

Wheelchair Bowling Tips:

Treat it no different than you would any beginner.

The ramp is like the arm swing, there to give the ball direction. The ramp is also a personal piece of equipment as every ramp is slightly different so they should for competitive bowling use their own or at least the same ramp every time to build consistency.

Picking a ball is important. For instance, if you select an 8 pound ball, it will deflect more than a 15 pound ball. It will also respond to gravity different in that it will not gain quite as much momentum so ball speed will be around 5 miles per hour. By increasing to a 15 pound ball we have consistently been around 5.85 miles per hour. Doesn't sound like much but it matters. High cost, reactive and even urethane balls tend to be too violent in response to oil/dry at the speeds we are working with.

Align the ramp so that the ball hits either the 1-3 or 1-2. I always put the bottom of the ramp on the first two dots at the foul line, right or left up to you. Just need to make sure you create an angle into the pocket, they do have a choice to be right handed or left handed. I generally choose right since it dries quicker than the left to help the ball hook a little as it dries thereby improving the angle of entry to the pocket.

The bowler must make final ramp adjustments, then set the ball gently on the top of the ramp to avoid moving the ramp after adjustments are made by the bowler. Finger holes are not necessary but can be used to help provide a frame of reference on alignment of the ball. Remember even plastic will hook a little on dry so the weight block plays a role in success.

Once the bowler makes final adjustments on ball placement, they are ready to go.

Being ready means to gently nudge the ball forward just to get it rolling. If you push it too hard the ramp will move. Once you get the ball rolling forward grab the ramp with both hands to help keep it stable. Don't rock back in the chair or that will cause the ramp to move again and throw the ball off line.

Spare shooting is also similar to that for other bowlers. I always leave the bottom of the ramp on the two outside dots at the foul line. If you are bowling as a right hander, you would move 3-6-9 boards as a basic rule. The goal of that is to change your alignment and then follow the ball back to your target at this new angle. The angle process is similar but shorter moves. For instance for a 3 board move right to hit the 2 pin for a right hander, that is about a board right with the back legs of the ramp. Once again this changes the angle it crosses the target arrow. As previously stated all ramps are a little different so play with it a little to account for different styles/conditions of ramps.

Coaches with further questions may contact Mark Tubb: Mark.a.tubb.ctr@mail.mil