

# There are many great reasons to join a youth or youth/adult bowling league

- In league bowling, everyone plays!
- Bowlers can earn recognition awards for achievements and high scores.
- Every year, there are dozens of bowling tournaments to compete in at the local, state, and national level.
- **\$6 million in scholarships are awarded each year to youth league bowlers of all ages.**
- Coaching is available for skill advancement.
- You will make new friends and learn a sport you can enjoy.

## And there's more!...

### Bowling is good exercise

Bowlers burn 100+ calories per hour!

Bowlers use as many as 134 muscles!

Bowling is a weight bearing sport and helps to build strong bones!

Bowling 3 games is the equivalent of walking 1 mile!

Bowling promotes balance and coordination!

Bowling helps to sustain hand and eye coordination!

### Bowling is for people of all ages and skill levels

You do not have to be a great bowler to join a bowling league.

In league bowling, a handicap system that uses a league bowler's season average is used to give all bowlers an equal chance to win.

If you are looking to improve your skills, there is coaching, clinics, and camps available to make you a better bowler.

### The weather does not affect competitions on the lanes

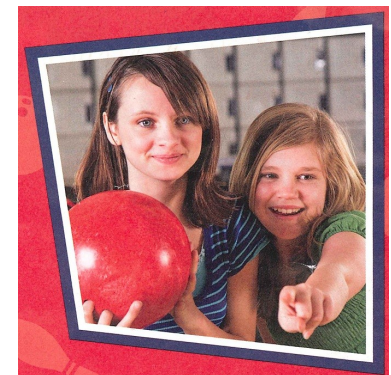
There are no rain outs in bowling and you never have to worry about extreme cold, humidity, or heat.

### Bowling is a lifetime sport

Did you know that there are league bowlers that are as young as four years old and as old as 100 years old?!

### Bowling is fun

Every year, bowling centers are the #1 birthday party destination for kids 12 and under. With bowling you have plenty of time to compete in an activity and talk to your teammates and opponents at the same time.



**Nearly every bowling center offers youth and youth/adult leagues. And those that do not would be happy to work with you to get a new league started. For a list of Minnesota bowling centers where you can bowl please visit [bpam.org](http://bpam.org) and click on "BPAM Member Centers."**