



# Instructor Course for School Teachers 2022-23



## A) Objective

The Instructor Course for FULL-TIME School Teachers will focus on basic theoretical knowledge and skills in bowling required to become a School Bowling Instructors.

## B) Schedule

Date	Time	Venue	Session
March 25 - Saturday	13:30 – 15:00	Room 5-6, 1/F, Olympic House	Theoretical session
	15:30 – 17:00	SCAA Bowling Center	Practical session
April 1 - Saturday	13:30 – 15:00	SCAA Bowling Center	Practical session
	15:30 – 17:00	Room 5-6, 1/F, Olympic House	Theoretical session

## C) Course Instructors

HKSI Coach – Mr. Francois Louw / HK Team Elite Athlete – Mr. Eric Tseng

## D) Class Size

15 – 30 participants on a first-come-first-served basis.

## E) Course Details

1. Introduction to the Sports Science of Bowling
2. Benefits of Bowling – Physical, Social, Emotional
3. The Constants / Dimensions of Bowling Ball, Pins, Lane, Oil
4. Safety
5. How to keep score
6. Glossary
7. Visiting the Bowling Center
8. Basic Bowling Techniques – Balance, Armswing / Approach, Targeting, Strike / Spare

## F) Personal Information

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

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

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

## G) Entry

**Entry fee HK\$800/person. Please** fill in Entry Form and return in person or by mail with cheque made payable to “Hong Kong Tenpin Bowling Congress Limited” to our office at; Hong Kong Tenpin Bowling Congress, Room 2004, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay