**Jack Unmack - New Bowlers Arm Coaching**

**As a Level 2 Coach and a CAD [Coaching Athletes with a Disability] Coach I not only sell the arms but train bowler and Coaches in the use there of.**

**As a point of interest as well as the three standard lengths available, both in palm and thumb release, there is a short wheel chair bowls version which came prove very useful in other applications such a people with damaged hands or weak arthritic conditions who can't hold the bowl but still want to use the normal delivery technique**

**Picking up the bowl**

**To arrange the bowl in the arm with the correct bias and alignment, place the bowl between your feet in the position you require. Hold the arm at a forward leaning angle and the jaws will fit over the bowl. With your thumb around the hand grip [not on the top] lightly clench your fingers until the bowl can be picked up. Most people [without coaching], pick up the bowl in the arm then raise the arm up high to adjust the bowl in the jaws. This is totally wrong as the lifting action places undue strain on their own arm, their shoulder, the shoulder muscles right down to the lower back muscles and for a person who has gained a Doctors Certificate to use the arm it can be agony (even for a healthy, fit person)**

**When you swing the arm it is not necessary to force the delivery. By swinging the arm up in front of your body the target area can be lined up and the weight of the bowl will naturally allow your arm to go into the back swing prior to delivery without pulling it back. The height of the back swing will depend on the distance required**

**The delivery**

**Line up as for a normal delivery; be sure to take plenty of back swing without too much wrist as you should be swinging from the shoulder. As the arm swings forward (pushing through the bowl as you would** **normally do with the hand, not swinging it up into the air) unclench your fingers slightly to release the bowls at the bottom of the swing, near the heel of your foot. Several practice swings should iron out any early or late release problems**

**Some further Considerations**

**Grip. Hold the arm in a loose clasp, do not clench your fingers tightly as this will tend to affect the release and could break the trigger lever where it joins the rod**

**Stance. A fixed stance is satisfactory. Most people [for balance] prefer to take a short step, although this brings the arm closer to the ground and must be allowed for when recommending the length of the arm**

**Cleaning. Warm soapy water is fine and stubborn marks can be removed with car polish, which also gives a nice finish. Yours in bowls, Jack Unmack.**