



Mike Shady
 USBC Hall of Fame
 PBA Nat'l Champion
 Team USA Coach



Andy Diercks
 Team USA Coach
 Head Coach
 Mount Mercy
 University

HALF DAY CAMP

August 8, 2020

Ashwaubenon Bowling Alley, 2929 Allied St, Green Bay, WI
 (920) 336-0400 www.ashbowl.com

Two Sessions: 8:00 a.m. – Noon & 1:00 p.m. – 5:00 p.m.

Training Topics Include:

Physical Game Development

- 7 Secrets to Peak Performance
- Effective and Elite Skill Drills
- Video Analysis
- Personal Growth Plan

Mental Game Development

- Develop a Pre & Post Shot Routine
- The “Secret” in staying relaxed
- The Traffic Light System
- Become a One-Shot Warrior

\$ 125.00 includes the following:

- Physical Technique Analysis
- Performance Tools Development
- Mental Game Development
- Take Home Workbook

Develop Performance Tools

- Develop a 5 Ball Arsenal
- Change Bowling Ball Surface
- Develop a Game Plan

Camp Coaching Staff

- Team USA Coaches
- Top 100 Coaches
- Low student to coach ratio

Register Online at:

www.mikeshadybowling.com

Ashwaubenon Bowling Alley - Dave

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