



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



**Andy Diercks**  
Team USA Coach  
Head Coach  
Mount Mercy  
University

## 2021 CAMP

**Saturday, July 17, 2021**

**Nesbits' Lanes, 3501 Leechburg Road, Pittsburgh, PA (412) 793-5556**

[www.nesbitslanes.com](http://www.nesbitslanes.com)

**Session #1 - 9:00 am – 12:00 pm**

**Session #2 – 12:30 pm – 3:30 pm**

**Cost: \$150 per session**

**Training Topics Include (same each session):**

### **Physical Game Development**

- 7 Secrets to Peak Performance
- Developmental Skill Drills
- Video Analysis
- Personal Growth Plan

### **Mental Game Development**

- Develop a Pre & Post Shot Routine
- The “Secret” in staying relaxed
- Present Moment Focus (Release)
- Become a One-Shot Warrior

**Register Online at:**

[www.mikeshadybowling.com](http://www.mikeshadybowling.com)

**Nesbits'– see Rich or Anthony**

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