

Cougars bowling ready to roll

By **MATT RYBALTOWSKI**

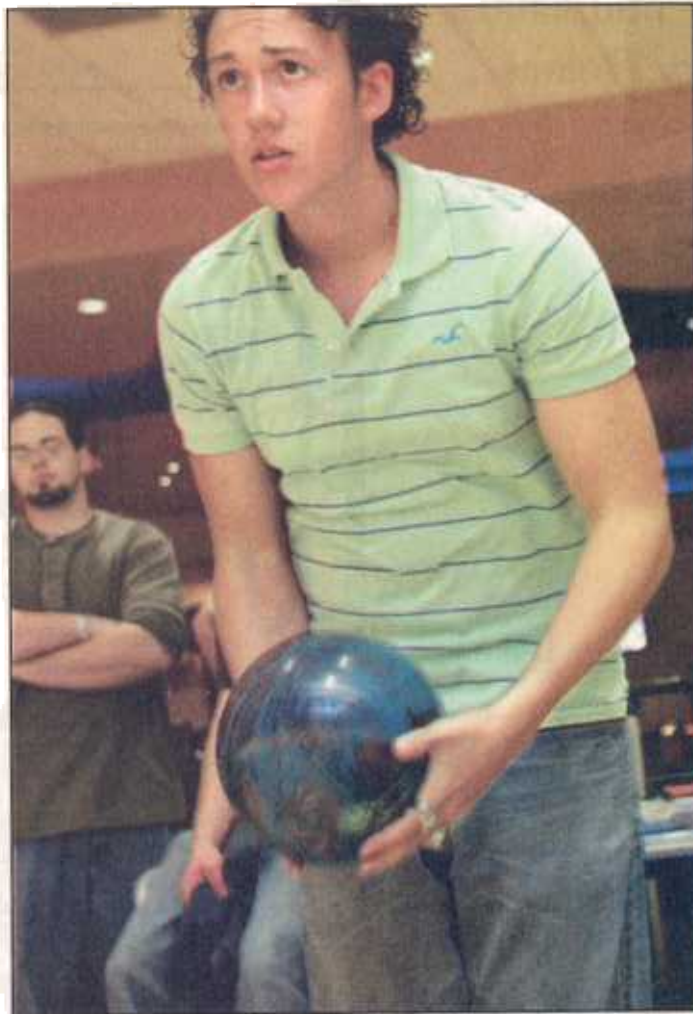
Coronado High School's boys bowling team is going for its third consecutive state title this season and has no plans of backing down.

The team returns a great deal of experience as all four starters from last year's team are back. They are led by senior Bobby Sherman, who averaged 197 last year. Other returnees include: seniors Chris Hooks, Josh Fisher and Sam Ficalora. Hooks bowled a perfect 300 in a match on last season's schedule.

"It was very exciting — it was such an intense experience," Hooks said. "I didn't get nervous until the very end — until the 11th frame."

Sherman said that even though his team has a target on their back, they're focused and ready for any challenges posed by the other schools in the Southeast Division.

"There's been pressure all three years and our team thrives on pressure," Sherman said. "This season there's a lot of competition out there and it's going to be tough. I think we can do



LEILA NAVIDI/NEWS STAFF PHOTO

Chris Hooks, a bowler for Coronado, practices at Sunset Lanes.

See **BOWL** on Page 8

The News | November 24-30, 2005

BOWL from Page 1

Green Valley will test Cougars

it. I can come through when my team needs me. I'm ready. Our team's ready. I think we have what it takes. That's our expectation for the season — to walk away with that third ring."

Their biggest threat will come from Green Valley, a team that lost to Coronado by just five pins in last year's regional final.

"Green Valley is really going to be a great team," Coronado coach Bob McKee said. "We'll be there as a top team along with Green Valley and Silverado. We have a great chance of repeating, but it's going to be tough. I know that Green Valley has a great lineup."

Sherman said that his team worked real hard in the off-season to make sure that their bowling skills remained polished.

"Between the five of us on varsity we averaged four days of practice [in the offseason]. Everybody works hard. We're all dedicated and that's what

it takes," Sherman said.

The Cougars continue to work on the little things.

"We've been having a lot of trouble with picking up your 7-pin or picking up your 10-pin," McKee. "So in practice we want to work on picking up our spares. We'll start off with a few games at the beginning and will then have a spare practice."

The two-time defending champions often have to motivate themselves to bowl well when the competition isn't as strong.

"Our goal for this year is to increase your score by so many pins from last year," McKee said. Hooks and Ficalora both had averages of 190, while Fisher had an average of 182.

"Every match you want to increase your score by one pin."

Matt Rybaltowski can be reached at 990-8929, or matt.rybaltowski@hbcpub.com.