

Organized by



# 2025-26 Bowling Instructor Course For School Team Coaches & PE Teachers

Subvented by



## Instructor Course for School Team Coaches & PE Teachers

Certificate will be provided to participants with FULL attendance.

### Schedule

Date	Time	Venue	Session
October 4, 2025 (Sat)	09:30 – 11:30	HKSI Bowling Centre	Theory session
	12:30 – 15:00		Practical session
October 11, 2025 (Sat)	09:30 – 11:30	HKSI Bowling Centre	Theory session
	12:30 – 15:00		Practical session

### Course Instructor

USBC certified Coach invited by HKCTBC; The course will be conducted in English

### Class Size

Maximum 20 participants; First time participants will be prioritised, selected participants will be notified by email on or before September 30, 2025.

### Course Outline

1. Introduction to Sports Science of Bowling
2. Benefits of Bowling
3. The Constants and Definition of Bowling
4. Basic Rules and Safety
5. Bowling Skill Fundamentals
6. On the Lanes Drills
7. Targeting and Alignment
8. Evaluating the Athlete
9. Theory and Practical Application of Drills for Athletes

### Personal Information

English Name: \_\_\_\_\_ Chinese Name: \_\_\_\_\_

School Name \_\_\_\_\_ Contact No.: \_\_\_\_\_  
and Chop: \_\_\_\_\_

Email: \_\_\_\_\_

**Entry fee HK\$500/person. Pleases** fill in Entry Form and return in person or by mail with cheque made payable to “Hong Kong, China Tenpin Bowling Congress Limited” to our office at; Hong Kong, China Tenpin Bowling Congress, Room 2004, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay on or before **September 26, 2025**.