



National Development Program Sessions

Introduction.

As part of the bantam and junior bowling development, today the National Bowling Academy, in conjunction with the Coaching Committee and Junior Committee start the first development of 10 National Development Program (NDP) sessions. By doing this all we do hope that it will help the bantam and junior bowler to improve his or her bowling. Last week we already started with the first session for the bantams in Blanchardstown.

Below you will find the venue, date, time and topic regarding the NDP sessions.

If you have any questions or remarks, please contact the junior committee. The junior committee, coaching committee and Bowling Academy will review all the session and will make adjustments if necessary.

This first session is free of charge.

Q&A

Bantam NDP session

Week	location	date	time	Module
1	Blanchardstown	March 25 th	10:00 – 12:00	Introduction and Assessment.
2	ALSAA	May 20 th	12:00 – 14:00	Path Way
3	Charlestown	May 27 th	10:00 – 12:00	Stand
4	Stillorgan	June 10 th	10:00 – 12:00	Balance Line Drills
5	Palmerstown	June 17 th	11:00 – 13:00	Target Practice (with bridge)
6	ALSAA	July 1 st	12:00 – 14:00	Spare Practice (with bridge)
7	Stillorgan	July 29 th	10:00 – 12:00	Strike/Spare Tournament

Juniors under 16 and 19 NDP sessions

Week	Location	Date	Time	Module
1	ALSAA	April 15th	11:00 – 14:00	Introduction / Guest Speaker- Fitness Health / Assessment.
2	Blanchardstown	April 29th	10:00 – 12:00	Balance Line Drills
3	ALSAA	May 20th	12:00 – 14:00	Path Way
4	Charlestown	May 27th	10:00 – 12:00	Equipment (classroom)/Strike Practise
5	Palmerston	June 17th	11:00 – 13:00	Lane, oil and Bowling Centre Conditions / Lane Play
6	ALSAA	July 1st	11:00 – 14:00	Mental Game (classroom session) / Spare Practise
7	Stillorgan	July 29th	10:00 – 12:00	Nutrition (classroom session) / Lane Play
8	Charlestown	August 12th	10:00 – 12:00	Game Strategy (classroom session)
9	Palmerston	August 19 th	11:00 – 13:00	Strike/Spare Tournament