

BowlFlint Bowling Camp

When: Friday, July 31st from 6pm to 8pm

Saturday, August 1st from 11am to 5:00pm

Sunday, August 2nd from 11am to ~ 3pm

Where: Richfield Bowl – 5340 Richfield Rd. Flint, MI

Cost: \$50 per person, pre-register and get a T-Shirt

Day 1 – Friday, July 31st, 2026 From 6pm to 8pm

1. Welcome
 - a. Introductions – Talk about what the plan is
 - b. Kneel down drills for 45 minutes
 - c. Swing drills- 1 hour

Day 2 – Saturday, August 1st from 11am until 5:00pm

1. Drills
 - a. 1 hour of swing drill at the line (2 games)
 - b. 1 hour of 1 step drill (2 games)
 - c. ½ hour of 4 step drill (short, short & slide)
 - d. 1/2 hour of swing/timing drill (2 games)
 - e. 1 hour of lining up – checking personal number-playing angles
 - i. Bowling with curtain/hitting a target
 - ii. Bowling with light for target practice
 - f. 1 hour talking about the mental game/equipment

Day 3 – Sunday, August 2nd from 11am until about 3pm (Depending on if you make bracket play)

1. Practice for 15 minutes
2. Tournament for everyone
 - a. 4 game qualifier and then brackets with 1 game head to head to determine winner

This tournament will be bowled on Phantom II pattern – same pattern high school bowling uses

Trophy awarded for boy winner and girl winner

Tournament is all actual - No handicap

Pizza & drink Provided on Saturday for lunch

Must be present on Saturday to participate on Sunday

OFFICIAL ENTRY FORM FOR BOWLFLINT BOWLING CAMP

Name: _____

Grade: _____ School: _____

e-mail address: _____

Phone #: _____ Shirt Size: _____

Male _____ Female _____ 2 handed bowler: Yes - No

This entry form must be turned in by July 27th, 2026 to get the t-shirt. Entries will be accepted up until the day of the camp but late entries will not get a t shirt.

Entry Forms can be turned in to Rob Ploof, Scott Gruener or Bart Rutledge or can be turned in to the front counter at Richfield Bowl. Any questions please contact Rob Ploof at (810) 252-2687 or Bart Rutledge at (810) 874-1951 or Scott Gruener at (810) 736-1352.

This bowling camp is open to anyone that is interested in improving their game from any school, no age limits. Recommended for middle school bowlers and high school bowlers.

Coaches for this camp will include: Scott Gruener, Paul Ruggles, Bobby Countryman, Bart Rutledge, KC O'Brien, Jeremy Jurvelin, Bob Tubbs, Kailee Tubbs, George Calvert, Mike Vanderkuur, Marc Skelton, Craig Lanter, Jeff Vanier, Chris Ritchie, Bev Lagness, Tony Asaro, Dennis Boychuk, Lee Willingham, Jameson Vanier, Frank Pepp and Rob Ploof. Other high school/middle school coaches are encouraged to participate and help out.

Camp will be split up – with two handed bowlers doing different drills than others and boys and girls will be split up.