

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



Peak Performance Bowling

Team USA &
HOF Coach
Bill Spigner

HALF DAY CAMP

Two
Sessions

June 15, 2019

Ten Pin Alley, 6285 Nesbitt Road, Fitchburg, WI 53719

(608) 845-1010 www.tenpinalleys.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 Bill Spigner

- Team USA Coach
- Gold Level Coach
- USBC Hall of Fame
- PBA National Champion



Register Online at:

www.ppbowling.com

coachshady@gmail.com

Contact: Mike Shady

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