

UPCOMING EVENTS

Wednesday, March 9.

- Women's Tennis will compete against Southeast Missouri State at home at 1 p.m.

Thursday, March 10.

- Womens Golf will compete at Pizza Hut Lady Thunderbird Invitational.

Friday, March 11.

- Women's Golf will compete at Day Two of the Pizza Hut Lady Thunderbird Invitational.
- Track NCAA Indoor Championships Indoor Season at Birmingham, Alabama.

Saturday, March 12.

- Womens Golf will compete at Day Three of the Pizza Hut Lady Thunderbird Invitational.
- Track Day Two of the NCAA Indoor Championship
- Women's Tennis will play UT Arlington at home at 10 a.m.

Sunday, March 13.

- Baseball will play against Missouri State at Springfield at 1 p.m.

Q&A with Head Bowling Coach Justin Kostick



PHOTO COURTESY OF ARKANSAS STATE ATHLETICS

Red Wolves finished third at Mid-Winter Invitational.

LOUIS WALKER

SPECIAL TO THE HERALD

Q: How did you get into bowling?

A: My Grandfather owned the bowling center in my hometown. My stepfather also is 39th on the professional bowlers tour money list all time or professional bowlers association all time he made a lot of television shows in the 80s' and 90s' on ABC TV and so I've been involved in bowling my whole life.

Q: You recently hit 1000 wins and you are only the 6th coach in NCAA history to do this. How did that individual honor feel?

A: You know obviously it's a great accomplishment but at the same point it you know you're always trying to still get better and win the one that's the most important that's the last one of every year.

Q: How do you feel when your players get individual awards?

A: Yeah, I mean obviously you want your players to do well you know individually. You know I've had multiple all Americans, junior Team USA, player of the years, regular Team USA, team Puerto Rico you know had multiple

different players here that have done very well individually and you know you wanna make you want to always value too is how well do they do individually when you get outta here too you know you want to have success if they decide to bowl on the women's tour and you know that counts stuff too and but I mean obviously the main goal is the team focused goal but you always want your players do well.

Q: How do you approach managing the bowling team? Is it impacted by who you are playing?

A: It can depend on who you play, but there's really not a lot of defense in bowling. You can be a little bit defensive in how you play the lanes compared to how somebody else likes to play the lanes, how you are evaporating the oil or moving the oil around and how you throw it can play a little bit of defense, but it's very minuscule. So most of the time center approaches are just worrying about what the lanes are doing for your own offense. You're kinda worrying about what the lanes are doing for yourself. We have some players that like to play the outside part of the lanes better than the inside part of the lane, so the ones that like the outside align better if the

outside part of the lane is where you gotta play that particular week.

Q: How do you approach recruiting for bowling?

A: The recruiting side of stuff is kinda like it's more club related. There's individual tours in certain States and there's a big tournament that the governing body of bowling runs which is called Junior Olympic Gold. That's where basically every coach goes, it's an 8-9 day event. There's a tournament named Teen Masters, which is a six day event this summer. It's more of like club related aspects and individual tournaments than high school bowling. I mean there are a few high school state tournaments that are good to go to in Illinois and Michigan, but those states also have tours that allow the best players to play the individual tours.

Q: What's more important in recruiting are you looking for team chemistry or the ability of the player to play what's in front of them?

A: I think it's a combination of both. I mean you obviously gotta have players that have the talent that you need to succeed, but you also can't have one bad apple or one situation

of causing your team to not have great chemistry can cause you not to win. You gotta have players that are on the same page and it's hard in the recruiting process to figure all that out because you don't have a lot of time, so you try to do the best you can. Try to build a relationship with the recruit for as long a period of time as the NCA allows basically and try to figure out if this person is going to be a good fit in your program.

Q: Do you have anything to say to the rest of the A-State student population? How they can be involved with bowling, watching bowling etc.

A: Come to our tournament which is only once a year at Hijinx. We get 18 to 20 teams there. You would be pretty surprised how much action there is. When you have 18 teams at an event that's a lot of matches going on simultaneously at the same time so there's a decent sized crowd. I think people would be presently surprised how athletic a lot of the players are too and how good a lot of the players are.

A-State finished 8 out of 16 teams at Desert Mountain Collegiate



PHOTOS COURTESY OF ARKANSAS STATE ATHLETICS

Desert Mountain Collegiate

Final Results:

8 Arkansas State 280-311-295=886 (+22)
 T2 Luka Naglic 69-73-73=215 (-1)
 T13 Lucas Cena 72-75-72=219 (+3)
 T25 Christofer Rahm 71-82-70=223 (+7)
 T25 Felix Krammer 68-76-79=223 (+7)
 T57 Devyn Pappas 75-81-74=230 (+14)
 T64 Jack Madden 72-81-78=231 (+15).