



<b>Name</b>	<b>Rating</b>
	<b>0</b>

Date:	0 <b>Approach</b> 0 <b>Arm Swing</b> 0 <b>Release</b> 0 <b>Balance</b>
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	Approach	(Y-, Y, Y+)	Comments
Learning	Bowling ball at address may not be consistent. May not be aware or consistently does not use approach markers prior to starting. Steps may not be consistent or repeatable. Body position not steady throughout the approach.		
Good	Holds bowling ball in a consistent position at address. May be aware of and uses approach markers prior to starting. Steps are consistent or repeatable. Body position is steady throughout approach.		
Excellent	Holds bowling ball consistently in a relaxed position at address. Is aware of and uses approach markers prior to starting. Steps are rhythmic and consistent. Body steady throughout approach and the appropriate body angle is maintained. Very repeatable approach.		

	Arm Swing	(Y-, Y, Y+)	Comments
Learning	Arm swing does not appear to be loose at the shoulder. Arm does not swing consistently and it is difficult to repeat.		
Good	Arm swing may be loose at the shoulder. The arm swing starts too late or too early during the approach. The arm swing may not be repeatable. Arm may not be in correct slot back and thru.		
Excellent	Arm swing is loose at the shoulder. Arm swing starts at the right time during the approach. Arm swing is consistent and repeatable. Arm swing is in the correct arm slot throughout the swing.		

	Release	(Y-, Y, Y+)	Comments
Learning	May grab onto the ball at the release point or drops the ball too soon. Release may not induce appropriate roll.		
Good	Release causes appropriate roll on the bowling ball and is consistent. Release timing may be a little too late or a little too early. Generates good power at impact.		
Excellent	Release is consistent and repeatable. Induces appropriate roll on bowling ball and reads the lane condition well. Generates excellent power at impact.		

	Balance	(Y-, Y, Y+)	Comments
Learning	Limited leg push at foul line. Falls to one side after or during release. May be inconsistent at hitting target line.		
Good	Good leg push at the foul line and maintains balance with some extra movement after the release. Generates good power and hits target line most times.		
Excellent	Strong leg push at the foul line and maintains balance without falling from one side or popping up. Generates exceptional power and is consistent and accurate hitting their target line.		