

## **How does Bowling and George Washington Go Together? The Father of Our Country was a Bowler**

*South Eastern Michigan Bowling Centers Association members*

*salute Washington's love of the sport*

Feb. 2, 2015 – Troy, MI - In this month of Presidential birthdays we shouldn't forget that George Washington, Father of our country, kept in shape by bowling. While he didn't have the advantages provided by members of the [South Eastern Michigan Bowling Centers Association](#) (SEMBCA), and had to be content with the outdoor version of the sport, he bowled regularly. His "bowling green," which still forms the best view at his Virginia home of Mount Vernon, was kept in top condition with scythes and a roller. An even earlier bowling green, in what is now Manhattan's financial district, was kept in playing condition by a flock of sheep.

Bowling will help keep you in shape as well. And, before you roll your first strike, think about warming up. Stretch your arms and legs to get them limber. Try using a lightweight bowling ball as a sort-of medicine ball. Put the ball behind your head and stretch your arms. Give the ball a squeeze or two or three. Stretch those quads by lifting first one leg, then the other, behind your back.

So next time you go bowling this month, keep George Washington in mind. And, be thankful not only for his service to our country, but that you can bowl inside with family, friends or team members.

Find the nearest family-friendly bowling center member on their website, [www.sembca.com](http://www.sembca.com) and on Facebook at <https://www.facebook.com/pages/South-Eastern-Michigan-Bowling-Centers-Association/1400514853556202>

### **About the South Eastern Michigan Bowling Centers Association**

The bowling centers in Southeast Michigan, from Sterling Heights to South Lyon, are dedicated to raising awareness, promoting participation and enhancing the bowling experience for everyone. Joined together as SEMBCA, its growing membership know that bowling is the only sport where everything required for participation – balls, pins, shoes and refreshments – is available onsite and year-round. For more than 50 years the members of SEMBCA have strived to reach out to the local community by providing charitable fund-raising opportunities, corporate employee involvement and wholesome family fun for all ages. Bowling can also be educational, with more than 20 million kids under 17 bowling each year and many going on to the 250 colleges and universities that offer bowling as a sport, with some even benefitting from the \$6 million in college bowling scholarships. Learn more at [www.sembca.com](http://www.sembca.com).

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