



Greetings TNBA Family:

Through my communications with bowling coaches from Historically Black Colleges and Universities (HBCU,) several have expressed an interest in female & male bowlers out of the TNBA Junior Programs for their respective university's bowling teams.

Listed below are the twenty-seven HBCU schools and locations that offer **women's** collegiate bowling and some of the requirements and expectations for their programs. Each school are listed in conference order:

Central Intercollegiate Athletic Association - CIAA

Bowie State University	Bowie, MD
Elizabeth City State University	Elizabeth City, NC
Fayetteville State University	Fayetteville, NC
Johnson C. Smith University	Charlotte, NC
Livingstone College	Salisbury, NC
Shaw University	Raleigh, NC
Virginia State University	St. Petersburg, VA
Virginia Union University	Richmond, VA

Mid-Eastern Athletic Conference - MEAC

Coppin State University	Baltimore, MD
Delaware State University	Dover, DE
Howard University	Washington, DC
Monmouth University	West Long Branch, NJ
Morgan State University	Baltimore, MD
Norfolk State University	Norfolk, VA
North Carolina A & T University	Greensboro, NC
University of Alabama Birmingham	Birmingham, AL
University of Maryland Eastern Shore	Princess Anne, MD

Southwestern Athletic Conference - SWAC

Alabama A & M University	Normal, AL
Alabama State University	Montgomery, AL
Grambling State University	Grambling, LA
Florida A&M University (FAMU)	Tallahassee, FL
Jackson State University	Jackson, MS
Prairie View A & M University	Prairie View, TX
Southern A & M University	Baton Rouge, LA
Texas Southern University	Houston, TX

Stillman College Tuscaloosa, AL

- A minimum 2.0 Grade Point Average (GPA), some schools may require at least a 2.5 (GPA).
- A minimum qualifying score from either the ACT or SAT exam, each school has their own requirements.
- A current high school transcript (including 1st semester of their senior year is needed in most cases, unless the athlete signs a letter of intent during the November early signing period.)
- Before any athletic/academic scholarship can be offered, the bowler must receive a clearance from the NCAA Eligibility Center. This action must be initiated by her high school counselor.
- Most schools can offer a combination athletic/academic scholarship depending on the GPA and ACT or SAT scores.
- All schools have some type of strength and conditioning program. Yes, that will include weight lifting and cardio training.
- There is the potential for having up to 20 hours per week devoted to bowling activities. This will be far more extensive than your 3 game Saturday league and or Sunday travel league bowling.
- The bowlers MUST be coachable, have a positive attitude and have a passion for bowling!
- Coaches have different average expectations. The minimum average I have heard so far is 150. This is why a video of the bowler is crucial for the coach's decision making process. Some suggestions from coaches that I have received in the past include, wear loose fitting clothing (no tight fitting jeans.) The video should capture front, back and both sides of the bowler. When shooting at spares, make sure you "follow the shot," even if there is no doubt that you are going to make the spare. This shows attitude. Coaches want to see how you may react/respond to the pressure in the 10th frame of the Baker event as their anchor bowler and the match is on the line! Also, don't be afraid to show your personality. You will have to interact with teammates on a daily basis.

Listed below are the colleges and universities that offer **Male** Collegiate Bowling. These schools are not listed in any particular order.

Blue Mountain University	Blue Mountain, Mississippi
Calumet College	Whiting, Indiana
Clarke University	Dubuque, Iowa
Davenport University	Grand Rapids, Michigan
Grand View University	Des Moines, Iowa
Hastings College	Hastings, Nebraska
Hawkeye Community College	Waterloo, Iowa
Highland Community College	Freeport, Illinois
Illinois State University	Normal, Illinois
Iowa Community College	Fort Dodge, Iowa
Judson University	Elgin, Illinois
Lincoln Memorial	Harrogate, Tennessee
Lindenwood University	St. Charles, Missouri
Marian University	Indianapolis, Indiana

McKendree University	Lebanon, Illinois
Michigan State University	East Lansing, Michigan
Minnesota State Mankato	Mankato, Minnesota
Midland University	Fremont, Nebraska
Morningside College	Sioux City, Iowa
Mount Mercy University	Cedar Rapids, Iowa
Neumann University	Aston, Pennsylvania
New Jersey Institute of Technology	Newark, New Jersey
Notre Dame College	Notre Dame, Indiana
Penn State University	University Park, Pennsylvania
Purdue University	West Lafayette, Indiana
Robert Morris University	Moon Township, Pennsylvania
Rochester Institute of Technology	Rochester, New York
Rock Valley College	Rockford, Illinois
Saginaw Valley State	Saginaw, Michigan
St John's University	New York City, New York
Stillman College Tuscaloosa, Alabama	
William Patterson University	Wayne, New Jersey

If you have questions or concerns, please feel free to contact Keith Bridgeforth. He is looking forward to assisting young ladies in obtaining scholarship information for collegiate bowling.

Here is a [Link](#) to a Head Coach's directory, with emails and phone numbers to various .

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