Une autre façon de reconditionner sa boule...

Sanding
Requires a variety of different types and grits of sand papers.
There are approximately three times when you will want to sand your ball:
1.When the track becomes so deep and ingrained that it affects ball performance.
2.Scratches and surface marks cannot be removed by hand polishing, be aware sanding the ball will remove some of the surface.
3.To change the surface friction for a different ball reaction.
The various grits of wet sandpaper you will need are.120,180,220,320,400,600,1000 and 1500.
Keep in mind a bowling ball has six sides, top and bottom, right and left, front and back.
All sides need the same amount of sanding since the ball rolls on all of them.
Do not reuse sandpaper, it will change the grit.
1. Take an 8 inch x 10 inch sheet of sandpaper, fold the eight-inch width into thirds, then, cut those in half to make six five-inch long strips about 2-1/2 inches wide.
Fold the five inch length in half about the size of the palm of your hand.
When sanding, use one side of the strip for one half of the ball and then when you flip the ball ,turn the sandpaper over and use the unused side of the sandpaper.
2. Water will need to be close at hand you can rig your unit up to a continuous flow of water or simply use a spray bottle or bucket of water to dip your hand into. The more water used will lengthen the life span of your sandpaper, the ball surface needs to be kept wet ,the lower the grit the more water is used ,the higher the grit the less water is used. Each step should take approximately 20 to 30 seconds.
3.Place the ball in the spinner label facing up, turn on the spinner setting to low, if your ball has a visible track, start with 120 to 220-grit wet sandpaper, depending on the depth of the track. Sand until the track on that half of the ball has been erased.
REMEMBER: Evenly sand the entire half of the ball - not just the ball track.

Preparing to sand

Before turning on your spinner, you need to determine track wear. The job that you are about to do is different if there is mild as compared to

heavy wear. For most balls (all but the most worn), however, the initial steps are the same.
If this is your first time sanding, you need to be aware that a bowling ball has six sides. By halving the ball three times, you will see that there is a top and bottom, a right and left, and a front and back. Each of these sides need to receive the same amount of sanding since the ball rolls in each of them.

Sanding

If you are interested in sanding accuracy, it is recommended that you DO NOT reuse a piece of sandpaper. Each time sandpaper is used, the "sand" becomes smaller and finer so that the next time you use it the grit rating for that piece increases somewhat. Therefore, you should take your 8x I O-inch sandpaper sheets and fold the eight-inch width into thirds. Then, cut those in half to make six five-inch long strips about 2-1/2 inches wide. Before starting to sand, fold the five inch length in half, which leaves a piece of paper that will just about fit in your palm. When you sand, use one side of the strip for one half of the ball and then when you flip the ball, turn the sandpaper over and use the fresh side of the sandpaper.
Each step in the sanding process should take approximately 20 to 30 seconds with deeper tracks requiring a little longer. Reactive resin balls will generally take less time than conventional urethane balls.
NOTE: You should use water during the sanding process to keep the ball surface wet The lower the grit, the more water.

Technique

Begin by placing the ball in your spinner, label up. THEN turn on the spinner.

If your ball has a visible track, begin with a 120 to 220 grit paper, depending on the depth of the track. Sand until the track on that half of the ball has been erased. REMEMBER; Sand the entire half of the ball evenly-- not just the ball track. Sanding only the track area creates a flat spot and sanding only a portion of the ball is prohibited by ABC/WIBC rules. Also, spend half the time on the very top and bottom of the ball as on the rest, since on the top and bottom, the same area is being constantly sanded and can also create a flat spot.
When the track is no longer visible-- all major and minor scratches and scars are gone except the rings left by the sandpaper--turn off your spinner, and turn the ball over. It is important to make this as close to 180 degrees as possible. Now, using the fresh part of the sandpaper strip, sand that half of the ball. (If you

are doing a full resurfacing, there are two more steps. After the top and bottom of the ball are done, turn the ball 90 degrees, and then sand the top and bottom as it then sits in the spinner, using the same method as before.)
Without changing the position of the ball (or returning it to its label-up position if you turned it 90 degrees for the full resurface).take the next strip up (220 if you started with a 120 or 320 if you started with a 180-220) and sand that half. (Once the track is gone, each successive sanding should be one pass of the sandpaper from the top of the ball down to the edge of the spinner. 'The speed that you move the paper down the side of the ball should be deliberate-not too fast or too slow.)
If you now have that half of the ball to 220 grit, continue doing the same thing until you get to 320. Even though 220 could go to 400 using the never-double rule. This is not recommended when you are going from 220 up. You will need to go to 320 first for the quickest and most efficient refinishing. When you get the ball to 320, your ball is considered to have a dull finish. This is the surface that is used for oil because it retains deep valleys between the sanding ridges and therefore provides a high friction potential.
If you are trying to take the ball to a more moderate surface, then repeat this method using 400-grit paper. Each time you move up, the ridges are reduced to height so the valleys are reduced in depth. The result is that the amount of surface friction is reduced accordingly so that the ball becomes more appropriate for progressively drier conditions.
To get the ball to a medium surface, you would leave the 400-grit ball in the spinner and then repeat the process with a 600-grit strip. For even less surface friction, repeat the process with 1,000-grit strips. For bowlers trying to achieve minimal surface friction, you would continue from there with 1,500-grit paper. To go higher than 1,500-grit (or in some areas of the country, 2,000-grit). you will have to use one of the polishing systems with the grit rating that you desire(2,500, 3,000, 3,500, 5,000)
When you complete the sanding process to the desired level, rinse the ball thoroughly to remove any surface grit and then dry with a clean towel or cloth. This completes the sanding.

Shine

For all surfaces above 320-grit you can achieve (or enhance) a basic shine without "polishing" by using rubbing compound on the clean dry ball and then buffing to shine using a clean cloth. For bowlers looking for more length or skid etc. than this type of shine will give them, they will need to use polish. There are many good commercial polishes that

can be purchased retail either through your pro shop or direct from the manufacturer.

There is one thing that may need to be said. A 600-grit polish is not the same as a 600-grit paper so if you sand to 600 and then apply a 600-grit polish over that, the result will be something very close to but not exactly 600-grit. Grit-free polishes that do not contain other abrasives do not alter the sanded surface. Either of these choices is acceptable because it is doubtful that a bowler would be able to discern that subtle a difference.

Also, polishes do different things to ball reaction. Some provide added length, others more back end, others less back end, and most all provide some degree of reduction in total hook. All polishes are not exactly the same, so it is important that you become familiar with polishes to either make sure that the one you are using will produce the desired result or continue to use what the pro shop has been using so that the reactions is at least familiar.

One final note. This is presented for the "Home Pro Shop" who will resurface bowling balls for the operator and maybe a couple of friends. When it is recommended that you use fresh sanding strips, that is for the greatest degree of accuracy and for someone doing a few balls a month.

If you do not own a spinner and instead use a pro shop that does reuse sandpaper, the degree of difference between what they are doing and the result from fresh sandpaper is minimal. They sand hundreds of balls per month and their pass-along cost to the customer that would be necessary if they used fresh sanding strips may not justify what for most bowlers would not be a noticeable difference. Also, the experienced pro shop operator knows when a piece of sandpaper of one grit has become a higher grit and can be used for that level of sanding.

The same rule would apply here that would apply with polishing systems. For their own personal reason, some bowlers will want or even demand absolute accuracy. For others, a too-close-to call result may be just fine.