

Bowling Patch

Girl Scout Daisies, Brownies, Juniors, Cadettes, Seniors, & Ambassadors

To complete this patch program, please complete the following:

- Girl Scout Daisies two *Discover*, three *Connect*, and one *Take Action*
- Girl Scout Brownies three *Discover*, three *Connect* and one *Take Action*
- Girl Scout Juniors four *Discover*, four *Connect*, and two *Take Action*
- Girl Scout Cadettes, Seniors, & Ambassadors five *Discover*, five *Connect*, and two *Take Action*

Discover

Explore the history of bowling. When did bowling begin? What is the professional organization a female bowler can belong to? What US President installed a bowling alley in the White House?

Take a tour of a bowling alley. What are the lanes made of? Learn how the lanes operate and care of the lanes. How long is a bowling lane? What is the area called where the bowler stands to start?

What equipment do you need? Learn how to select and care for bowling equipment. Why do holes vary in bowling balls? Why do they weight different? Why do you wear special shoes?

Learn some warm-up exercises necessary for bowling. What types of injuries can occur when bowling?

Learn the correct way to handle a bowling ball. What is the proper way to pick it up? What is the proper way to hold it? What is the proper position in be in when you release the bowling ball? What is the Pendulum Swing?

Learn the basic safety and etiquette rules for bowling.

Learn about keeping score both manually and using an automatic scorekeeper. How many frames are there in a game? How many turns do you get each frame? How many turns can you get in the 10th frame? How can you get a third turn?

What special equipment is available for bowlers with a disability?

Know the meaning of the following terms:

- Strike
- Lane
- Double
- Foul
- Scratch
- Miss
- Spare
- Channel
- Turkey
- Split
- Handicap

Connect

Bowl a complete game to practice what you have learned.

Interview an experienced bowler. How long have they been bowling? What are the benefits they have received from bowling? What is the difference between an amateur and professional bowler?

Attend a bowling tournament. Observe each bowler.

Learn and demonstrate the four-step delivery.

Play Bocce Ball. How is this similar and different than bowling?

Take Action

Make bowling sets using 2-liter soda bottles and inexpensive balls. Donate to a local nursing home or children's hospital.

Set up a bowling tournament (using the bowling sets you made) for younger Girl Scouts or residents of a local nursing home. Be sure to teach about warm up exercises.