

## Windsor-Essex Chatham-Kent Bowling Association

WECKBA would like to congratulate Dan MacLelland who will be inducted into the Windsor Essex County Sports Hall of Fame for the sport of bowling on Friday October 04, 2019.



**Dan MacLelland** started bowling at age 4. His father, Len, owned a pro shop where he grew up bowling so he would bowl five days a week after school for 40 weeks a year. Len coached Dan from age 4 thru age 20. Len taught him how to move with different lane conditions, how bowling balls are different and how one ball gives you advantages over another. When he was younger, Dan felt he was able to experiment with different shots, conditions, and various balls. As a result he was constantly learning. These practice sessions helped him build a great deal of confidence so that when he had to change to a different line or shot he was able to make that adjustment. When I interviewed Dan I asked questions about bowling to better understand how he excelled. He indicated that the

physical things he does well in his sport is ability to create a high revolution rate, throw a straight ball, hook left or right, or a small or large hook. This enabled him to play all areas of the lanes and still be competitive. Dan said that the mental things he does well is when he throws a bad shot, he has good clear separation to just concentrate on the current frame in front of him. Dan explained that “you want to thrive on good shots; stay focused, and control your heart rate.” Dan believes that in bowling you never stop learning. He indicated he had a few coaches over the years. After his father’s passing and as he moved to the elite level, Tyrel Rose was his coach while with Team Canada. The last few years he has relied on Sean Foster to help him. Dan believes that coaches and teammates help you to stay focused. Coach Foster and teammate Francois Lavoie can both bring him back to the moment to refocus. When Dan prepares for a game, he makes sure the team is loose. They make plans to have fun outside the sport of bowling for group activities. This helps to relieve nervous tension. While he was with Team Canada the group would debrief after each tournament block and ask each other questions. In these debriefings they would talk about what happened on the lanes, specific balls, speed, and lines used. Dan revealed that “sometimes things get in way of me being my best because I might be too relaxed – having fun, lane conditions may be difficult, do not bowl well in the centre, and bad thoughts can creep up.” Dan indicated that his confidence comes from the opportunity to practise when he was young, and trying various shots. This gave him the ability to change lines to try something new so that now he can quickly adjust on the lanes during tournament play. Dan said that he best prepares for a game mentally by using information from a book he read entitled “WITH WINNING IN MIND”. “The book was very helpful for him to help prepare for the Pan Am Games. It provided positive affirmations and explained how to best achieve your goals. Give yourself “Positive Self Talk” – I will / I can do this / I am a champion.” He noted that he has pressure when maybe he needs to shoot a specific score to make a cut. Dan has found that the best way to calm himself is to take a deep breath before stepping on the approach and then while on the approach to slow down his heart rate. Dan said that one thing he needs to work on right now to improve the fastest in my sport is to never stop learning. He wants to learn to drill bowling balls and determine how they react when drilled differently. MacLelland maintains that if he could achieve anything that he wished for his sport it would be to have bowling adopted as an Olympic sport and to have the ability to compete at that level. That is the only thing missing from his international bowling resume. Dan still bowls on weekends and tries to compete in at least two tournaments a month to stay competitive. Dan is married to Kristy. They have a baby daughter named Harper Lynn. He has a Bachelors’ degree in Sociology from Saginaw Valley State University. He currently works as an exterminator in Kitchener. MacLelland has had an accomplished bowling career with the PBA, and the amateur ranks which include: Saginaw Valley State University bowling team; Pan American Games; World Tenpin Bowling

Championships; Pan American Championships, PABCON Masters – Youth; WECKBA Youth Bowling. Here is a brief summary of his bowling accomplishments.

### **PBA Tour**

2009 – Joined PBA Tour

2015 – Finished 10th in Barbasol Tournament of Champions and 24th in USBC Masters.

2014 – Finished 4th in Barbasol Tournament of Champions defeating Pete Weber 259-211 in opening stepladder match then losing to Wes Malott 248-199 in second match.

### **Career Statistics**

Year	Events	Cashes	Match Play	CRA	Titles	Avg	Earnings
2015	5	4	4	0	0	226.23	\$18,500.00
2014	13	4	2	1	0	217.65	\$41,170.00
2013	22	15	6	3	0	219.89	\$33,293.21
2011	14	10	4	1	0	219.78	\$34,590.00
2010	11	7	5	3	0	219.19	\$61,090.00
2009	7	4	4	0	0	206.77	\$10,600.00

### **Saginaw Valley State University – Bowling Team**

Attended University on a bowling scholarship

2008/2009 – Collegiate Bowler of the Year

2007/2008 – Collegiate Bowler of the Year

2006/2007 – Collegiate Bowler of the Year

2007 – Intercollegiate Team Championship Title

2006 – Intercollegiate Team Championship Title

### **Pan American Games:**

2019 – 5th (doubles), 7th (singles)

2015 – GOLD (doubles), BRONZE (singles)

### **World Tenpin Bowling Championships:**

2018 – SILVER (singles), BRONZE (doubles);

2014 – GOLD (singles), 25<sup>th</sup> (doubles), 17<sup>th</sup> (trios);

2013 – 20<sup>th</sup> (singles), 6<sup>th</sup> (doubles), 19<sup>th</sup> (trios);

2012 – 30<sup>th</sup> (singles)

### **Pan American Championships:**

2012 – 31<sup>st</sup> (singles), 12<sup>th</sup> (doubles), 6<sup>th</sup> (trios);

2011 – SILVER (singles); SILVER (doubles), BRONZE (trios)

### **PABCON Masters - Youth**

2006 – WBA World Youth Doubles champion

2006 – Canadian Bowler of the Year

2004 – American Zone Youth Singles champion

### **WECKBA Youth Bowling**

Age 13 threw his first 300

Age 16 shot his first 800 series

Submitted by Catherine Wilbur.