



PPB
Peak Performance Bowling



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

Andy Diercks
Team USA Coach

HALF DAY CAMP

June 13, 2020

Nesbits' Lanes, 3501 Leechburg Road, Pittsburgh, PA 15239

(412) 793-5556 www.nesbitslanes.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

Develop Performance Tools

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

Mental Game Development

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

Camp Coaching Staff

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

\$ 125.00 includes the following:

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

Register Online at:

www.mikeshadybowling.com

Nesbits' Lanes – see Rich

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