

TNBA Junior Collegiate Programs

The National Bowling Association (TNBA) <ashley.blakley@tnbainc.org>

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To:dentsj@msn.com <dentsj@msn.com>;



Greetings TNBA Family,

Through my communications with bowling coaches from Historically Black Colleges and Universities (HBCU), several have expressed an interest in female bowlers out of the TNBA Junior Programs for their respective university's women's bowling teams.

Listed below are the twenty-seven HBCU schools and some of the requirements and expectations for their programs:

Shaw University	Raleigh, NC
Bethune-Cookman University	Daytona Beach, FL
Coppin State University	Baltimore, MD
Texas Southern University	Houston, TX
Virginia Union University	Richmond, VA
Johnson C. Smith University	Charlotte, NC
Norfolk State University	Norfolk, VA
Florida A&M University	Tallahassee, FL
Morgan State University	Baltimore, MD
North Carolina Central University	Durham, NC
University of Maryland Eastern Shore	Princess Anne, MD
Howard University	Washington, DC
Delaware State University	Dover, DE
North Carolina A&T University	Greensboro, NC
Grambling State University	Grambling, LA
Jackson State University	Jackson, MS
Southern A&M University	Baton Rouge, LA
Alabama State University	Montgomery, AL
Alabama A&M University	Normal, AL
Prairie View A&M University	Prairie View, TX
Bowie State University	Baltimore, MD
Chowan University	Murfreesboro, NC

Elizabeth City State University
Fayetteville State University
Livingstone College
St. Augustine's University
Virginia State University

Elizabeth City, NC
Fayetteville, NC
Salisbury, NC
Raleigh, NC
St. Petersburg, VA

- A minimum 2.0 Grade Point Average (GPA), some schools may require at least a 2.5 (GPA).
- A minimum qualifying score from either the ACT or SAT exam, each school has their own requirements.
- A current high school transcript (including 1st semester of their senior year is needed in most cases, unless the athlete signs a letter of intent during the November early signing period.
- Before any athletic/academic scholarship can be offered, the bowler must receive a clearance from the NCAA Eligibility Center. This action must be initiated by her high school counselor.
- Most schools can offer a combination athletic/academic scholarship depending on the GPA and ACT or SAT scores.
- All schools have some type of strength and conditioning program. Yes, that will include weight lifting and cardio training.
- There is the potential for having up to 20 hours per week devoted to bowling activities. This will be far more extensive than your 3 game Saturday league and or Sunday travel league bowling.
- The bowlers MUST be coachable, have a positive attitude and have a passion for bowling! Coaches have different average expectations.
- The minimum average I have heard so far is 150. This is why a video of the bowler is crucial for the coach's decision making process.
- Some suggestions from coaches that I have received in the past include, wear loose fitting clothing (no tight fitting jeans.)
- The video should capture front, back and both sides of the bowler.
- When shooting at spares, make sure you "follow the shot," even if there is no doubt that you are going to make the spare. This shows attitude.
- Coaches want to see how you may react/respond to the pressure in the 10th frame of the Baker event as their anchor bowler and the match is on the line!
- Also, don't be afraid to show your personality. You will have to interact with teammates on a daily basis.

If you have questions or concerns, please feel free to contact Keith Bridgeforth. He is looking forward to assisting young ladies in obtaining scholarship information for collegiate bowling.

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