



**Tip #5: "There's more to Visioning than meets the eye!"**

(Yes, that pun is intentional!)

Here are two great quotations that, if taken seriously, will vastly improve your bowling performance:

**Dr. Maxwell Maltz: "Whatever you can imagine, you can achieve."**

That's a pretty big claim, but when you think about it, it makes sense. It's about setting goals, and then doing those things that are necessary to meeting them. So if you want to become truly competitive; if you want to develop consistent skills that sustain you game after game, regardless of the conditions you face, then you will develop a plan to get there. That will include ...

"What weaknesses in my stance, grip, balance, delivery and shot selection do I need to improve?"

"What exercises and training must I do to gain those improvements?"

"Who can help me with the diagnostics, techniques and skill sets?"

**Richard T. Harrison: "You sow on the mat what you reap at the jack."**

Oh, so true! How often do we get ready to roll and we're thinking about the score *instead of the techniques that will deliver the required shot at that moment?* Mr. Harrison ... a long-time world champion and teacher ... talks at length about visioning; about 'seeing' the shot before you even step on the mat. The visioning process has many fine points that most of us miss. For example ...

"What is the exact path that I expect this bowl to take to get to my desired spot?"

"What is my exact aim point that will deliver that result, with the present green conditions?"

"What exact weight do I imagine to get the bowl there?"

"On which side do I want to err to avoid a really bad result? (Wide or narrow; long or short?)

"Which shot is my opponent most likely to take, and that I must obstruct by where I land?"

**That's a lot of 'headbone' work before you even roll the bowl!** That's what visioning is . . . plain old focus and concentration, every shot. It sure gives a different dimension to 'staying in the game!'