



# 2025 WORLDS: BIGGEST FOR 7TH YEAR

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WORLDS WINNERS  
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90s GAME  
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Photo by Clover Schultz

## 100+ WWII Hero, POW and Artist Can Still Swing

By Donna McGuire  
Softball News Report

Walls, shelves and tabletops throughout Gene Metcalfe's Arizona home display a rich story about his nearly 103 years on Earth.

Paintings created by Metcalfe the artist adorn many of the walls.

Certificates and medals awarded to Metcalfe the World War II paratrooper – left for dead, captured by Nazis in Holland – cover a smaller alcove wall overlooking a flight of stairs.

Downstairs, a spacious office contains copious shelves cradling numerous other pieces of Metcalfe's life, including those of Metcalfe the athlete. Softball trophies, medals and other awards fill a high shelf. Nearby, team and individual player pictures sit together.



Continued on Page 12 Gene Metcalfe in World War II

**2026**  
Schedule  
of Tournaments

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Otis Rowland Dies  
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MASTER 40s EXPANDS  
WITH AA DIVISION  
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PACIFIC RIM  
IN CANADA  
IN 2026; ENJOY  
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# Small Acts of Kindness

It is easy to get caught up in all of the things that are wrong in the world – and there appears to be no shortage of those things. The bombardment in our lives of negative information, regardless if it is true or not, can lead to feelings that humanity is in a downward spiral worldwide.

And so, it helps to consider the small acts of kindness that we see from the majority of our fellow humans every day.

On a recent flight across country, I saw many small acts of kindness.

A woman came in with a small, crying baby and as she sat down no less than three passengers around her told her not to worry, the baby would calm down – and if it didn't, it would be no problem. The woman noticeably relaxed – and so did the baby.

Passengers having trouble lifting heavy bags into the overhead bins were helped every time by different strangers seeing their need.

One passenger two rows away accidentally spilled a drink on her neighbor, and this stranger told her not to worry.

This is one flight. These may be small acts of kindness, but they refresh our belief in the innate goodness of most people and provide hope for our future.

Terry Hennessy  
Editor



By Sue Ballenger

DIFFERENT COLORS



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SAME PERFORMANCE

# Important Reminders for the 2026 Season

**L**et us know where you plan on playing: This past season, we have had teams mail their checks on the deadline without letting us know they were in the tournament – and the checks did not arrive until after the tournament was scheduled. In some cases, we were not able to get those teams in the tournament because some tournaments fill early. So please **Email your Team Tournament list to: [Info@seniorsoftball.com](mailto:Info@seniorsoftball.com)**. Don't worry, if your team decides not to go to one of the tournaments you list, we will check with you at the tournament deadline (we call all teams who have not paid by the deadline), and you will not be charged.

## Team Registration:

Every team (new or old) needs to register each year and pay the \$55 Team Registration. Team registration can be completed on-line or mailed and needs to be paid before a team can enter any tournament or build a roster.

**Renewing Player Registration** can be expedited by requesting your Player Password by email, rather than calling the office. You can email your request to [register@seniorsoftball.com](mailto:register@seniorsoftball.com). Players can register for 1 to 5 years. Please complete Player registration before the first tournament of play. For more information: <https://seniorsoftball.com/?page=34>.

## Renew Player Registration before Jan. 1 and save:

For the past year, Senior Softball USA has been absorbing increases in prices for balls, hotels, cars, fields, umpire, director and other tournament costs.

For the 2026 season, we have been notified by several parks and suppliers that prices will increase yet again.

The new increases leave us little choice but to incrementally raise player registration fees for the 2026 season. These increases will go into effect Jan. 1, 2026. **Players may pay the old rates until Jan. 1, 2026.**

## Here are the new fees:

### 2026 Player Registration fees:

## Covering The Bases

By Terry Hennessy

- 1 season: \$40 (Old rate: \$37)
- 2 seasons: \$55 (Old rate: \$52)
- 3 seasons: \$66 (Old rate: \$62)
- 4 seasons: \$77 (Old rate: \$72)
- 5 seasons: \$82 (Old rate: \$77)

### Rosters:

You can add players in the correct age, skill level and region to your roster up until the entry deadline for the tournament, and after the tournament concludes. After the entry deadline, you must email the office for the office staff to add the players.

There are four tournaments – the World Championships, the Tournament of Champions, the Eastern Nationals and the Western Nationals – that you are required to use a qualifying roster. That means a roster from your choice of any 2026 season qualifier. There are restrictions for adding players to those rosters. [Click here for more information.](#)

**Team Ratings** are reviewed twice a year: after the World Championships in October and in June. The deadline for Appeals for the June review is May 15. The deadline for Appeals after the World Championships was Oct. 15. Appeals received after the deadlines will be reviewed in the next Appeals Review. In addition to Team Appeals, the SSUSA Staff reviews all teams' performance and reserves the right to move teams up or down depending on performance and recommendations from officials.

**Player Rating Appeals** can be sent at any time, however, there is 120-day waiting period before the new rating – if approved – goes into effect. The clock starts on the 120 days when the Player Appeal is filed, not when it is approved, so it is important to file the Personal Rating Appeal as soon as possible.

### Bat Testing:

Teams will be randomly selected at tournaments and every bat in each player's bat bag will be tested.

Older bats failing the field test will



be marked illegal for play and returned to players. Newer bats that fail will be sent to Sacramento for a re-test. Players refusing to release their bats for testing are suspended for life. Newer bats failing the retest will be sent to the manufacturer or our lab to be tested to ensure they were not altered (rolled or shaved). Players whose bats are found to be altered will be suspended for 10 years.

We do this to get rid of cheating – and to provide a fair game for everyone. We strongly recommend buying bats from known sources and for players to stay away from any websites – and there are many – that offer to get their bats “game-ready.” Players are responsible for the bats they bring to the tournament. If they aren't sure, they should leave them at home.

### Bat Pre-Testing:

SSUSA has established no harm-no foul bat pre-testing before major tournaments. Bat pre-testing will be done the day before each session and will be announced in the informational emails to players for those tournaments.

SSUSA will also offer no-harm, no foul bat pretests in its Sacramento office from Noon to 1 pm on Wednesdays.

Bats not passing these pre-tests will be marked illegal and given back to players with instructions not to use the bat in the tournament or SSUSA play. There will be no other penalty for pre-tested bats that fail.

*Terry Hennessy is the Chief Executive Officer of Senior Softball USA and can be reached at [terryh@seniorsoftball.com](mailto:terryh@seniorsoftball.com).*

# 2026 Rules: New 40+AA, Runners From Home in 85s

## Softball News Report

Changes involving the 40+ and 85+ age divisions highlighted roughly a dozen new or revamped rules set by the Senior Softball-USA National Rules Committee in early December.

The men's 40+ division soon will have a AA division, with SSUSA staff reviewing 2025 results to create the division.

In addition, many new 40+ men's teams and new 40+ male players now will enter SSUSA play with a AAA rating instead of the previous entry level of Major. New teams with rosters that include highly rated USSSA Conference players still will enter at the Major or Major-Plus levels.

Meanwhile, the 85+ division will be allowed courtesy runners from home as part of a one-year trial period. SSUSA staff will develop additional rule details, such as the runner's starting point and whether he can advance past first base on a hit. Players and managers have been asking for this rule change for a few years, saying it will allow some of the most physically challenged and oldest tournament players to continue playing instead of retiring.

Other rule changes for 2026 affect gear worn by pitchers, layers of tape on bat handles, photographic equipment allowed on the field of play, team personnel allowed in dugouts, 75+ snowbirds, recently re-rated individual players, and a few other aspects of the game.

"The discussions – sometimes passionate – by the Rules Committee has resulted in a number of changes that will make the sport more fun and fairer in the 2026 season," said Terry Hennessy, SSUSA's chief executive officer. "The directors from throughout the country brought diverse views that were invaluable."

Managers and players

## Umpires Corner

By Donna McGuire

submitted many of the nearly 40 items the rules committee discussed Dec 3-4 in Sacramento. SSUSA staff, directors and umpires suggested the other rule changes requests.

The changes:

• **Pitchers' gear:** If protective gear worn by a pitcher distracts the batter, tournament officials will require the pitcher to correct the issue or remove the gear. Examples: headgear or shin guards that create a distracting glare.

• **Bat handles:** SSUSA is removing the "excessive tape" phrase in the altered bat rule, which will allow players to use more than two layers of tape on the bat handle.

• **Video/camera equipment:** Video or photographic equipment no longer is permitted in the field of play, except for use by official tournament photographers or others who receive SSUSA permission to photograph or record the game.

• **Team personnel in dugout:** Only players or official team personnel can be in the dugout or on the field of play. Each person, including non-playing coaches and scorekeepers, must be listed on the roster and must sign the team waiver or they will not be allowed to coach bases or inhabit the dugout.

• **"Chip" players:** Players who receive a personal re-rating to a lower level will be restricted for one year from being a "chip" player, which is the term used to denote any of the three higher-rated players allowed on a team. For example, a player who gets re-rated as an individual from 60+ Major to 60+ AAA will not be allowed to play on a 60+ AA team that season as one of the AA team's three "chips."

• **Snowbirds for 75+ teams:**

An exception has been added to the 75+ roster rules to allow snowbird players to play for teams on both sides of the Mississippi River, if their two residences are on opposite sides of that river.

• **New teams:** To get a better handle on where new teams should be rated, SSUSA now requires first-year teams to play two SSUSA roster-qualifying tournaments before entering the Eastern or Western National Championship tournaments or the SSUSA World Championships.

• **Ball/strike count:** If an umpire gives an incorrect ball and strike count, and it is not corrected before the next pitch is thrown, the incorrect count will stand. Batters and pitchers are responsible for knowing the count and bringing any incorrect ball/strike count to the umpire's attention before another pitch is thrown.

• **Teams moved up in the ratings:** If a team in the 50+ through 75+ age groups moves up in the ratings during the season, that team cannot request to play in a lower age group at the next lower level for the rest

of the season. For example, a 65+ Major team that is moved to Major-Plus cannot request to play 60+ Major for the rest of the season. However, this rule change does not prevent SSUSA from scheduling a "moved up" team in a bracket with lower-level teams.

• **USA game seeding:** Eastern or Western National championship winners will receive either a No. 1 or No. 2 seed in their World Championship brackets only if their bracket has at least five teams. (The five-team provision of the rule was removed a year ago but now is being reinstated.)

In addition, SSUSA tweaked language on a few other rules to make them clearer or to fill in a gap in the SSUSA rulebook.

For example, a section will be added making it clear that when an umpire calls out a batter-runner for stepping on the white portion of the two-bag safety base, that is considered a force out. No run will score if it is the third out of the inning. Though SSUSA already enforced that rule, it was not spelled out in the rulebook.



2026-2027 SSUSA Rulebooks are currently in production.

# Winter Nationals Kick Off 2026 Season in Florida

By Donna McGuire  
Softball News Report

**T**eams from 25 states opened Senior Softball USA's 2026 season in southwest Florida during the Winter National Championships played in early November.

More than 200 games across six days took place on fields at Lee Health Sports Complex in Fort Myers and the North Collier Regional Park in Naples.

Seventeen teams captured tournament titles, colorful championship shirts, trophies and berths to the 2027 Tournament of Champions in Polk County, Fla.

"With access to golf, shopping, and white sand beaches, the Winter Nationals in Fort Myers are a popular year-ending event for many," Tournament Director Tim McElroy said. "This year, 76 teams from Texas to Nebraska to Massachusetts enjoyed fantastic weather and field conditions that were second to none."

For one team, the event likely felt bittersweet.



Florida Gold 70s team plays their first SSUSA tournament at the 2025 Winter Nationals.

Members of the Chicago Gray Sox 80+ AAA team played their final tournament as a unit. Facing a shortage of players, a situation many older teams often battle, the Gray Sox decided to disband after the Winter Nationals.

In sunnier news, a player who suffered a heart attack at the tournament a year ago returned to play this year.

## **Tournament results:**

**Men's 40+ AAA:** SpamTown Sliders of Minnesota capped a 5-0 tournament by sweeping Wicked Stix of Virginia 41-14 and 25-8 in a best-of-three bracket format.

**Men's 50+ AAA:** Also playing a best-of-three bracket format, Kons Trenching 50 of Wisconsin defeated Boathouse of Florida 27-15 and 21-20. Kons Trenching finished 3-2 overall.

**Men's 55+ Platinum:** Second-seeded JFP/CKI, a 55+ Major team from Michigan that finished 4-1 overall, earned revenge for a one-run, seeding-game loss to Suncoast 55s of Florida by defeating Suncoast 23-21 in the championship game. Suncoast had been seeded third in the five-team division. Florida-Onyx, which had been seeded fifth, secured third place.

**Men's 55+ AAA:** After losing all three of its seeding games, Fuccillo's Athletics of New York won all three of its bracket games, including a 21-20 championship nailbiter over second-seeded Invaders/Window Source of Rhode Island. Top-seeded Maher Muehling Nebraska Elite 55 finished third in the three-team division.



Family members and players awaiting their next game cheer from the bleachers in Lee County, host of the Winter Nationals.

**Men's 60+ Platinum:** After fifth-seeded Suncoast/All Hustle of Florida won the first championship game in a 32-31 thriller, Suncoast and co-titlist 60 Caliber of Florida agreed not to play the if-needed title game. Suncoast secured the 60+ Major Plus title and TOC berth while 60 Caliber earned the 60+ Major title and TOC berth. The second-seeded Larkin Florida Legends 60s placed third in the seven-team division.

**Men's 60+ AAA:** After a 0-2 start in seeding play, Isle Edge Trucking 60s of Wisconsin compiled a 5-1 bracket record that included a 16-9 and 13-7 championship sweep of runner-up Wicked Slice Pizza, a ninth-seeded Connecticut team that had sent Isle Edge Trucking into the elimination bracket. Sixth-seeded Dunn's Sporting Goods of Wisconsin earned

third place in the 10-team division, the tournament's largest.

**Men's 65+ Platinum:** Top-seeded Action Auto Parts 65s, a Major team from Rhode Island, won all five games it played, including a 28-18 title game victory over third-seeded TRT of Florida. Three of those wins were by double digits. Sixth-seeded Hudson Valley Cyclones of New York nabbed third in the seven-team division.

**Men's 65+ Silver:** Third-seeded AAA team Fat Nancy 65 of New York went 5-1 overall, which included one-run victories in its final two games. Fat Nancy defeated top-seeded Sterling Regional Merchant Services of Florida 13-12 in the winner's bracket final and 17-16 in the title game

Continued on next page

# Winter Worlds Starts 2026 With 174 Western Teams

By Donna McGuire  
Softball News Report

**T**eams from 20 states and Canada converged on Phoenix in mid-November for the Winter World Championships, which kicked off the 2026 Senior Softball USA season for the western part of the country.

Twenty-nine teams from among 174 entrants earned titles, trophies, champion shirts and berths to the 2027 Tournament of Champions, which will be contested in Polk County, Florida.

“The Winter Worlds 2025 was a great start to the western part of the 2026 SSUSA season,” Tournament Director Dave Dowell said. “Under clear skies until early Sunday, and warm days throughout, balanced competition and exciting

close games were the norm for over 170 teams and their fans playing on five of the excellent Phoenix softball facilities.”

SSUSA revealed publicly at the tournament a new Who I Follow scoring system, which allows players and fans to follow seeding and bracket results online as teams progress through the tournament. (See related article).

Players enjoyed following their division’s results as well as the scores of games involving friends playing with other teams at other parks, Dowell said.

## **Tournament Results:**

**Women's 40+ Major:** Third-seeded Royal-T Real Estate of Washington finished 4-1 overall while averaging 18 runs a game in undefeated bracket play, including a 17-8



Idaho Spirit brought two women's teams to the Winter Worlds in Phoenix, with their 50s team winning the W50+ AAA division.

championship victory over second-seeded Ol' D BYBs of Oregon. Fifth-seeded Fireballs of Massachusetts finished third in the five-team division.

**Women's 40+ AAA:** Top-seeded Not Today of Nevada never lost a

game while outscoring its competition 126-42 over six games. Its closest contest occurred in the title bout, where it defeated the third-seeded Vintage Baddies of Washington 22-18. The ninth-

Continued on next page

## Winter Nationals: Lee County Hosts Winter Nationals Since 2008

Continued from previous page

to avenge its only loss, which happened in seeding play. Fourth-seeded Steve Levin Ameriprise 65s of Florida finished third in the seven-team division.

**Men's 70+ Major Plus:** Playing a best-of-three format, unbeaten Hollis Appraisals 70s of Florida swept Texas Crush Seventies 24-15 and 25-12.

**Men's 70+ AAA:** Third-seeded Rosebay Rattlers of Florida lost its

first seeding game before convincingly winning everything it played afterward, including a 24-10 championship victory over the fifth-seeded Long Island Jaguars 70s White, which won four elimination games to reach the finals. In the Rattlers' five wins, it defeated opponents by an average of 12 runs. Fourth-seeded Northern Virginia Force 70 finished third in the seven-team division.

**Men's 70/75+ Platinum:** Venom 75s of Florida lost the first title game 22-10 before grabbing the second one 21-9 to finish 6-1 overall. Venom earned the 75+ Major Plus title and TOC berth while

runner-up Steven Levin Ameriprise 70s of Florida earned the 70+ Major title and TOC berth. Seventh-seeded DEEP PURPLE of Massachusetts captured third in the nine-team division.

**Men's 75+ Gold:** Fourth-seeded Mobley Gin, a Major team from Georgia, lost its first bracket game then won six in a row, including 20-11 and 11-7 championship victories over runner-up and second-seeded Long Island Jaguars 75s, a AAA team. Both Mobley Gin and the Jaguars earned tournament titles and TOC Berths. The fifth-seeded Jersey Masters 75s finished third in the five-team division.

**Men's 80+ AAA:** Playing a full round-robin format involving seven teams, the Naples Longhorns of Florida compiled an unblemished record during their six-game championship run. Runner-up Chadwell Supply of Florida and the third-place Indianapolis Classics both finished 4-2 in their round robin games.

**Men's 85+ Gold:** In a best-of-three format, Center For Sight of Florida added another 85+ Major title to its extensive resume by sweeping Team Rehab of Minnesota 21-13 and 19-8.

# Winter Worlds: Phoenix Hosted 24 Women's Teams

Continued from previous page

seeded Arizona Desert Belles won five elimination games to capture third in the 11-team division.

## Women's 50+ AAA:

Top-seeded Idaho Spirit 50s capped an unbeaten tournament with a 12-4 title-game victory over third-seeded Wicked of Texas. The fourth-seeded VooDoo Dolls of Arizona finished third in the five-team division.

## Women's 55/60+ Gold:

Third-seeded Adrenaline, a 60+ AAA team from Nevada, double-dipped the top-seeded Lady Scorpions 60s of Arizona 16-15 and 12-9 to capture the three-team division. Takin' Chances 55 of California finished third.

## Men's 40+ Major:

After a 0-2 start in seeding games, seventh-seeded EPT 40s of Texas put together an undefeated run through its bracket and finished with a walk-off home run for a 17-15 title-game triumph. Fifth-seeded Sudden Impact took second place. The eighth-seeded Black Kings of Maryland won three elimination games to capture third in the nine-team division.



## Men's 50+ Platinum:

The top-seeded SPS/AZ Bandits, a 50+ Major team, captured this eight-team division without losing a game. It won three of its bracket games by double digits. In the title game, SPS defeated third-seeded BPM 50s of Arizona 25-19. Fourth-seeded El Paso Strong 50 took third.

**Men's 50+ AAA:** The fifth-seeded Iowa Demons went 5-1 overall, including a 23-20 championship victory over second-seeded NW50s/A-Affordable of Washington in the championship bout. Fourth-seeded Band of Brothers 50 of Utah nabbed third in the nine-team division.

## Men's 55+ Platinum:

Seventh-seeded Escape Fire/Ancell, a Major team from Minnesota, won all four of its bracket games, including a 23-22 title game victory over Major Plus Champion Arizona Heat 55s. Both teams received TOC berths. Arizona Heat lost its first two bracket games before winning four in a row. Ninth-seeded ETX 55s of Texas snagged third in the nine-team division.

## Men's 55+ AAA:

Second-seeded Lokahi AZ double-dipped 11th-seeded C.A. Realty of Washington 28-21 and 24-22 to finish as champion and 8-1 overall. C.A. Realty rallied with five runs in the top of the seventh before Lokahi secured the victory. Top-seeded Renova Energy of California took third in the 14-team bracket.

## Men's 60+ Major Plus:

Playing a best-of-five format, Dudley Lightning/KPI of Missouri outlasted Hawaii Five-O by scores of 24-23,



EPT 40s team from Texas won their Men's 40+ Major division at Winter Worlds, sporting their championship jerseys.

18-27, 23-15 and 28-14. Dudley finished 4-2 overall.

**Men's 60+ Major:** A pair of thrilling title games decided this 10-team division, with the second-seeded Iowa Demons holding the top-seeded Canadian team Regeee's Rams scoreless in the open inning of the if-needed title game to capture the crown. Regeee's Rams had won the first title game 24-23 before the Iowa Demons captured the second one 13-12. Fifth-seeded Sea Glass of Oklahoma earned third place.

**Men's 60+ AAA:** The top-seeded AZ Legends 60s double-dipped third-seeded Minleon 60s of Nebraska 27-22 and 22-16 in the title games to finish 7-1 overall. Sixth-seeded Team Arizona took third in the 15-team bracket.

**Men's 60+ AA:** The-top-seeded Colorado Renegades double-dipped the third-seeded Tri City Legends of Washington 21-18 and 20-10 for the title. The fifth-seeded Prairie Dogs of Nebraska took third in the six-team division.

## Men's 65+ Platinum:

Third-seeded Cal Energy 65 captured the Major Plus title while ninth-seeded Prime Time of Illinois earned the Major title in this 10-team division. Cal Energy defeated

Prime Time 24-9 in the title game to finish 6-0 overall. Prime Time won three elimination games to reach the finals. The fourth-seeded NW Elite Hitmen of Washington took third.

**Men's 65+ AAA:** The top-seeded Minnesota Road Warriors capped an 8-1 tournament by double-dipping fifth-seeded Chelu of Oregon 15-6 and 19-16 in the title games. Sixth-seeded Scrap Iron Heavy Metal of Colorado finished third in the eight-team division.

**Men's 65+ AA:** The top-seeded Antiques of Iowa City 65 capped a 6-0 tournament with a 22-15 championship victory over the third-seeded Austin Wizards of Texas. Second-seeded Ranalls Realty 65 of Arizona finished third in the four-team division.

**Men's 70+ Major:** The second-seeded Team Fire 70s of Washington double-dipped top-seeded Doctors Care MD of Wisconsin 21-9 and 17-15 for the championship of the four-team division. The third-seeded Arizona Scorpions took third.

**Men's 70+ AAA:** In a division that featured numerous close games, 11th seeded Ranalls Realty 70 of

Continued on next page

# Winter Worlds Featured Real-Time Online Scoring

By Donna McGuire  
Softball News Report

During the recent Winter World Championships in Phoenix, players and managers repeatedly thanked tournament officials for launching an online, real-time scoring platform that posted results shortly after games ended.

“We love the new scoring system,” one player said during a break between games at the Desert West Softball Complex. “It’s an all-around success.”

For many years, Senior Softball-USA has been searching for such a system. Roadblocks abounded, largely because SSUSA uses a specialized scheduling system developed by SSUSA director and master scheduler Dave Dowell.

Commercially available scoring platforms could not correctly handle Dowell’s intricate three-game guarantee brackets and SSUSA’s large World Championship brackets, which boast

divisions so large that Dowell often breaks them into multiple seeding pods.

SSUSA also needed a system that could export results to its database, which tracks team records, game scores, run differentials, home runs, equalizers and other data. Matching SSUSA’s database with a quality scoring system proved extremely difficult.

The solution came through a partnership with longtime senior softball player Dave Melosi, who lives in the St. Louis area, and the Who I Follow app he developed.

“Who I Follow is an app developed by softball players for softball players that will keep your whole team organized and informed before, during and after each tournament,” said Melosi, who began writing software about 25 years ago for over-the-road truck dealerships.

Among its features, Who I Follow allows softball teams to communicate hitting practice locations, dinner meeting spots, individual

player uniform sizes and other things teammates and their spouses and fans need to know.

“As most players do, I looked forward to traveling and playing,” Melosi said. “I noticed that most people wanted to know game scores but could not easily get them. So, the next step was to create a scoring system so all could follow along, whether they were in a hotel room waiting for the results or at home following the team.”

He approached SSUSA about the idea and began development of the system that eventually was used in November in Phoenix.

“As we wrote the code for the brackets, we found that Senior Softball-USA’s bracket guru Dowell made brackets like nothing else out there,” Melosi said.

Many variables had to be considered, he said, such as scheduling seeding games so that teams did not face opponents they face regularly during the season.

“Dave has this down to

a science, and there have been some challenges, but Senior Softball-USA has been fantastic in working with me to correct issues,” Melosi said.

“This release is a bit of a ‘beta test’ version, and the technical side of Who I Follow did a great job in my view of implementing in a very short time my custom Scheduling System developed over the past 20± years,” Dowell posted on the message board. “First priority was speed and accuracy of individual game scoring (they nailed it) and secondary was bracket advancement. They did that reasonably well, too, but programming ‘conditional If-needed games’ isn’t as easy as it looks!”

Who I Follow viewers can see scoring results and brackets for free, while other features for teams involve a subscription fee. The app is available for ios and Android devices and can be found in the appropriate app store for the user’s device.

## Winter Worlds: 29 Teams Earned TOC Berths

Continued from previous page

Arizona built breathing room in the title game, which it won 18-8 over fourth-seeded Scrap Iron Peak Softball of Colorado. Second-seeded Bucky’s Casino 70s of Arizona finished third in the 11-team division.

**Men’s 70+ AA:** Fifth-seeded Northwest Lightning

70s of Washington went 5-1 overall, including a 19-4 title game triumph over second-seeded El Paso Nine-Elevens of Texas, which won four elimination games to reach the finals. Third-seeded Los Vatos Viejos 70 II of Arizona took third in the nine-team division.

**Men’s 75+ Major Plus:** Playing a best-of-three format, Omen 75 of California defeated Enviro-Vac Marauders of British Columbia, Canada, 21-6 and 19-4 for the title and an

overall 4-1 tournament record.

**Men’s 75+ Major:** Playing a best-of-three format, the Texas Express 75s swept Ancient 75s of Arizona 21-12 and 16-15. That gave Texas Express an overall 4-1 record, with its only loss coming by one run against the eventual 80+ Major Plus champion Maverick Construction of Texas.

**Men’s 75+ Silver:** The fourth-seeded Scrap Iron Stampede, an AA team from Colorado, defeated the top seed by one run early

in bracket play before later capturing the title with a 19-14 victory over second-seeded Team Ryan of Washington. Team Ryan earned the 75+ AAA crown and TOC berth. Third-seeded Full Throttle 75s of Arizona placed third in the six-team division.

**Men’s 80+ Major Plus:** Playing a best-of-three format, Maverick Construction 80s of Texas swept the Sidewinders 80s of Arizona 20-12 and 15-8 to finish as champs and 4-1 overall.

Continued on next page

# Technique Focus Changes With Age and Injury

**F**ather Time is undefeated and the ravages of age and injury can morph a powerful 50's hitter into a feeble 70 year old wondering where the power and consistency went.

Athletes often resign themselves to the fact that their age and strength are the reasons they no longer blast line drives past the fielders. While the loss of strength and flexibility are a factor, seniors forget what it's like to swing powerfully and end up just guiding the ball with little velocity. What we had as our main focus and fix as younger athletes often no longer applies as we age.

When I turned 60, I developed Stenosis of the back, lost mobility and the next year, my average and power suffered. After back surgery, rotation returned and I hit well. As I reached 65, my knees were worn out. I retired from playing, had knee replacements, a hip replacement, some cancer and heart issues. All problems that are common to us seniors.

Now 71, and having that behind me, I started 2025 trying to make a comeback. I was astounded how inconsistent I was with little power. Talking to other senior athletes, I

## Hitting Column By Ken Van Bogaert

found this common. Sadly, some retired, I think more out of frustration. While my physical strength has diminished greatly, I found by looking at video analysis of my batting practice, that I had lost rotation and lag. Once I worked on this, I saw a vast improvement.

The **POWER MOVEMENT** of our swing is the rotation of the hips and shoulders together, and the pulling and driving of the knob and hands following this arc. The hands and knob are aimed at the middle or bottom plane of the ball at contact, but follow the rotation, thus the term "hands inside the ball." This movement creates a trailing of the bathead following the rotational lag. There is a short quick burst of extension as lag pulls hands then BOOM! Wrists help the bat head whip into the ball, too fast to analyze but you feel its power. Lag and whiplike snap creates maximum power and consistency. If you hang a heavy bag or tire and attempt to hit it with the most force you can, you will find that the rotation powering the lag, flowing into a powerful snap

starts to come naturally.

Rotation and extension powers the lag and snap effect. It's what I found wrong with my swing and we see this in many senior athletes we work with. Age diminishes rotation and while it came naturally when younger, now it must be a major focus to do correctly.

You should lift, stretch and workout, but the quickest path to rapid improvement is fixing this. Look at the overhead view of this swing sequence done correctly. (Please see the overhead photos in the upper right). On flawed swings, hitters incorrectly drive hands forward towards the ball.. very linear and outside the rotational pull. It becomes an "arms only swing" with limited power and ball striking is poor. Hands and lag must follow the rotation.

To drill, take a bat and hanging tire or heavy bag. Rotate, lag and snap into the tire. The faster you rotate and pull, the easier centrifical force helps the bat head whip. The rotation pulling the hands away from home plate, will bring the bat head forward and enhance the whip. Transition to the tee and finally trust it in live pitching and you will find a quick path back to power and ball striking. Technique



is the quickest path to success and this focus provides the double pendulum of bat speed with excellent consistency to all fields.

*Ken (Bogie) and his son Bret Van Bogaert produce the Swing Makeover Show on YouTube. Easy access to shows are on [www.sportstechnique.com](http://www.sportstechnique.com). SSUSA Hall of Fame Class of 2019.*

## Winter Worlds: Close Competition

Continued from previous page

### Men's 80+ Major:

Unbeaten in its five games, the Minnesota Masters 80s easily controlled its best-

of-three series against Top Gun 80 Gold/JSquared of California by winning 23-14 and 18-3.

**Men's 80+ AAA:** ZIA 80s of New Mexico took a 5-2 lead after two innings and slowly widened the gap

before defeating Git-R-Done of California 21-15 in the championship game. The Chicago Strikers placed third in the five-team division.

**Men's 85+ Platinum:** The Major Plus team Omen 85 of California needed

all three games in an exceptionally close best-of-three competition to subdue the Top Gun Blue Angels 85 team from California 9-7, 10-11, 15-14.

# Gene Metcalfe: Blessed With Athletic Longevity, Stories

Continued from page 1

Though Metcalfe did not play senior softball this year, he took swings with former teammates during league batting practice as recently as 2024. At the time, he was 101 going on 102.

“Softball was a lot of fun,” he said. “We always had a philosophy: I’d rather be dying going around third base than sitting in a hospital with a lot of tubes sticking in me.”

Blessed with a body that appears decades younger than his actual years, Metcalfe played league ball into his late 90s near his summer home in Show Low, Arizona. He played on senior softball tournament teams well into his 80s. Softball, and at times baseball, have filled a niche in his life as far back as his youth. But only a niche. As he likes to point out, his life experiences involve so much more than sports.

When a visitor recently asked him about the cache of senior softball championship rings he owns, he said:

## The 90+ Stars By Donna McGuire

“They’re scattered around here somewhere.”

He sauntered into a nearby room and returned carrying a 2005 Senior Softball World Championship ring won in Phoenix while playing with the 80+ Tremont Hotel team. Metcalfe was the team MVP, according to a trophy that rests on his softball shelf.

His daughter, Tracey Rowley, likes it when her dad wears one of his championship rings in public.

“People will see it and think it’s an MLB champion ring, and he won’t correct them,” she said with a chuckle.

Many times over the decades, people have asked Metcalfe to recount his World War II experiences. But until now, no one had interviewed him about his softball playing days, Rowley said.

“Senior Softball has

helped to keep my father connected with others,” she said. “Going down to the ballpark to ‘hang out with the boys’ gives him a sense of belonging and purpose. Even if he wasn’t playing, he would go down and sit and watch the practices and offer pointers.”

As a boy growing up in DeKalb, Ill., Metcalfe played softball with other youths. His high school lacked a baseball team, though.

His senior year, Metcalfe enlisted in a paratroop infantry regiment. He broke the news at school the day his math teacher scolded him for not doing his homework. At the time, Metcalfe craved conquering something besides homework.

After extended training in the United States, Metcalfe arrived on a troop transport in England the day the Allies invaded Normandy – June 6, 1944. Three months later, his 20-man platoon parachuted into southeastern Holland as part of Operation Market



While playing with any association with old enough divisions, Gene largely played SSUSA with Tremont 80s (PA) and Desert Storm 75s (AZ).

Garden conducted by the 82nd Airborne Division. Thousands of paratroopers strapped to parachutes or riding in gliders descended on the area to capture 64 miles of roads and 11 bridges.

During an intense battle at Nijmegen, Metcalfe’s unit received an order to fall back. Metcalfe never heard it. A German shell exploded near him. The blast threw him high in the air. He landed face-first, unconscious, with blood running from an ear, his eardrum permanently damaged. A platoon mate rolled Metcalfe over, saw the blood, assumed Metcalfe was dead and ran to join his retreating platoon.

Captured by a German SS squad, Metcalfe eventually was led into a spacious castle room. While waiting to be interrogated by a bespectacled



One of Gene's shelves in his office is dedicated to his many senior softball awards, across multiple associations.

Continued on next page

## Gene Metcalfe: He Came Face to Face with Evil in WWII

Continued from previous page

man wearing a fancy black SS uniform, Metcalfe studied his surroundings. SS officers came and went, often whispering messages to the bespectacled man.

A guard finally told Metcalfe the man's identity: Reichsfuhrer Henrich Himmler, one of the most feared men in Nazi Germany.

A chill ran through Metcalfe's body.

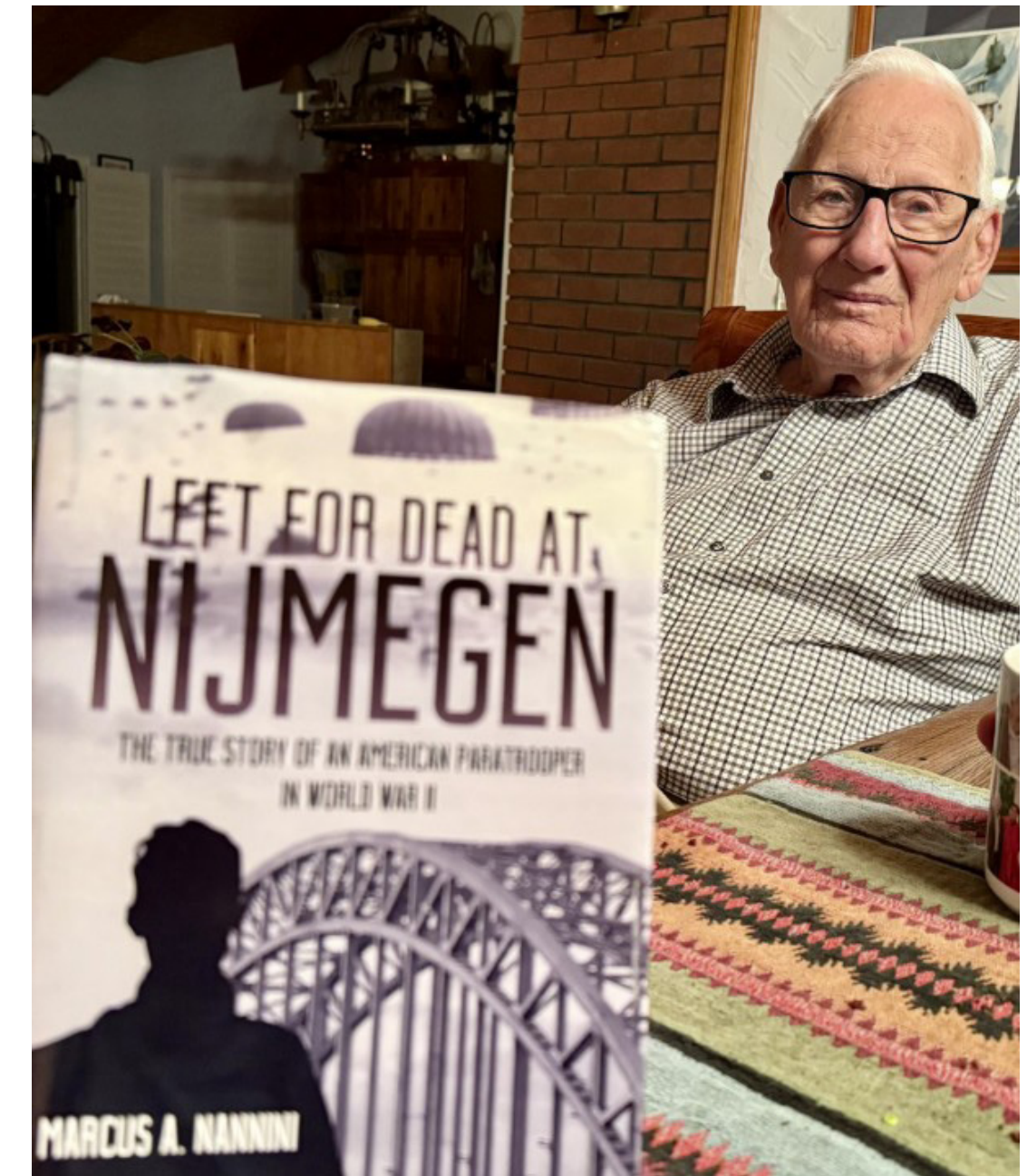
That day, and many more times in the weeks and months to come, Metcalfe feared being killed -- either by the Germans or by Allied bullets or bombs. Somehow, he survived numerous near misses.

Eight months after his capture, emaciated and wearing a ratty uniform, he walked out of a German Stalag prisoner of war camp as a free soldier. Troops from U.S. Gen. George Patton's Army poured past, chasing hastily retreating Germans. More about Metcalfe's harrowing war journey can be read in the book "Left for Dead at Nijmegen – The True Story of an American Paratrooper in World War II."

In 2019, Metcalfe and his daughter visited the area of his capture in Holland.

Three months ago, Metcalfe went back. Folks treated him as a hero. They called him the last man alive out of 40,000 troops that fought to liberate the area.

These days, Metcalfe still gets copious requests to retell his war stories. But he would



Gene's capture and heroism in WWII is outlined in 'Left For Dead at Nijmegen', as Gene is seen in the background.

just as soon talk about other aspects of his life.

A talented artist, he headed to California in his 20s intending to work for Walt Disney. He changed course after deciding against drawing animated cartoons for a career.

He enrolled in a two-year college to complete curriculum left unfinished in high school. One day in physical education class,

students lined up to throw a football. Metcalfe threw so far that the football and baseball coaches recruited him to their teams. He quarterbacked the football team until breaking three ribs. So much for football. He continued to play baseball, however.

Then University of Southern California coaches came calling.

In the first pitch of his first at-bat for the Trojans,

he sent a ball sailing over the outfield fence.

"They called me the fence buster," said Metcalfe, a lefty who played right field. He was known for his hitting but not his running, he mused.

"I was the slowest player on the team," he said.

Halfway through the season, Metcalfe approached Coach Rod Dedeaux to

Continued on next page

## Gene Metcalfe: Staying Active is Key to Long Life

Continued from previous page

explain his decision to quit. He didn't perceive a career in baseball.

"I said, 'Rod, I'm missing too many classes. And these kids – I'm telling war stories all the time.'"

After graduation, Metcalfe taught high school art and coached baseball in San Francisco. One day, a student named Paulette asked to keep score for the team. Her scorebook precision and statistic-keeping amazed Metcalfe, who told himself that "that little gal will make someone a good wife someday."

That proved prophetic.

Metcalfe later married Paulette. He was 35. She was 19.

They moved to the Colorado Springs area, where Metcalfe taught sixth grade. He also taught art therapy to cadets at the Air Force Academy. He rode horses, hunted elk and sold his works at an art studio.

After 17 years in Colorado, he and Paulette

moved near the Grand Tetons in Wyoming where they started a business offering chuckwagon meals at the Bar J ranch.

"We'd serve 50,000 people in 100 days," Metcalfe said.

In the mid-1980s, they relocated to Fountain Hills, Arizona. They built a house – the third house Metcalfe had designed. A subdivision now surrounds it.

This December 17th, Metcalfe will turn 103 years old. What is his secret?

"Once you get into a wheelchair, you can't get out," he said. "I don't drink or smoke. I stay active.... I do about 20 minutes a day of getting that heart pumping."

This past March, he threw out the first pitch at a Texas Rangers spring training game in Phoenix. Right over the plate, his daughter said.

Metcalfe has pictures of that event – and many other key days in his life.

"Everything has a story here," he said as he thumbed through a photo book.

He paused.

"Most everything is past tense," he added softly. "That's the hard part."



Gene's display of numerous medals, including a Purple Heart, from World War II.



Artwork by Gene, displaying different Native American chiefs and leaders.



**Baden** **AXE**

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# 2026 Could Take You to Spain and Niagara Falls

## Softball News Report

International softball travel will whisk players and their families to the Caribbean, across the border to Canada to play Pacific Rim countries and then skipping across the Atlantic Ocean to play in Spain.

The 6th Annual Caribbean Classic returns to its luxury all-inclusive resort home in the Dominican Republic Jan. 14-19, 2026.

Two teams of US players from 11 states will compete on the resort's softball field against Dominican and Curacao teams in beautiful Punta Cana. With a deep history of baseball, the Dominican Republic provides great competition for the US teams.

In the fall, the Pacific Rim Championships move closer to home. Canada will be sponsoring the 10th Annual Pacific Rim Championships on Aug. 27-28 in conjunction with the largest Masters-Seniors tournament in Canada in Niagara Falls.

Teams invited to the Pacific Rim include China, Guam, Hong Kong, Japan, Macau, South Korea, the United States and the host – Canada.

Slo-Pitch National is hosting the Pacific Rim and is promoting it to the Canadian teams competing at its Nationals in the same venue in Niagara Falls (photo below).

Each Pacific Rim area is allowed 2 men's teams and 2 women's teams.

Any SSUSA registered player is eligible to participate in this chance to play internationally, meet players, and experience the beauty of Niagara Falls.

And in the autumn, players will be competing in two tournaments in Spain.

The 37th Annual SSUSA



**Guernica painted by Picasso, reprinted on a mural. Picasso's original painting depicts the 1937 bombing of Guernica in Northern Spain by Nazi Germany and Fascist Italy. The bombing, an infamous war crime, bolstered Hitler ally and Spanish fascist dictator, Francisco Franco (1936-1975), to power.**

International Tour, from Oct. 15-27 features double-header 2-day tournaments in Madrid and Barcelona.

The games will be fun – with a chance to meet and get to know the Spanish players, but there will be a chance to visit some sites of a lifetime:

- The Madrid Royal Palace – the largest palace in Europe that was built in the 9th century.
- The Santiago Bernabéu Stadium – home of the fabled Real Madrid soccer team.
- See Pablo Picasso's work in the

Reina Sofia Museum.

- Go on an evening cruise in Valencia.

- In Barcelona, you will see a wonder of the world: the Sagrada Familia Cathedral. Construction began in 1884 and goes on today. The cathedral was designed by Antonio Gaudi and incorporates columns that look like trees reaching to the heavens – and many other wonders.

For more information about SSUSA International Tours, [click here](#) or email [nic@srniorsoftball.com](mailto:nic@srniorsoftball.com).



**Photo of Niagara Falls from the Canadian side. The Niagara Falls consists of three different falls. Pictured above is the American Falls (left) and the smaller Bridal Veil Falls (right). The more famous three-sided Horseshoe Falls are positioned slightly to the South.**



# Don't miss the opportunities of a lifetime



Join us on the  
Senior Softball USA  
Tours:

## 2026

Play and have fun in Spain  
October 15-27, 2026  
*(Filling Quickly)*

Canada hosts the Pacific Rim  
August 24-31, 2026  
*(Forms Coming Soon)*

7th Annual Caribbean Classic  
returns to the  
Dominican Republic.  
January 14-19, 2026  
*(Full)*

# Typhoons Can't Stop the Pacific Rim Championships

## Softball News Report

**H**UALIEN CITY, Taiwan – One of the home teams won the typhoon-ending 9th Annual Pacific Rim Championships here on Oct. 18-19.

Eleven teams from throughout the Pacific Rim gathered here to celebrate international friendship through softball in a tournament that began hot and sunny and turned into monsoon rain on the second day.

Taiwan team Jun-Cheng won the tournament via a lower runs-scored-against ratio of the two games they played the first day of the tournament. The USA team came in fifth, going 1-1 in the first day and losing the first and only game played Sunday

morning before the rain hit.

Teams from China, South Korea, Japan, Guam, Taiwan, USA and Macau competed in the 2025 Pacific Rim Championships.

More than 150 players gathered for the International Team Party sponsored by Taiwan on Saturday evening to celebrate international friendship and experience a series of traditional Taiwanese music and dance performances.

The Taiwan hosts showered their guests with presents ranging from commemorative medals to fresh-baked goodies from one of the Taiwan delegates.

Taiwan officials, including a senator and a mayor, welcomed the players to Hualien City, which was still recovering from



All teams participating in the 2025 Pacific Rim Championships, hosted in Taiwan.

a 7.4 earthquake that hit in April 2024.

Scars from the earthquake could be seen from rockslides down the hundreds of tall tree-covered hills surrounding the city.

The USA team manager Butch Jones of Washington announced the top players for

the tournament, including Ken Kilkuskie of Hawaii as Best Offense, Drew Pearson of North Carolina as Best Defense, and Conway Waddie III of Texas as MVP.

Canada will host the 2026 Pacific Rim Championships in Niagara Falls in August.

# Canada Welcomes Players for the 2026 Pacific Rim

## Softball News Report

**S**lo-Pitch National, in partnership with Senior Softball USA, is pleased to announce that Niagara Falls, Ontario has been awarded the hosting rights for the 2026 Pacific Rim Championships in August 2026.

The Pacific Rim Championships will be played Aug 26-28 at Patrick Cummings Sports Park, a six-diamond complex located in the Chippawa district of Niagara Falls, renowned for its quality facilities and proximity to world-class tourist attractions.

Teams representing China, Japan, Taiwan, South Korea, Guam, the United States, Canada, Hong Kong and Macau are slated to attend, bringing

together senior slo-pitch athletes from across the Pacific Rim for international competition and cultural exchange.

The USA Team will make an extended trip, from Aug. 24- 31, that will include excursions in both Niagara Falls and Toronto. More details will be available on the USA Team itinerary on [seniorsoftball.com](http://seniorsoftball.com) in January.

The Pacific Rim Championships will kick off with a Welcome Night for all participating teams and officials, providing an opportunity for athletes to connect, mingle, and experience Niagara Falls' hospitality.

The tournament will conclude with a Celebration Evening on August 28th, held in conjunction with the 2026

Ontario Masters & Seniors Provincial Championships, creating a festival-style atmosphere that showcases the very best of senior slo-pitch at both the international and provincial levels.

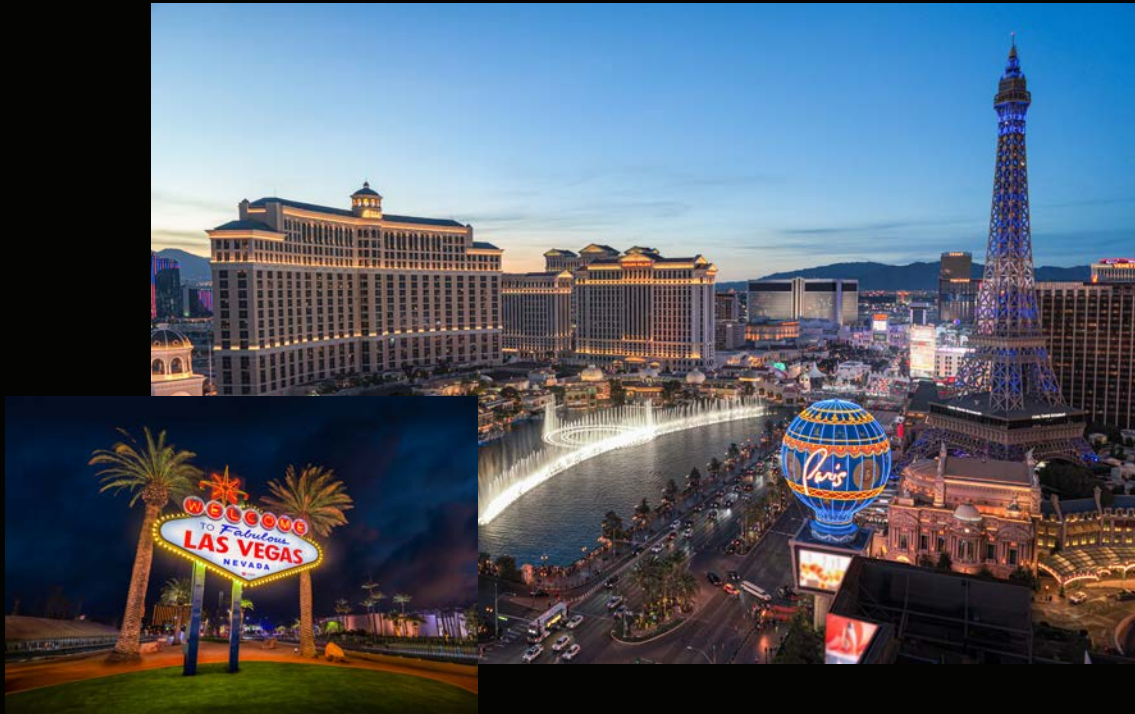
"We're thrilled to welcome the Pacific Rim Championships to Niagara Falls," said Trish Harrow, President of Slo-Pitch National and event lead for the 2026 Pacific Rim Championships.

"This event not only highlights the growth and strength of senior slo-pitch globally, but it also provides visiting teams with an unforgettable destination experience in one of the world's most iconic tourist destinations."

"The Pacific Rim Championships have always

been about camaraderie, respect, and a shared love of the game," added Terry Hennessey, CEO of Senior Softball USA. "Partnering with Slo-Pitch National and aligning this tournament with the Ontario Masters & Seniors Provincial Championships will create an outstanding environment for players, fans, and the local community."

In addition to the excitement of the slo-pitch event, participants and their families will be able to enjoy the many attractions that make Niagara Falls a premier travel destination, including the Falls themselves, vibrant dining and entertainment districts, and nearby wineries and sightseeing opportunities.



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# 2026 SSUSA Worlds Sets Record With 666 Teams

## Softball News Report

**L**AS VEGAS – For the seventh year, the Senior Softball World Championships set the bar for the sport as the largest softball tournament of any kind in America; even breaking its own record with 666 teams.

Players competed in 2,153 games from Sept. 18 – Oct. 5. The 2025 World Championships attracted teams from 40 states, Canada, Guam, and Panama.

And there were winners. Many winners.

Forty-one teams won the coveted World Championships title, 30 teams won USA National Championship games, and 8 took the top honor in the sport winning the Triple Grand Slam. (Please see page 22 for a full list of winners).

To win the Triple Grand Slam, teams had to win the Eastern or Western Nationals, the USA Nationals and the World Championships.

“It was an honor and a privilege to see so many players and fans from all over,” said Fran Dowell, SSUSA’s executive director. “The play on the field was exceptional, and the special events added a rich dimension to the Worlds.”

Both the youngest and oldest divisions showed strong growth.

In the 40 Masters divisions, 147 men’s and women’s teams competed in some of the largest divisions for the tournament. Men’s 40+ Major Plus team Front Row of Texas, and Women’s 50+ AAA team Shots Fired of Rhode Island both captured the Triple Grand



**Reyes/Reinas Diamantes de Panama (Diamond Kings/Queens of Panama) competed in the International Co-Ed division for the fourth time since 2018.**

Slam.

In the older age divisions, 17 teams competed in the 80 Division, four more teams than 2024, and five teams played in the 85 Division. And the oldest Division – the special 90s game – the inspiring elders of the sport competed in front of one of the largest crowds of the Worlds.

For the first time in four years, since the inaugural event, the 90s West Team won against their Eastern rivals, 19-12.

“When I started in Senior Softball... more than 25 years ago, the oldest division was the 70s,” said Terry Hennessy, SSUSA’s chief executive officer. “Today, it is the 90s.”

The largest division of the Worlds was once again the Men’s 50+ AAA. Third-seeded El Paso Strong

won eight games to win the 58-team division in a close championship game, 26-25, against Freaks 50s of Texas.

SSUSA continued its practice of conducting random bat tests throughout the tournament, testing bat compression of all bats in the equipment bags of random teams. This year, only 9 bats returned to the office after failing the initial on-site test this year, compared to more than 40 bats at the 2024 Worlds.

“The bat-testing program is working,” said Terry Hennessy, SSUSA’s chief executive officer. “The purpose of the program is to get the hot bats out of the game to ensure an even playing field for teams – and we are definitely seeing fewer hot bats at senior tournaments.”

Four people were inducted into the National Senior Softball Hall of Fame during Opening Ceremonies:

**James Davidson**, 78, of Sarasota, FL., was inducted as a Player.

**Phil Farmer**, 78, of Melbourne, FL. was inducted as a Player.

**Carroll Shook**, 90, of Wenatchee, Wash., was inducted as a Pioneer Player.

**Clyde Smith**, 78, of Orange Park, FL., was inducted as a Player.

In addition, three people were inducted into the Senior Softball USA Hall of Fame during the ceremony:

**Joe Hensley**, 72, of San Diego, CA., was inducted as a Player.

**Red Simmons**, 87, of Banning, CA., was inducted as a Manager.

**Jacob Wood**, who was unable to attend, 88, of Pensacola, FL., was inducted as a Player.

And, in a special ceremony, **Joe Lecak**, 68, of Georgetown, TX., was awarded the Outstanding Achievement Award in recognition for his role in helping build and grow the 40 Masters program.

The evening before each of the four Worlds sessions, vendors showcased the latest softball bats, gloves and equipment at a Manager/Player Reception and Registration at the Headquarters Boulder Station Hotel and Casino.

“It felt great to be able to gather managers, directors and sponsors in one place again – it felt like Old Home Week,” said Hennessy.

# Good Times at the 2025 World Championships



Kat Ray, founder of Ms Senior Universe, flanked by Fran Dowell and Terry Hennessy and Paula Sweeney of Boulder Station, far right.



Left: Mangers register at the Reception the evening before play began.



Right: 90s West players and 90s East players after game.



Left: 90s East pitcher fields ball. Above: 90s West won the game. Right: Men's 55-60 divisions kicked off play.



Nellis AFB Honor Guard display colors at Opening Ceremonies.



Hall of Fame inductees, presenters and the audience stand for the National Anthem.



666 teams from 40 State, 2 Canadian Provinces, Guam and Panama competed in the 2025 World Championships.



90s West team (left) pose with the 90s East team (right). The West team won 19-12.

Photos by Clover Schultz.

# Champion Teams of the 2025 World Championships

## Triple Grand Slam Winners:

**Shots Fired (RI), W50+ AAA**  
**Front Row (TX), 40+ Major Plus**  
**Fattboyz/Front Row (CA), 50+ Major Plus**  
**Broughton Pharmacy (NC), 55+ Major**  
**Sommerville Softball (CA), 60+ Major Plus**  
**Omen 75 (CA), 75+ Major Plus**  
**Enforcers (CA), 80+ AAA**  
**Center For Sight (FL), 85+ Major**



## USA National Game Winners:

**Women's 40+ Major: TABU (CA)**  
**Women's 40+ AAA: Mood Swings (CA)**  
**Women's 40+ AA: Poly Chics (Cali Gold)**  
**Women's 50+ Major: Power Mix (VA)**  
**Women's 50+ AAA: Shots Fired (RI)**  
**Men's 40+ Major Plus: Front Row (TX)**  
**Men's 40+ Major: HDI/She Gone Sports (VA)**  
**Men's 40+ AAA: Hella Nor-Cal**  
**Men's 50+ Major Plus: Fattboyz/Front Row (CA)**  
**Men's 50+ Major: Automotive Triage (NC)**  
**Men's 50+ AAA: Old Skool/Racehorse Tavern/Girard Club (PA)**  
**Men's 55+ Major Plus: Suncoast 55s (FL)**  
**Men's 55+ Major: Broughton Pharmacy (NC)**  
**Men's 55+ AAA: Cali Gold 55**  
**Men's 55+ AA: Longshoremen 55 (VA)**  
**Men's 60+ Major Plus: Sommerville Softball (CA)**  
**Men's 60+ Major: Hard Hat Café/Latella's/ Caterbone Realty (CT)**  
**Men's 60+ AAA: SMASH (CA)**  
**Men's 60+ AA: Tri City Legends (WA)**  
**Men's 65+ Major Plus: Cal Energy 65**  
**Men's 65+ Major: NW Elite Hitmen (WA)**

**Men's 65+ AAA: Hustlers (CA)**  
**Men's 70+ Major: REI 70s (NC)**  
**Men's 70+ AAA: Excessive Force 70 (CA)**  
**Men's 75+ Major Plus: Omen 75 (CA)**  
**Men's 75+ Major: Last Call 75 (NV)**  
**Men's 75+ AAA: Cut Loose 75s (NV)**  
**Men's 80+ Major Plus: Omen 80 (CA)**  
**Men's 80+ Major: Gold Rush (CA)**  
**Men's 80+ AAA: Enforcers (CA)**  
**Men's 85+ Major: Center For Sight (FL)**

## World Championships Winners:

**Women's 40+ Major: Carolina Redz (NC)**  
**Women's 40+ AAA: Rogue Prime (CA)**  
**Women's 40+ AA: Idaho Spirit**  
**Women's 50+ Major: TTAU (FL)**  
**Women's 50+ AAA: Shots Fired (RI)**  
**Women's 55+ Major: Covelli/High Octane (OH)**  
**Women's 55/60+ Gold: Lady Scorpions 60s (AZ)**  
**Men's 40+ Major Plus: Front Row (TX)**  
**Men's 40+ Major: Headcase (WA)**  
**Men's 40+ AAA: Team Panthers (UT)**  
**Men's 50+ Major Plus: Fattboyz/**

Front Row (CA)

**Men's 50+ Major: Deluxe Bakery (NJ)**

**Men's 50+ AAA: El Paso Strong**

**Men's 50+ AA: Gulf Coast**

Hurricanes (TX)

**Men's 55+ Major Plus: BPA/Miken/Worth/Easton (PA)**

**Men's 55+ Major: Broughton Pharmacy (NC)**

**Men's 55+ AAA: ONE-AL (TX)**

**Men's 55+ AA: Detroit Pride**

**Men's 60+ Major Plus: Sommerville Softball (CA)**

**Men's 60+ Major: Montgomery Swarm/Allen Auction House (GA)**

**Men's 60+ AAA: Phoenix Tube 60s (NJ)**

**Men's 60+ AA: Wongs 60 (CA)**

**Men's 65+ Major Plus: MN**

Merchants

**Men's 65+ Major: Midwest Driving School/Dudley/KPI (MO)**

**Men's 65+ AAA: AZ Monsoon 65s**

**Men's 65+ AA: East/West Aircraft 65s (ID)**

**Men's 70+ Major Plus:**

Timberworks/Suncoast (CA)

**Men's 70+ Major: R&R 70s (CA)**

**Men's 70+ AAA: Second Wind (WA)**

**Men's 70+ AA: Utah Coyotes**

**Men's 75+ Major Plus: Omen 75 (CA)**

**Men's 75+ Major: Enviro-Vac Marauders (BC, Can.)**

**Men's 75+ AAA: Sacramento**

Islanders 75

**Men's 75+ AA: MN Lumberjacks 75s**

**Men's 80+ Major Plus: Maverick**

Construction 80s (TX)

**Men's 80+ Major: Vector of Vero (FL)**

**Men's 80+ AAA: Enforcers (CA)**

(Co-Champions) - Minnesota Masters 80s (Co-Champions)

**Men's 85+ Major: Center For Sight (FL)**

**Men's 85+ AAA: Scrap Iron 85**

Legends (CO)

**International Co-Ed: O&S/Berries Barbershop (NV)**

# Players Honored With 2025 Worlds' All-Tourney Selections

## Softball News Report

**C**ongratulations to the All-Tournament selections from the 2025 World Championships! First place teams earn five all-tournament selections, second place gets four, third place earns three while fourth place earns two. Managers, if your All-Tournament selections are missing; please email in your honorees to info@seniorsoftball.com.

### Women's 40+ Major:

Royal-T Real Estate (WA): Shana Ray, Jessica Ford, Julia Pollastro, Shanika Peacock.

### Women's 40+ AAA:

Utah Relics: Tami Smith, Penny Varoz, Jayme McWidener.

B Elite Ballers (NC): Stacey Burris, Keshia Weathersby.

### Women's 40+ AA:

Poly Chics (Cali Gold): Adela Dominguez, Rona Stanley, Jaime Correa, Kristin McDowell.

### Women's 50+ Major:

Cash Out 50s (CA): Shannon Rackley, Jennifer Stewart, Elena Song, Kim Roter, (MVP – Earla Nicholson).

Power Mix (VA): Katrina Hightower, Cheryl Hammond, Trena Mainor.

50 Shades Women's Team (IN): Marvelyn Greene, Michelle Butler-Walker.

### Women's 50+ AAA:

Shots Fired (RI): Brenna Elliott, Onelia Gray, Lori Franchina, Adrienne Hill, Paula Gordon.

ATL (MO): Regina Woods, Daphne Rhodes, Terra Childs.

Takin' Chances (CA): Nancy Griffith, Melissa Akers.

### Women's 55+ Major:

Covelli/High Octane (OH): Donnie Russell, Stacey Carr, Sharon Luebbert, Michelle Keim, Tracy Adkins.

SWI/Rueblur (CA): Diamond Lucas, Cynthia Dominguez, Cheryl Henry Sweet, Monique Strong, (MVP – Lisa Hill).

All Mix'D Up (AR): Verdine Day, Melissa Tyus, Markeitha Gilliam.

### Women's 55/60+ Gold:

Lady Scorpions 60s (AZ): Lisa Bull, Dixie



Dalton, Louise O'Donnell, Liz Davis, Portia Slaton.

### Men's 40+ Major Plus:

SwingCoast/Spartan Bat Co. (MO): Scott Patterson, Lex Ramirez.

### Men's 40+ Major:

Headcase (WA): Daniel Van Daele, Bradley "Ricky" Reavis, John "Jack" Weaver, Danny Connell, Josh Hicks, (MVP – Kenny Jobe).

5AI-Badd To the Bone BBQ (MO):

Dave Winslow, Jason Reiser, Travis Gibson, Edward West, (MVP – Isacc (IKE) Jones Jr.).

Tarz Nation/G Brand (MI): Josh Siewert, Shannan Green, (MVP – Jay Ford).

### Men's 50+ Major Plus:

Baugh Ford/Barrow Power (FL): Brandon Murray, Jason Leek.

### Men's 50+ Major:

Deluxe Bakery (NJ): Bill Sampolski, Bryan Frantz, Dave DeSantis, Bobby Acquisto, Eric Kraemer.

### Men's 50+ AA:

Friars Guam 50s: Michael Aguerro, Frank Camacho, Joseph Castro.

### Men's 55+ Major:

Broughton Pharmacy (NC): Tim Wilson, Kreg Holsinger, Tony Stone, Steve Stone, Keith Adcock, (MVP – Jimmy Carter).

Scrap Iron Thunder (CO): Mark Gallegos, Warren Baum, Will Connor, Nick Miller, (MVP - Mike Hamric).

Tyler Trucking/P & G/Blue Mountain (OH): Larry Cleek, Tab Lewis.

### Men's 55+ AA:

Longshoremen 55 (VA): Kenneth Evans, Keith Hawkins, Geroge Shelby, (MVP – Larry Smith).

### Men's 60+ Major Plus:

Sommerville Softball (CA): Robert

Continued on next page



Players from three teams about to compete against each other for first, second and third place in the Men's 50+ Major division. Third place Yeagar's/Max Batz (FL - far left and far right), finalists Automotive Triage (NC - center left) and champions, Deluxe Bakery (NJ - center right).

## All-Tourneys: 20 More Teams Compete in 2025 World Championships Compared to 2024

Continued from previous page

Robinson, Chuck Henninger, Mike Hoffner, Mike Reed, Curtis Horger.

Lemay/Suncoast/WTGM (FL): Howard Albritton, Calvin Butcher, Scott Harder, Mike Brock.

Ohio Elite 60s: Doug Kett, Bobby Gilbert.

### Men's 60+ Major:

Montgomery Swarm/Allen Auction House (GA): Les Barnes, Donny Adams, Donnie Morris, Shannon Alldrege, David Reynolds.

County Heating & Air/Ink Games (CA): Steve Hill, Joe Jordan, Ron Reid, Darryl Hunt.

Elite/Onyx/A-1 Pavement Marking 60s (CA): Lucio Montoya, Mark Korte,



Left: Omen 75, Major Plus team from California, defeated Venom 75s of Florida to earn a Triple Grand Slam, an honor that Venom has held for the previous three years.

Brian Elliott.

### Men's 60+ AAA:

Peacemakers 60s (TN): Russell Jacobs, Chris Bolden, Clif Parker.

### Men's 60+ AA:

So Cal Riptide 60: Harry Schaffer, Todd Zola, (MVP – Paul Truelove).

### Men's 65+ Major Plus:

Cal Energy 65: Chuck Henniger (MVP), Kevin O'Reilly, Jimmy Ferguson, Vern Ramie.

Texas Crush Sixty Fives: Doug Kett, Larry Tostrud, Anthony Hinojosa.

### Men's 65+ Major:

Samurai 65 (CA): Reggie Drakeford,

Robby Baptista, Jim Liston, Boyd Gumbs.

Action Auto Parts 65s (RI): David Hawkins, Kevin Lewis, Tony Tager, (MVP – Mike Malone).

Houston Fire 65s: Frank Lyons, Curtis Hilliard.

### Men's 65+ AAA:

Albuquerque Asphalt Softball Club: Paul Fleming, Mike Braman, Erin Ford, Bobby Daniel.

Texas Legends 65s: Antonio Hernandez, Bill Dowd, Eddie Andzaldua.

### Men's 65+ AA:

East/West Aircraft 65s (ID): Frank Sexton, Rod Becker, Larry Ford, Rodger Stowell, Jim Jones.

Scrap Iron 65s Rockies (CO): Avlis Bader, Seff Kato, Don Di Fiore, Dennis Bret (MVP).

Northwest Force (WA): John Nelson, Sherm Davis.

### Men's 70+ Major Plus:

Timberworks/Suncoast (CA): Brian Graham, Dave Patton, Paul Ortiz, Thomas Brown, Gus Hurtado, Hank Alonzo, (MVP – Joe Hensley).

Minnesota River Bats: Pat Folmer, Ray Glynn, Don Benike, Don Tarasewicz.

### Men's 70+ Major:

R&R 70s (CA): Rick Vogel (MVP), Sal Rivera, Rocky Colborn, Nick Giglio, Barry Bluhm.

Steel Etc/Anarchy (MT): Jim Pierce, Mike Allen, Ron Geffre, Curt Kraher.

Scrap Iron High Octane (CO): Billy Barnes, Jamie Gowdy, Mark Hojnazki.

REI 70s (NC): Todd Burris, Mike Prosko.

### Men's 70+ AAA:

Spring Ford 70+ (PA): Eric Young, Bill Arbito, Mike Shone, Gene Kushon.

Excessive Force 70 (CA): John Silva (MVP), Frank Cavaco, Bob Calhoun.



3 80.jpg

Sommerville Softball (CA - right) went 6-0 in the 60+ Major Plus division, even as finalists, Lemay/Suncoast/WTGM (FL) gave them a run for their money in a 45-39 championship game.

Continued on next page

## All-Tourneys: 22 Teams Competed in the 80-85+ Divisions.

Continued from previous page

### Men's 70+ AA:

Utah Coyotes: Steve Schroeder, Bob McFarland, Steve Belnap, John Yates, Rey Fiori.

### Men's 75+ Major Plus:

Omen 75 (CA): Tommy Burrell, Danny Walsworth, Steve Hillman, Wayne Ross, John Cochran.

Venom 75s (FL): Stew Casterline, Roy Oke, Tom Tashea, Billy Koleszar.

### Men's 75+ Major:

Enviro-Vac Marauders (BC, Can.): Phil Ramsey, Anas George, Jim Klassen, Jim Palombi, Lyle Rosenau.

Ancient 75s (AZ): Larry Ginn (MVP), Bob Wicks, Ori McDonald.

R&R 75s (CA): Mike Young, Hank Ornelaz, (MVP – Art Langlois).

### Men's 75+ AAA:

Sacramento Islanders 75 (CA): Bob

Milano, Eric Hoff, John Kramer, Rich Edwards, Al Mar (MVP – Steve Bull).

75 Scrap Iron Diamonds (CO): Ed Clark, Terry Goodrich, Pat McGuigan, Jerry Vigil, (MVP – Ralph Perkins).

ZIA 75s (NM): Tony Jensen, Ray Johnson, Ken Ikelman, (MVP – Ronne Mercer).

### Men's 75+ AA:

MN Lumberjacks 75s: Glenn Howard, Barry Shaffer, Nick Lumby, Tom Ashcraft, Myron Fluegge

Northwest Sage (WA): TA Adams, Tom Crouch, Wayne Terry, George Quiggle, (MVP – Jim Hardenbrook).

### Men's 80+ Major Plus:

Maverick Construction 80s (TX): Jim Robicheaux, Bob Schreyer, Frank Krawczyk, Dennis Evans, Danny Miles.

Omen 80 (CA): Tom Shaw, Ron Greeno, John Moran, Prentiss Byrd.

Sidewinders 80s (AZ): Billy Kee, Ron Wiebold, Manny Hurtado.

### Men's 80+ Major:

Top Gun 80 Gold/J2 (CA): Al Galaviz, Russ Young, Al Treadwell, Dave

Pokladonski.

B.C. Seniors (BC, Can.): Nick Pashulka, Frank Laky, Craig Barraclough.

### Men's 80+ AAA:

Enforcers (CA): Kent Grant, Steve LeBeck, Larry Yoder, Hershell Hamilton, John Hoffman.

Minnesota Masters 80s: Larry Orth, Dave Weber, Gene Thompson, Bob Hogan.

KC Kids / Bale Chevrolet (MO): Harry Bain, Garry Bowers, Marvin Carr.

### Men's 85+ Major:

Center For Sight (FL): John Loiacano (MVP), Ray Dye, Galen Weinkauff, Bob Johnson, Tom Sides.

Top Gun Blue Angels 85 (CA): Lynn Anglin, Ronnie Guest, Arnie Bray, Denny Ibbotson, (MVP - Bob Fontaine).

### Men's 85+ AAA:

Scrap Iron 85 Legends (CO): John Seigla, Bob McCormick, J.C. Moore, John Wunderli, Larry Bradsky.

Minnesota Mavericks 85s: Gary Kennelly, Terry Mens, Norm Setnicker, Tom Daniel.



# Different Exercises Are More Beneficial for Sleep

By Stan Reentst  
PharmD Health Coach  
Softball News Report

Earlier this year, researchers in Thailand published a meta-analysis of how different types of exercise affect sleep quality. They reviewed 25 studies, all of them in adults 60 years and older.

The meta-analysis from Thailand considered five types of exercise: aerobic exercise, resistance (strength) exercise, balance exercise, flexibility exercise, and combinations of exercise. Curiously, they included Tai chi in the combination category, not the balance category.

They found that the most beneficial category was resistance exercise, though they didn't provide any details if one type was better than another as in weight-stack machines versus stretch bands, for example. Aerobic exercise and combinations

of exercise were also very helpful.

I dug into this and discovered that, in addition to several dozen studies, there are at least seven other reviews of them. Researchers seem to be pretty interested in this topic!

Researchers in China performed a meta-analysis to compare aerobic exercise and Tai chi in older adults. They evaluated 22 studies. Analyzing a variety of sleep characteristics, aerobic exercise had a slight edge, but the difference wasn't significant.

Researchers in Brazil conducted a head-to-head comparison of aerobic exercise by itself versus aerobic exercise combined with resistance exercise in older adults with hypertension. Exercise was performed three times per week for 10 weeks. Both were beneficial.

So, clearly, exercise has the potential to enhance sleep quality. But, some practical

questions:

- Since we sleep every day, does exercise need to be performed every day?

No. In the Thailand review, exercise was performed three times a week in 48% of the 25 studies, and only twice a week in 35%.

- Is intense exercise more beneficial than less intense exercise?

The answer to this question is uncertain: Different studies have arrived at different conclusions. However, a review of 14 studies in older adults by researchers in Belgium revealed that the optimum exercise regimen involves moderate intensity exercise.

In summary, a variety of types of exercise have

been found to enhance sleep quality. The Belgian review concluded that the optimum exercise regimen consists of moderate intensity exercise performed three times per week.

*Stan Reents, PharmD, is a health care professional and health/fitness coach. He created the web site [www.AthleteInMe.com](http://www.AthleteInMe.com), a resource on the health benefits of exercise. He is also the author of the sports medicine text "Sport and Exercise Pharmacology."*

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# First All-Tournaments of the 2026 Season Selected

## Softball News Report

**C**ongratulations to the All-Tournament selections from the 2025 Winter National Championships and Winter World Championships (both qualifiers for the 2026 Season)! First place teams earn five all-tournament selections, second place gets four, while third place earns three. Managers, if your All-Tournament selections are missing; please email in your honorees to info@seniorsoftball.com.

### Winter National Champs

#### Men's 40+ AAA:

SpamTown Sliders (MN): Jarett Korfhage, Lance Vidger, Ryan King, Brandon Vaughn, Dan Donnelly.

Wicked Stix (VA): Jon Arena, Nick Velotti, Barry Jones, James Zerfoss, Jim Watson.

#### Men's 50+ AAA:

Kons Trenching 50 (WI): Jason Baumann, Ken Nyhouse, Leon Schmidt, Scott Phillips, Erik Steger, Joel Farren.

Boathouse (FL): Mark Griffiths, Wayne Cornelius, Ken Spears, Brett



**Kons Trenching 50 (WI) won one of the first TOC Berths of the 2026 season from Winter Nationals, along with 16 other teams.**



Cohan, Steve Miholovich.

#### Men's 55+ AAA:

Fuccillo's Athletics (NY): James Raymo, Craig Holman, Doug McMaster, Darryl Nielsen, Jay Fasen.

Invaders/Window Source (RI): Dave Hawkins, Tom DeAngelis, Richard Albanese, Dennis Stone.

#### Men's 60+ Platinum:

Suncoast/All Hustle (FL): Jeff Farney, Mike Kalmes, Elmer Mason, Richard Clark, Pat Burkhart.

Larkin Florida Legends 60s: Kurt Musial, Scott Van Dyke, Laz Morales.

#### Men's 60+ AAA:

Isle Edge Trucking 60s (WI): Matt SanFelippo, Erv Mercer, Peter Blei, Paul McShane, Gary Zinn.

Wicked Slice Pizza (CT): Ken Hartwright, Scott Robertson, Rob Rougeot, John Gustafson.

Dunn's Sporting Goods (WI): Tom Grosch, Bill Doolin, Tom Reidenbach.

#### Men's 65+ Platinum:

Action Auto Parts 65s (RI): Dave Tokanel, Tom DeAngelis, Kevin Lewis, Randy Nunn, Kevin Hayes.

TRT (FL): Donny Meyer, Louis Sanchez, Kurt Musial, Denny Russo.

#### Men's 65+ Silver:

Fat Nancy 65 (NY): Tim Pratt, Frank Tibke, Mike Garvey, Mike Rockow, Paul Taylor.

Sterling Regional Merchant Services (FL): Buster Brister, Ray Boster, Dale Blankenship, Tom Lowther.

Steve Levin Ameriprise 65s (FL): Savas (Steve) Kambouris, Manny

Correa, Mark Siegel.

#### Men's 70+ Major Plus:

Hollis Appraisals 70s (FL): Jeff Frey, Rich Meltz, Mark Falvo, Dave Erdmann, Bob Urie, Larry Smith.

Texas Crush Seventies: Murray Williams, Chris Holloway, Mike Garibay, John Roach, Tony Baltatar.

#### Men's 70+ AAA:

Rosebay Rattlers (FL): Bill White, Bill Clark, Harlan Ulrich, Stan Chviek, Barry Abernathy.

Long Island Jaguars 70s White: Richard Caravaggio, Ed Duffy, Frank Kierman, James McDowell.

Northern Virginia Force 70: Doug Morris, Chuck Maginn, Rick Wilson.

#### Men's 70/75+ Platinum:

Levin Ameriprise II (FL): Scott Sanford, Chuck Wolf, Nelson Rivera, Ray Mazara.

DEEP PURPLE (MA): Steve Sullo, Wayne Fernandes, Darryl Nielsen.

#### Men's 75+ Gold:

Mobley Gin 75s (GA): Stan Cook, Dole Smith, Mike Blalock, Darrell Moreland, Rex Fletcher.

Long Island Jaguars 75s: Andy Appell, James Giello, Alan Greenberg, John McCormick.

#### Men's 80+ AAA:

Naples Longhorns (FL): Dave Weber, Ed Steele, Dave Tracey, Dennis Schroeder, Larry Sample.

Chadwell Supply (FL): Don Atkins, Don Held, Gary DeFalco, Ramon Pabon.

Continued on next page

## All-Tourneys: 29 Teams Earn Awards, Berths from 2025 Winter Worlds

Continued from previous page

Indianapolis Classics: George Vanderhyde, Jim Feist, Ken Lindig.

### Men's 85+ Gold:

Team Rehab 85 (MN): Frank Laky, Evelio Bacallu, Eddie Evan Lloyd, JC Moore.

### Winter World Champs

#### Women's 40+ Major:

Royal-T Real Estate (WA): Steffanie

Watt, Jessica Ford, Tracy Dalke, Ashley Williams, Bernie Stone.

Ol' D BYBs (OR): Jeanne Garcia, Kayleen Schweitzer, Tifinie Hadley, Heidi Otteni.

#### Women's 40+ AAA:

Not Today (NV): Kasey Igarta, Ambria Gregorich, Christina Jenkins, Kelly Raezumbach, Michelle Peroff.

#### Women's 50+ AAA:

Idaho Spirit 50s: Rachel Anderson, Bretty Corey, Joan Blea, Wendy Hosman, Jeanette Ragsdale.

VooDoo Dolls (AZ): Patricia Doty, Melissa Bowman, Beth Pate.

#### Women's 55/60+ Gold:

Adrenaline (NV): Cathie Groves,

Theresa Gotter, Corrie Brock, Laurel Moritz, Debbie Kutz.

#### Men's 50+ AAA:

Iowa Demons: Doug Dorsey, Justin Foster, Michael Olson, Scott Purdue, Tony Winship.

#### Men's 60+ Major Plus:

Hawaii Five-O: Paul Supat, Shawn Hosaka, Freddie Serna, Mikela Smith.

#### Men's 60+ Major:

Iowa Demons: Larry Mueller, Mike Reysark, Jeff Folgers, Bob Beatty, Ed Witt.

Sea Glass (OK): Brian Schmitz, Brad Uecker, Edward (Bo) Hendley.

Continued on next page



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## All-Tourneys: Live Online Scoring Allowed Teams and Fans to See Real-Time Updates at Winter Worlds

Continued from previous page

### Men's 60+ AAA:

AZ Legends 60s: Doc Doxtader, Mando Caban, Sam Dee, Emery Hunt, Craig Stevens.

Minleon 60s (NE): Kenny Ramus, Mike Fitzgerald, Mike Gaughen, Roger Clapper.

### Men's 60+ AA:

Tri City Legends (WA): Sherman Davis, Jeff Bentley, Jon Cox, Rusty Cooper.

### Men's 65+ Platinum:

Cal Energy 65: Kevin O'Reilly, Wayne Brandt, Gino Fiasche, Paul Salow, Scott Camery.

NW Elite Hitmen (WA): Ken Childress, Dale Hornung, Bret Pavlicek.

### Men's 65+ AA:

Antiques of Iowa City: Kevin Holle, Randy Johnson, Kent Juergens, Dave Moeller, Rich Stanton.

### Men's 70+ Major:

Team Fire 70s (WA): Doug Fredrickson, Tim Wheatley, Karl LeBret, Dan Griffith, Jack Parker.

Doctors Care MD (WI): Rich Olson, Stu Hannam, Don Laine, Andy Weberpal.

Arizona Scorpions: Dennis Hackworth, Boyd Miller, Fred DeLeon.



Lokahi AZ, champions of the Men's 55+ AAA division of the 2025 Winter World Championships posing with their champion jersey, plaque and a sunset background in Pheonix.

### Men's 70+ AAA:

Scrap Iron Peak Softball (CO): Mike Reynolds, Rodney Pelkola, Terry Cloutier, Mark Hojnacki.

### Men's 70+ AA:

Northwest Lightning 70s (WA): Joe Dorage, Rod Garrison, Chad Richardson, Fred Van Camp, Mark Dodson.

### Men's 75+ Silver:

Scrap Iron Stampede 75 (CO): Barry Hager, Bill Kroschel, Charlie Powell, Doug Michaelis, Lupe Pena.

Full Throttle 75s (AZ): Roy Moreno, Barry Van Patten, Pauly Hernandez.

### Men's 80+ Major Plus:

Maverick Construction 80s (TX): Claus Nickleberry, Gordon Ferguson, Danny Miles, Phil Biedronski, Frank Krawczyk.

### Men's 80+ AAA:

ZIA 80s (NM): Tony Jensen, John Florence, Ted Roluffs, Joe Candelaria, Ronne Mercer.

### Men's 85+ Platinum:

Top Gun Blue Angels 85 (CA): Tom Imming, Dave Duarte, Dick Gwilt, Ronnie Guest.

Managers, if your team's selections are not listed here, please email your selections to [info@seniorsoftball.com](mailto:info@seniorsoftball.com).

# Not a Bad Time to Start 2026 Financial Planning

Softball News Report

When I really want to get something done...and it's something I'd prefer to avoid...I write it down on a tablet that I keep atop my bedroom dresser.

That way, I have to look at it every time that I walk by. The tablet just sits there, staring back at me, constantly reminding me that I have work to do.

Much of the time it's not a major project, but a gentle reminder to do anything from swapping out my car's floor mats from summer to winter or to call my buddy to wish him a happy birthday.

Other times, it's calling for bids for a new deck or hiring someone to work on

## Money Matters:

By Jack Sirard

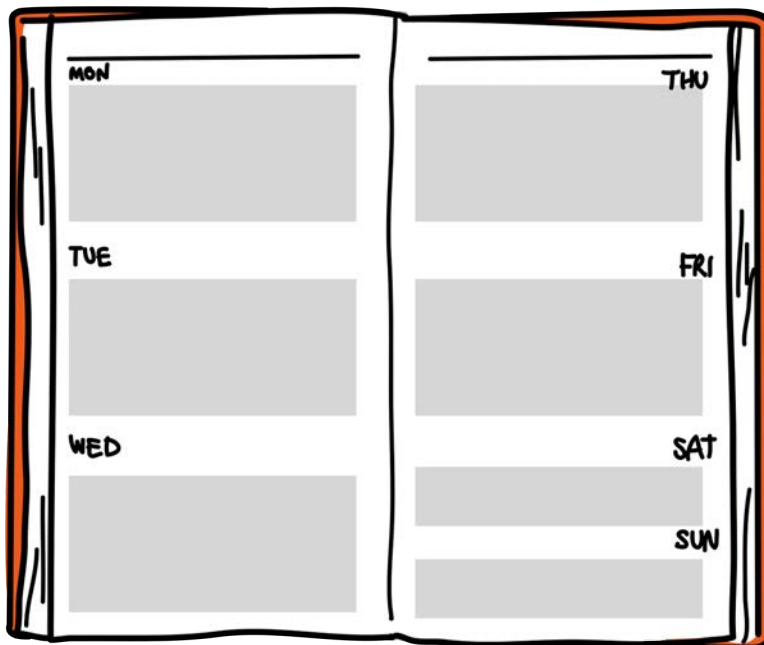
my property.

Sometimes I need to be reminded because I'm getting a bit forgetful or sometimes it's because it's a real chore.

That's why I think this is the perfect time of year to start your list for financial projects ...that you've been hoping to get done...next year.

Here are some things that you might want to put on your list for next year:

Make an appointment with your tax preparer. Sure, it seems early, but if you're expecting a tax refund, it's never too early to get your own money back in your bank account. And while



you're at it, find someplace to start collecting your tax records as they come in the mail in January.

Set a date to meet with your insurance agent. There's no question that the cost of insurance policies are rising and, in some areas, significantly. I like to go to my insurance agent's office to go over my policies line by line. My wife says I like to go there in person just to get some of the candy they have out for visitors!

Find a professional to either establish your will or trust or make an appointment to review whatever legal document you now have in force. Oftentimes, trusts need updating due to changes in your life such as the birth of a grandchild who you want to be included.

Go to your bank and check out what you've put into your safe deposit box. Who knows what you put in there 25 years ago. Old stock certificates, an odd

assortment of old coins? And once you get there, take the time to make a list of what's in the box.

Set up your annual review with your financial planner or broker. Not only do you want to know how you did the prior year, but you'll also want to know why. It could be that you're taking more risk now that you're older than what you signed up for so many years ago.

Certainly, there are far more things to do than this as everyone is different with unique goals and assets.

But this is the perfect time of year to get started on getting started on making a list...and yes, you can check it twice.

*Jack Sirard is a retired nationally syndicated financial columnist and senior editor of Senior Softball News.*

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# Senior Moments: Wisdom for the Aged

## Softball News Report

I would like to share some of the wisdom - and/or wisecracks - that make life a little richer. Some are about life generally; the rest are baseball related.

For example, here's a couple of quotes from Mark Twain - always a rich source.

"Travel is fatal to prejudice."

I agree 100% that everyone should do some traveling in their lifetime and especially to foreign lands. I can tie this to Senior Softball, as I've had the luck to travel with SSUSA all over Europe. One of the most rewarding aspects of these softball trips is getting to meet our opponents and learn a little

## Senior Moments

By Dave Weinman

about what life is like where they live.

Here's a Twainism I hadn't seen until recently: "A person who won't read has no advantage over one who can't read."

I know you all agree - after all you ARE reading my column right now, aren't you?

Here are a few life lessons from George Burns:

"The secret to success is honesty. If you can fake that, you've got it made."

"I was brought up to respect my elders, so now I don't have to respect anybody."

"The secret of a good sermon is to have a good beginning and a good ending, and to have the two as close together as possible."

And now from the baseball quotes division:

From former sports journalist Ray Fitzgerald: "A critic once characterized baseball as six minutes of action crammed into two and a half hours."

Here's one from Reggie Jackson: "Every hitter likes fastballs, just like everybody likes ice cream. But you don't like it when somebody's stuffing it into you by the gallon. That's what it's like facing Nolan Ryan."

From third baseman Graig Nettles when the Yankees signed Rich "Goose" Gossage about a month after Sparky Lyle won the 1977 American League Cy Young award: "Sparky just went from Cy Young to Sayonara."

From former catcher and broadcaster Tim McCarver: "Bob Gibson is the luckiest pitcher I ever saw. He always pitches when the other team doesn't score any runs."

From former player and manager Bobby Bragan, regarding the appearance of TV actor Clayton Moore at a Blue Jay's home game: "It's not very often you get to see the Lone Ranger and Toronto on the same night."

From Mickey Mantle: "You don't realize how easy this game is until you get up in that broadcasting booth."

From pitcher/author Jim Bouton, who closed his classic and groundbreaking book "Ball Four" with this observation: "A ballplayer spends a good piece of his

life gripping a baseball, and in the end it turns out it was the other way around all the time."

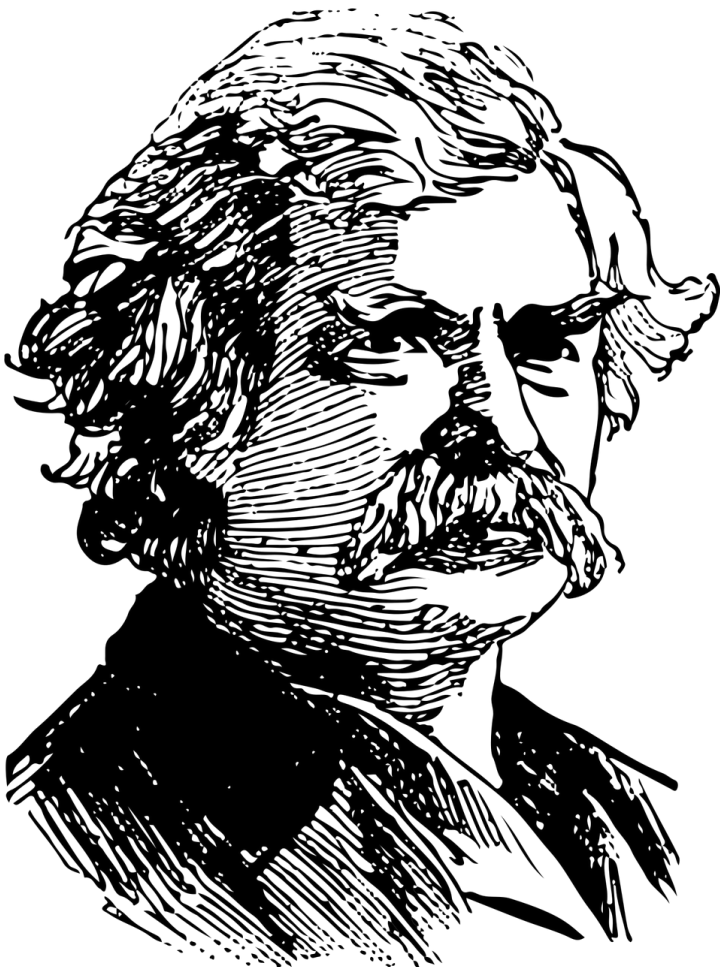
One of my favorite comedians because he was also a philosopher George Carlin: I recommend viewing his video comparing baseball with football on YouTube: <https://www.youtube.com/watch?v=alkqNiBASfI>

But here's a sample: "Baseball is a 19th century pastoral game; football is a 20th century technological struggle. In football the object is for the quarterback, also known as the field general, to be on target with his aerial assault, riddling the defense by hitting his receivers with deadly accuracy...balancing his assault with a sustained ground attack..."

In baseball the object is to go home! And to be safe! I hope I'll be safe at home!"

I hope you all are safe and have a wonderful home to go to this holiday season - and always.

*Dave Weinman is a long time Senior Softball player and News Contributor who travels and helps coordinate most of SSUSA's tours and international trips.*



Mark Twain, American author and humorist.

## Heard From The Dugout

"I was young and foolish then; now I am old and foolisher."

Mark Twain

# Otis Rowland: A Life of Service On and Off the Field

By Terry Hennessy  
Softball News Report

Otis Rowland was a by-the-book Marine who served his country for 31 years – rising in the ranks from an enlisted 18-year-old to Major – and served others for his entire life.

Otis, who died at age 89 on Nov. 29, excelled in the military – and in sports.

Otis coached the All-Marine team to a record number of victories and was chosen to manage the All-



Left photo: Otis (right) receiving championship award after winning a softball tournament at Camp Pendleton in California.

Right photo: Otis (right) holding a softball jersey on base.

Military Softball Team. But Otis seldom talked about those victories. The stories he told about the Marines always centered on people he mentored, and his joy was in their successes, not his.

That was in the Marines.

After Otis retired in 1985, he not only played softball, but put on Senior Softball USA tournaments at his former base, Camp Pendleton, for many years. He also helped create the SSUSA Umpire Program, became a National SSUSA Director, and was elected into the Senior Softball USA Hall of

Fame in 2010.

Still, the tough old Marine had a soft heart. He continued mentoring. This time it was younger umpires and directors.

Otis had a very special way of mentoring, as SSUSA Executive Director Fran Dowell relates when she was helping Otis check in players.

“Otis had made a sign to say only teams can check in...no individual players,” said Fran. “So, Otis became very upset with me because I was letting individual players check in. He tore the sign up and looked at me...I just

smiled at him...and he smiled back,” she said.

“And the rest is history with my dear friend and mentor Otis.”

Said Rick Seifman and Marjie Patterson, who knew Otis from his first days with SSUSA: “Otis will always have a lasting impact on the SSUSA. He loved SSUSA and was always excited to be out at the park or on the field. We honor him for his integrity and dedication as a person and as director and umpire for SSUSA.

“On a personal note, Otis was a friend of ours and worked with us in Phoenix, Colorado, Canada, Chicago and Florida in the earlier days of SSUSA. There will never be another Otis Rowland. We will miss him,” they said.

In addition to softball, Otis’ hobbies included playing BINGO, bird hunting and golfing. His family and friends have a lot of good memories and will miss him saying, “Love you, buddy.”



Otis would regularly direct tournament in the Southwest, including Worlds

## Remembering a Kindness to a Kid - 24 Years Ago

By Jerry Smith  
SSUSA National Director

When my team, Class Act, played in the Top Gun Tournament at Camp Pendleton back in 2002, Otis Rowland was the director for SSUSA.

Back then, I always brought my son Colton, who was 6 or 7 years old. Otis was running the raffle with a lot of prizes to hand out and Colton saw the baseball card collection and he asked Otis if he could

have those cards

Otis told Colton that he had to raffle the prizes off, he couldn’t give them away.

Kids at that age don’t really understand how a raffle works.

Otis told Colton to ask me to buy some raffle tickets so he would have a chance to win those baseball cards.

The raffle started later in the day and Otis asked Colton if he wanted to pick the raffle tickets out of the jar -- hoping Colton would win.

But a player from Colorado

won the cards and of course Colton began to cry because he didn’t win. The player asked why Colton was crying and Otis explained to him my son really wanted to win the baseball cards.

I told my son that maybe next time he would win.

A few days later, Otis phone and asked for my address and I, of course, asked why. He explained that the gentleman who won the cards was going to mail them to Colton. I didn’t tell my son.

Three days later the cards showed up and my son was so happy he got the baseball cards.

Later that year at another tournament, Otis pointed him out that player to Colton and he gave that man a huge hug for sending the cards.

I thought Otis was a very special person for arranging all of this. To this day, when Colton breaks out the baseball cards, we both remember how nice Otis was to him at the tournament.

# Kansas City League Grows After 36 Memorable Years

## Softball News Report

Longtime slow-pitch softballer Bobby Gregg didn't know about senior softball until a friend invited him 23 years ago to watch a senior tournament being played in the Kansas City area.

Before the weekend ended, he had joined a tournament team and agreed to play Kansas City Metro Senior Softball League games.

"I was wearing a heavy knee brace back then," Gregg, who lives in Missouri, recalled about his first league contests. "I'd get a double, and they would put a runner in for me at second base. I thought, 'Wow, this is all right!'"

Whether through reading newspaper articles, being invited by friends or simply stumbling on league games being played around town, thousands of athletes have joined the KCMSSL since its inaugural 1990 season, which involved 33 players split into three teams.

Year by year, the league grew like a young corn stalk stretching to touch the sun.

This past season, the KCMSSL boasted 950 registered men and women who played on 87 teams. They competed in a combined 1,201 games spread across six suburban Kansas City

## A League Above: By Donna McGuire

ballparks – three in Missouri and three in Kansas. Batters ripped hits every day of the week except Friday, the lone day the league lacked games.

"We are heading into our 37th year of existence next season with no intentions of slowing down," said League President Clint Berger, a Kansas resident who joined the KCMSSL in 2000, the year he turned 50.

So far, 3,150 men and women have played in the league during its 36 seasons.

Longtime educator and softball player Wes Weddle formed the KCMSSL after reading a 1989 Senior Softball World Series article in an American Association of Retired Persons publication.

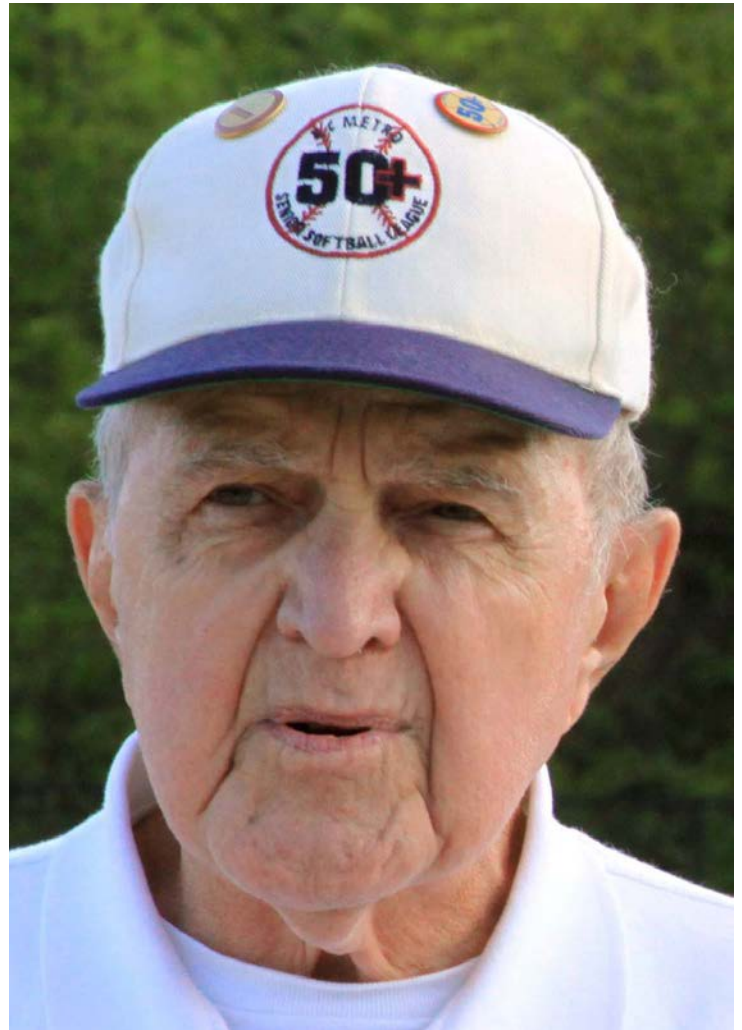
Weddle, who served as league president for 17 years, recruited others to help him publicize and expand the competition. Within just a few years, he also had lured a Senior Softball-USA World Championship tournament to the Kansas City area.

At one point in the third season, a player sat beside Wes at a league game and stated: "Wes, you know that you are responsible for all of this."

"I plead guilty to that charge," said Weddle, a soft-spoken man admired by many for his genteel personality.

"Well," the player added, "you may think that you are dealing with a bunch of grandpas, but you are still dealing with a bunch of kids."

Nowadays, some of the players are not only grandpas



**Wes Weddle was the founder of the Kansas City Metro Senior Softball League and has a SSUSA qualifier, the Wes Weddle Classic named after him, directed by current KCMSSL President, Clint Berger.**

but also great grandpas.

Nine men born in the 1930s were on team rosters in 2025. One of them -- league elder statesman Dick Skinner, age 94 -- averaged nine games a week.

The youngest players compete in 35+ men's and women's conferences. The league also has a 40+ women's conference, several 50+ conferences, and some 60+, 65+ and 70+ conferences. Women can play in the men's conferences as long as they meet the age

criteria.

Twenty-three of the 87 teams belonged to "draft" leagues, where teams are built through a blind draw process. After each team is awarded two pitchers and a shortstop, managers draft players to complete their rosters. If needed, trades are made to balance the talent levels of each team. Many new players join the league through these teams, where veteran players often help the rookies practice their hitting and fielding





Kansas City Metro League members with 20+ years receive an Ambassador Award and Ambassador Jackets featuring their player numbers and names.



KCMSSL hosts annual skill contests during their All-Star Games and Picnic.

## League Above: KCMSSL's Draft Conference Brings Hot Competition

Continued from previous page

mechanics.

The first time Gregg played in a draft conference, he expected the competition to be laid back. Yet when he jogged into second base after bashing a double, he got chastised for not hustling by team manager Doug Wilson (who was still playing in 2025, at age 92).

A few innings later, Gregg watched a runner slide headfirst into second base.

“Holy crap,” he thought to himself. “They are serious.”

Draft league games first caught the attention of Dennis Ibbotson in 2013 as he was watching a grandchild play soccer at Roe Park in Overland Park, Kansas. Ibbotson walked over to investigate slow-pitch games being played on Roe’s nearby softball fields.

Surprised to see that everyone looked old, Ibbotson asked: “What is this?”

He’d never heard of senior softball. Today, at age 83, he plays SSUSA

tournament ball in addition to league ball.

The league is like one big family, he said.

“You get to know virtually everybody,” he said. “If you don’t play with somebody, you play against them.... I enjoy playing, obviously. But I value the camaraderie as much as anything.”

A 15-member volunteer Board of Directors operates the league. They oversee everything from the league rules to conference schedules, with games typically running

from mid-April through September. The board also operates the annual SSUSA Wes Weddle Tournament, one of several SSUSA events held in the Kansas City area each year.

The board spreads information about the league through its website, its Facebook page, its Instagram account, other social media.

It runs an annual All-Star games and picnic event

Continued on next page



# League Above: KCMSL Hosts More Than Just Games

Continued from previous page

that often draws 250 or more people.

It organizes league outings to Kansas City Royals games and other sporting venues.

It collects pop can tabs for a local charity.

And it holds an annual meeting where dozens of awards are distributed – for sportsmanship, most valuable players, rookies of the year and other honors. Players who accumulate 20 years in the league receive an ambassador jacket with their name and uniform number stitched on the front.

While the league mostly follows Senior Softball-USA rules, it devises special rules for specific conferences. For example, in some conferences, players are allowed to have courtesy runners from home plate. In all conferences, pitching screens supplied by the league are mandatory.

In 2017, the board implemented an individual player skill rating system, which was designed to

build competitive balance among teams, Berger said. All players were rated using Major League Baseball’s five-tool skills: speed, power, batting average, fielding abilities and arm strength. The skill ratings, and a player’s age, are considered as the league places teams into classifications and sets up equalizers.

Berger hopes that the league can cross the 1,000-member threshold in an upcoming season. The league came close in 2021, when a record 981 players signed up.

Why do so many people enjoy playing in the KCMSSL?

For the fun of the game. For the friendships built. And for a way to stay active.

Berger points to a fitting George Bernard Shaw phrase that has been posted for many years on the league website: “We don’t stop playing because we grow old; we grow old because we stop playing.”

Some of the other senior softball leagues around the country also cite that quote.

“I’m not sure who started using the phrase first,” Berger said. “But I am glad to see it’s a favorite one, because we believe in it.”



KCMSSL members attending a KC Royals Major League Baseball game during League Night, a night for players and members to bond and socialize with each other.



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