

# Meet the Coach

Contributed by Joe Slowinski  
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Joe Slowinski, ABD, M.Ed.

USBC Gold-Level Coach, IBPSIA Certified Pro Shop Technician, PBA Member, 2009-10 National Collegiate Coach of the Year

[Bowling Coach Resume \(UPDATED OCTOBER 2013 in PDF\)](#)

Slowinski earned his USBC Gold-level certification in November 2011

Slowinski is a USBC Ambassador conducting Level I/Bronze and Silver level coach courses [Professional Resume Before Full-Time Coaching \(through May 2006 in PDF\)](#)

## READ ABOUT SLOWINSKI'S PROGRAM DESIGNS

(\*) [\(Elite College in USA\) How a Tiny University's Bowling Team Won a National Championship in It's First Year \(in PDF\)](#)

(\*) [\(Elite Youth Development in Malaysia\) The World's Best Youth Development Program \(in PDF\)](#)

Coach Slowinski Hired as the Director of Bowling for Lincoln Memorial University

[http://www.lmurailsplitters.com/news/2016/1/14/MBOWL\\_0114164127.aspx](http://www.lmurailsplitters.com/news/2016/1/14/MBOWL_0114164127.aspx) (\*) Coach Slowinski served as the Head National Coach of Team Egypt. At the 2014 World Youth Championships, Egypt finished 25th, 39th and 51st in the Singles event, out of 260+ participants from more than 45 countries. (\*) In 2014, Coach Slowinski coached Brazil at the South American Games and Pan American Sports Festival, both qualifiers for the Pan Am Games. At the Pan American Sports festival, in Mexico, Slowinski helped team Brazil women qualify for the 2015 Pan Am Games. Team Brazil was 3rd overall in women's team all events. Both representatives made the masters. At the 2014 South American Games, in Chile, Coach Slowinski helped team Brazil men qualify for the 2015 Pan Am Games. The men won a Gold medal in singles and a Silver medal in Doubles. Both representatives made the masters.

(\*) @ the 2013 World combined Championships, Coach Slowinski coaches Team Mexico to a 5th place finish in Doubles (missing a medal by 28 pins) (\*) Coach Slowinski visited 19 countries in 2013 working with a number of Federations around the world as well as coaching bowlers, clubs, teams, etc. in many countries. Recent assignments included the 2015 Asian Championships, 2014 Men's World Championships, 2014 World Youth Championships, 2013 World Championships, 2013 European Youth Championships and the 2012 Men's European Youth Championships.

(\*) [Slowinski Clinic featured on Croatian television \(CLICK TO WATCH\)](#) (\*) [Keith Hale Interviews Coach Slowinski in Barcelona \(CLICK to WATCH\)](#)

Slowinski served as a Master Teaching Professional at the Kegel Training Center from 2008 to 2012. During this time, he was the Administrative Head Coach for the Webber International University program as well as the Men's Head Coach. Slowinski also serves as the Head Coach of the Webber International University bowling teams. Coach Slowinski also worked with bowlers of all levels including bowlers from 6 to 85 years old, elite youth, elite college, PBA regional players and PBA touring players such as Jason Belmonte and Diandra Asbaty.

Slowinski was a finalist for National Collegiate Coach of the Year for both the 2008-09 and 2009-10 as well as the 2010-11 season. Slowinski was named the National Collegiate Bowling Coaches Association Coach of the Year in 2009-2010. He designed and implemented the training program that led the Webber International University women's team to a National Championship in their first year and the men's team to a National Championship Semi-Final in its first season. With more than 25 years of coaching experience, Joe Slowinski, ABD, M.Ed., has served in the role of National Coach, Director of Coaching and Coach Certification and as well as the Training Coordinator for a National Youth Development Program. Malaysia is currently using his elite youth development program. He is an expert coach and program developer skilled in developing elite national teams, facilitating youth development as well as conducting talent identification. His programs are holistic in nature and include sport science as well as world-class bowling knowledge.

For six consecutive years, 2005 - 2011, he has been named as one of the world's Top 100 coaches, by Bowlers Journal International. He is a contributing writer for Bowling This Month in the Slowinski-at-large column sharing his knowledge of elite bowling and coaching technique. In 2007, he facilitated the launching of a global project to improve our understanding of sport science and elite tenpin bowling performance. Slowinski is a United States Bowling Congress Gold-Level coach and Level I Instructor as well as an IBPSIA Certified Pro Shop Technician. He began his twenty-three year coaching career, at the age of 17 when he was certified as a YABA coach while still a junior bowler himself. Since then, he has earned four additional certifications: USA Bowling Junior Olympic I, USA Bowling Junior Olympic II, USBC Bronze and USBC Silver. He is also an active member of the Professional Bowlers Association (PBA). In 2006 - 2007, he was on assignment as the Director of Coaching and Coach Certification for the National Sports Council of Malaysia. In this role, he oversaw 100 coaches and 1700+ youth bowlers in the national youth development curriculum. He has also developed and written the curriculum and training program process for the Malaysian national youth development program. Specifically, this program consists of three levels: U12, U15, U18. In his role, he has trained nearly 500 coaches as well. Finally, he is one of the Malaysian Tenpin Bowling Congress coaches in which he trains high-performance national youth bowlers, the back-up squad to the national teams. He also oversaw the training of 9 Decentralized players on the national junior team. These players live around the country. Slowinski developed their training program and coaches them on-site for several days each month. Read Exciting Times, an interview with Joe in the Aug-Sept 2006 issue of Asian Bowling Digest and Slowinski Rolls Out His Game Plan, an interview with Joe that appeared in the July 11, 2006 Malaysian Today. And, read Not An Overnight Goal, which appeared in the Borneo Post on January 2007. Slowinski's national evaluation for Malaysia in 2006 was also featured in Bowling Digital at <http://www.bowlingdigital.com/bowling/node/13568/1>.

As a coach, he has developed new approaches to lane play, release, improvement analysis and training. Most importantly, Slowinski has developed an array of bowler correction techniques that allow coaches to effectively eliminate common errors in timing, swing, etc. As an educator, with 12 years of education experience, his understanding of learning theory and curriculum design has helped him design bowling instruction that maximizes individual growth. He truly is a teacher of the sport! He is also a certified lane inspector. He is a frequent contributor to Bowlers Journal and writes a monthly column for both the Asian Bowling Digest and Bowling This Month. His April 2004 Bowlers Journal article, "Filling the Coaches Pool," earned a 3rd place prize in the 2005 Ebonite National Bowling Writers contest. Slowinski is currently working on two bowling instruction books, one for individuals and one for teams. Joe as a Bowler

Bowling since the age of 4, Slowinski is an accomplished bowler who has averaged 200+ for the past 20 years with a high average of 223 in mid-season. Coach Slowinski has 5 state scratch bowling titles as an adult and nine youth titles, including recognition as a Star of Tomorrow. In 1985, Joe was the Maine State Scratch All-Events champion. As an adult, he won the New Hampshire State Scratch All-Events championship and finished second in the Maine State Scratch All-Events in the same year. He is also a member of the team that holds the Maine state 5-man scratch series of 3632. In winning the 2003 Greater Portland Association team title, Slowinski and his teammates had 125 strikes in 3 games. As an 18 year-old collegiate bowler at top-ranked West Texas State University, he learned a great deal about the sport, from teammates and elite players such as 1984 World Cup and PBA champion Jack Jurek, PBA champion and coaching colleague Mark Scroggins and 2005 Masters Champion Mike Scroggins. This experience began his journey to better understand the complete game of tenpin bowling, from determining appropriate bowling ball layouts and lane play strategies to elements of a flawless physical game and the process of visualization. Coaching & Player Manuals Developed

- Four Level Youth Development Program - Implemented by the Irish Tenpin Bowling Federation Level I Coaching Manual (Beginner to U12)
- Bronze Coaching Manual (Intermediate)
- Silver Coaching Manual (Elite to World-Class, National Team)
- U12 Implementation Curriculum, week-by-week implementation guide

- Bronze Implementation Curriculum, week-by-week implementation guide  
 - Silver Implementation Curriculum, week-by-week implementation guide  
 - Mental Game Improvement Workbook  
 - Ten Year Youth Development Plan  
 - Elite Team Development Program  
 - Center for the Scientific Study of Tenpin Bowling Memberships Education ABD Educational Policy (International Education), Indiana University, Bloomington, Indiana (3.87/4.0) M.Ed. Educational Administration, Ball State University, Bowling Green, Ohio (4.0/4.0) B.A. Mathematics & Philosophy, University of Maine, Orono (3.25/4.0) Certifications United States Bowling Congress Gold-Level (2011) International Bowling Pro Shop & Instructors Association Certified Pro Shop Professional (2007) United States Bowling Congress, Level I Instructor Certification (2006) United States Bowling Congress Silver-Level (2004) United States Bowling Congress Bronze-Level (2003) Junior Olympic II (2003) Junior Olympic I (2002) Young American Bowling Association Coaching Certification (1983) American Sport Educational Program, Principles of Coaching (2007) Positive Coaching Alliance Certified Coach (2007) Coaching & Bowling Knowledge Experience 2011 Named Bowlers Journal Top 100 Coach for 6th consecutive year 2008 - Present Master Teaching Professional, Kegel Training Center 2008 - Present Head Coach, Webber International University Bowling Teams 1983 - Current 25+ years experience coaching as a certified coach (youth-college-international) 2007 Member, Talent Identification Panel, Institute for Sport Science, Malaysia 2006 - 2007 Director of Coaching and Coach Certification, National Sports Council 250 coaches in 2006 and evaluated more than 3000 youth bowlers for inclusion in elite development program Present Contributing Writer, Bowling This Month, Slowinski At-Large Column 2006 - 2008 Contributing Writer, Talk, Malaysian Today, Weekly Column 2006 Named Top 100 Coach by Bowlers Journal International 2006 Instructional Bowling DVD and training manual - Hungarian & English 2005 - Present Contributing Digest, State of Our Sport Column 2005 - 2006 National Coach, Hungary prepared national and World Championships as well as working with Federation on developing a new team selection 2006 Assistant Coach, Livingstone College, Salisbury, North Carolina 2005 - 2006 Youth Coach, AM Lanes, Hickory North Carolina 2005 Named Top 100 Coach by Bowlers Journal International 2005 20 qualifying, Round 1, in USBC Junior Gold Nationals, Junior Team USA qualifying 2005 - present the International Journal of Tenpin Bowling Instruction 2004 Offered the job of National Youth Roving Coach, M Tenpin Bowling Congress 2004 Coached youth to the first 300 in Portland, Maine, USA Certified Lane Inspector 2003 Finalist for Director of College Bowling, United States Bowling National Coach Malta 2003 - present Developed new training methods (release, lane play, analysis, etc.) 2003 - 2004 Maine Games Commissioner, Tenpin Bowling 2002 - 2004 USA Bowling Coordinator - 1997 Head Coach and Player, Bowling Green State University 1996 - 1997 Youth Coach, Bowling Green Ohio 1985 - 1986 Member, West Texas State University Bowling Team 1983 - 1985 Bowling Green Ohio 1985 - 1986 Member, West Texas State University Bowling Team 1983 - 1985 Coach, Northgate Bowl-a-Rama, Portland, Maine Other Professional Experience è Principal New Dime 5), North Carolina è Director of Student Services Littleton School District, New Hampshire è Principal (K-12), Maine è Director of Technology Chadwick School (K-12), California è Associate Instructor India Associate Instructor Bowling Green State University è Associate Instructor Dunaujvaros Polytechnic Hungary International Education & Coaching Experience Bowling (USA, Hungary, Malaysia) Hungary (Basketball), Switzerland (Cross Country), England, USA (Tennis, Track & Field, Cross Country)