

NTHS Girls Bowling

Minimum Equipment Requirements for New Bowlers

The Ball

Get your bowling ball fitted and drilled by a professional:

- Classic Bowl Rich Blake – 847-588-1190
** ALWAYS CALL AHEAD to make sure that they are there when you want to go***

Private Lessons

- Classic Bowl Rich & Rochelle Blake – 847-588-1190
- Lakeside Recreation Center 900 S. Lake St., Mundelein, IL – Bill Spigner – billspigner.com
- River Rand Bowl 191 S. Des Plaines River Road, Des Plaines, IL – Will Clark – 847-635-7537

1st Ball: “The Strike Ball” = Medium Hooking Reactive Urethane Ball

- Rookie bowlers must learn to hook the ball - the key to that is a reactive ball!
- Characteristics:
 - Relaxed **fingertip** drilling. With **inserts**.
 - Ball surface should be **reactive urethane** – its **hooking characteristics** should be “**medium**”
 - Choosing a weight: Your coach and the pro drilling the ball can help you decide what’s best – heavier balls do not necessarily knock down more pins. When in doubt, go with a lighter ball for control.
 - Most rookies should be somewhere around **12-13 lbs**. If you feel that 12 pounds is still too heavy, please discuss this with Coach Amoruso.
- Expect to pay roughly **\$250 for new equipment**. There is often a package deal available including a ball, shoes, and a bag. Used balls are a good choice for beginners, but inventories below 15 pounds are limited. A used ball and drilling will cost about \$100.

2nd Ball:

- As you progress, you’ll need an improved ball to go along with your improved skills. You may move up this season, maybe over the summer, maybe next season. Your coach, either NT or private, will let you know when it’s time to make the move.
- This ball will be made of a higher end, more reactive resin that hooks more and drives harder.
- Typically a 2nd ball is 14-15 lbs. Again, your coach and the pro shop can help you determine what will be best for you.

Spare Ball:

- By your second year on the team, you will need to invest in a spare ball. It’s not a “spare ball” because it’s extra, it’s a “spare ball” because it will help you pick up spares. Points from spares are critical, and are often the difference between winning and losing a match.
- The cost of a spare ball, drilled, is around \$75
- It is mandatory to get a spare ball by your 2nd year on the team.

And Beyond:

For bowlers who are competitive at the state level, it’s normal to have a minimum of 4 balls in their bag (often more). Different lane conditions require different balls, so it’s important to have low, medium, and high reactive balls as well as a spare ball.

Everything Else

- **Bowling Shoes** – Purchase a good pair for about \$45 – depending on how much more you grow these should last several years.
- **Bowling Bag** - You may get one of these in a package deal, as mentioned above. Or, you might want to plan ahead and buy a bag that holds 3-4 balls. By the time you make it to varsity, you're probably going to have all of these things in your bag:
 - 2-3 strike balls
 - Spare ball
 - Shoes and covers
 - Extra socks
 - Wrist support
 - Towel
 - Supply bag with chalk ball, tape, bandaids, liquid bandage, etc.
 - Extra practice shirt
 - 5 hair ties
 - Notebook
- **Uniform:** Includes pants, match shirt, at least one practice shirt, and optional jacket. You can pay for these on RevTrak.