

C.A.T.S = How Good Are You?

Contributed by Joe Slowinski

Friday, 22 September 2006

Last Updated Saturday, 03 February 2007

Another way to measure how good you are is to compare your bowling characteristics to professionals and very good amateurs. The following will show you ball speed, ball speed variation, target accuracy and RPMs. How good are you? Take a look at this data and see how you stack up.

Comparison of Bowlers Ability and Specific Characteristics (CATS Data)

Review the following data to see what characteristics elite bowlers possess. The following data is from the C.A.T.S database that is given to everyone when they complete a session. Notice how fast, the variance in speed, target accuracy and rev rate. The data can reveal your strength and weaknesses.

Ball Speed @ Release (in MPH MEN/WOMEN)

16.2/15.2 16.3/15.3 16.8/15.8 17.7/15.6 17.5/16.0 17.8/16.4 17.9/16.5 18.5/16.8 18.8/17.1 19.1/17.5 19.0/17.6<139140-149150-159160-169170-179180-189190-199200-209210-219>220PROS

è Good bowlers throw at least 18.5 MPH (29.6 Kilometers Per Hour) whereas elite bowlers throw at least 19 MPH (30.4 KPH).

Ball Speed Variation in MPH (Average Range in 10 shots) 1.17 .98 .97 .91 .88 .79 .75 .66 .61 .54 .38<139140-149150-159160-169170-179180-189190-199200-209210-219>220PROS

è Notice the significant difference in ball speed consistency between elite professionals and the rest.

Targeting Accuracy (in inches) @ 15 Feet (Average Range in 10 shots) 7.7 7.1 6.1 5.6 5.2 5.0 4.5 3.8 3.3 3.0 1.8<139140-149150-159160-169170-179180-189190-199200-209210-219>220PROS

è Once again, notice the difference between elite bowlers and others.

Revolutions Per Minute at Release 77 118 135 162 186 218 239 275 290 363 375<139140-149150-159160-169170-179180-189190-199200-209210-219>220PROS è Elite bowlers have significantly higher revolution rates.