



Greetings TNBA Family:

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

Listed below are the 27 HBCU schools and locations that offer **women's** collegiate bowling and some of the requirements and expectations for their programs. Each school is listed in conference order:

**Central Intercollegiate Athletic Association - CIAA**

Bowie State University	Baltimore, 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
Florida A & M University	Tallahassee, FL
Grambling State University	Grambling, LA
Jackson State University	Jackson, MS
Prairie View A & M University	Prairie View, TX

Southern A & M University  
Texas Southern University

Baton Rouge, LA  
Houston, TX

- 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 1<sup>st</sup> 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 10<sup>th</sup> 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  
Calumet College  
Clarke University  
Davenport University  
Grand View University  
Hastings College  
Hawkeye Community College  
Highland Community College  
Illinois State University  
Iowa Community College  
Judson University

Blue Mountain, Mississippi  
Whiting, Indiana  
Dubuque, Iowa  
Grand Rapids, Michigan  
Des Moines, Iowa  
Hastings, Nebraska  
Waterloo, Iowa  
Freeport, Illinois  
Normal, Illinois  
Fort Dodge, Iowa  
Elgin, Illinois

Lincoln Memorial  
Lindenwood University  
Marian University  
McKendree University  
Michigan State University  
Minnesota State Mankato  
Midland University  
Morningside College  
Mount Mercy University  
Neumann University  
New Jersey Institute of Technology  
Notre Dame College  
Penn State University  
Purdue University  
Robert Morris University  
Rochester Institute of Technology  
Rock Valley College  
Saginaw Valley State  
St John's University  
William Patterson University

Harrogate, Tennessee  
St. Charles, Missouri  
Indianapolis, Indiana  
Lebanon, Illinois  
East Lansing, Michigan  
Mankato, Minnesota  
Fremont, Nebraska  
Sioux City, Iowa  
Cedar Rapids, Iowa  
Aston, Pennsylvania  
Newark, New Jersey  
Notre Dame, Indiana  
University Park, Pennsylvania  
West Lafayette, Indiana  
Moon Township, Pennsylvania  
Rochester, New York  
Rockford, Illinois  
Saginaw, Michigan  
New York City, New York  
Wayne, New Jersey

Please feel free to contact Keith Bridgeforth if you have questions or concerns. 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.

Keith R. Bridgeforth  
TNBA Collegiate Program Director  
bridgekr@aol.com  
(651) 261-9365