

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



Peak Performance Bowling

Low Student
to Coach
Ratio

HALF DAY CAMP

Two
Sessions

August 19, 2018

Dale's Weston Lanes, 5902 Schofield Ave, Weston, WI 54476

(715) 359-8488 www.westonlanes.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
- Spare Game Evaluation
- Video Analysis
- Evaluation Plan

Lane Play

- Entry Angle Training
 - Increase Pin Carry
- Learn How to Play Lane
 - Front to Back
 - Surface Management

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

\$ 125.00 includes the following:

- Physical Technique Analysis
- Lane Play Strategies
- Mental Game Development
- Take Home Workbook

Register Online at:

www.ppbowling.com

coachshady@gmail.com

Contact: Mike Shady

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