

# SPORTS for Exceptional Athletes

## Zoom Bowling Workout

SPORTS for Exceptional Athletes (S4EA) is doing Zoom Bowling Workouts on Thursdays from 6-7pm from the comfort and safety of home. Zoom bowling can easily be played indoors. However, if doing bowling outside near other people, then wear a mask. Call SPORTS for Exceptional Athletes (S4EA) at 858-565-7432 or email [sds4ea@gmail.com](mailto:sds4ea@gmail.com) to sign-up, get your Zoom password information (same as for Zoom activities done in Fall 2020), and arrange to pick-up bowling equipment (hacky sacks/string/paperwork-pin placement/scoresheet/how to score/workout). Please save at least 10 water bottles with caps (16 oz) to use as bowling pins.

Please bring the following for the workout:

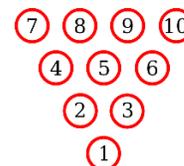
1. Zoom device (bigger the better for seeing the bowling clinician & other S4EA athletes)
  - o Set-up camera to show bowling pins
2. Bowling equipment (hacky sacks as bowling balls, 10 water bottles as bowling pins, string, paperwork)
3. Bowling Lane area at least 12 ft by 6 ft inside

Before starting bowling workout, do the following

1. 2-3 minute walking (or stand in place walking)
2. Warm-up exercises/stretches

Making your Bowling Lane

1. Foul line (player must roll hacky sack/bowling ball from behind foul line)
2. 10 Bowling Pins (partially filled water bottles) in a triangular shape with 1-1<sup>st</sup> line, 2-2<sup>nd</sup> line, 3-3<sup>rd</sup> line, 4-4<sup>th</sup> line using 11" X 17" Bowling Pin Placement form (6 ft or 8 ft from foul line)



Bowling Game

1. Player takes 1<sup>st</sup> roll from behind the foul line
2. Player removes pins knocked down
3. Player takes 2<sup>nd</sup> roll from behind the foul line
4. Give number of pins knocked over each roll to the official
5. Reset pins in a triangular shape after each frame
6. Repeat sequence for each frame
7. Play continues until finish 10 frames, or until the time limit ends

foul line \_\_\_\_\_

Team Play – Players will be divided into teams in each room with an official (see \*\*\* on back for Individual Play)

1. Each room would then have ½ on one team (blue hacky sacks) & the other ½ on other team (red hacky sacks)

Team Bowling Scoring

1. See Bowling Scoresheet-How to Keep Score. High team score wins.

After bowling workout, do the following

1. 2-3 minute walking (or stand in place walking)
2. Cool-down exercises/stretches (same as warm-up exercises)

Talk with each other, give suggestions, other tips, or ideas

\*\*For S4EA athletes participating each week, you will be awarded a ribbon at the end of the season.

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\*\*\* Individual Play – Players will be divided into rooms with an official in each room

1. Players in a room will compete against the other players in that room

### Individual Bowling Scoring

1. See Bowling Scoresheet-How to Keep Score. High score wins.
2. Or, whichever player(s) get the most bowling pins down each frame gets 1 point for that frame, add the numbers for all the frames played, high total score wins.