



## **BOWLING LUNCH & LEARN PROGRAM OCTOBER 6, 2016**

- 8:30 a.m. - 9:00 a.m. - Registration
- 9:00 a.m. - 9:45 a.m. - “How to Prepare for Collegiate Bowling:  
How to Structure Letters of Interest to Collegiate Coaches  
NCAA Information  
Difference Between NCAA Divisions and NAIA and USBC  
How to Guide Your Student Athletes Through the Recruiting  
Process”  
*Michelle Crews, Head Coach, University of Alabama-Birmingham*
- 9:45 a.m. – 10:00 a.m. - Break
- 10:00 a.m. – 10:45 a.m. - “How to Structure Practices for Beginning Bowlers”  
*Michelle Crews, Head Coach, University of Alabama-Birmingham*
- 10:45 a.m. – 11:30 a.m. - “Drills for Practice and the Mental Game”  
*Michelle Crews, Head Coach, University of Alabama-Birmingham*
- 11:30 a.m. – 12:15 a.m. - AHSAA Updates and Questions & Answers
- 12:15 p.m. – 1:00 p.m. - Lunch and Networking (lunch provided)
- 1:00 p.m. – 2:00 p.m. - Guided “Buzz” Session with Q & A with Coach Crews
- 2:00 p.m. – 2:30 p.m. - Wrap-Up and Door Prizes

**CERTIFICATE OF ATTENDANCE WILL BE GIVEN AT THE CONCLUSION OF THE CLINIC**  
*Location of Clinic: 7325 Halcyon Summit Drive, Montgomery, AL*