

# TENPIN BOWLING ASSOCIATION OF QUEENSLAND

## QLD – 6 frame clinic

Foundations skills to take you to High Performance – Best clinic for those wanting to improve technique —

## All ages and abilities

TBAQ PRESENTS THE FIRST MODULE OF THE 12 FRAME CLINIC

**THE 6 FRAME CLINIC – CONFIRM YOUR PLACE**

**This is your invitation to attend a  
Tenpin Bowling Bowl better program.**

**This program to suit 'new' players and 200 plus players.**

WHAT YOU GET: Development of 'Your total strike feeling'

- The Release
- Body leverage
- The timing keys
- The set up – vertical and horizontal alignment
- Swing components
- Sparing basics

**Venue:** Zone Bowling Mt Gravatt

**Check in 11am – Finish 1pm Sunday 26<sup>th</sup> November 2023**

**Gail has 5 spots only available at this clinic –**

**BOOK YOUR PLACE NOW**

Cost: \$120 per person **includes game fees 3 hours –**

Enjoy 3 hours on the lane with TBAQ High Performance Coach.

**Gail Torrens Grad.Dip (Elite Sport Coaching) –**

Gail has coached Mens Open Grade State Teams for over 20 years – part of coaching expertise to 2 Australian Teams – Mens World Championships and Commonwealth Youth Championships with medal results of just under 60% . Gail loves to see bowlers progress to high Performance and is able to assist the beginner to the aspiring to elite.

**Contact Gail**

**Mobile: 0407 534 569 - [gail@tbaq.org.au](mailto:gail@tbaq.org.au)**



For more information please

Phone TBAQ 07 3876 5400

Or

Email [gail@tbaq.org.au](mailto:gail@tbaq.org.au)

**[www.tbaq.org.au](http://www.tbaq.org.au)**



**ALL WELCOME!**