

News Archive

2015 - 2016 Season

Canadian Open Bowling Champions

The Alberta men's team that captured the Canadian Open championship and comes from Central Alberta, and includes



Shelby Chrest (Red Deer), Gene Ziebarth (Millet), Erik Kjos (Wetaskiwin),
Gary Baird (Blackfalds), Victor Fobert (Drayton Valley), Karie Kreutz (Wetaskiwin),
Coach Greg Gigliuk.

The manager of the Alberta contingent was Bev Gigliuk.

In addition,

- Alberta won the Mixed title and took second in the Ladies divisions.

- Karie and Victor made the men's all-star team, and Karie also claimed the Rookie of the Year Award

Provincial High Low Championship

Heritage bowlers took 1st and 5th places, both winning cash in the event.



Provincial Champs - Roxzane Armstrong (left) and Ashley Ehret receive \$1,000 cheque from Tim Wiseman E5 President

Sports Hall of Fame Induction – Gene Ziebarth

Gene Ziebarth a Wetaskiwin Hall of Fame Inductee

INDUCTEE 2008 - ATHLETE - GENE ZIEBARTH

5 PIN Bowling

- Canadian Open Men's Singles Champion 2000
- Canadian Men's Team Champion 1992, 2001, 2016

Gene Ziebarth was born and raised in Wetaskiwin and has resided in the community for most of his adult life. Although Gene did bowl for one year in high school it wasn't until 1982 when he was 25 years old that he became involved in his sport again. After a year competing on the Teacher's bowling team in Fort Saskatchewan, he began to compete at higher levels. In a short period of time he was representing the Central Zone in the Alberta "Open" Championships, a feat that he has accomplished for twenty-two of the last twenty-four years.

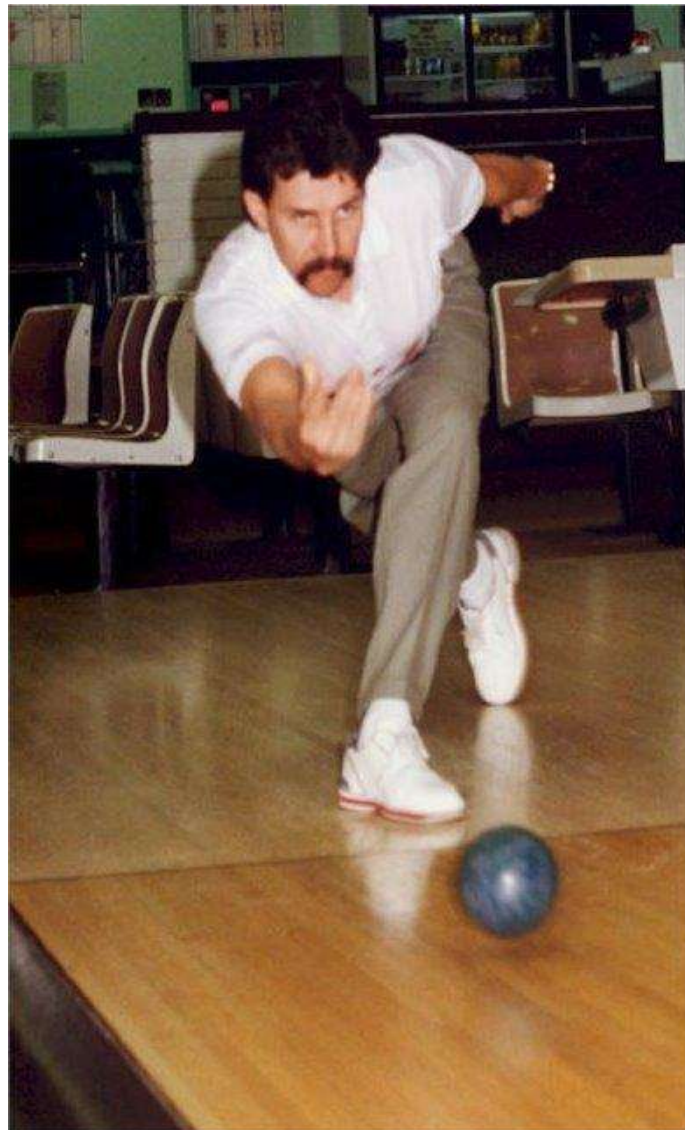
In 1991 Gene made the first of five trips to the National "Open" Championships. In those five years Gene's Alberta team won the Gold Medal twice (1992, 2001), the Silver Medal once (2005) and placed fifth once (1991). Three times (1992, 2000, 2005) Gene was named a National All Star. Gene's finest accomplishment was winning the National Men's Singles Championship in 2000.

Gene has made the Master Bowlers'

- Alberta Team and competed in the National
- Championships ten of the last twenty-five years

Gene has also participated in the Master Bowlers' Association of Alberta since 1982. In Masters Bowling there are six major tournaments across the province with the top six men qualifying to represent Alberta at the Nationals. Gene has made the Alberta Team and competed in the National Championships ten of the last twenty-five years. In those ten Nationals he has won two gold, two silvers and two bronze Medals. Because of his more than 25 years of involvement, Gene was inducted as a Life Member of the Alberta Master Bowlers' Association.

Gene also served the Alberta Master Bowlers' Association in executive capacities working as a board member for over twenty years, acting as Director for seven years, President for seven years, Past President for one year and currently is a Tournament Division Director.



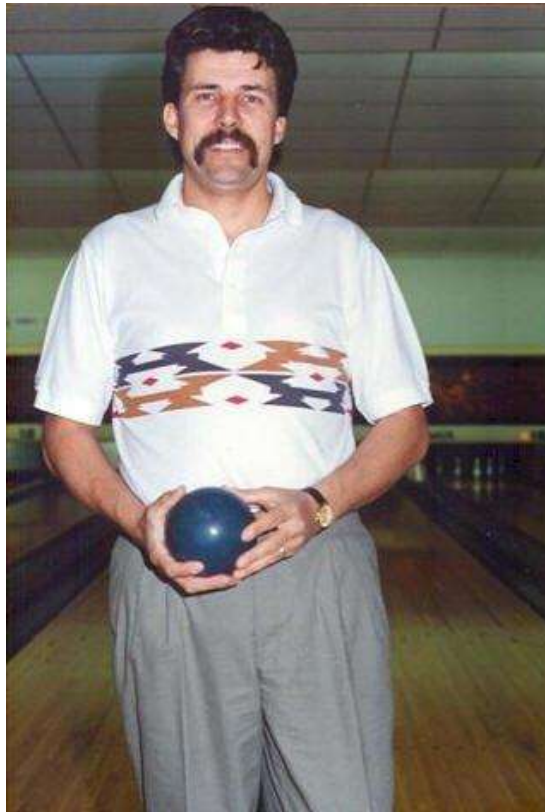
During his years of competing Gene has amassed over thirty 400-point games with two perfect games of 450

Besides competing in the Open and master's Bowling competitions, Gene has represented Alberta on CBC Bowling on television. In 1990 in Toronto Gene lost in the semi finals, in 1995 in Winnipeg he reached the quarter finals and in 2005 in Calgary he again lost in the quarter finals. Gene also competes on the Money Tour where he has won twice in Saskatoon, four times in Regina and once each in Winnipeg and Edmonton. During his years of competing Gene has amassed over thirty 400-point games with two perfect games of 450. He also holds a national

record for the most consecutive strikes, 26 in a row. Gene continues to compete successfully in his sport. This season (2007-08) he became the first bowler in the 30-year history of the money tour to ever win three in a row by winning in Edmonton, Regina and Red Deer.

Gene's determination and his passion for his sport were apparent after a car accident in 1996. Gene shattered his right arm (his throwing arm) from the elbow to the wrist. The doctors said he'd never recover from the injury well enough to compete again. He fooled them. The cast was supposed to be on for five months; Gene had it off in four weeks. In no time he was back bowling and that injury doesn't seem to have affected his successes.

Since Gene started bowling he has been interested in coaching. In his early years in Masters Bowling he coached youth. As a tournament bowler he was unable to stay involved as a regular coach, however, Gene served as an honorary coach in Red Deer, Stettler and Wetaskiwin on an occasional basis. He has also worked every summer for fourteen years at the Elite School of Bowling in Saskatoon coaching young adults from Western Canada.



Because of his accomplishments and longevity in the sport of five pin bowling we are honoured to induct Gene Ziebarth into the Wetaskiwin Sports Hall of Fame.

Central 5 Pin Cash Draw Winners

Prize	Amount	Winner	Community
1st	\$ 1,500	Kevin Sakaluk	Loughheed
2nd	\$ 500	Steve Lawrence	Red Deer
3rd	\$ 100	Joyce Baird	Red Deer
4th	\$ 100	Stacey Miller	Camrose
5th	\$ 100	Don Green	Innisfail
6th	\$ 100	Virginia Skoye	Camrose
7th	\$ 100	Cindy Seifried	Blackfalds

The Association thanks you for supporting our Youth Challenge bowlers as well as High Low, Pins Over Average and Open bowlers

Provincial Open Bowling Championships

- The men's team has captured their second consecutive provincial crown. Gary Baird, Victor Fobert, Karie Kreutz, Shelby Chrest, Erik Kjos, Gene Ziebarth and coach Greg Gigliuk
- The Ladies team set a provincial ladies record with 1,518 one game score or 303 averages for the 5 bowlers. This record beats the 1,507 set in 1966.
- Kudos to Holly Harris, Shauna Pirie-Laisnez, Nancy Gervais, Stacey Miller and Andrea Leavitt with assistance from coach Darrell Smith and spare Jenne Campbell who couldn't get into the game!

The mixed team ended third and the ladies team in fourth place.

Central bowlers named as All Stars were

- Shauna Pirie-Laisnez (5th in singles)
- Karie Kreutz (3rd in singles)

Winner Of A Year Of Free Bowling

All bowlers who are league executive members have a chance to win bowling lineage for the following season presented by the Alberta 5 Pin Bowlers Association.

This year's winner is Betty Lynn of Leduc.

High Low Zones

Shift winners

Team	Centre	Over/ (Under)
Branden Mechefske & Harvey von Hollen	Heritage	312
Bev Morin & Reiner Smith	Rocky	174
Ashley Ehret & Roxzane Armstrong	Heritage	96
Julie Jackson & Kelly Budd	Ponoka	107

Other teams that qualify for Provincials

Sam Leavitt & Bev Morin	Rocky	203
Justin Langrock & Jaymin Wudkevich	Heritage	159
Michelle Fries & Kelly Prins	Rocky	117
Aimee Pritchett & Reiner Smith	Rocky	109
Matt Desjardin & Bruce Hicks	Heritage	109
Ray Clark & Tim Dunne	Heritage	79
Rob Engleder & Wayne Adams	Rocky	65
Cindy Buss & Patty Wynnychuk	Ponoka	59
Melissa Armstrong & Louise Little	Leduc	58

Open Zone Championship



Holly Harris

2nd Championship

257 Average

High Game 380

4 x 300 games

Gary Baird

4th Championship

257 Average

High Game 353

4 x 300 games



Ladies Team



Nancy, Andrea, Jenne, Stacey, Shawna & Holly

Men's Team



Gary, Victor, Gene, Erik, Shelby & Karie

"Rainbow Warriors"

Mixed Team



Vince, Casey, Bonnie, Harvey, Bev & Donna

Selected Coaches

Men - Greg Gigliuk, Ladies - Darrel Smith, Mixed - Gail Versteegt, Manager - Donna Smith

Two 400 games Karie Kreutz and Vince Chartier both with 408 scores.

Holly Harris had 380 in the eighth game for the ladies.

Pins Over Average Provincial Championship

The two Central Zone teams finished tied for first.

The team from Rocky Mountain House was awarded 1st place having defeated the Ponoka squad 6-1 in round robin play

Both teams will go to the national championship in Hamilton in April



Provincial Champions
(L to R) Mary Fillion, Bonnie Malmas, Reiner Smith,
Sam Leavitt, Coach Linda Seitz



Runners Up
(L to R) Coach Eric Andersen, Brian Henke,
Sylvia Hitchcock, Tricia Wigston, Chris Taylor

Pins Over Average Zone Finals

December 12, 2015

Leisure Lanes, Ponoka

Posn.	Team	1	2	3	4	5	Total	Avg	Pins Over / (Under)
1	Rocky Mountain House	Games					Scratch	Avg.	Pins Over/ (Under)
	Sam Leavitt	202	164	132	109	141	748	134	78
	Mary Fillion	165	151	130	182	126	754	136	74
	Reiner Smith	197	208	203	215	158	981	193	16
	Bonnie Malmas	273	220	188	227	189	1,097	169	252
	Total	837	743	653	733	614	3,580	632	420
2	Leisure Lanes	Games					Scratch	Avg.	Pins Over/ (Under)
	Sylvia Hitchcock	188	283	225	172	212	1,080	172	220
	Brian Henke	176	173	210	209	180	948	188	8
	Tricia Wigston	227	275	219	166	148	1,035	207	0
	Chris Taylor	197	288	216	171	263	1,135	211	80
		788	1,019	870	718	803	4,198	778	308

Youth Challenge Zones



Winners Lauren Nyberg of Provost and Timothy Ginther, Camrose

Shantelle Szuch - Psychology For Bowlers

Shantelle Szuch is a registered psychologist and former competitive 5 pin bowler. She offers some insights into her former game, as well as her present sport of power lifting.

psychology(ing?)

by Shantelle Szuch - Registered Psychologist

Things 5 pin bowling taught me about powerlifting...

December 9, 2015

This one is kind of funny, and something I've talked about a bit with people but never organized into one place. First, it's quite enjoyable to me when someone in my "lifting world" finds out that until a couple years ago I 5 pin bowled quite seriously. In fact, I was a bowler long before I ever touched a barbell... I was a bowler before I knew what a barbell was.

Bowling taught me it's neither the small details nor the big picture. They both matter! In bowling, you have 10 frames a game. Often, you have many games. No single ball or frame will make or break the day, but if you don't consider that every ball matters, you can end up taking each opportunity for granted. Each day in the gym matters, gotta go put the work in, but no one day will make or break a training cycle. It's about how you put all those days together just like how you put all those balls and frames together into the big picture that matters. You can't focus on one without acknowledging the other though.

Bowling also taught me how to save adrenaline for when it matters. I know this sounds absolutely ridiculous, but trust me when I say there can be a lot of adrenaline just like in any sport. Adrenaline wears you out. You need to learn how to save the adrenaline for

when it matters so you don't get totally worn out. If you need a bunch of adrenaline every time to show up to throw your 4 games in league, you'll never survive a 20 game day without crashing, so you learn to practice without adrenaline. Same goes for lifting. Save the adrenaline for a meet, or at the very least, PRs in the gym. You should not be hitting PRs every day you train unless you are brand spanking new. If you need adrenaline surges and to be hyped up just to hit your every day squats, what happens in a meet? How much more hyped do you need? You should be able to hit that opener without a big burst of adrenaline... or you might want to reconsider your opener.

Bowling taught me to save my energy and effort for game time and turn it off in between so I didn't get burned out. Imagine long days, several games a day, 10 frames a game and however many balls you might throw (hopefully it's fewer rather than more). If you didn't learn how to turn it off in between, you'd crash and burn in a couple games. This relates to the adrenaline stuff. You can't stay "up" all the time. It's too exhausting! So, you need to learn how to come off the approach, finish that frame in your head, get some mental space until it's time to step up again. Develop a habit or pattern of behaviour that helps you to do this. For me, I'd slap hands, give my next teammate some encouraging words, and then I step to the very back of the group - the physical space allowed my brain to get mental space. When the player before me was up, I would make my way to the approach from the back of the group. This was closing that space, physically and psychologically. I would then start giving myself mental cues and listening to my coach's voice. Often, I would nod in agreement. Often, I would smile or laugh as well (the tension relief is powerful). In powerlifting this is the same. I'm sure that sometimes my laughing and joking in the staging area can feel like I'm not taking things seriously, but instead, I'm distancing myself mentally to not exhaust myself too early. Most of the time, after an attempt, I'll come off, agree on a next attempt or tell my coach to make the call and then crack a joke or talk about something

else. I'm giving myself psychological distance. I can tell you, when I haven't done this, I've had a harder time, just like in bowling. If you can't give yourself the psychological break in between frames or attempts, you will crash early.

Now this one is important. My old bowling coach would understand if I said "ABIC" - that stands for Any Bowler in Canada. What that means is that on any day anything could happen and I could beat any bowler in Canada... but that also means that any bowler in Canada could beat me. This is a message in humility but also respecting other athletes and the sport. I could go in to any event, being considered the "favourite" to win, and still have my ass handed to me. I could go into any event, being a total underdog and win as well. I can think of instances where both happened and I've tried to bring this to powerlifting. It was a bit different for a long time because in powerlifting, in many instances, I'm not exactly considered a favourite to win, but of course, like anything, it depends who is there. But, the message stays the same - if I go into a meet and assume that I am going to win because "I'm stronger, better, etc." I might find out very quickly that the universe has plans in humility for me. It does not frankly matter what my bests are vs my competitors... I still must respect the fact that I need to go out there and do the work and not take it for granted. I am a firm believer when you stop believing and respecting that there is always someone better than you, you will get your butt kicked!

ALWAYS COMPETE

Bowling taught me the value of competition and hard work. Dedication to a game or sport is a wonderful thing. The time you spend putting in the work that doesn't always pay off as planned but fuels your fire anyway. I can think of a tournament where I went in after months of corner pin drills and I won, likely because I spared more corners than

the girl who came in second. It ended up being a tournament of corner pin spares and my hard work paid off. I can also think of times where I practiced months on end, and showed up that day and couldn't hit the broad side of a barn! It was like I was throwing bricks. Powerlifting is the same - training can go very well and you face the reality on game day that you might have a flawless meet... or you might be throwing bricks LOL But either way, regardless of how it's going, be a competitor in spirit. Do your best in that moment and compete with integrity. If I go back to bowling, I have said I will have the phrase "play with integrity" stitched on my towel because it is that important. You may win, you may lose, but always compete!

Letting go of expectations

psychology(ing?)

by Shantelle Szuch - Registered Psychologist

Letting Go of Expectations of Results

November 6, 2015

Something I learned from a bowling coach (yes, until about 2 years ago I competitively 5 pin bowled), was the idea of letting go of expectation of results. Let me explain... I'm on the approach, I have control over what I do, sometimes I even threw a great ball, hit the pocket flawlessly, and sometimes that corner pin would still stand. Now, this might even happen a few frames in a row, and then I'd start to get frustrated, so I'd likely get a little tense. In bowling that can mean not finishing the shot and even more corner pins standing, or worse, lots of head pins. Then, one day I had one of my mentors tell me to let go of any expectation from the pins. I can do what I can do and only that. Sometimes the pins are not going to fall the way I think they "should". But, I can't control them. I can only control me. So, let go...

That doesn't mean let go of a desire to do well. Or let go of doing your best with the things you can control. It means simply, let go of this idea that something "should" happen just because you did what you could. We can apply this to many things. Weight loss - you can control your calories in and calories out, you can eat "healthy" choices, you can clock a perfect mathematical weight loss plan... and you still might not lose the kind of weight you "should".

How about as it relates to lifting? Put the time in the gym, do all the work, have your nutrition in line, the peak phase is perfectly executed. Meet day still might not go according to plan. Your opener might need to be dropped. You might have a problem with touching in your shirt.

Maybe that deadlift that "should" have been easy didn't budge.

Apply this to basically anything you can think of!! I've picked just a few, but it works with almost any scenario. Relationships? Do what you can, invest the way you believe, do everything in your power... but ultimately you cannot control the other person and s/he may not act the way you believe s/he "should". In trauma work, I can implement the model I use exactly how it's written. I can make it safe and fun and create an environment where healing "should" happen... and it still might not. I have a quote on my computer. It's been in my life since 2003 and on my various computers since 2008 - "Today I will do what I can... And I will give the rest up to the Universe".

I can only control what I can... I only have so much power and so much influence. Ultimately, I cannot always control outcomes.

I love this quote because it simplifies this idea. I need to know what I can control and what I should let go of to be healthy and happy. Trying to hang on to what those pins do 60ft away is only going to be frustrating...

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