

BOWLING ACADEMY OLOMOUC

APPLIED SCHEDULE	
DAY 1	8th of June 2012
11:00 – 18:00	Object of The Course
	Bowling as a Sport
	History of Bowling
	Environment and Equipment
	Principles of Bowling
18.00 – 19.00	Dinner break
19.00 – 22.00	Scoring
	Techniques of Bowling
DAY 2	9th of June 2012
09:00 – 12:00	Practice Drills
12:00 – 12:30	Lunch Break
12:30 – 22:00	Bowler Analysis
	Mental Game
	Coaching Tips
	Bowling Rules
DAY 3	10th of June 2012
08:00 – 12:00	Practice Drills
12:00 – 12:30	Lunch Break
12:30 - 14:30	Coaching the Youth
14:30 – 16:00	Open Book / Oral Exam
16:00 – 16:30	Presentation of Certificates

EQUIPMENT FOR THE EDUCATION:

LAPTOP (OPTIONAL)

BOWLING BALL(S)

BOWLING SHOES

BOWLING CLOTHES

PEN AND PAPER FOR NOTES DURING LESSONS