

# BOW TO YOUR SENSEI!

Meet *BJI's* 100 Top Youth, School and Professional Coaches of 2007

**IN SEARCH OF A BOWLING GURU? NEED TO GET OUT OF** the literal and metaphorical gutter? Fear no more, citizens of the lanes — *BJI's* 100 Top Coaches of 2007 are here to save the day!

These coaches, listed below, are the almost heroic educators and trainers behind the very best athletes in the sport today. They are the bearers of a long legacy of tenpin wisdom, and the channels through which this wisdom is handed down from one generation of keglers to another. They are bowling's most influential teachers, their students' friends and, perhaps most importantly, students of the game themselves. Because of their passionate love for the sport, the fear of "striking" success does not exist in their (bowling) dojo.

First, ten coaches, selected for their service in their primary coaching fields, will provide a series of "signature tips" for readers. It should be noted that the remaining 90 coaches are no less qualified than the first 10. In fact, many of the others hold higher certifications or credentials, or have coached more PBA Tour stars. Finding room for *everyone* would be impossible, though, and so, without further adieu, we proudly introduce *BJI's* all-star coaching class of 2007:



## Jeff Carter

**Location:** Springfield, Ill.

**Certification:** Bronze

**Instruction Level:** Youth, Professional

**Claim to Fame:** Exempt pro gives hundreds of lessons each year and is creating an online coaching program; his CLUB300 benefits cancer research and his website features Tour reports, ball-layout descriptions and much more.

**Influences:** Cliff Tarpley, Patty Ann, Brian Pursel, John Jowdy, Chris Schlemmer.

**Signature Tip:** "Timing, balance and leverage are the keys to today's sport. Without these things, you will not be able to repeat shots efficiently. I teach bowling with momentum, not force."



## Reginald Lockett

**Location:** Lyons, Ill.

**Certification:** Bronze.

**Instruction Level:** Youth, School, Professional

**Claim to Fame:** Brian Valenta's personal coach; recruits, trains, and places into college/university bowling programs numerous high school bowlers in the metropolitan Chicago area.

**Influences:** Bud Schaibly, Pete and Rich Weber.

**Signature Tip:** "Everyone should make sure they have a proper ball fit. You can't bowl well without a proper ball fit. Timing is also important. Your armswing, your ball fit, and your footwork should all work together as one."



## Ron Holmes

**Location:** Warrensburg, Mo.

**Certification:** Silver, Gold candidate

**Instruction Level:** Youth, School, Professional

**Claim to Fame:** Head coach of Central Missouri State women's bowling team; stresses the importance of being a student-athlete and has

made CMSU a collegiate force to be reckoned with.

**Influences:** Gordon Vadakin, Bill Straub.

**Signature Tip:** "It is my belief that elite level play in any sport is about execution and being able to repeat skills. If you want to be successful, you must be willing to work hard at practice and refine your skills. Practice sessions should not be about scores; they should have a purpose."



## Susie Minshew

**Location:** Alvarado, Texas

**Certification:** Gold

**Instruction Level:** Youth, Professional

**Claim to Fame:** President of IBPSIA is a two-time Coach of the Year and a Silver level Master Instructor.

**Influences:** Bill Harris, Fred Borden, Ron Hoppe, Tom Kouros, Bill Lillard, Dick Weber, Rod Ross, Jerry Francomano, James Askins, Chris Barnes, Mark Robey.

**Signature Tip:** "Get the right fit and the right coach. I see people all the time who think calluses and RoboBowler paraphernalia are the merit badges of bowling. It can be incredibly frustrating to be struggling to do what a coach asks you to do and not be able to achieve it, not because of a lack of skill, but because your fit prevents you from executing."



## Louis E. Marquez

**Location:** Chesterfield, Mich.

**Certification:** Gold

**Instruction Level:** Youth, School, Professional

**Claim to Fame:** Head coach and manager for Turbo Tech; former coach of the Hong Kong national team.

**Influences:** Louis Marquez Sr., Rocky Magnotta, Richard Shockley, Nelson Burton Jr.

**Signature Tip:** "Keep a playbook that contains information on all your equipment. It should be in your bag at all times and tell you what each ball is designed to do. Identify the versatility of your arsenal; log reaction shape, starting location, ball surface, lane surface, oil pattern, etc. As you build information into your playbook, you will continue to learn more about the strengths and weaknesses of your equipment and yourself."



## Bruce Tres

**Location:** Chicago, Ill.

**Certification:** Bronze

**Instruction Level:** Youth, School, Professional

**Claim to Fame:** Highly successful Loyola Academy high school and private-lesson coach mentored by Carl Berger, who was taught by the legendary John "Count" Gengler.

**Influences:** Bud Tres, Carl Berger, Buddy Bomar, Alfie Cohn.

**Signature Tip:** "Bowling is about the synchronization of precise movement; everything must be properly sequenced. Therefore, the most important part of bowling is the set-up. Only when your shoulders, hips and feet are square to slightly open to your target line, and you are holding the ball at a 90-degree angle to your shoulders, can you truly begin bowling."



## Bill Spigner

**Location:** Vernon Hills, Ill.

**Certification:** Gold

**Instruction Level:** Youth, School, Professional

**Claim to Fame:** Former *Bowling Digest* instructional columnist, successful proprietor and a high school coach.

**Influences:** Don Johnson, Tom Kouros, Bill Taylor, Fred Borden, John Jowdy, Dick Ritger.

**Signature Tip:** "Two points on the swing should be under the head and shoulder. The first is on the backswing when the arm is perpendicular to the floor. As the ball starts down from the top of the swing, the arm and ball should tuck in closer to the body, creating an inside-out swing. At the release, the ball and arm should again be under the head and shoulder. Sufficient side and forward spine tilt is needed for this to happen."

Want the skills necessary to compete at the next level? Stuck in a bowling funk you can't shake? Need even more help with your already well-developed game? Meet the rest of *BJI's* 100 top coaches below. The list is arranged alphabetically, first by state, and then by coach's last name, for ease of use. A brief description of each coach and some of his/her accomplishments appears in the far right-hand column.



## Gordon Vadakin

**Location:** Wichita, Kan.

**Certification:** Gold

**Instruction Level:** School

**Claim to Fame:** The man behind the Wichita State machine; perhaps college bowling's most eminent coach.

**Influences:** William Smith (director of Rhatigan Student Center at WSU), Fred Borden.

**Signature Tip:** "Young people must learn to continuously strive to learn all that they can learn. They must, in a sense, learn to learn. The best players might not yet have all the tools they need to win, but they have a hunger and a thirst to become better. There is no end to what can be learned. This is frustrating to some; however, the learning journey itself is success."



## Dick Ritger

**Location:** River Falls, Wis.

**Certification:** Founder of Ritger System

**Instruction Level:** Youth, School, Professional

**Claim to Fame:** A legendary coach whose Ritger System and Bowling Camps helped mold some of the very best players and coaches today.

**Influences:** Dave Ritger, Wayne Zahn, Don Strand, Bob Stueck.

**Signature Tip:** "Fundamentals! A person who wishes to enjoy bowling, develop satisfaction from positive achievement and create success, must develop fundamentals. Development of fundamentals should include being bio-mechanically sound, physical educationally-based, structured and skill drill-oriented."



## Del Warren

**Location:** Lake Wales, Fla.

**Certification:** Gold

**Instruction Level:** Professional

**Claim to Fame:** Vice President of the Kegel Training Center and Director of Sport Research; helped Bob Learn Jr.

**Influences:** John Jowdy, Mo Pinel, Mike Allbritton, Bill Taylor, Don Johnson, Tom Kouros, John Davis, Dawn Warren.

**Signature Tip:** "Apply a philosophy called CANI, which means Constant And Never-ending Improvement. After reaching #1 in the world, Tiger Woods made three swing changes. He states there is always another level. Applying this to bowling is easy because of the accelerated, constant change in the sport. We must be students of the game to maximize our full potential."

## THE 100 TOP COACHES

NAME	LOCATION	YOUTH	SCHOOL	PRO	
JEFF McCORVEY	Huntsville, ALABAMA	X	X	X	Alabama A&M head coach and former Team USA guest coach; instructs and certifies other coaches.
JORDAN NASSBERG	Scottsdale, ARIZONA	X	X	X	Head coach at Arizona State University; has worked with Andrew Cain and Michael Haugen Jr.
DAVID WILLIAMS	Tucson, ARIZONA	X	X		Silver level coach has transformed Cienega High School bowling into a competitive program.
FRANK BELLINDER	Fullerton, CALIFORNIA			X	Veteran coach taught daughter Missy and others; international educator on ball drilling and lane play.
MISSY BELLINDER	Fullerton, CALIFORNIA			X	Readies bowlers for PBA Regional events as well as national and Junior Team USA tournaments.
MARK BENAVIDEZ	Roseville, CALIFORNIA	X		X	Silver level coach counts former collegiate star PJ Haggerty as one of his former students.
ROD ROSS	Manteca, CALIFORNIA	X		X	Gold level coach; head coach for Junior Team USA.
TERESA ROSS	Manteca, CALIFORNIA	X		X	USOC Developmental Coach of the Year in 2006; coach for Junior Team USA.
TOM SHEPHARD	Goleta, CALIFORNIA	X	X	X	Takes great pride in helping recreational bowlers take on more competitive leagues and tournaments.
TOM BLASCO	Satellite Beach, FLORIDA			X	Sport psychology expert; adept at handling youth bowlers transitioning to the adult level.

# 100 TOP COACHES

NAME	LOCATION	YOUTH SCHOOL PRO			
		YOUTH	SCHOOL	PRO	
MICHAEL FINE	Tallahassee, FLORIDA		X		Silver level coach is in the process of turning around the Florida State University program.
JOHN GAINES	Orlando, FLORIDA			X	Silver level coach has helped both Tommy Jones and Kendra Gaines.
KENDRA GAINES	Orlando, FLORIDA	X		X	Junior Team USA coach; offers lessons out of seven pro shops located in central Florida.
MARYFRAN MILBANK	Winter Haven, FLORIDA	X		X	Experienced coach delights in teaching the sport to young and old; Silver certified.
MICHAEL NYITRAY	Fort Lauderdale, FLORIDA	X		X	Gold level coach uses his knowledge of physical and psychological principles to better his students.
STEPHEN PADILLA	Winter Haven, FLORIDA	X	X	X	Silver level coach works at the Kegel Training Center and is an assistant coach at FSU.
LUCY SANDELIN	Tampa, FLORIDA		X	X	Volunteer high school coach; former member of Team USA.
JACK SCHMID	The Villages, FLORIDA			X	Silver level coach specializes in developing senior bowlers.
BOB SCHONEMAN JR.	Orlando, FLORIDA		X		Head coach of the University of Central Florida men's bowling team and former coach at FSU.
BRENT SIMS	Lake Wales, FLORIDA			X	Silver level coach is a coordinator and active coach at the Kegel Training Center.
RANDY STOUGHTON	Lake Wales, FLORIDA	X	X	X	Has shared his insight and knowledge with the likes of Tommy Jones and Tony Reyes.
WILLIAM ZUBEN	Largo, FLORIDA		X	X	Gold level and Kegel Training Center coach has led championship-winning high school teams.
DEL WARREN	Lake Wales, FLORIDA			X	Vice President of Kegel Training Center and Director of Sport Research; helped Bob Learn Jr.
DAN KELLER	Evans, GEORGIA	X		X	Legally-blind Silver level coach has worked with PBA champions George Pappas and Ritchie Allen.
RICHARD SHOCKLEY	Loganville, GEORGIA	X		X	National Director of Coaching for Brunswick; personal coach of Jason Couch.
DIANDRA ASBATY	Chicago, ILLINOIS			X	Passes along knowledge and love of the game to youth bowlers through clinics and lessons.
BRIAN CHILCUTT	Round Lake, ILLINOIS	X		X	Gold level coach and pro shop operator; mentored under Bill Spigner.
MICHAEL IMES	O'Fallon, ILLINOIS	X	X	X	Ultra-busy high school coach and USBC Master Instructor holds annual summer clinics.
TOM KOUROS	Palatine, ILLINOIS			X	Literally wrote the book on coaching the sport; his <i>Par Bowling</i> is an acclaimed best-seller.
CARMEN SALVINO	Chicago, ILLINOIS			X	Gold level coach and bowling legend is still one of the very best.
BRAD SNELL	Mount Prospect, ILLINOIS			X	Silver level coach has trained for the past five years with Salvino.
TOM CARTER	Rockford, ILLINOIS			X	Coaches mostly high school athletes and gives a minimum of 15-20 lessons per week.
CHAUNCEY "C.J." JONES	Chicago, ILLINOIS		X	X	Physical education teacher is a Silver level high school coach and former Super School instructor.
JEFF CARTER	Springfield, ILLINOIS	X		X	Exempt pro gives hundreds of lessons each year and is creating an online coaching program.
REGINALD LOCKETT	Lyons, ILLINOIS	X	X	X	Recruits, trains and places numerous high school bowlers in the metropolitan Chicago area.
BILL SPIGNER	Vernon Hills, ILLINOIS	X	X	X	Gold certified proprietor and PBA champion; former instructional columnist for <i>Bowling Digest</i> .
BRUCE TRES	Chicago, ILLINOIS	X	X	X	High school and private-lesson coach mentored by Carl Berger, who was taught by Count Gengler.
RAYMOND JENSEN	Greenwood, INDIANA	X	X	X	"Has to coach"; volunteers his time to improving high school and youth bowlers.
GARY SPARKS	Vincennes, INDIANA		X	X	Highly successful collegiate coach for Vincennes University, member of the NJCAA Hall of Fame.
GORDON VADAKIN	Wichita, KANSAS		X		The man behind the Wichita State machine; perhaps college bowling's most eminent coach.
MARK LEWIS	Wichita, KANSAS	X	X	X	Assistant coach to Gordon Vadakin at Wichita State; led women's team to 2007 championship.
CASEY SLAUGHTER	Wichita, KANSAS		X		Coached the first-ever state champion high school bowling team in Kansas.
DOUGLAS "DUG" BARKER	Louisville, KENTUCKY	X	X	X	Leads a tremendously successful youth program and is involved with high school and college teams.
JIM MERRELL	Florence, KENTUCKY	X		X	Silver level coach orchestrates youth tournaments; certifies and mentors other local coaches.
MIKE LASTOWSKI	Aberdeen, MARYLAND			X	Gold level coach is one of the most knowledgeable coaches in the industry.
GARY PARSONS	Camp Springs, MARYLAND	X		X	Silver level coach; developed IBPSIA's Advanced Pro Shop Certification Technical Pro Shop Course.
LOUIS MARQUEZ	Chesterfield, MICHIGAN	X	X	X	Head coach and manager for Turbo Tech; former coach of the Hong Kong national team.
MICHELLE MULLEN	Farmington Hills, MICHIGAN	X		X	Gold level coach "fuels your passion" for the sport; author of <i>Bowling Fundamentals</i> .
ALETA SILL	Livonia, MICHIGAN	X		X	Co-founder (with Mullen) of Your Bowling Coach Inc.; pro shop owner is Silver-certified.
DAVID PEARSON	Rochester, MINNESOTA	X	X	X	Ritger and USBC Silver level coach has led youth and high school programs.
DON WHITE	Minneapolis, MINNESOTA	X	X	X	Works with hundreds of bowlers each year at the Dick Ritger Bowling Camps.
RON HOLMES	Warrensburg, MISSOURI	X	X	X	Made the Central Missouri State University bowling program into a collegiate title contender.
PAUL KLEMPA	Lincoln, NEBRASKA		X		Ever-patient assistant coach at the University of Nebraska; has a great eye for identifying kinks.
BILL STRAUB	Lincoln, NEBRASKA		X		One of college bowling's premier coaches; has led the Cornhuskers to several national championships.
BILL HALL	Las Vegas, NEVADA			X	High-profile international coach; former PBA Tour ball driller and pro bowler coach.

# 100 TOP COACHES

NAME	LOCATION	YOUTH	SCHOOL	PRO	
JEANETTE ROBINSON	Las Vegas, NEVADA	X	X	X	Helped develop one of Nevada's most successful high school bowling programs.
TONY BILELLO III	Bayville, NEW JERSEY	X	X	X	Lead instructor for Dick Ritger's Bowling Camps; former coach of UAE team.
JEFFREY FRYE	Hackettstown, NEW JERSEY	X			Kerm Helmer Horizon Award winner; offers his knowledge to youth and high school bowlers.
DEBRA STEIN-LAMOREAUX	South River, NEW JERSEY	X	X		Youth coach works with students on a personal basis and instills character while raising averages.
KEN YOKOBOSKY	Rockaway, NEW JERSEY			X	Gold level Team USA coach was mentored by Fred Borden for 24 years.
DANA MILLER-MACKIE	Albuquerque, NEW MEXICO			X	Uses her M.A. in Physical, Secondary and Health Education to enlighten her students.
MIKE MILLER	Rio Rancho, NEW MEXICO			X	Former touring pro is regarded as one of New Mexico's most knowledgeable coaches.
BRIAN DODDS	Ontario, NEW YORK	X	X	X	Emphasizes bowling fundamentals and the "unlocking" of students' mental games.
DAVID GAYTON Sr.	Jamestown, NEW YORK	X	X	X	Silver level coach has an "uncanny" ability to quickly diagnose and cure problems.
KELLY BEDNAR	Raleigh, NORTH CAROLINA	X	X	X	IBPSIA Master Instructor; emphasizes bowler retention through high-level coaching.
FRED BORDEN	Akron, OHIO	X	X	X	Perhaps the world's most recognized coach; developed countless instructional aids.
JERI EDWARDS	Akron, OHIO	X	X	X	Gold level Team USA coach has aided several top athletes, including Diandra Asbaty.
RON HATFIELD	Pataskala, OHIO	X	X	X	Gold level coach is the co-founder and chief operating officer of MyBowlingCoach.com.
MIKE JUDY	Franklin, OHIO	X	X	X	Started a high school bowling program; conducted numerous clinics with Del Warren.
ANDY PARKER	Englewood, OHIO	X	X	X	Coached a first-year women's college team (Wright State) to the collegiate nationals.
RICHARD WILLIAMS	Chesterfield, OHIO	X	X	X	A "coach of many coaches," Williams has certified hundreds of coaches over the past several years.
CHRISTINA MORROW	Tulsa, OKLAHOMA			X	Silver level coach travels many miles to reach her students.
JEFF COMBS	Portland, OREGON	X	X	X	Instrumental in developing many talented high school bowlers in the Pacific Northwest.
BECKY HERMAN	Allentown, PENNSYLVANIA	X		X	Silver level coach and pro shop operator organizes youth tournaments.
DON MOYER	Enola, PENNSYLVANIA			X	Gold level coach is a member of Storm Bowling Products coaching staff.
MIKE SHADY	Fairview, PENNSYLVANIA	X		X	Bronze level coach counts Jeremy Sonnenfeld, Mike Machuga and Marc McDowell as students.
MARTY JONES	Riverside, RHODE ISLAND	X	X		Focuses on developing youth talent in southern New England; creator of "Filling Da Frames."
MARK HUBBUCH	Mt. Juliet, TENNESSEE	X	X	X	Silver level coach guided two Star of Tomorrow award recipients and a successful high school team.
DAVID McGOWAN	Hixson, TENNESSEE	X	X	X	Bronze level high school coach has led both boys' and girls' state champion teams.
CAROL NORMAN	Houston, TEXAS			X	Silver level coach is a pro shop owner with superior coaching skills and knowledge.
SUSIE MINSHEW	Alvarado, TEXAS	X		X	President of IBPSIA is a two-time Coach of the Year and a Silver level Master Instructor.
CAROLYN DORIN-BALLARD	North Richland Hills, TEXAS			X	USBC High School spokeswoman also loves to coach and teach the sport.
DEL BALLARD Jr.	North Richland Hills, TEXAS			X	Bronze level pro shop operator and former touring professional; coaches a number of the pros.
CONNIE COTTON	Richardson, TEXAS	X		X	Silver level coach takes great joy in teaching bowlers of all ages and abilities.
JIM KING	New Braunfels, TEXAS			X	Long-time coach has led numerous Super Schools; taught Dave Soutar.
WILLIAM LISH	Carrollton, TEXAS	X	X	X	International and national coach is known as an innovator and an inventor of several coaching aids.
ROBERT MAXFIELD II	Irving, TEXAS	X	X	X	Tireless high school and youth coach gives countless hours to his students.
DIANE PALMER	San Antonio, TEXAS		X	X	Dick Ritger Gold coach and Super School instructor; Southwest Texas University coach.
KAREN PULLMAN	Salt Lake City, UTAH	X	X	X	Gold level coach educates bowlers of all ages and also teaches other coaches in the Utah area.
DAVID HARRIS	Chesapeake, VIRGINIA	X	X	X	"Energizer coaching bunny" is tireless in his quest to educate Commonwealth bowlers.
MO PINEL	Yorktown, VIRGINIA			X	Expert ball designer gives lessons wherever and whenever he travels.
RON HOPPE	Marysville, WASHINGTON	X		X	IBPSIA founder; international coach who counts Mika Koivuniemi as one of his students.
BOB REA	Bethell, WASHINGTON			X	Ritger and USBC certified, Rea has been a Ritger System instructor for many years.
JIMMY STURM	Dunbar, WEST VIRGINIA	X		X	President-elect of BPAA and USBC Board member; heavily involved with "Coach It Up."
STEPHEN MICHELFELDER	Oak Creek, WISCONSIN	X	X	X	Silver level coach plies his trade at a Milwaukee-area high school as well as at Marquette University.
CARY PON	Greendale, WISCONSIN	X	X	X	Manager of USBC Coaching Certification heads a high school team and gives private lessons.
DICK RITGER	River Falls, WISCONSIN	X	X	X	A legendary coach whose Ritger System and Bowling Camps helped mold some of the very best.
LUCIEN CASAGRANDE	Winnipeg, CANADA			X	Coach of Canada's national squad helps Manitoba athletes make the team; Silver-certified.
LYDIO "JUN" TRASPORTO	Toronto, CANADA			X	Long-time coach has helped lead the Korean national team to numerous international medals.
JOSEPH SLOWINSKI	Kuala Lumpur, MALAYSIA			X	Elite international coach who has trained countless numbers of coaches and athletes.



