



# *On The Lanes With...*



## **KAELIN MILLER**

**Strike N' Spare II  
Major/Seniors  
Average 180**

**Parents:** Ray and Martha Miller

**Hometown:** Crest Hill

**Grade and School:** Junior at Lockport Township High School

**Started bowling at:** 4 years old

**Highest game:** 245

**Highest series:** 659

**What is your favorite thing about bowling?** It keeps me competitive and it helps mentally discipline me.

**When you are struggling on the lanes, what helps you stay positive and keep bowling?** I try to refocus and remember that one bad frame is not a whole game. One ball, one game, one frame at a time.

**Who has inspired you to do your best?** My coach Tommy Hinz, Coach Lynda and my LTHS teammates.

**What are your future goals in bowling?** Bowl in college, get my 300 game and return to the IHSA State finals in my senior year.

**Which tournaments have you competed in:** JAUSBCYA Tournaments, Illinois USBC Youth Tournaments, IHSA State Finals, Jr. Gold Championships and others.

**Briefly explain your experience bowling one of the options above:** I was on the state team both in 2016 and 2017. We placed third and second. It is a mental challenge to keep focused and not to get overwhelmed. You have to treat each ball like it is your last ball of the game. You need to get those spares and pick up your team if they are struggling.

**Overall, what has bowling done for you?** It has given me the ability to come out of my shell and make friends from all over the state. It has shown me that I can do anything if I set my mind to it.