian Championship, and Pan American Games. Learn how to proactively prepare your mind as well as in-competition approaches to make you a better athlete in competition.

HOW-TO EFFECTIVELY PLAY LONG SPORT PATTERNS (45 MINUTES CLASSROOM, 75 MINUTES ON-LANE) [2]
How to play long sport patterns is one of the most frequent questions Coach Slowinski receives and he sees too many bowlers implementing ineffective strategies due to a lack of deep understanding of ball motion. From fresh pattern strategies to arsenal sequencing, learn how to effectively play long sport patterns. Coach Slowinski shares his experience of success with lane play strategies for the fresh, effectively dealing with lane transition, and arsenal sequencing that has led to gold medals in major championships.

INCREASE REV RATE IN 30 DAYS (30 MINUTES CLASSROOM, 90 MINUTES ON-LANE) [2]
Certainly, increasing rev rate is one of those wishes that many bowlers want to see become a reality. Coach Slowinski can help. Learn the secrets of increasing your rev rate. From physical game drills to off-the-lane techniques to improve your rev rate. Walk away with a 30-day training program to increase your rev rate before the end of the year.

PHYSICAL GAME DRILL SEQUENCES for 1-HANDERS (90 MINUTES ON-LANE) [1.5]
This session is designed for those who not only want to improve their physical game organically but also want to learn a proven and effective training technique. Frequent implementation of this drill sequence will keep your physical game strong, physical game drills help develop efficient motor movements faster. In this session, you will learn a **7-step process** to improve your 1-handed physical game. Participants will also learn to add axis of rotation change into the process leading to the realization of a multi-tier skill and physical game development process.

PHYSICAL GAME DRILL SEQUENCES for 2-HANDERS (90 MINUTES ON-LANE) [1.5]
The goal of this session is to help 2-handers develop their physical game organically as well as to keep their physical game strong. 2-handed physical game drills help develop efficient motor movements faster and efficiently. In this session, you will learn a **9-step process** to improve your 1-handed physical game. Participants will also learn to add axis of rotation change into the process leading to the realization of a multi-tier skill and physical game development process.

AN ANATOMICAL and BIOMECHANICAL APPROACH to the PHYSICAL GAME (120 MINUTES CLASSROOM) [2]
Coach Slowinski is a world leader in both 1 & 2-handed motor movement patterns and physical game cause and effect. In this session, he shares deep insight into the physical game including over 10 physical game cause and effect elements. Participants will learn how anatomy can increase biomechanical efficiency, movement fluidity, and how elite bowlers maximize energy transfer. Learn about why your motor movement liabilities exist as well as how-to improve these so you can become a significantly better bowler.

ADVANCED LANE PLAY (90 MINUTES CLASSROOM) [1.5]
Having coached and had success in major international competitions, Coach Slowinski has decades of experience in advanced

applied lane play as well as how it is continuously evolving. There is so much more beyond PL-31, total pattern volume, and the number of 2-to-2s. Slowinski knows how to effectively prepare as well as respond and adapt at the highest level. Participants will learn advanced strategies to plan for, implement, and respond in competition. Topics include advance pattern graph analysis, panel play analysis, pattern play analysis, and buff analysis. From these analyses, you will learn how to prepare multiple lane play options and set-up a corresponding arsenal sequence for each plan. Additional topics include: tournament training preparation, official practice planning and implementation, having multiple lane play options to respond quickly when one plan is not working, the post-tournament reflection process, and much more to help you become a better bowler in competition.

INTERMEDIATE LANE PLAY (90 MINUTES CLASSROOM) [1.5]
From reading pattern graphs to the foundations of setting-up and arsenal sequence for environmental factors (lane surface, pattern structure, etc.), this session will help you be more competitive as you transition from house conditions to sport patterns.

ADVANCED APPLIED BOWLING BALL (120 MINUTES CLASSROOM) [2]
Many bowlers have misperceptions about applied ball motion and what a bowling ball is actually doing. This session is designed to significantly expand your understanding of ball motion. Specifically, learn detailed information on bowling balls, how cover/core/layout impact ball motion, and the importance of core stabilization. This session is advanced and a fundamental foundation in bowling balls would be beneficial. This will open your eyes to the applied truth about cover/core/layout.

ARSENAL SEQUENCING & ARSENAL EVALUATION (60 MINUTES CLASSROOM, 90 MINUTES ON-LANE) [2.5]
From lining-up on the fresh to dealing with transition, participants will learn about effective arsenal sequencing for sport bowling conditions. After completing a personal detailed arsenal sequence sheet, bowlers will be able to test their equipment on multiple sport patterns. This will help each participant learn about their equipment gaps on short, medium, and long sport patterns. Coach Slowinski and pro shop staff will be available to discuss arsenal gaps and make recommendations to participants.

ALIGNMENT & TARGETING (45 MINUTES CLASSROOM, 75 MINUTES LANE PLAY) [2]
One of the most prevalent issues preventing bowlers from advancing is misalignment and poor targeting. This liability causes them to miss target lines and have poor ball motion as the ball encounters friction at ineffective areas. Learn about mathematical approaches to lane play alignment and competition-proven targeting approaches that will make you a significantly better bowler.

COMPETITION-BASED SPARE SHOOTING (45 MINUTES CLASSROOM, 75 MINUTES LANE PLAY) [2]
Coach Slowinski shares his advanced spare shooting system that has helped his bowlers and teams make cuts in major events as well as win Gold medals in major international championships. This approach is key to increasing spare shooting conversion rates, convert more splits in tournament play, as well as stay lined-up better for improved lane play. This proven system will make you significantly more consistent and improve your competition quality.

TEAM ORIENTED BOWLING in COMPETITION (90 MINUTES CLASSROOM) [1.5]
Coach Slowinski has decades of experience preparing and coaching elite university and national teams in major competitions. In this session, he will share details on team training techniques as well as insights into team lane play planning, applied team mental game, playing the lanes as a team unit, arsenal sequence set-up as a team, proactive movements as a team, etc.

WHAT COLLEGE COACHES ARE LOOKING FOR IN YOUTH BOWLERS (90 MINUTES CLASSROOM) [1.5]
Coach Slowinski started two successful college programs (Webber International and Lincoln Memorial). He is a 2-time collegiate coach of the year (NCBCA 2010, NTCA NCAA DII 2018). Learn about what college coaches are looking for and how you can maximize your opportunity to earn a college scholarship. This session could literally change your life.

UNKNOWN PATTERN LINING-UP PROCESS (45 MINUTES CLASSROOM, 75 MINUTES ON-LANE) [1.5]
For tournaments such as the USBC Open and Junior Gold, where pattern details are not provided in advance, having a line-up and practice process is vital to maximize your potential for success. Coach Slowinski shares a proven process to help you and/or your team be more successful in important tournaments when the pattern is unknown.

➤ **Joe Slowinski**

USBC GOLD COACH

COACH SLOWINSKI

- Team Philippines 🇵🇭 2 x 🏆 • 2023 U21 ABF Asian Championship & Overall Boys title
- Team Belgium 🇧🇪 🏆 2022 EBF Champions of Champions
- Team Brazil 🇧🇷 🏆 2015 Pan American Games. 🏆 & 🏆 2014 South American Games.
- 2x College coach of the Year 2010 NCBCA & 2018 NTCA DII. #1 Men's College Team for 2009-10 season. Webber International. 1st Baker 300 in ITC History.
- Former Coach at the Kegel Training Center & Director of Coaching in Malaysia. 100+ articles in Bowling This Month. Coached bowlers to a 2023 PBA title & youngest Singapore International Open (2023) Title defeating a PBA Champion in match play.

- ONE OF THE MOST KNOWLEDGEABLE PHYSICAL GAME CAUSE & EFFECT COACHES IN THE WORLD**
- DECADES OF SUCCESSFUL EXPERIENCE PREPARING & COACHING TEAMS IN MAJOR COMPETITIONS**
- EXPERT IN BALL MOTION, LANE PLAY, & ARSENAL SEQUENCING AS WELL AS DEVELOPING RELEASE VERSATILITY SKILLS**