



High-Performance Shoe Guide

Understand Your Shoes. Perfect Your Approach.

Table of Contents

What are High-Performance Shoes?	2
The Three Components of a High-Performance Shoe	4
The Interchangeable Sole.....	5
What is an Interchangeable Sole?.....	5
How To Choose the Right Sole for You	5
The Interchangeable Heel.....	6
What is an Interchangeable Heel?	6
How to Choose the Right Heel for You	6
The Rubber Push Foot.....	7
Tips to Fine-Tune Your Slide.....	7
Shoe Brush.....	7
Shoe Cover.....	8
Conclusion	8
Links to our Products	9

What are High-Performance Shoes?

Have you ever tried bowling in your socks? What about your street shoes? If you have, there's a pretty good chance you ended up on your butt, on the lane, or your ball ended up in the gutter. And while these may be a large exaggeration, it's a great example of why footwear in bowling is so important. Without the proper footwear, it is nearly impossible to bowl your best.

While most bowlers first look to bowling balls to help them improve and bowl higher scores, understanding your bowling footwear and ensuring you have the right pair for you is crucial to realizing your full potential. The best bowlers in the world use High-



Performance shoes, and there's a reason why; they allow you to dial in the perfect slide for all bowling centers and approaches. So, what exactly are High-Performance shoes, and how do they help bowlers perform at their best?

If you have ever used a pair of rental bowling shoes from your local bowling center, or you have purchased an inexpensive pair of bowling shoes, you know that the bottom of the shoes have a sole and a heel. And both of those are fixed into the shoe and cannot be changed. The same can't be said for High-Performance shoes. High-Performance shoes come with interchangeable soles and heels that you can easily change depending on the condition of the approaches you are bowling on. So, if they are a little bit more slippery or tackier than usual one night, you aren't just stuck with what you have. You can adjust the bottom of the shoe to match what feels best for you.

Sounds helpful doesn't it? That's because it is. But different soles, heels, and combinations of the two may seem complicated. So, we created this guide to help jumpstart your understanding of one of the most important pieces of bowling

equipment. Let's continue diving into the three main components of the high-performance bowling shoe.

THE KEYS TO BOWLING YOUR BEST



The Three Components of a High-Performance Shoe

Regardless of the style and brand, true High-Performance bowling shoes all have the same three main components:

- 1) An interchangeable sole on the slide foot
- 2) An interchangeable heel on the slide foot
- 3) A rubber push foot

Once you understand how these components operate individually and together, you will be on your way to higher scores! Let's start by diving into the interchangeable sole.



The Interchangeable Sole

What is an Interchangeable Sole?

As we have mentioned above, all High-Performance shoes have an interchangeable sole on the slide foot. What makes that possible is a layer of Velcro on the bottom of the shoe and sole. So, when you want to adjust your slide and change your sole, all you have to do is simply pull off the current one and put the new one on. The strong, durable Velcro allows you to change these as often as you want. So, utilizing the interchangeability of the sole can be an extremely helpful technique when you

encounter an approach that is too tacky or slippery. This can happen when we change bowling centers, or even change bowling lanes within the same bowling center.

Because your slide foot goes from toe to heel when you slide, the sole is going to have the most impact on your slide. But how do you know which sole to use or change to? Well, let's dive into the different options you have and which one you should choose on a given night.



How To Choose the Right Sole for You

Interchangeable soles come in 5 different options, and they are numbered for easy differentiation: #2, #4, #6, #8, & #10. The lower the number the sole, the less slide it will provide. So, if you are bowling on a very slippery approach, a #2 or #4 may be a good option. On the other hand, if you are bowling on a very tacky approach, a #8 or #10 sole may be best. What's most important when dialing in your high-performance shoes is finding the sole that provides the best slide for you. We suggest starting with a #6 sole right in the middle. This will provide a nice benchmark to help you understand what you need. If the #6 is too slippery, you can then adjust to a #4 or #2. If it is too tacky for you, you can adjust to a #8 or #10. Once you find the sole that

gives you the best slide for you, you'll have a starting point for every time you go bowling!

Now that you know how to dial in the perfect sole for your slide, let's talk about the second component of the High-Performance shoe.

The Interchangeable Heel

What is an Interchangeable Heel?

Like the interchangeable sole we just reviewed, the interchangeable heel is made possible by a layer of Velcro on the bottom of the heel and shoe. So, changing the heel is the same process as changing the sole; simply remove the current heel off the shoe and replace it with the new one.



The heel of a High-Performance shoe could be thought of as the brake for your slide. The heel is going to bring you to a stop, which is a very important for establishing a strong, stable finish position at the foul line. Without stopping, you could foul, or even worse, slip and fall on the lane.

How to Choose the Right Heel for You

The interchangeable heels are numbered just like the soles, and come in three different options: #2, #5, & #7. Just like the soles, the lower the number, the more brake (less slide) you will have. So, when just starting out with your High-Performance shoes, it's best to start in the middle to get a good idea of what is best for you. Once you have used the #5 heel, if you feel like you need a little more brake, try the #2. And if you feel like you need less brake, use the #7 heel.

The Rubber Push Foot

Arguably one of the biggest differences between High-Performance shoes and athletic (beginner level) shoes is the bottom of the push foot. The push foot is your non-slide foot, which helps you generate a lot of your power going into your slide. In your standard athletic shoes, the push foot is the same material as the slide foot, making it hard to generate full power. Having a rubber sole on the push foot allows you to put more pressure on that step before your slide so you can generate more power.



By now, you can see how helpful using high-performance shoes can be to bowling your best. The sole and heel are the dynamic duo that makes the perfect slide possible, while the rubber push foot gives you all the power you need. So, next time you are looking for a way to improve your game, make sure to check in with your footwear to make sure it is arranged perfectly for you.

Tips to Fine-Tune Your Slide

While the interchangeable soles and heels offer you the ability to alter your slide for different approaches, sometimes you only need a tiny bit more slide or a tiny bit less slide. So, instead of changing the sole or the heel on the bottom of the shoe, you may be better off using one of these two simple tips to fine-tune your slide.

Shoe Brush

The shoe brush is a great tool to slightly alter your slide without having to change your sole or heel. This makes it perfect



for those nights where your slide feels close, but it needs just a little bit of changing. Most bowlers like to use the shoe brush when the approaches are a little more slippery than usual. The shoe brush works by removing any dirt, dust, or unwanted substances that are on the bottom of the shoe. The wire brush rubbing against the bottom of the shoe also roughens up the texture of the sole, creating more friction between the shoe and the approach, thus reducing the slide.



Shoe Cover

While it may seem like an obvious thing to some, protecting the bottom of your shoe while you walk around the settee or carpeted area is extremely important to maintain your shoes and achieve a good, consistent slide. The bowling area can get dirty, with people spilling food or drinks. The carpeted area can change the texture of your sole and heel. That's why when you're not bowling and you're walking around, the shoe cover is a simple yet extremely effective tool you can use to preserve your slide. There's nothing worse than feeling dialed in on the lanes and then stepping in a puddle of water or getting popcorn on the bottom of your shoe. The shoe cover helps prevent that from ever happening.



Conclusion

High-Performance bowling shoes are the unsung hero of competitive bowlers.

Without a good, consistent slide it is nearly impossible to make high-quality shots. The interchangeability of the soles and heels offer all bowlers the opportunity to easily adjust to any approach they encounter. If you think a pair of high-performance shoes can help you improve your game, feel free to check out our website links below to see our high-performance shoe offerings. Each pair comes with an assortment of interchangeable soles and heels 😊.

Good luck on the lanes!