

USBC Hall of Fame
Team USA Coach
PBA National Champion
Mike Shady's



Peak Performance Bowling

Team USA
Coach Andy
Diercks

HALF DAY CAMP

Two
Sessions

June 1, 2019

Nesbits' Lanes, 3501 Leechburg Road, Pittsburgh, PA 15239

(412) 793-5556 www.nesbitslanes.com

Two Sessions: 8:00 a.m. – Noon & 1:00 p.m. – 5:00 p.m.

Training Topics Include:

Physical Game Development

- 7 Peak Performance Anchors
- Developmental Skill Drills
- Video Analysis
- Evaluation Plan

Mental Game Development

- Develop a Pre & Post Shot Routine
- Release/Flush System
- 6-2-8 Breathing System
- Focal Points for PM Focus
- Green-Yellow-Red Light System
- Become a One-Shot Warrior

Spare Shooting

- Develop an Elite Spare System
- Personal Evaluation

Develop an Improvement Plan

- Improvement Strategies For:
Leagues, Tournaments, etc.

\$ 125.00 includes the following:

- Physical Technique Analysis
- Skill Development Drills
- Spare Shooting Strategies
- Mental Game Development
- Take Home Workbook

Guest Coach Andy Diercks

- Team USA Coach
- Head Coach Mount Mercy University
- Staff Coach w/ Jason Belmonte
- Top 100 Coach

Register Online at:

www.ppbowling.com

coachshady@gmail.com

Contact: Mike Shady

(814) 397-9475