



The Lake Prairie Federation
& The Mighty Grand Canyon Expedition Presents



2009 – 2010

Annual Princess Bowling Event

Sunday, April 18th, 2010



Lakes Bowl in Round Lake
601 Railroad Ave, Round Lake, IL 60073
847-546-2800
www.lakesbowl.com



Time Slots

12:00pm - 2:00pm: Yellowstone & Yosemite

2:15pm - 4:15pm: Grand Canyon, Sequoia, & Mesa Verde

4:30pm - 6:30pm: Denali & Voyageur

*** Please arrive 15 minutes before your start time ***

Everyone will bowl one regular game and one “Crazy Bowl” game. See attached rules.

1st place trophies for high score of regular game (per expedition)

1st place trophies for “Kindness to the Pins Award” (per expedition)

Raffle prizes and bowling prizes will be given throughout the event!



2009-2010 Lake Prairie Federation Princess Bowling Event Rules



Game 1: Regular Bowling

“Scotch doubles”

- Princess always bowls first ball.
- Dad bowls second ball in each frame. If a princess throws a strike, then dad can rest comfortably.

Trophy Categories (per expedition)

- Highest game
- Kindest to the pins

Winners to be announced during second game of bowling!

Game 2: Crazy Bowl

- Frame 1: Bowl with opposite hand (If you are right-handed bowl with your left hand, if you are left-handed bowl with your right hand)
- Frame 2: Hold your partner’s hand while you bowl.
- Frame 3: Bowl between your partner’s legs.
- Frame 4: Bowl “Granny style” (sit on the floor with your legs straight out and push the ball)
- Frame 5: Recite one of the “7-aims” while bowling.
- Frame 6: Bowl with eyes closed.
- Frame 7: Regular bowl.
- Frame 8: Reverse bowl - turn around with backside to bowling pins and roll the ball between your legs.
- Frame 9: Scream out your expedition name while you bowl.
- Frame 10: Write down on a piece of paper how many pins you think you’ll knock down? If correct, princess wins a prize (Guess cannot be “0”).