

It's Only a Matter of Time

With only two juniors, three sophomores, and four freshman on the boys' bowling team, Coach Kenneth Fast knows that this year will be a year of learning. "All of the teams in our league--Sachem North, Middle Country, Commack, Smithtown, Northport, and Hauppague--average about 200," said Coach Fast, "and right now we are averaging about 150 to 160, so our inexperience is showing for the time being. Many on our team are beginners, so for now, we are working on our swing, hitting our marks and improving with each match." The most experienced bowler on the team also has the best average. Whitman junior Jonathan Balsano currently holds a 182 average, with the next-best average held by Sean DeBrodt, at 163.

Coach Fast started with the basics. "I began by getting the team to bowl on the carpet, with no pins to look at," he said. "You can see your spin better on carpet, and that's what I want the guys to focus on. They work on their swings and their hooks. Getting a hook is critical to proper bowling. I teach my guys to work on placing the ball on a certain arrow so the ball will end up in the pocket and hopefully get a strike." Coach Fast is a math teacher at Whitman, so it's no wonder that math plays an important role in his bowling instruction. "It's playing the angles and seeing what works," he explained. "Every ball is different, and each guy has to learn how his ball moves so he can use that information to get the best result." For this season, while the team focuses on growing and improving, it's evident that they are also having a great deal of fun.



Walt Whitman bowling team L-R back row: Coach-Ken Fast, Jonathan Balsano, Matthew Gierl, Jonathan Saslaw, Tim Gardner, Jonathan Ross and Max Rossetti. Front row L-R: Nick Mugavero, Sean DeBrodt, Vincent Lofaso, and Mike Lynch.

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