Ladies Golf Tournament

The first Ladies Los Angeles Open Golf Tournament will be held at the Montebello Golf Course and Country Club Sept. 28 through Oct. 1.

A mixed Pro-Am Tournament will be on Sept. 28. The $17,500 added purse tournament will be sponsored by the Los Angeles Junior Chamber of Commerce.

In a joint statement by Peter D. Houser, president of the Junior Chamber, Leonard Wirtz, tournament director for the Ladies P.G.A., and Andrew T. Lambo, mayor of Montebello, there is an increasing public enthusiasm for the ladies professional golf tour.

"A ladies tournament would be a welcome addition for the golfing galleries of the greater Los Angeles area," said Wirtz.

Houser said for some years the Los Angeles Junior Chamber of Commerce had been discussing the possibility of conducting a Ladies L. A. Open, and attempting to build a great tournament as the organization had done for the L. A. Open over the past 42 years.

The problems of financing a new tournament and finding a suitable course were not easy ones to solve, but negotiations are now complete and the tournament will be conducted with the skills and pleasure that the public associates with the L. A. Open.

"The ladies of the LPGA tour have always wanted to play in the Los Angeles area," said Wirtz, "and we are looking forward to putting on a great golfing exhibition and tournament." He added there are more women golfers in Southern California than in any other section of America.

Members of country clubs and public links associations, and the housewife who could only make time for the occasional round of golf, would get a great deal of pleasure from watching the lady professional golfers competing at Montebello.

The tournament will follow the L. A. Open format, but at lesser prices. There will be a Founders' Patron Club.

BACK IN ACTION . . . Showing his thundering running power of last fall, Ed Gilles of Bishop Montgomery scored the South's only TD and was the leading ground gainer in a 13-6 loss to the North in Thursday's Big Brothers football game. Gilles will return Aug. 10 to play in the Lions East-West All-Star Prep game at El Camino.

(Press-Herald Photo)

North Upsets South

Everything that can go wrong in a football game went against the South Thursday night in the first Catholic Big Brothers football game. Thus the North pulled a 13-6 upset before a crowd of 9,000 at Long Beach Veterans Stadium.

After North took a first quarter lead on a 10-yard pass from Larry Maucere to Ray Robledo, the South's Larry Diel ran back the kickoff to the 4 yard line but his team could not score.

In the second quarter Ed Gilles of Montgomery evened the count on a 15-yard run, but another threat went for nought when Graham's 13-yard pass to Jim Morgan of Mater Dei bounced off his chest into the grasp of Tim Johnson who ran it out to the 30.

Still in the same quarter Gilles streaked for another 14-yard TD gallop, but a silly thing like illegal procedure wiped it out.

The only score of the second half came early when Chuck Franklin ran five yards to culminate a 50 yard drive.

In the second half three South touchdowns were squelched by fumbles and what not.

North	7	0	6	0	—13
South	0	7	0	0	7

North: TD — Robeldo (10 yd. pass from Maucere), Franklin (5 yd. run; PAT—Franklin (kick); South: TD — Gilles (15 yd. run), PAT—Diel (kick).

CHERI CRISTANELLI

Narbonne Involved In Game

Cheri Cristanelli, homecoming queen at Narbonne High School, is making service club ticket selling appearances for the third annual West Torrance Lions Club All-Star Football game Aug. 10 at El Camino College.

The game pits the traditional East versus the West in a test of local high school grid supremecy.

Players from Narbonne competing in the game are Ron Imel, Jim Guillou and Gary Bergon. Guillou is an All-City end. Tickets are priced at $3 for adults and $1.50 for students.

Proceeds from the game go to the Southwest Association for Retarded Children. In the past two years, the sponsoring Torrance group has collected more than $11,000 for the charity.

Forty of the area's best graduated seniors will meet to test East-West supremecy.

The game is scheduled for 8:20 p.m., with a pre-game pageant to start at 7:45 p.m.

Coaching the West team will be George Swade of Bishop Montgomery. Among the West stars will be Dan Graham, All-CIF Player of the Year from Montgomery, and a host of players from Aviation, El Segundo, Hawthorne, Inglewood, Lawndale, Lennox, Mira Costa, Palos erdes, Redondo, South, West and Montgomery.

Gene Vollnogle of Carson High will coach the East team, which features Carson's Bob Bartlett and stars from Serra, Torrance, San Pedro, Rolling Hills, Carson, North, Lasuen, Leuzinger, Narbonne, Gardena, Banning and Morningside.

LITTLE LEAGUE

East, West To Compete

North Torrance East and North Torrance West square off at each other Monday as the District 27 Little League tournament goes into the second round. Both drew a bye in the first round.

East is the defending district champion and will launch its 1967 opener at West's Dominguez Field.

Also on tap Monday at Fre-Way Field is the second outing for Fre-Way and Lomita. They defeated Torrance Central and Pacific Coast earlier last week.

Getting into action for the first time are Carson and Torrance American which bump bats Tuesday at Dominguez.

Torrance National Little League suffered a 10-4 shellacking by Harbor City Friday at Fre-Way Field.

Fre-Way Little League scored four runs Wednesday in the fourth inning to beat Torrance Central, 4-1. Wayne McMillen hit a 3-run home run in the rally.

Central scored a lone run in the second frame on a homer by Jim Stetson.

pion Southwood dropped a 1-0 game to Silver Spur. Catcher Tom Ketchum homered in the second inning for the win.

Southwood beat Silver Spur, 4-1, for the 1966 title.

Rolling Hills emerged as a 1967 contender by walloping Palos Verdes, 9-0. It was the fourth straight shutout of the week at Rolling Hills and the fourth game in which a home run was hit. Tom Papadakis hit a line drive shot over the left field fence in the third inning for one of his three bingles.

Two doubleheaders were played in the district Saturday. Riviera met South Redon at Sunset Field.

Monday's game at Rolling Hills matches Silver Spur against Rolling Hills.

Fre-Way, 4-1

FREE-WAY	AB	R	H
Wasti, lf	3	0	1
O'Toole, cf	3	0	2
Gonzalez, rf	3	0	0
Kibbee, p	3	0	0
Tagami, c	3	0	0
McM'en, 3b	3	0	2
Viveras, 1b	2	0	0
Dangelo, 3b	2	0	0
Welsh, ss	3	0	0
TOTALS	22	1	6

CENTRAL	AB	R	H
Meyer, 3b	2	1	0
Laird, 2b	3	0	1
Giza, 1b	3	0	0
H'nbeck, ss	3	0	1
Dodos, rf	3	0	0
Stetson, c	2	0	1
Duarte, p	2	0	0
Allen, lf	1	0	0
Bailey, cf	2	0	1
Hollis, lf	1	0	0
S'kman, cf	0	0	0
TOTALS	22	1	6

		R	H	E
Fre-Way L.L.	000 400—4	6	1	
Torrance Central	010 000—1	6	1	

2B: Jim O'Toole, Mike Gonzales. HR: Jim Stetson, Wayne McMillen. RBI: Mike Gonzales 1, Wayne McMillen 3, Stetson 1.

	IP	H	R	BB	SO
Tom Kibbee	6	6	1	1	7
Mike Duarte	6	6	4	0	6

Silver Spur, 1-0

SOUTHWOOD	AB	R	H
Briscol, 1b	3	0	1
Fick, c	3	0	0
Sutton, 3b	2	0	0
Knapp, ss	2	0	0
Willard, lf	1	0	0
Bailey, lf	1	0	0
Golden, rf	2	0	0
Haston, cf, lf	2	0	0
Newhall, p	2	0	0
Bliss, 2b	1	0	0
Davis, p.h.	1	0	0
TOTALS	20	0	1

SILVER SPUR	AB	R	H
Waters, 2b	2	0	0
Spidell, rf	2	0	0
La Fallette, 3b	2	0	0
Ketchum, c	2	1	1
Hall, cf	2	0	0
Keating, 1b	2	0	0
Beyers, lf	2	0	0
White, ss	2	0	0
Ongarata, p	1	0	0
TOTALS	17	1	1

				R	H	E
Southwood	0	0	0	0	0	0
Silver Spur	0	1	0	0	0	0

HR—Ketchum, 1. RBI—Ketchum 1.

	IP	H	R	ER	BB	SO
M. Ongarata	6	1	0	0	0	10
Don Newhall	5	1	1	1	0	5

SUITCASE HOME RUN

In the championship minor league game of the Torrance American Little League, Russ Baxter was credited with a "suitcase" home run. His high fly fell among three fielders and bounced into the open blouse shirt of Gary Helland of the Yankees.

While Gary reached inside his shirt and scrambled for the ball, Baxter raced around the bases for a home run.

Russ pitched the Pirates to a 6-2 victory for the league title.

Shriners Begin Practice At USC, UCLA Facilities

Summer vacation will be interrupted tomorrow for California's top pre-college football stars as twice-a-day drills get under way for the 16th annual Shrine North-South Football Game and Pageant. The game is set for Los Angeles Memorial Coliseum, Thursday evening, Aug. 3.

The South team, under the watchful eyes of Coaches John Ford (Lakewood) and Bill Young (Westchester) swarm on to Cromwell Field on the USC campus to flex their muscles, with the Northern squad setting up its camp on Spaulding Field at UCLA. Marv Bowles (Burbank, Sacramento) and Dan Albert (Monterey) are tutoring the Northerners.

Both squads will feature passing sessions in the initial workout, indicating the August 3rd spectacle will be a wide-open affair.

South quarterbacks Rick Pope (El Rancho), Ron Ayala (Lakewood) and Bill Susa Reseda are on the firing line.

Tossing the overhead stuff for the North are Don Bunce (Woodside, Horace Cattolico (Pittsburg) and Dan Pastorini (Bellarmine, San Jose).

Over the weekend, members of both aggregations exchanged sautations at the "kickoff luncheon" at The Biltmore, and then spent Saturday afternoon visiting boys and girls receiving care and treatment in the Shriners' Hospital for Crippled Children. The mid-summer classic benefits this institution.

Tackle Jerome Strout of Drake High in San Anselmo, a giant at 6-5 and 245-pounds, has replaced Monte Consani of Riordan High in San Francisco, on the North roster. The latter is undergoing medical treatment and was scratched from the squad.

Laker Clinic

Members of the Los Angeles Lakers will stage a clinic Friday at North High School.

Coach Willem van Breda Kolff of the Lakers will be in charge, according to Skip Enger.

The clinic is open to all youngsters. The North High varsity will be in full dress for the event.

Ferro Leads Figure 8's

Led by point leaders Ed Ferro of Lomita and Butch Farrell of Wilmington, 100 drivers will invade Gardena's Ascot Park Sunday night for the weekly doubleheader program of PRA Figure 8 modified and stock car racing.

A full 10-event program, topped by a pair of 20-lap main events, will be on the speed menu.

RAMS MOVE INTO NEW OFFICES

After 18 years on Beverly Boulevard, the Rams have moved their offices to 10271 W. Pico Blvd., just west of 20th Century Fox Studios and across the street from Rancho Golf Course.

Rams coaches' offices will continue to be at Recreation Park in Long Beach.

Beginning this week the box office will remain open Mondays through Saturdays from 9 a.m. until 5 p.m.

Persons wishing ticket information may now call a special box office number: 277-4744.

All other calls should go through the new switchboard number: 277-4700.

Colt League Tourney Set For Redondo

Beach Cities Colt League, will hold three all-star tournaments this year at Memorial Field in Redondo Beach. They are the District I, Sectional 3 and Regional.

The first game was Tuesday and will run through Aug. 6.

Colt League consists of boys ages 15 and 16. The district tournament includes Gardena, Torrance and the Peninsula.

The winner and runner-up will advance to the Sectional to play the winners and runners-up of the South and North districts.

The Beach Cities All Stars and the winners of the Sectional Tournaments will go into the Regional play-offs with San Fernando Valley, San Gabriel Valley, Ventura and South to include Long Beach.

Lomita, 2-0

Lomita	AB	R	H	P. Coast	AB	R	H
Verduge ss	3	0	0	Willens lf	2	0	0
Jackson 2b	3	0	0	Worthen c	3	0	1
Perry p	2	0	1	K'bell 1b	3	0	0
Carswell lf	3	0	0	Kalima cf	1	0	0
Cayton 1b	1	1	0	Kiley 3b	3	0	0
Olsen rf	3	0	0	Moyle ss-p	2	0	0
Anderson c	3	1	1	P'l'k 2bss	2	0	0
Tritica cf	2	0	0	Harney rf	0	0	0
Valdez 3b	1	0	0	Young p	0	0	0
				Gates ph	1	0	0
				Gon'les 2b	2	0	0
				P'ndley	1	0	0
Totals	21	2	2	Totals	19	0	1

				R	H	E
Lomita	020	000	0—	2	2	0
Pacific Coast	000	000	—0	1	1	

2b — Mark Anderson. RBI — Anderson, Verdugo.

	IP	H	R	HR	BB	SO
Perry	6	1	0	0	2	[illegible]
Young	2 2-3	1	2	0	3	[illegible]
Moyle	3 1-3	1	0	0	0	[illegible]

Horse Races Switch to Del Mar

The finest array of jockey talent in Del Mar's history will be on hand when the seaside course opens Tuesday for its 28th thoroughbred racing season. Three national riding champions and five past winners of the Del Mar title are expected to battle it out.

For the first time, Jockey John Sellers will ride regularly at Del Mar. In 1961 he rode 328 horses to victory, earning him the national riding title. His winning percentage was .24. Sellers is remembered for his winning ride on Carry Back in the 1961 Kentucky Derby and on other handicap stars such as T. V. Lark and Pia Star. More recently, he has been aboard such outstanding thoroughbreds as Tumble Wind and Pretense.

Charley Burr, national champ in 1951 as an apprentice, and Bill Hartack, the nation's leading rider in 1955, '56, '57 and '60, will be at Del Mar to add to the competition. Hartack was the leader at Del Mar in 1965 with a total of 45 winners and will be retu

Another well regarded newcomer who will be riding regularly at Del Mar this season is Mickey Solomone. Solomone last appeared in the Golden State in 1965 when he rode Babington to a second place finish behind Native Diver in the Hollywood Gold Cup.

Donald Pierce will be back to defend his jockey crown which he won last year with 47 victories. It was the first title for Pierce at Del Mar.

Alvaro Pineda, presently making a strong bid for the top spot at Hollywood Park, is only a handful of winers behind leading rider Bill Shoemaker. He was on top of the standings throughout most of the 1966 Del Mar meeting.

Volleyball Event Set

Entries are being accepted for the tenth annual Beach Volleyball Championships to be held at the Manhattan Beach Pier on July 29 and 30. This event will be open to any two-man team and will be a double elimination tournament.

The championships attract the best teams from California. Some contestants also come from as far away as Hawaii. Many of the participants are the same men who comprised the 1964 Olympic Games Volleyball team.

The tournament will be sponsored by the City of Manhattan Beach. The competition will be held as part of the 5th International Surf Festival.

Surf Festival Scheduled for End of July

The fifth annual International Surf Festival will be held Thursday through Sunday, July 27-30.

The Surf Festival will feature an international rough water swim from the Hermosa Pier to the Manhattan Beach Pier, the Judge Taplin Lifeguard Championship, international surfing championships and numerous swimming, paddling and surf mat races for South Bay children and adults. Other highlights are the 10th annual Manhattan Beach Volleyball Tournament, skateboard competition and a children's costume parade.

Competition among lifeguard teams from Los Angeles County, Huntington Beach, Los Angeles City, State of California, Newport, San Clemente, Zuma Beach and Santa Monica will be at its highest throughout the 4-day festival.

More Sulky Dates Asked

A possibility that the 1967 Southland harness racing season at Hollywood Park might open two weeks earlier than originally scheduled was revealed Thursday by Western Harness Racing Assn. vice president and general manager Pres Jenuine. He stated WHRA has petitioned the California Horse Racing Board for an opening date of Friday, Aug. 18.

The racing board has the request under submission along with Del Mar's petition for an additional four weeks during October. A decision is expected shortly.

The local harness racing season was originally scheduled to start Aug. 31 and extend through Nov. 23 with a brief break during the County Fair race meeting at Pomona.

Torrance Slo-Pitch Softball League

OPEN SOFTBALL AT TORRANCE PARK

	W	L	Pct.	GB
Miller's Garage	11	0	1.000	—
So. Bay Church	10	1	.909	1
670th Radar Sq.	6	5	.545	5
Misguided Nine	6	5	.545	5
So. Bay Club	5	6	.455	6
D. & G. Sporting	3	8	.273	8
T.R.W. Semi Con.	2	9	.182	9

Results

Wednesday (July 19)—Misguided Nine 7, D. & G. Sporting 0; So. Bay Club 6, T.R.W. Semi Conductors 4.

Schedule

Monday (July 24) — T.R.W. Semi Conductors vs. Miller's Garage, 7 p.m.; So. Bay Church vs. 670th Radar Sq., 8:30 p.m.

Wednesday (July 26)—Misguided Nine vs. Airesearch, 7 p.m.; So. Bay Club vs. D. & G. Sporting, 8:30 p.m.

INDUSTRIAL SOFTBALL AT TORRANCE PARK

	W	L	Pct.	GB
Airesearch	8	2	.800	—
Continental Device	8	2	.800	—
P.S.M.	7	3	.700	1
Fan Steel	7	3	.700	1
Magnavox	6	4	.600	2
Cosmodyne	4	6	.400	4
P.P.G. Ind.	3	7	.300	5
Elec. Dynamics	0	10	.000	8

Results

Thursday (July 20) — Magnavox 10, P.P.G. 0; Fan Steel 7, Electron Dynamics 6.

Schedule

Tuesday (July 25) — Cosmodyne vs. Fan Steel, 7 p.m.; Airesearch vs. Magnavox, 8:30 p.m.

Thursday (July 27) — P.P.G. vs. Continental Device, 7 p.m.; Electron Dynamics vs. P.S.M., 8:30 p.m.

CHURCH SOFTBALL AT McMASTER PARK

	W	L	Pct.	GB
So. Bay Church	9	0	1.000	—
Lawn. Ch. Christ	8	2	.800	1½
No. Redon. Chapel	7	3	.700	2½
Torr. 1st Luth.	5	4	.556	4
Christ King Luth.	5	5	.500	4½
Wilm. 1st Assem.	3	6	.333	6
Cal. Assem. God	1	9	.100	8½
Gardena Bible	0	9	.000	9

Schedule

Friday (July 21) — So. Bay Church vs. Gardena Bible, 7 p.m.; Christ King Lutherans vs. Calvary Assem. God, 8:30 p.m.

Saturday (July 22) — Wilm. 1st Assem. vs. Lawn. Church Christ, 7 p.m.; Torr 1st Lutheran vs. No. Redondo Chapel, 8:30 p.m.

SUNDAY OPEN SOFTBALL AT EL NIDO PARK

	W	L	Pct.	GB
Burgmaster	6	1	.857	—
Micros	4	4	.429	3
DC 9	3	4	.429	3
Cougars	2	5	.286	4

Schedule

Sunday (July 23) — Cougars vs. Burgmaster, 1 p.m.; DC 9 vs. Micros, 2:30 p.m.

MONDAY SLO-PITCH AT McMASTER PARK

	W	L	Pct.	GB
Firefighters No. 1	10	1	.909	—
Drifters	8	3	.727	2
Aeronca	5	6	.455	5
Sparetime	4	7	.364	6
Successors	3	8	.273	7
Ampco Metal	3	8	.273	7

Schedule

Monday (July 24) — Ampco Metal vs. Firefighters No. 1, 7 p.m.; Drifters vs. Successors, 8 p.m.; Sparetime vs. Aeronca, 9 p.m.

MONDAY SLO-PITCH AT WALTERIA PARK

	W	L	Pct.	GB
30th St. Ath. Club	9	2	.818	—
Dandoy Glass	8	3	.727	1
Orsini Sports	5	6	.455	4
Foc'sle	5	6	.455	4
"Jake" Trucking	5	6	.455	4
Nike's	1	10	.091	8

Schedule

Monday (July 24) — Orsini Sports vs. "Jake" Barker Trucking, 7 p.m.; Foc'sle vs. Dandoy Glass, 8 p.m.; Nike's vs. 30th St. Athletic Club, 9 p.m.

TUESDAY SLO-PITCH AT McMASTER PARK

	W	L	Pct.	GB
Margarita's	8	2	.800	—
Firefighters No. 2	8	2	.800	—
Sopwith Camels	6	5	.545	2½
Airesearch	6	5	.545	2½
No. Torr. Bearcats	3	8	.273	5½
Rolling Hills Es.	1	10	.091	7½

Schedule

Tuesday (July 25)—Rolling Hills vs. Sopwith Camels, 7 p.m.; Airesearch vs. Margarita's, 8 p.m.; Firefighters No. 2 vs. No. Torrance Bearcats, 9 p.m.

THURSDAY SLO-PITCH AT EL NIDO PARK

	W	L	Pct.	GB
North End	10	2	.833	—
Daily Breeze	9	3	.750	1
T.E.S.P.A. Tigers	8	4	.667	2
Griffey Electric	5	7	.417	5
Resurrection Luth.	3	9	.250	7
Pencil Pushers	1	11	.083	9

Schedule

Thursday (July 27)

Daily Breeze vs. T.E.S.P.A. Tigers, 7 p.m.; Griffey Electric vs. North End, 8 p.m.; Resurrection Lutheran vs. Pencil Pushers, 9 p.m.

FRIDAY SLO-PITCH AT WALTERIA PARK

	W	L	Pct.	GB
Key Realty	8	0	1.000	—
C.E.R.A.	5	3	.625	3
Roll-Hills Cov.	4	4	.500	4
Prairie Ave. Ch.	2	6	.250	6
Todeco	1	7	.125	7

Schedule

Friday (July 21) — Rolling Hills Covenant vs. Key Realty, 7:30 p.m.; C.E.R.A. vs. Todeco, 8:30 p.m.

YOUTH SLO-PITCH AT WALTERIA PARK

	W	L	Pct.	GB
Ourselves	5	1	.833	—
Moonshiners	5	1	.833	—
Happy Wanderers	3	3	.500	2
Red's Burgers	3	3	.500	2
No Names	2	4	.333	3
Walteria LB's	0	6	.000	5

YOUTH SLO-PITCH AT McMASTER

	W	L	Pct.	GB
T.H.E. Beavers	6	0	1.000	—
Shadey Oak Bom.	5	1	.833	1
Blues Magoos	3	3	.500	3
Tom Cats	2	4	.333	4
Les Meserables	1	5	.167	5
Mylermores	0	6	.000	6

YOUTH SLO-PITCH AT LA ROMERIA

	W	L	Pct.	GB
W.C. Club	3	0	1.000	—
½ Fast Ten	2	1	.667	1
La Rana	1	2	.333	2
Playboys	0	3	.000	3

YELLOW RIBBON GIRLS SOFTBALL AT GREENWOOD PLAYGROUND

	W	L	Pct.	GB
Logan's Loonies	3	0	1.000	—
Torrance Park	2	1	.667	1
C. Brown's A.S.	2	2	.500	1½
Pueblo-La Rana	1	1	.500	1½
Tumble Bees	1	1	.500	1½
Cobras	1	2	.333	2
Hickory Park	0	3	.000	3

YELLOW RIBBON GIRLS SOFTBALL AT McMASTER PARK

	W	L	Pct.	GB
Manhattan Beach	3	0	1.000	—
Holtman Hustlers	2	1	.667	1
Toni's Tigers	1	1	.500	1½
Marions Martins	1	1	.500	1½
Hop-a-long Cas.	1	0	.000	2
La Romeria Park	0	3	.000	3

YELLOW RIBBON GIRLS SOFTBALL AT WALTERIA PARK

	W	L	Pct.	GB
Base Trippers	5	0	1.000	—
High Hopes	2	1	.667	2
Marvelettes	1	1	.500	2½
Barracudas	1	1	.500	2½
Victorettes	1	2	.333	3
Red Barons	0	4	.000	4½

FUN & FITNESS

by Bonnie Prudden
Noted physical fitness authority

BOWLING FITNESS

Bonnie Prudden has won nationwide acclaim for her work in alerting people of all ages to the need for physical fitness.

In this segment Bonnie discusses the Arm Rotation and Roll Back exercises. These exercises are achieved with the aid of a bowling ball.

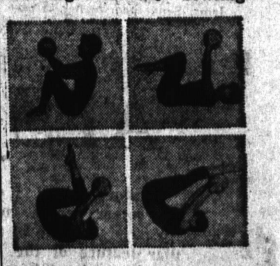
The Arm Rotation exercise can be accomplished by following these easy directions.

Take the ball in your right hand and advance your right foot forward. Keep most of your weight on the back or

left foot. Now, round your back and bend slightly forward at the waist and twist your right arm inward as far as possible. You will feel pull in the right side of your upper body, shoulder and arm. Tighten your abdominals as much as you can as you twist. Watch the ball over your right shoulder. Straighten your upper body and shift your weight to the forward or right foot. Rotate your shoulder b ytwisting your arm outward as far as possible. Lift your chest up and try to arch your back slightly. Take in a huge breath on this move and let it out when you rotate inward. Do eight of these to a side.

ROLL BACK

Try this exercise many times without the ball until you have mastered the control you will need to hold your balance. Once you leave the sitting position sitting position the distance you will travel backward and the speed will be determined by the weight of the bowling



ball. Start in the sitting position and roll slowly back. As your back reaches the floor, thrust the ball back over your head and draw your knees up and back toward theb all. Notice the height of the seat. Note also that from position No. 3 the seat does not continue to rise. In the last picture the ball is a full arm length and thel egs are fully extended.

Your balance is maintained by the weight of your seat. Return from this position as you went into it. Curl the knees and thrust the ball forward. Do this exercise slowly. Start with two and work up to eight.

The Arm Rotation and Roll Back exercises are useful for exercising the abdominal. The arm rotation especially gives useful exercise to the shoulder muscles which is important in bowling. The same benefits that are derived from these two exercises are realized during the third step of the bowlers approach.