

Easy as one, two, three. In one fluid movement, **Nick Schmidt, 9**, smoothly bowls to victory. Practice makes perfect, because one slip of the wrist, and the ball will end up in the gutter and no points for the team.

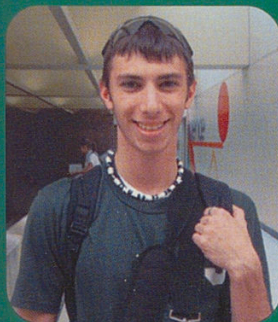


With style and flair, **Max Hilb, 10**, sends that ball down the lane with gusto. It was just as important to have a signature bowl-style as it was to actually knock down the pins. Actually, the pins were more important, but still, adding a twist of fun was good too.



The warm-ups do not look the same as other sports, but they are just as important. **Alexis Ponticos, 9**, **Erin Pohl, 9**, **Alyssa Mazzel, 9**, and **Hillary Moore, 9**, worked on those bowling skills. Rolling the ball back and forth increased wrist flexibility, and a perfect strike could be as simple as a twist of the wrist.

"Quotes From The Alley"



"Why wouldn't you play? It's free bowling. Our coach was awesome, we were really tight. We played poker on Sunday nights, and its not like the sport is very energy consuming..."
-**Rob Faulkner, 11.**



"I thought we had a really close team. Everyone supported each other, and really stood behind you."
-**Kelly Haddix, 9.**



"I have been bowling for at least six years outside of school, so it was nice to participate in a team sport and get to be with some really great guys."
-**Adam Maurath, 11.**