

LIBERTY LANES BOWLING ACADEMY 2023-2024 YOUTH



Brunswick®

Bowling Coaches:

- Yolanda Houston: **USBC - CERTIFIED SILVER COACH**
- Danielle Galla : **USBC LEVEL ONE COACH**
- LeRoy Jensen: **USBC SILVER COACH**
- Alex Ross: **Bowling Center Owner**
- **USBC CERTIFIED LEVEL ONE**
- Allison Korcak: **USBC LEVEL ONE COACH**

- Scott Deboer: **USBC - CERTIFIED SILVER COACH**
Gulf Coast USBC
2021 Coach of the Year



Payment for the first 3 months is due by September 30th, 2023 at the front desk. Academy Start Date is October 11th, 2023

Please email any questions regarding Liberty Lanes Youth Academy to Carmen@LibertyLanesBowling.com or call 727-397-3947.

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The Liberty Academy's mission is to develop "complete" bowlers who succeed in every environment and to achieve Competition Skills (Physical & Mental) Discipline, Leadership, Commitment & Teamwork concepts.

Meet your Program Director: Carmen Aguilar

- Gulf Coast USBC 2023 Coach of the Year
- Gulf Coast USBC 2023 Hall of Fame Bowling Achievement

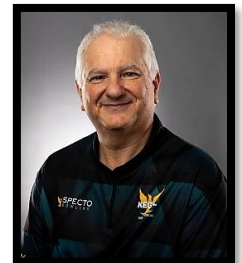
USBC-CERTIFIED SILVER COACH

- Member of the Venezuelan Bowling team from 1978 to 1991.
- Named Best Bowler of the Americas in 1985.
- Best Bowler of the year Worldwide by the World Bowling Writers Association 1985.
- Member of the Florida Team USA to represent the state at the USA trials Minneapolis, Minnesota, 1994 finished 10th
- Founder, Coach and Director of the Liberty Lanes Academy from 2018 to PRESENT



Master Teaching Professional

Ruben Ghiragossian, International Hall of Fame Bowling coach from Kegel Training Center. Author of the Kegel Coaches Master's Program. **Creator and Master Coach of the Liberty Lanes Bowling Academy.**



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BOWLING SCHOOL YOUTH DEVELOPMENT PROGRAM

THIS PROGRAM WILL TEACH: Discipline, teamwork concepts, commitment, responsibility, leadership, physical skills, mental skills, and competition skills. Students must come to train with a positive attitude, which includes courtesy for her or his fellow students and a willingness to learn. Two Handed Bowling Curriculum is included on all levels.

THE DETAILS:

- For kids and youth players (Ages 5 to 20)
- 36 Week annual programs
- Three skill-based levels
- Bowlers will be evaluated to determine skill level and placed in the appropriate training class
- 1 to 2 Hours of Training 2 Times per week
- Practice Jersey
- Entry to the Florida Youth State Tournament
- Academy will run October through May

LEVEL 1 BOWLERS GROUP A \$25 / Month

- Finish Position
- Step Posture
- Non-Bowling Arm traditional
- Stance
- Ball Placement
- Swing Mechanics
- Footwork Spacing, Direction & Cadence
- Basic Release
- Warm-up routine
- Evaluations

LEVEL 2 BOWLERS GROUP AA \$35 / Month

- Review of 4th Step & Finishing Position Technique
- Review of 4th Step Posture
- Review of 4th Non-Bowling Arm Positions
- Review of Stance/Ball Placement
- Review of Footwork Mechanics
- Review of Swing Mechanics
- Review of Basic Release
- Weight Transfer
- Timing Mechanics
- Spare System Implementation
- Evaluations

LEVEL 3 BOWLERS GROUP AAA \$50 / Month

- Review of 4th Step & Finishing Position Technique
- Review & Advancements to Stance/Ball Placement & Timing Mechanics
- Review of the Footwork Components
- Review & Advancements to Weight Transfer Technique
- Review of Swing Mechanics
- Review of Basic Release
- Strike Release
- Top of the Swing Components
- Non-Bowling Arm Variation
- Aiming System Module
- Spare System
- Ball Speed Variation Module
- Lane Mathematics Adjustments
- Warm-Up & Pre-Shot Routine
- Evaluations