

# **Bowling IPP**

## **Cadettes/Seniors Girl Scouts**

### **Skill Builders**

1. Practice and learn the safety basics, and rules of bowling.
2. Take a tour of a local bowling alley. Try to learn how lanes operate.
3. Learn some warm up exercises important for bowling. Be able to demonstrate them.
4. Learn the correct way to handle a bowling ball: how to pick it up, hold it, the correct hand position and release, and the pendulum swing.
5. Describe some common bowling injuries. Learn about how these injuries can be avoided, and how to give first aid to an injured bowler.
6. Visit a local Pro Shop, and see what services and equipment are available. Learn how to select bowling equipment, and how to care for it.

### **Technology**

1. Learn how to keep score for a game (strikes and spares included), and score for at least one game
2. Learn how to use electronic scoring (computers)
3. Learn to bowl on-line: [www.brunswickbowling.com](http://www.brunswickbowling.com)
4. Take a tour behind the counter; find out how the workers fix problems, etc.
5. Go online, and look up the history of bowling.
6. Bowl and score at least one game.

### **Career Exploration**

1. Learn about available careers in bowling, and describe some careers available.
2. Find out about pro bowling.
3. Learn about different jobs to help a bowling alley, hole drillers, floor waxers, lane fixers, etc.

## **Service Projects**

1. Help a younger girl (or troop) earn the Try-it or Junior Bowling Awards.
2. Volunteer to help out at a bowling alley.
3. Clean up litter outside a bowling alley.
4. Create a poster or booklet with bowling tips, and share them with someone else.

Cassandra Barboe of Cadette Troop 996 of our Somerset Service Unit developed this project.

The printed patch is available at our council shop. For patch and mailing costs, please call the shop at 732-821-9090 extension 150.

PC:MB:WIN:PROGRAM:BOWLING