



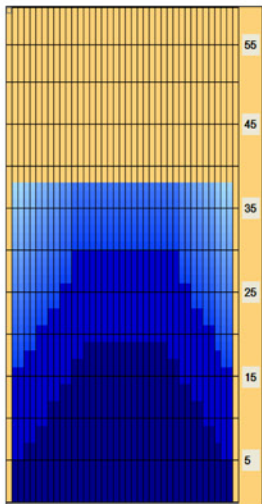
# TEAM USA EXPERIENCE LEAGUE

# I WANT YOU

## MEDIUM PATTERNS

### ATLANTA

DISTANCE-38 FEET



#### shannon O'KEEFE on EQUIPMENT TO USE

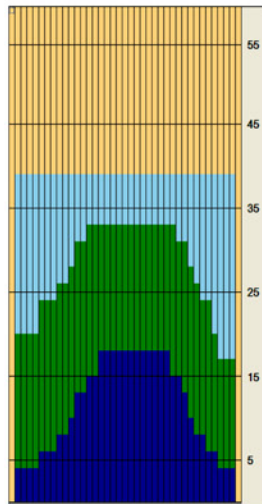
Shannon O'Keefe, a Team USA member since 2005, said she starts with a solid reactive ball, with a pin under her fingers and a 500 Abralon surface. Once that begins to break down, she likes to go to a similar layout on a ball with a hybrid coverstock, around 1000 Abralon.

#### shannon O'KEEFE on HOW TO PLAY IT

My feet are generally around 15 and my eyes are around 8. I will try to go up the lane with slower ball speed, and try not to miss much right. Once the heads start to break down, I can chase the oil line left and then eventually change balls.

### SEOUL

DISTANCE-39 FEET



#### bryan O'KEEFE on EQUIPMENT TO USE

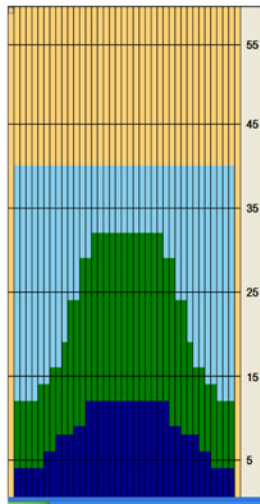
Bryan O'Keefe, the assistant coach of Team USA, suggests smooth rolling, medium equipment. Lower rev rates can get away with more ball, and higher rev rates can get away with weaker balls...but the majority of players will use their "benchmark" or "everything" ball.

#### bryan O'KEEFE on HOW TO PLAY IT

This length pattern can be really tricky because you can get away with several different angles. Most players will usually want to keep their ball between boards 7-10 at the breakpoint. How you go about getting the ball to this point is really dependent on the type of player. Straighter players will use a more direct approach through the front part of the lane, and the players more accustomed to hooking the ball will be able to move a little deeper, but still use 7-10 board as their breakpoint. Scores will be low on this pattern, so try to avoid those big splits and, as always, make your spares.

### ATHENS

DISTANCE-40 FEET



#### shannon O'KEEFE on EQUIPMENT TO USE

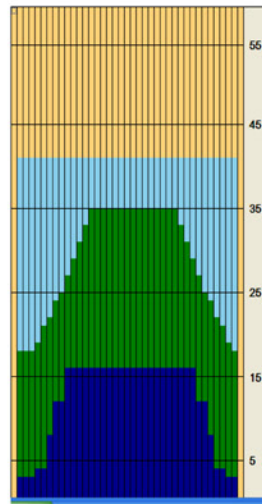
I generally use a heavy rolling, solid coverstock ball. The layout I will use is pin under my fingers with an extra hole, and the surface at 500 Abralon. Once that starts to hook too early, I will go to something with the same layout, but with less surface.

#### shannon O'KEEFE on HOW TO PLAY IT

My feet, to start, are around 14-15 and my eyes around 8-9, trying not get it right too far. I will start with my normal hand position and softer ball speed. Once they start to break down, I start to make parallel moves left.

### MONTREAL

DISTANCE-41 FEET



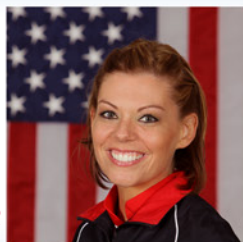
#### shannon O'KEEFE on EQUIPMENT TO USE

To start, I will use strong, even-rolling bowling balls, with pins below my fingers and a surface around 500 Abralon. I can use a stronger coverstock on this pattern than the other medium patterns since it is 41 feet long.

#### shannon O'KEEFE on HOW TO PLAY IT

On the fresh, my feet are 14 and my eyes 8 and I'm trying to use a softer ball speed and go up the lane more than on the other medium patterns. Also, I can't miss right of 5-6. Once they break down, my feet can get into 20 and my eyes around 12-13, still softer ball speed, and I'll also stay with the same ball instead of going to something weaker. This is because of the longer distance of oil versus the other medium patterns.

shannon  
O'KEEFE



MEMBER  
TEAM USA

bryan  
O'KEEFE



ASST. COACH  
TEAM USA

