

Strikes are good news for Wanda Precourt

By KAREN CUBIE
Gazette Staff Writer

Wanda Precourt wasn't surprised when she won a chance to compete in the regional amateur American Ten Pins bowling competition to be held in North Brunswick, N.J., on July 26 and 27.

The Norton wife and mother of two has held the highest average in her game at Attleboro's North Bowl Lanes for seven years.

If she qualifies for the next level of competition from New Jersey, she will compete in Milwaukee for a place on the United States Bowling team, Team USA.

"Those girls will represent the United States in all bowling competitions for women held worldwide," she said. "In 1988, we hope — we're pretty sure — bowling will be held as an exhibition sport at the Olympics in Seoul, South Korea.

"We've been working for 20 years for it to be a medal sport (in the Olympics)," she continued. "By 1992, we're almost sure it will be, but that's not guaranteed yet."

National competitions are not new to Mrs. Precourt.

A national competition run by the Women's International Bowling Congress (WIBC) is held every year. Mrs. Precourt had just returned from a trek to California with four other women to compete as a team in this year's tournament.

"Any WIBC member can enter," she said. "There were 51,000 girls there. I've probably gone to 14 or 15 national competitions."

She is especially excited about a chance to qualify for Team USA.

"This Team USA competition is brand new," she said. "We've never had a reason to have a national team before."

The secretary of the Massachusetts Women's Bowling Association, Mrs. Precourt was named last year's Massachusetts Woman Bowler of the year. Although she didn't place first in any one competition, she carried a 186 average, and she qualified in every one of the state tournaments. She placed among the top three or four players every time. She also bowled the highest three-game series in Massachusetts in 1985.

Mrs. Precourt bowls in approximately four major competitions a year. She throws five to 10 games a day, three to four weeks before each competition.

"Your timing has to be exactly right," she explained. "Certain things become automatic, but other things you have to practice."

She never considered becoming a professional bowler because of the strenuous hours of practice it would require.

"Those ladies bowl 100 games each week, and travel all the time," she said. "I can't do that. I have two kids and a husband."

She also serves as secretary for Precourt Electric, a company run by her husband and his brothers.

"I do play golf a lot," she added, "but I often don't have the time."

Bowling is a family activity for the Precourts.

"All of us bowl," she said. "My husband is in three leagues, and my kids are in one league each."

"April (her 14-year-old daughter) just won a trophy three to four weeks ago," she said with pride. "Her average is 140. The women's national average is 136. That's pretty good for her age."



USA bowling team. by and Jason has been Cubie Photo)

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"I'll be elated if I do well," she said. "But I don't know if I have a chance. If I'm having a good weekend, I have as good a chance as anybody."

She won't give up if she doesn't qualify this year.

"I'll try again," she said, "until I find out I'm too old or not good enough."

She stands to win no prizes through the USA Team competition.

"To me, that's what making the team would be," she said, excited.

"The prize is the honor of wearing a shirt or jacket with Team USA on it. I can't imagine the thrill that would be."

"To represent the U.S. in world competition would be the greatest thing I could ever hope for."

PHYSICAL THERAPY

HEALTH NOTES

by James McKay, PT
Physical Therapist

Today's PHYSICAL THERAPIST is a key member of your health care team; a specialist trained to provide medical support by evaluating, treating and preventing a wide variety of physical disorders. The physical therapy evaluation includes a History; Observation of posture and movements; and Palpation — using the hands to feel and "see" the problem area. Various tests may be used including those for: muscle strength, range of joint motion, reflexes and sensory changes. The therapist may confer with the physician or other health professionals involved with the patient's care and then plan a treatment program that best suits the individual's needs. Treatment may include strengthening, flexibility and motion exercises, posture correction, pain control and, in the majority of cases, a specific home exercise program so that the patient may work towards achieving their goals on a daily basis. The therapist may use heat, ice, ultrasound and electrotherapy to reach these goals. Some of the various conditions that physical therapists treat are: neck, back and joint pain, nerve diseases and injuries, sports injuries, arthritis and posture malalignments.

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