



Volume 10, Issue 2, December 2010

Capital Area Rainbowlers Association (CARA) Bowling Newsletter

NCAUSBC ASSOCIATION 66TH ANNUAL CITY TOURNAMENT

The **National Capital Area USBC Association** will be holding its annual City Tournament, weekends only, running from the last weekend in March through April 18th.

CARA is attempting to organize at least 12 teams (60 bowlers) to participate on the weekend of April 2nd (tentative); however, bowling can be done at any time but this would allow CARA bowlers to know people in attendance and this will allow us to be a Squad Sponsor and receive a free bowling ball.

SportsPlus/Carmen Don's has generously offered to provide us with 2 additional bowling balls that we will donate to CHIT 30 for them to raffle off. We would like to encourage more CARA bowlers to attend.

Each event – Singles, Doubles, and Team – is \$25 per event per person, so it's a \$75 tournament for bowlers. The Team Event will be held at AMF Annandale Lanes in Annandale, VA, and the Single/Doubles Event will be held at AMF Capital Plaza in Hyattsville, MD. Entries for this tournament will close March 6th, 2011. CARA will be sending out additional information on this tournament after the holidays.

ADVANCED SKILL ENHANCEMENT

The next Advanced Skills Enhancement session is tentatively set for January 8th at Bowl America Shirley. The format will allow up to 10 bowlers to participate per shift. There will be shifts at Noon and 2pm. SportsPlus/Carmen Don's will staff the event. This event is for bowlers with 160+ averages. CARA will hold a Skills Enhancement Session in March for bowlers with averages under 160.

WOMEN'S CORNER

The **IGBO Women's Committee** Chairperson CC Ford thanks her committee women who helped to host an extremely successful Women's Social Event at the IGBO Mid-Year Tournament this past November. The 75 registered female bowlers was a near record breaking percentage of women participants at an IGBO Mid-Year Tournament.

CARA leagues are encouraged to involve their women bowlers in IGBO committee activities and tournaments. Encourage your women bowlers to bowl in the NCAUSBC 66th Annual City Tournament or the women's tournament which will run on the same dates and locations with some difference in rules.

Your ideas, comments, suggestions and interest are welcome. League CARA and IGBO Representatives have information for distribution that relates to women's issues that will hopefully help improve the participation of women in leagues and tournaments. You can contact CC Ford directly at womens-outreach@igbo.org or visit the IGBO Web site for more info at www.igbo.org. For results of the Mid-Year Tournament be sure to visit their Web site at www.igbomy2010.org.

HOLIDAY SOCIAL BOWLING NIGHT

MONDAY, DECEMBER 27 • 8 TO 10 P.M.
AMF ANNANDALE LANES

FEATURING INCREDIBLY LOW RATES...
Bowling only 99¢ per person per game
\$1 shoe rental

Grab a friend and come BOWL!

IGBO REGIONAL DIRECTOR'S REPORT

A BIG CONGRATULATIONS to Steve Frable, Rob, Treadway, Adam Boening, Jeremy Glasser and their committee for throwing a tremendous tournament, which finished off with an elegant Black, White and Red banquet celebrating IGBO's 30th year. The weekend was packed with events, from a side trip to Mount Vernon to sports pattern try out and Storm sponsored coaching and ball testing. A well deserved round of applause goes to CC Ford for throwing one of the best attended Women's Social Event ever in IGBO history. And thank you to all the volunteers who helped make this event possible.

For the past year, IGBO Vice President Rob Silliman and the IGBO redistricting committee have been working hard creating a proposal for redistricting for the IGBO regions. After much discussion throughout the past several months, this proposal was voted in, and IGBO will have 9 regions as of July 1st, 2011. This will result in an increase of two new regions with California becoming a new region on the west coast and a new region, Mid-Atlantic, being created on the each coast.

This will impact all CARA bowlers in that CARA will move from the Northeast Region to the new Mid-Atlantic region. This region will encompass Delaware, Maryland, DC, Virginia, West Virginia, Kentucky and Tennessee. This is an administrative change on the IGBO side to make the regions more evenly distributed. Please contact me if you have any question regarding this change at igbodonny@yahoo.com.

In Unity, Fellowship and Communication,

Donny Tang
IGBO Regional Director 7 - Northeast
(917) 885-5271

CARA CHAMPIONS SHOP AT

The Bowler's Choice Pro Shop



Sports Plus/Carmen Don

5130 Duke Street, Suite 5
Alexandria, VA 22304
(703) 751-4255

Season's
GREETINGS

Mention that you are a CARA league member to receive a 10% discount!

WINTER BOWLING LEAGUES NOW FORMING

ALEXANDRIA

Saturday Morning Alternative Club
King & Kweenpins (SMACK)
Saturdays • 10:30 a.m. AMF Alexandria Lanes
smackbowling@gmail.com
Organizational meeting: January 22
Winter season begins: January 29

ANNANDALE

Ten-Pin Pride
Mondays • 8 p.m. AMF Annandale Lanes
dcbowler@gmail.com
Organizational meeting: January 3
Winter season begins: January 10

DALE CITY

Dale City Tuesday Pride
Tuesdays • 7:45 p.m. AMF Dale City Lanes
dctp@comcast.net
Organizational meeting: January 11
Winter season begins: January 18