

**MAT-SU VALLEY USBC
HIGH SCHOOL BOWLING
NORTH BOWL 2022 - 2023
3:30 PM - 5:00 PM**

	DATE	DAY	TIME	NOTES	ASSIGNED COACH
HO-1	OCT. 6, 2022	Thursday	3:30 PM	Meeting / Practice/Sign-Up	Patricia Sikes Dan Fettes
HO-1	OCT. 13, 2022	Thursday	3:30 PM	Meeting / Practice/Sign-Up	Patricia Sikes Dan Fettes
AVG	OCT. 20, 2022	Thursday	3:30 PM	Match Play #1	Patricia Sikes Dan Fettes
HO-2	OCT. 27, 2022	Thursday	3:30 PM	Match Play #2	Patricia Sikes Dan Fettes
	Students MUST be signed up, pay the sports activity fee, and participate, by October 20th, 2022 to receive credit for the program.				
	NOV. 3, 2022	Thursday	3:30 PM	Match Play #3	Dan Fettes Patricia Sikes
HO-3	NOV. 10, 2022	Thursday	3:30 PM	Match Play #4	Dan Fettes Patricia Sikes
	NOV. 17, 2022	Thursday	3:30 PM	Match Play #5	Dan Fettes Patricia Sikes
*	NOV. 24, 2022	Thursday	No Bowling Holiday Break		No Bowling Holiday Break
HO-4	DEC. 1, 2022	Thursday	3:30 PM	Match Play #6	Patricia Sikes Dan Fettes
RHO-2	DEC. 8, 2022	Thursday	3:30 PM	Match Play #7	Patricia Sikes Dan Fettes
	DEC. 15, 2022	Thursday	3:30 PM	Match Play #8	Dan Fettes Patricia Sikes
	DEC. 22, 2022	Thursday	3:30 PM	Match Play #9	Dan Fettes Patricia Sikes
**	DEC. 29, 2022	Thursday	No Bowling Holiday Break		No Bowling Holiday Break
**	JAN. 5, 2023	Thursday	No Bowling Holiday Break		No Bowling Holiday Break
RHO-2	JAN. 12, 2023	Thursday	3:30 PM	Match Play #10	Patricia Sikes Dan Fettes
	JAN. 19, 2023	Thursday	3:30 PM	Match Play #11	Patricia Sikes Dan Fettes
***	JAN. 26, 2023	Thursday	3:30 PM	Match Play #12	Dan Fettes Patricia Sikes
	FEB. 2, 2023	Thursday	3:30 PM	Awards / 9-Pin No Tap	Dan Fettes Patricia Sikes

* **Thanksgiving Day is Thursday November 24, 2022**

** **Holiday, Christmas and New Years Break**

*** **All Make-Up Games need to be completed by January 26, 2023.**

*** Schedule may change due to weather or illness. Additional practice and match play sessions may be extended.

AVG The Student's average will be determined on this date to establish their individual Handicap; or after they have bowled 9 games.

HO-1 Handout-bowling "Lingo" & bowling "Etiquette"

HO-2 Handout-Practice & Self Training ; Physical Approach.

HO-3 Handout-Lanes; Determine Area of "Play"

HO-4 Handout-Ball: Types, Coverstocks, Drill Patterns.

RHO-2 Handout-Practice & Self Training ; Physical Approach.