

# Senior Softball

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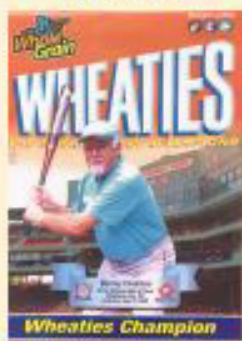
# NEWS



MORE THAN JUST A GAME ■ AMERICA'S LARGEST CIRCULATED SENIOR SOFTBALL PUBLICATION

**LEGENDARY &  
ENTREPRENEURIAL  
PLAYERS  
OBITUARIES  
PAGE 32**

**Barney  
Fineblum**



**Monkey  
Joe Bush**



## GEMS OF EVENTS

**Celebrities vs Warriors,  
Reception, 90s Game,  
Headline in Vegas**

**2023 WORLD CHAMPIONSHIPS ■ PAGES 18-19**

### MEDICAL TAGS **PAGE 25**

New safety tags will answer information during medical emergencies when you can't.



### RENO: OLDEST TOURNEY, OLDEST PLAYER **PAGE 6**







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# Senior Softball News

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# Season of Fun

Is there any better time of year than the early days of summer? In most parts of our county, we haven't reached the sweltering days and nights that come in the dog days of August when you feel like you can lose a few pounds just walking out to the car.

No this is when the outdoors is fresh and blossoms are preparing to burst onto the scene.

For the players, it's like a new start to the season. You've recovered from those nagging injuries that popped up late last season and you're ready to play. This is the year you can see your batting average rise and your team improve in local, regional and

national tournaments.

Yep, it's time for the boys and girls of summer to get out there, play a double header or two and to really enjoy life.

While everyone likes to win, the most important thing, we think, is to have fun, get some needed exercise, to meet new people and have fun with old friends.

It's summer. Have some fun!



By Sue Ballenger

## 4th Annual Caribbean Classic Set For Late February 2024

### Softball News Report

Dates have been set for the 2024 Caribbean Classic which will be played once again just steps from the guest rooms and beach at the Barceló Bávaro Palace Grand Resort in Punta Cana, Dominican Republic.

Players and their guests will need to arrive at the resort no later than Feb. 21 and stay at least until Feb. 26, although many participants may elect to make a longer vacation out of it by arriving earlier or staying longer.

The 2023 tournament featured three Team USAs going up against each other and three Dominican teams in a five-game round-robin format. "We're always trying to make improvements," says tournament founder and director Jim Goff, "but everyone seemed to like

the fairness and variety of playing every other team just once, so we plan to stick with that.

"Because this is a recreational, draft-format tournament, we have flexibility to do what a majority of the players want," he added. Many of the same players have returned multiple years, and Goff relies on their input to decide on many of the game rules

and other matters related to the tournament.

Tournament co-director Tulio Ontiveros has some improvement goals as well. "Even though the infield is beautiful golf course fairway grass with base paths, the quality of the dirt on those base paths is important, and in 2024 one goal is to have new soil, and to re-chalk and re-smooth around home plate more often," he said, "and

even though the grandstand is in shade most of the day, I have some ideas for providing additional shaded areas for spectators and players."

"Participants have been surveyed post-tournament each year," Goff remarked, "and we try to implement as many of their suggestions as we can. This is why we expect the 2024 edition of this tournament to be the best yet."

This tournament is open to all players at least 50 years of age, of both sexes. For more information, go to [seniorsoftball.com](http://seniorsoftball.com) and click on the green INTERNATIONAL SOFTBALL TOURS box, or call Jim Goff at 563-650-1003.



Outdoor Pool at the Bavaró Bárcelo Palace.

# Hitting: Stop Swinging Across the Ball

**S**eniors have been instructed to swing level from little league on up while playing baseball.

Well, that teaching technique has been replaced by today's swing experts with the "turning of the barrel" or getting the bat barrel early and deep into the hitting zone quickly with a slight uppercutting swing.

This swing requires using a slight uppercut from 25 to 35 degrees from a level swing (see illustration) rather than the long-established level swing or swinging across the pitch.

The level body rotation is a swing across the softball works well to the pull-side of your swing but does create some good hits that wind up in foul territory. The slow pitch swing works best on the vertical plane. The baseball swing works inside to outside corners of the plate. The traditionally taught level swing has been supplanted by swing coaches today with an upright swing or Ferris Wheel motion with a turning of the barrel action to the ball.

The Ideal Alignment is when the center of bat and the center of ball meet on the same line.

Benefits of a slight upright swing:

- Allows the batter to hit the center of mass of the softball for better contact and greater ball exit speed.
- Keeps the hands inside the ball when swinging squaring up barrel with pitch.
- Strikes the ball with a slight lift elevating the ball for more line drives and reducing ground balls.

## Hitting Column

By Art Eversole

- Allows the batter to be able to wait on the pitch longer for better pitch selection.

- Reduces ripping the ball foul, which is crucial when starting with a 1&1 count.

- Shoulders move in a rocking motion back toward the catcher and then forward toward the pitcher keeping the well hit ball in play.

- Allows full usage of the ball park by driving balls hard to all fields.

Review of "Turning the Barrel":

How do we execute the

turning of the barrel swing mechanic?

It is done by applying a torquing action with the hands to the bat handle. When hand torque is applied to the bat, the hands will be pushing in opposite directions. Therefore, torque applied to the bat handle from opposing directions will begin the acceleration of the bat.

This torquing of the bat handle does not mean you grip the bat tighter to execute the opposing hand action. Take your normal grip. Using hand torque, the bat will rotate around your hands from the rear shoulder and then deep into the swing plane, permitting the hitter to

use the whole field.

By getting the bat on plane early, and deep into the swing zone, the hitter can either go out and get the ball in front for a pull hit; or let the ball travel deeper into the hitting zone, for those middle and off-field hits.

Instead of concentrating to strike the ball with your top hand, which can reduce barrel contact time with the ball, try and "catch" the ball on the barrel as recommended by the great Barry Bonds.

Start your swing with your lead arm and then extend the back arm through the ball in the palm up/palm down hand position. This technique will allow the ball to remain a split second longer on the barrel for maximum trampoline effect.

You are in essence catching and sweeping the ball with your swing rather than hitting at the ball which can have the effect of slowing down your bat speed.

Recommended videos to view the vertical swing:

Catching the bat on the barrel: <https://www.youtube.com/watch?v=IKz9ZQ-Rmvg>

Teacherman demonstrates "How to Fix a strictly Rotational Swing": <https://www.youtube.com/watch?v=RUC71EVr1PQ>

Antonelli upright swing mechanics: <https://www.youtube.com/watch?v=CA5Rom9d5yM>

Happy hitting,

*Art Eversole has played on Major and Major Plus teams in the Northwest. Eversole can be reached via email at [rtmyboy01@gmail.com](mailto:rtmyboy01@gmail.com).*





# Reno: Oldest Tourney With Oldest Player

## Softball News Report

**R**ENO, Nev. – The oldest player in the granddaddy of Senior Softball tournaments played in one of the longest games in the 194-team Rock 'n' Reno Challenge Cup here in May.

Robert McElrea, 91, played with the Top Gun Blue Angels 85's in a 10-inning marathon against the youngsters on the Oregon General Equipment 80s. General Equipment won, 26-25, in the bottom of the 10th.

Teams dodged raindrops – and sometime showers – from afternoon storms that moved over the Sierra Nevada from the west on many of the nine days of the tournament.

One of the showers pushed divisions from Shadow Mountain Softball Complex and the Reno Softball Complex at Rancho San Rafael to the turf fields at Golden Eagle Regional Park in Sparks.

The 35th Annual Rock 'n' Reno Challenge Cup is the oldest National Senior Qualifier in the world. Teams from 13 states and Canada competed during the three sessions of the tournament. The 40s, 60s and women's divisions competed in the first session, the 65-85s played in the second session and the 50 and 55 divisions battled in the



**Robert McElrea, 91, of California was the oldest player at the 2023 Rock 'N Reno, with Fran Dowell, left.**

final session. For complete results see: [https://seniorsoftball.com/multimedia/newsletter\\_vol\\_9\\_ed\\_8.pdf](https://seniorsoftball.com/multimedia/newsletter_vol_9_ed_8.pdf).

In order to accommodate all the teams that entered the tournament, Senior

Softball USA brought in its field expert from Las Vegas to improve the Shadow Mountain fields.

“Last year we had several complaints about the field conditions at Shadow Mountain and we asked the Sparks Parks Department what could be done to improve the fields for this year,” said Terry Hennessy, SSUSA’s chief executive officer.

“The parks folks told us they did not have the staff to improve the fields, so we brought in our field expert from Las Vegas, Mike Loosbrook, who worked to improve the infields and knock down some of the lip. He did what he could with the outfields, but couldn’t fix some holes from depressed sprinkler heads, so we marked those areas with cones and warned the outfielders.”

Fortunately, there were no major injuries reported at Shadow Mountain due to field conditions this year.

## Heard From The Dugout

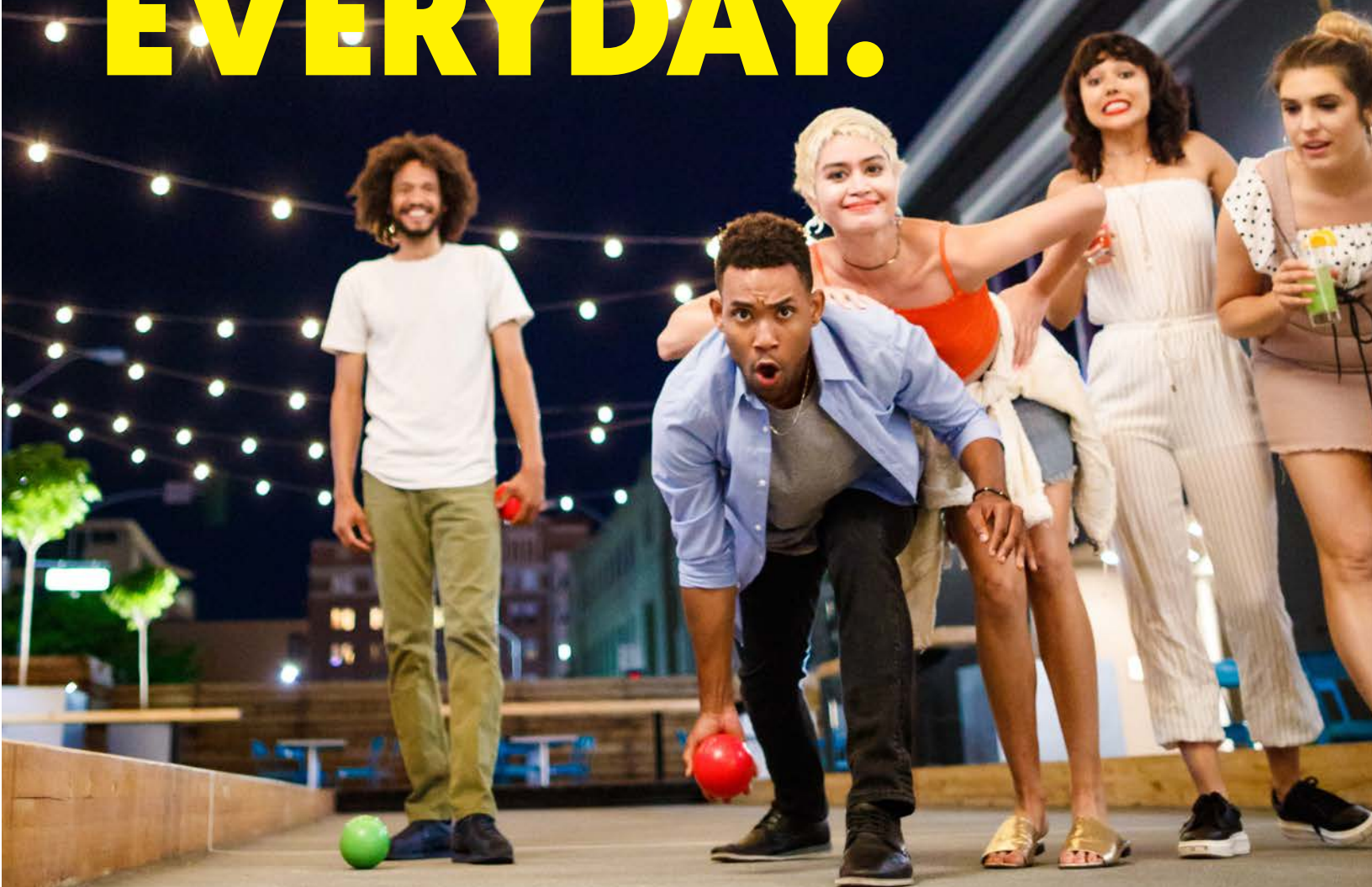
"We grow neither better nor worse as we get old, but more like ourselves"

May Lamberton Becker



**Storm Clouds Move over Reno at the 2023 Rock 'N Reno Challenge Cup.**

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# Staying in the Dugout is Sportsmanship

**D**uring a Senior Softball USA tournament last year, an umpire grew increasingly frustrated when players on a men's Major team would not follow her instructions to remain in the dugout while the team was batting. Only the on-deck batter and base coaches could be outside the dugout, she explained.

Having excess players on the playing field creates safety issues and possible interference issues. Some serious injuries have occurred involving players who should have been safely inside the dugout.

Tensions festered as the veteran umpire kept trying to enforce SSUSA rules, and the players kept defying them. Then the situation worsened. The players began questioning nearly everything the umpire did.

An infielder upset at a bang-bang play call ran toward the umpire yelling, "What did you see? What did you see?" A few plays later, a teammate ranted briefly about a call then raced angrily from his shortstop position to the backstop fence where a director stood monitoring

## Umpire Corner

By Donna McGuire

the game. It's unclear what the player planned to do or say, as he retreated after the director held up a hand and said, "One word, and you're gone."

Not only are such player behaviors disrespectful toward umpires, they violate our rules and ethics.

After the game in question, the player who ran at the umpire asking what she saw claimed he had the right to do that. "There is no rule saying I can't," he said before storming away from the director's table.

The team's manager claimed his players' negative attitudes started because "the umpire kept ordering us to get in the dugout."

Time out.

As the director explained to the manager: "You are supposed to stay in the dugout. It is a point of emphasis with SSUSA."

The national SSUSA office, umpires-in-chief and tournament directors have trained umpires for many years to keep players off the field when not involved in

the game. Usually, only one on-deck batter is allowed, though some directors allow two when the dugout gates are far from the batter's box. Managers should not be outside the dugout directing the defense. Scorekeepers should not be outside the dugout at all, unless also coaching a base. Yet directors repeatedly see these violations happening.

So, where do you find these rules in our rulebook?

You don't. Not the full rules, anyway.

The SSSUSA rulebook specializes in explaining special roster and playing rules governing the senior slow-pitch game. From the beginning, SSUSA has deferred to the Amateur Softball Association rules for playing rules not addressed in the much-smaller SSUSA rulebook. In 2017, ASA became USA Softball.

Section 12 of the USA rulebook states that "Coaches, players, substitutes and other bench personnel shall not be outside the designated bench, dugout/team area except when the rule allows or is justified by the umpire." The penalty for a first offense is a team warning, the rule states. "Any repeat offense shall result in the ejection of that team member."

Major League Baseball has a very similar rule and penalty.

About a decade ago, SSUSA tried cracking down on violators by instructing umpires to warn managers and, if necessary, eject managers when team members refused to retreat to the dugout. It appears time to

reemphasize this. All umpires should enforce this rule. All managers should help, not hinder, the umpires.

As for who can talk to the umpire, the USA Softball wording is found in rule 4.7.A, which states: "A coach is responsible for the team's actions on the field and will represent the team in communications with the umpire and opposing team."

Later, the USA rulebook says that no player or manager can protest a decision involving an umpire's accuracy of judgment.

Both the USA and SSUSA books say that only a manager or acting manager may seek a reversal of a decision based on misinterpretation of a rule.

Players, such as the one who got in the face of an umpire last year at Winter Worlds in Phoenix over a rule question, should not be involved in these interactions. Let the managers handle it.

Consider also SSUSA's Code of Ethics, which says that players should accept umpires' decisions in good sportsmanship.

Is it good sportsmanship to run at an umpire repeating any phrase that directly or indirectly challenges the umpire's judgment call?

Is it good sportsmanship to ignore an umpire's request that you get in the dugout?

No. And no.

*Donna McGuire is SSUSA's Central Region Umpire in Chief and Chair of the SSUSA National Rules Committee and can be reached at [donna@seniorsoftball.com](mailto:donna@seniorsoftball.com).*





# Aloha Bowl to Reno - All Tournies

**C**ongratulations to the All-Tournament selections from the TOC Tournaments from the Aloha Bowl through Reno! First places 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.

## Aloha Bowl

### **Men's 55/60 Gold**

Hawaiians 55: Peter Elizalde Jr., Donovan Gonzales, Steve Leopoldo, Lloyd Leon Shoemaker III.

### **Men's 60 Silver**

Hawaiians 60: Rodney Chang, William (Alan) Leong, Elia Tom, Cliff Lum, James (Mimo) Leong.

808 Hawaii: Steve

Robello, Brian Viola, Joe Queja, Jeffrey Albright.

### **Men's 65/70 Silver**

Warriors-Imua (HI): Vince Ramos, Paul Merino, Dale Ohama, Charley Haitsuka, Daniel Silva.

Warriors 70 (HI): Curtis Miller, Vaughn Guerrero, Paul Kim, Gerald Lau Hee.

## Spring Nationals

### **Women's 40/50+**

#### **Gold:**

TM Force (FL): Gayle Borgen, Nikki Basile, Annelieze Feliciano, Kellie Berning.

Fireballs (MA): Marie Gaudreau, Val Smith, Heather Korzec.

#### **Women's 50+ AAA:**

BAGS (FL): Jodi Foye, Kim (Kaye) Dewey, Tangie Burns, Cindy Phillips, Lisa Lines.

#### **Men's 40+ Major:**

Hooters (FL): Mike Hampton, Ken Bruno, James DeWitt, Jeff Markison.

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

Top Dawgs (FL): Howard Albritton, William Devine, Joe Perrotte, Scoti Atkin, Steve King.

Team Florida: John Livingston, Hugh Planitz, Mark Thomas.

#### **Men's 60+ AAA:**

Levin Ameriprise II (FL): Chuck Wolf, Mike Shea, Danny Honeycutt, Ed Bouchard.

#### **Men's 65+ Gold:**

Steve Levin Ameriprise (FL): Alan Lazarow, John Popov, Scott May, Norbert Micklos, Terry Narrow.

Jerry's 65s (FL): Scot Rowles, Doug Morris, John



**Batter Mid-Swing at the 2023 Spring Nationals, March 17-19 in Polk County, Florida.**

Ownby.

#### **Men's 70/75+**

#### **Platinum:**

Venom 75s (FL): Gary Nicolay, Bruce Fairchild, Mike Gainer, Vance Gudmundsen, Dana Kimmel.

Slug-A-Bug (FL): John Martelluci, Hugh Mitchell, Larry Cudney, Dave Carden.

AMR South 75s (FL): D.F. Jacobs, Wayne McNett, Tasso Rumeliotis.

Leloux, Steve Wilkins, Josh Stull.

#### **Men's 50+ AAA:**

Thunder Buddies (AZ): Chris Carda, Ron Tieke, Tom Trieber, Brian Winiesdorffer.

#### **Men's 55+ Major:**

CANVAZ Softball (CA): Frank Riese, Marcos Gonzalez, Paul Hendricks, Gary Chaney, Fernando Lopez.

#### **Men's 60+ Major**

#### **Plus:**

L.A.F. 60 (CA): Bob Baer, Wayne Zucker, Jim Roach.

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

Arizona Old School 60: Barry Jackson, Jeff Holtz, Rob Tucker, Dave Vandehey, Jeff White.

#### **Sidewinders 60s (AZ):**

Doug Champagne, Nick Missos, Scott Koprivec, Bruce Thaete.

Silver Stars (CA): Doug Hamlet, Andrew Mendoza, Jamie Lagos.

**Continued on next page**



**Shut D (HI) Pitcher Tosses the Softball at the Inagural 2023 Aloha Bowl, March 2-5 in Honolulu.**

# All-Tourneys: 43 TOC Berths from March Tourneys.

Continued from previous page

## Men's 60+ AAA:

Weekend Warriors 60 (CA): Patrick Lynch, David Bates, Rick Wright, Matt Kraemer.

New Beginnings Softball 60s (CA): Humberto Cornejo, Bruce Clark, Robert Alderete.

## Men's 60+ AA:

Club Tilt/Haus (CO): Kevin Cole, Pedro Matos Santell, Tom Gill, Alex Johnson, Paul Rodriguez.

Spin Tees (WA): Grant Brown, Steve Zacharczyk, Pete Boeckel.

## Tidewater Classic

### Men's 40+ Platinum:

Certified Ground Breakers (MD): Shawn Smith, Nic Usher, Mike Bond, Jerry Surber, Keith Brooks.

### Men's 40+ AAA:

O.P.P. (Old People Problems) (DE): Gary Everage, Jason Pryor, Kevin Thomas, Josh Robbins, Brandon Simering.

Gigantes O.C. 40s (MD): Mark Wiener, Matt Boden, Ken Glover, Andrew Backert.

### Men's 50+ AAA:

Maryland Classics 50s: Willie Williams, Dave Fuller, Rocky Parish, John Vail, Steve Leonard.

Backside (VA): Rodney Kegler, Chol Kim, Scott Schriener, Jeff Crowe.

### Men's 50/55+ Silver:

Flatline/Van Metre Homes (VA): Fernando Wallace, Freddie Jobe, Jeff McGuire, Marty Fair.

### Men's 55+ Major:

Bond 124/Caterbone Realty Group (CT): Tyrone Maynard, Chris Round, Mike Marrullo, Frank Nieves.

### Men's 55/60+ AA:

DHF Contractors 60s (VA): Norman Hall, Mark Flores, Corey Doe, Dennis Fulgham,

Jerome Craig.

### Men's 60+ Major:

Building Innovation Group/TJ Plumbing (NY): Pete Madafferri, John Fitzgerald, Mark Faulkner, Nelson Huertas, Tom Mastrodonato.

### Men's 60+ AAA:

Nova Force: Mike Carrol, Charles Searight, Kenny Barnes, Jeff Rich, Danny Gregory.

### Men's 65+ Major:

Talaga Construction 65 (CT): Jim Adamowicz, Tony Carlino, Tom Kapitan, Dave Kuchinsky, Bill Terrenzi.

Promotion/Phoenix Tube (NJ): Bill Linnehan, David Szwec, Al Delaney, Dan DiFedele.

### Men's 65+ AAA:

Hudson Valley Cyclones (NY): Ken Day, Richard Viens, Dave Dami, Mike Healey, Lou Rossi.

### Men's 70+ AAA:

Syracuse Cyclones (NY): Mark Easter, Jim "Doc" Ranucci, Joe Vancho, Tom Cramer.

## Southwest Champs

### Women's 40+ Major:

Still Grubbing (CA): Lauren Wasano, Star Matcham, Mia Sibug.

### Women's 40+ AAA:

Utah Relics: Malia Krogstad, Marty Hurtado, Virginia Benard, Sandi Lampshire.

### Women's 50+ Major:

LOL-Legit Ol' Ladies (CA): Kimmie Mars, Lena Peneku, Linda Blakely.

### Men's 40+ Major Plus:

West Coast United (CA): Jerry Boyd, Frank German, Mario Garcia, Mike Medina, Jason Chase.

### Men's 40+ Major:

Legends Sports (NV): Gene Quitugua, Mark Mina, Chris Locke, Mark Rummel.

### Men's 50+ Major:

Scrap Iron Havoc (CO): Kael Russell, Matt Franci, Will Connor, Pete Medina, Josh Stull.

Men of Power (AZ): Duane Crisler, Lawrence Brew, Tim Session, Derek Hunley.

### Men's 50+ AAA:

MN 50 Core: Darin Stapf, Steve Rud, Gabe Sandvik, Dan Christensen.

### Men's 50/55+ AA:

California Coast Plumbers Inc/Horn: Robert O'Mara, Dean Cameron, Walter Wong, Tom Ogle, William Dodge.

### Men's 55+ Major Plus:

L.A.F. 55 (CA): Wayne Zucker, John Patterson, Todd Osmundson.

### Men's 55+ Major:

Damage NV: Brooke Archuletta, Casey Hann, Mark Buchanan, Scott Jacobucci, Craig Jensen.

### Men's 55+ AAA:

Top Gun Storm (CA): Ed Nunez, Ken Moromi, Donny Aragon, Cary Cube, Tony Poulin.

Venom 55s (CA): Jose Zermeno, Fred Aguilar, Pete Centeno, Adrian Vasquez.

Boise Office Equipment/BOE: Jeff Bryant, Dave Stofferahn, Robbie Daniels.

### Men's 60+ Major:

Xcelerated Softball (CA): Mark Korte, Michael Lippe, Lucio Montoya, David Leblanc, Anthony Hinojosa. Precision/Wolfpack (WA): Doug Beagle, Steve Dzubay, Jim Perry, Wade Craig.

New Life Interiors (ID): Ivan Sablan, Rod Watson, Tony Hartz.

### Men's 60+ AA:

Advil Knights 60 (CA): Peter Cortez, John Vanderveer, Joe DeFrancesco, Juan Guerrero, Randy Schaaf.



Batter Mid-Swing at the 2023 Tidewater Classic, Mar. 29 - Apr. 2 in Virginia Beach.

Continued on page 12



**GAMER SERIES**

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# All-Tourneys: 17 States represented in '23 Southwest.

Continued from page 10

So Cal Riptide 60: Ron Brisson, Joe Kramer, Glenn Mitchell, Rob Silvola.

**Men's 65+ Major Plus:** Samurai (CA): Ron Chenier, Vinny Gallo, Danny Hess, Ricky Harris.

**Men's 65+ AAA:** Top Gun Stealth (CA): Charles "The Closer" Pickett, David Bradford, Richard Pratt, Keith Berson, Orie "Boss Mann" Mann.

Sin City Mob (NV): Andy Moscow, Rick Hilton, Mike Stater, Al Rozzi.

Arizona Owls: Emery Hunt, Mike Lebet, Ed Rosenwinkel.

**Men's 65+ AA:** Majestic 65 (CA): Jim Landis, Andy Van Derpeol, Will Lindsey, Steve Hess, Bryan Robinson

Warriors-Imua (HI): Vincent Ramos, Michael Alonzo, Charley Haitsuka, Daniel Silva.

**Men's 65/70+ Platinum:** R&R 65s (CA): Nick Giglio, Doug Hamlet, Barry Bluhm, Mondo Valencia, Chuck Berez.

Scrap Iron High Octane (CO): Mark Haupt, Dave Adams, Mitch Saunders, Rick

Loy.

**Men's 70+ Major:** Ranalls Realty 70 (AZ): Kenny Sheffield, Doug Swenson, Al Caillouette, John Boland, Jack Deming.

Arizona Scorpions: Dave Clark, Rick Oien, Doug Royse, Mark Weber.

Ryan's Way (UT): Mike Marshal, Gary Rigsby, Larry Larsen.

**Men's 70+ AAA:** Warriors 70 (HI): Wille McMillan, Clay Kobashigawa, Glenn Marihara, Mike Hinkley, Donald Meinel.

D & K Softball (CA): Tom Steinhauer, Ernie Regalado, Dave Lacey, Donny Crenshaw.

**Men's 70+ AA:** Top Gun Olde Dawgs (CA): Gary Mueller, Rick Roman, John Stewart, Tim Byrne, Roger Penticoff.

Duke City Dynamite (NM): Larry Gialouris, Peter Cubra, Andrew Attwood.

**Men's 75+ Major Plus:** Sidewinders 75s (AZ): Rick Purdy, George League, Steve Imlay, Ron Wiebold.

**Men's 75+ Major:** SoCal Gusto: Donnie Bonderson, Rob Albert, Larry Lay, Dennis McCoy, Bob Varela.

Tri-State Diamondbacks 75 (NM): Ronne Mercer, Larry Denzler, Ray Johnson,



**Top Gun Blue Angels, 85+ Major Plus, the sole 85+ team in Southwest, runs to third base.**

David Luebber.

**Men's 75+ Silver:** Al's Sport Shop (CA): Greg Singleton, Ron DeVincenzo, Mike Moeller, Wayne Dillingham, Jim Ryan.

75 Scrap Iron Diamonds (CO): Ken Armbruster, Len Gann, Pat McGuigan, Ralph Perkins.

**Men's 80+ AAA:** Scrap Iron 80s (CO): Orville Strain, Doc DeMarco, Tom Imming, Larry Bradsby, Don

Pierson.

Git-R-Done (CA): Steve Cosper, Rick Waters, Gene Dick.

**Men's 80/85+ Platinum:** Sidewinders 80s (AZ): Paul Felice, Frank Seaberg, Mike Lavis, Arvid Peterson, Tom Grubb.

**Texas State Men's 60 AAA:** Alliance/Scrap Iron 60 (CO): Ken Zito, Mike Gurnee, Steve Dissler, Jeff Veenstra, Mike Pike.

Texas Threat 60s: Daniel Buntjer, Carl Hoffman, Barry Needle, Michael Pizzuti.

Texas Crush Sixties: Paul Stanley, Bobby Gilbert, Tommie Clark, Mickey Rodriguez, Mike Garibay.

**Men's 60/65+ Platinum:** Houston Fire 65s: Bob Schultz, Dana Cote, Tony Washington, Albert Sampson. Omaha Silver Bullets/

Continued on next page



Photo by Elite Sports USA

**Legacy Sports USA, 60 Major Plus, player diving to catch a fly ball at the 2023 Southwest, April 11-16 in Las Vegas.**



# All-Tourneys: 7 Hawaiian Teams Earn TOC Berths.

Continued from previous page

Minleon (NE): Randy Werneke, Mike Gaughen, Scott Opfer.

## Men's 65+ AAA:

Texas Legends 65: Joe Ylda, Chuck Connelly, Steve Goetz, Joe Denomy.

## Men's 65+ AA:

Robson Ranch Texans: Ron Schwertner, Dale Hill, Mike Lorenc, Randy Mattheissen, Gary King.

## Men's 75+ AAA:

Texas Legends: DeWayne Thomas, Tyree Varnado, Tom Gardner, Mike McGlothlin.

## Men's 75/80+ Silver:

Anitques of Kansas City (KS): Galen Weinkauff, Bill Hood, Don Woodard, Bill Klein, Ken Stock.

## Atlantic Coast

### Men's 40+ Major Plus:

Killman's/Lewis Lawn/DeMarini (SC): Robert Blackburn, Jason Martel, Adam Keith, Jason Hyer, Matt Lloyd

### Men's 40+ Major:

Certified Ground Breakers (MD): Bernard Stennett, Elton Banks, Tarrance Hayes, Randall Rankins, Mark Lewis.

PA Legends: Bob Wheelton, Jeremy Burkman, Larry Lopez, John Greenawalt.

### Men's 40+ AAA:

Gigantes O.C. 40s (MD): Bobby Ghirardello, Alan Koch, Mark Wiener, Wayne Porter, Adam Miller.

### Men's 50+ Major:

Automotive Triage/JG Const./Haterz Athletics (NC): Joel Pope, John Pinder, Daryl Price, Rick Marr, Steve



Teams get ready to play at Walnut Creek Complex, 2023 Atlantic Coast Champs.

Hildebran.

Roebell Painters/Paradise Painting/Allstate Carburetor (NY): Bob Pease, Mike Haggerty, Rich Mendez, Doug Fenning.

Walkoff (MD): Chip Campbell, Clifton Newsom, Paul Black.

### Men's 50+ AAA:

4 Season Paint & Remodeling/Evil Sports/Sundial Cocktails (MA): Kevin Crowley (MVP), Mike Guertin, John Brower, Keith Mackey, Jerry Ago.

### Men's 50/55+ AA:

Flatline/Van Metre Homes (VA): Marty Fair, Rod Harris, Phil Cuthbertson, Chuck Rose, Eric Moreland.

### Men's 55+ Major:

Dan Smith/Steve Smith (NC): Tim Sadler, Mark Schneider, Jose Gilbert, Robbie Doster, Mark Ballard.

.50 Core Sports & Apparel/Grit Hounds Softball (VA): Eric Ashlock, Bryan Littleton, Barry Sutherland.

### Men's 60+ Major:

Olympian Athletics 60s (PA): Mike Lynch, Doug Hartzoc, Richard McDonald.

### Men's 60+ Silver:

Turn 2 Electric (NC):

Anthony B. Holmes, Mike Ripberger, Thomas Akers, Steve Belford.

### Men's 65+ Major:

Talaga Construction 65 (CT): Rich Bettley, Stan Bocek, Don Brennan, James Adamowicz, Don Huelsman.

### Men's 65+ AAA:

Peak Softball/Scrap Iron 65s (CO): Steve O'Connell, Floyd Clark, Charles Graham.

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

Venom 75s (FL): Jim Davidson, Clyde Smith, Bruce Fairchild, Ed Rose, Dana Kimmel.

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

Code Electric/Oakes Grading/LeBleu Cobras (NC): Gary Jackson, Vincent Quinn, Buddy Gore.

## Rock 'N Reno Cup

### Women's 40+ Major:

TABU (CA): Cheryl Roeper, Alice Liu, Danielle Minkel, Tonya Wheat, Saskia Roberson.

### Women's 40+ Silver:

Girl's On Top (G.O.T.) (CA): Mel Camarena, Denise Cecil, Jaclyn Mojica, Vanessa Anderson.

Royal-T Real Estate/The

LaFlamme Group (WA): Ashley Williams, Leanna Maxwell, Amber Anderson.

### Women's 50+ Gold:

Takin' Chances (CA): Tressia Hammonds, Kristin Moger, Lisa Faska, Jennifer McLaughlin.

### Women's 55+ Seniors:

Adrenaline (NV): Corrie Brock, Wendy Vasquez, Kathy Warman, Pat Hixson.

### Men's 40+ Platinum:

BT Bombers/Six Pac (CA): Darby Jones, Jamie Anderson, Brian Haslem, TJ McPherson, David Stafford.

### Men's 40+ AAA:

G2G (CA): Ray Perez, Austin Begiebing, Henry Alegria, Eloy Martinez, Francisco Maciel.

T.N.T. (Tequila & Tacos) (CA): Julio Ramos, Isaac Flemate, Ruben Guevara.

### Men's 50+ AAA:

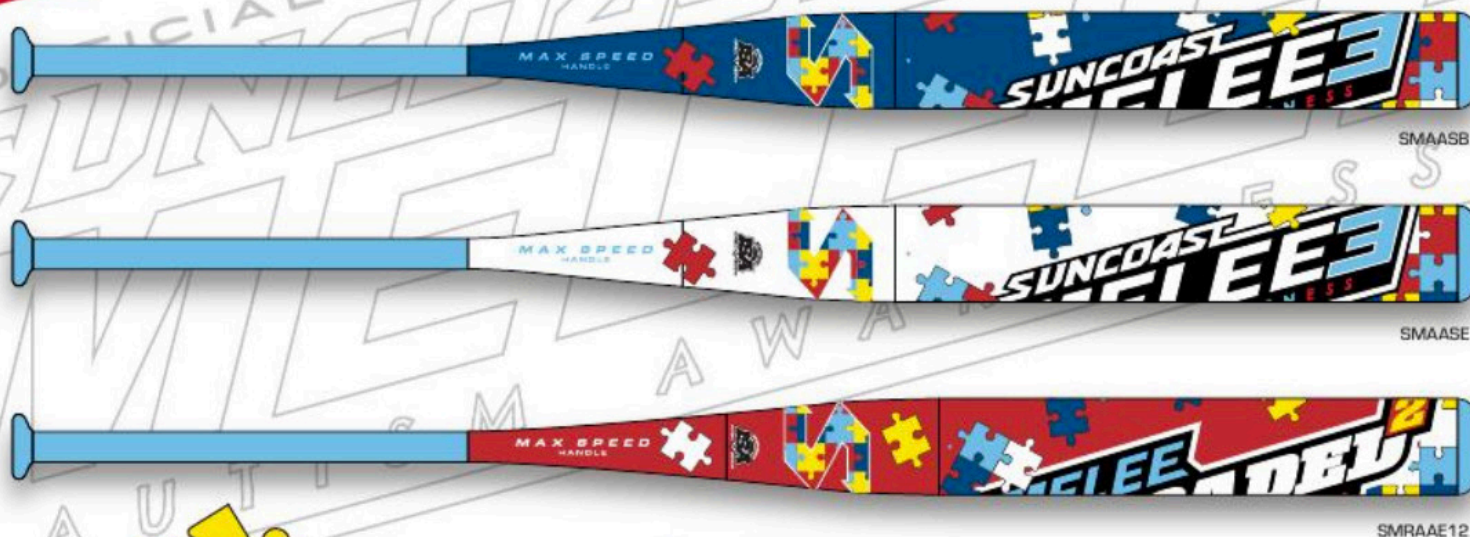
Band of Brothers 50 (UT): Dan Greenberg, Tommy Dyckman, Tony Owen, Paul Davis, Barry Currah.

### Men's 50/55+ Platinum:

L.A.F. 55 (CA): Chip Brakeville, Robert Vega, Shawn Devlin.

Continued on page 15





## 2022 SUNCOAST **MELEE SERIES AUTISM AWARENESS** HIGH-PERFORMANCE SENIOR SLOW PITCH SOFTBALL BATS

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### SMAASB / MELEE3 AUTISM AWARENESS BALANCED

**Barrel Type:** 13" Barrel, 1-Piece Design

**Weighting:** Balanced

**Signatures:** Mike Brock and Richard Clark

**Weights:** 34" / 25oz, 26oz, 27oz, 28oz, 30oz

**Warranty:** None

### SMAASE / MELEE3 AUTISM AWARENESS END-LOADED

**Barrel Type:** 13" Barrel, 1-Piece Design

**Weighting:** End-Loaded

**Signatures:** George Evangelista and Kenny Kibilko

**Weights:** 34" / 25oz, 26oz, 27oz, 28oz, 30oz

**Warranty:** None

### SMRAAE12 / MELEE RELOADED2 AUTISM AWARENESS 12" END-LOADED

**Barrel Type:** 12" Barrel, 1-Piece Design

**Weighting:** End-Loaded

**Signatures:** Johnny Dykes

**Weights:** 34" / 25.5oz, 26.5oz, 27.5oz, 28.5oz, 29.5oz

**Warranty:** None

## TECHNOLOGY FEATURES...

### Max Speed Handle

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# All-Tourneys: 26 TOC Berths From Rock 'N Reno Cup Alone.

Continued from page 13

## Men's 55+ Major:

Aftershock 55 (CA): Troy McKim, Archie Hodge, Patrick Epps, Lester Lawson, Mike Nevis.

Damage NV: Casey Hann, Craig Jensen, Brooke Archuleta, Rick Godfrey.

## Men's 60+ Major:

California Energy: Keith Brenner, Shawn Rogers, Paul Supat, Charlie Pennes, Chuck Draper.

Xcelerated Softball (CA): Lucio Montoya, Jimmy Liston, Larry Peterman, Anthony "Spider-man" Hinojosa.

## Men's 60+ AAA:

Tri-State Kings (AK): Brad Luczkow, Mike Story, Mike Ladenburg, Everett Boster, Greg Earl.

## Men's 60+ AA:

Tri City Legends (WA): Jon Cox, Bill Johnson, Rob Green, Kevin Schwartz.

## Men's 65+ Major Plus:

Cal Energy: Paul Salow, Vern Ramie, Barney Lewis, Gary Robertson, Aaron Stone.

Texas Crush Sixty Five: Murray Williams, Joe Read, Joe Winterspoon, Tom Brown.

## Men's 65+ AAA:

Baker Boyz (CA): Marty Wilcox, Steve Holman, Craig Heredia, Gary Weichelt, Dan Little.

Hustlers (CA): Ray O'Rear, Morgan Miller, Dan Thompson, Mark Fry.

Team Alaska 65: Greg Earl, Tomas Contreras, Mike Lohmann.

## Men's 65+ AA:

Scrap Iron 65s Rockies (CO):



**BT Bombers/Six Pac, 40+ Major, with families after winning the Men's 40+ Platinum division at the 2023 Rock 'N Reno.**

Steve Murphy, Steve Green, Jay Yoakum, Tom Bechtel, Max Holloway.

Classics 65 (UT): Dolin Robbs, John Meibos, Chip Preston, Doug Brooks.

East/West Aircraft 65s (ID): Dave Fleming, Kurt Smith, Jim Csencsits.

## Men's 65/70+ Platinum:

New Dawn Awning (CA): Ricky Ishamaru, Joe Cuneo, Rick Cady, Mike Wetklow, Roger Sanders.

Oregon Crabs 65: Jeff Edwards, Randy Eatherton, Rich Farmer, Steve Wood.

## Men's 70+ Major:

Enviro-Vac Marauders (BC, Can.): Rick Parker, Dave Dockstader, Trevors Bjurman, Gary Kearney, Mackey Don.

## Men's 70+ AAA:

No Dice/Costa Rica (CA): Ray Rojas, Rob Weiss, Jack Wabinga, Dean Petzold, George Lamb.

Scrap Iron 5280' (CO): George Wise, Randy Huls, Dan Hovgaard, Terry Liverant.

Cut Loose 70s (CA): Jodie Rhea, Sam Grimes, Joe Romel.

## Men's 70+ AA:

East-West Aircraft Sales (ID): Peter Sagisi, Dean Wickizer, Rex Beaumont, Jim Marconi.

## Men's 75+ Platinum:

Maverick Construction 75s (TX): Jimmy Robicheaux, Larry Rhodes, Ray Harty, Louie Martinez, Ron McElyea.

Valley Fog (CA): Kent Grant, Dan Garcia, Bucky Harless.

## Men's 75+ AAA:

Solano Senior Enforcers (CA): Mike Faaborg, Larry Yoder, Dave Conley.

## Men's 75+ AA:

Mustangs (CA): Bob Phillips, Wingfield Downing, John Vanderpool, Tony Orozco, Don Brazell.

## Men's 80/85+ Major Plus:

San Francisco Seals 80: Lynn Anglin, Bruce Hyman, John Di Re, Billy Wilson, Tom Bussey.

Top Gun Blue Angels 85 (CA): Gene Adams, Ronnie Guest, Bill Emery, Ferrell "Lucky" Roton.

General Equipment 80s (OR): Paul Felice, Clauis Nickleberry, Fred White.

## Men's 80/85+ AAA:

Scrap Iron 80s (CO): Don Pierson, Uffe Traeden, Larry Bradsby, Tom Imming.

All-Tourney Selections for Northern and Southern California State Championships will be featured in the next edition.

Managers, if your All-Tournament Selections are missing, please email in your honorees to: [info@seniorsoftball.com](mailto:info@seniorsoftball.com).



**Mike's Bar & Grill, 60+ AA at the 2023 Rock 'N Reno.**

# Navigate Tournament Play Like A Pro

**T**rying to navigate the requirements of national tournament play can be difficult – even for players or managers who have been competing for many years.

Our goal at the Senior Softball USA main office is to answer these questions and help players and managers get the information they need.

In the past few weeks, I've answered some common questions that come up from time to time. Hopefully, these answers will explain some SSUSA policies and rules.

## **Why don't you provide ambulances or EMTs at the fields?**

The notion that we provide ambulances or EMTs at the field would be fantastic ... if teams were willing to pay another \$500 a team to pay for it. As they may be a bit reluctant, we have provided both AEDs and First Aid Kits (as well as trained staff).

Senior Softball USA is the **ONLY** softball organization that provides both AEDs and full first Aid Kits at the fields AND training for staff to use both.

## **Is it mandatory to play in Qualifying Tournaments to enter Worlds?**

It is mandatory to play in a qualifier in order to compete in the Western or Eastern Nationals, and the Worlds. The reason is that we need to determine the relative strength of teams to ensure they are playing in the correct skill level. This is important to both protect teams in each skill level and to ensure equal competition.

A team that does not play in a qualifier can attend the Westerns or the Worlds, but

## **Covering the Bases** **By Terry Hennessy**

must play in the next higher skill level – again, to protect the other teams in the division.

There are some exceptions. The 85 teams and women's 55 and older teams do not have to play in qualifiers. The teams in these division are few in number and spread out throughout the country.

### **Why can't small divisions of 3-5 teams play in a 1- or 2-day tournament?**

A number of larger SSUSA tournaments have up to 20 divisions, and many of those divisions may be only 3-5 teams. When we can, we do go to two days (most non-TOC Qualifying tournaments are 2 days).

However, the larger tournaments require 3 days because teams have voted to retain the 5-game guarantee and in many areas there is not enough field space to fit the number of teams playing 5 games into the available fields for a 2-day tournament.

Teams – naturally – tend to think of tournaments in terms of their own divisions (this is a 4-team tournament). Actually, the larger tournaments are often 100-team or 200-team tournaments. The Worlds is the largest softball tournament in the country, with 650 teams, and luckily only a few 3-5 team divisions

### **Why does SSUSA wait until the entry deadline to announce the teams entered in a tournament?**

We wish we could give

teams more notice about how many teams are entered in each division sooner that the deadline, unfortunately many teams enter in the last few days before the deadline, so we really do not know until we hit the deadline.

The danger in letting teams know before the deadline is that we may be doing them a disservice.

For example (and this happened in the past), a team may call a week before the deadline and we tell them there are only 2 teams entered in their division. The team decides not to enter. Then 3 more teams come in the last few days before the deadline. The team that called is upset because they did not enter and now there are 5 teams in the division.

### **Why doesn't SSUSA provide water in the dugouts?**

We had to stop providing water jugs in the dugout because some players were dunking rags and other articles of clothing, including socks, in it to cool themselves off. It became a serious health issue.

Unfortunately, as in other areas of life, a few selfish people can ruin a good thing for the majority, who do think of others.

### **Why do rosters have to be submitted by the entry deadline?**

The scheduler needs to know the number of teams in each age and skill level in order to schedule the tournament. In the past, some rosters submitted after the deadline contained too many higher skill-level players, changing the number of teams in two divisions and forcing the scheduler to re-draw the entire

park.

These changes often affect several divisions – and the resulting re-draw is seldom a better schedule for any of the affected teams.

That's the reason for this rule:

Rosters **MUST** be submitted by the end of the business day on the entry deadline day. Teams that have not submitted their rosters by the end of the deadline day will be placed in the next higher skill level for that tournament. Managers should send rosters that include all players they intend to use at the tournament, even if the players have not registered, by the entry deadline.

### **How does SSUSA determine the qualifying roster for the Eastern or Western Nationals?**

Teams wishing to play in either the Eastern or Western Nationals have to play in a 2023 Qualifier first. Teams that have played in multiple Qualifiers, need to select one Qualifier Roster as their base roster for the Eastern or Western Nationals. The manager chooses the roster from the qualifier in which the team had most of its players.

We ask that managers email [info@seniorsoftball.com](mailto:info@seniorsoftball.com) with the Qualifying Roster they want to use as the base roster of the Eastern or Western Nationals.

If we receive no notification from managers on their base roster, we will use the latest qualifying roster as the base roster.

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





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# Celebrities Take on the Louisville Slugger Reception, International Co-Ed Division, & Second

## Softball News Report

**L**AS VEGAS – The biggest show in softball is adding some gems of events here this fall, according to SSUSA officials.

Those gems include:

- A game pitting a team composed of highly skilled wounded combat veterans against celebrity pro players from several sports in Las Vegas.
- A Reception/ Registration for the first time since 2020 to be held the evening before each of the 4 World Championships sessions begin.
- The return of the International Co-Ed Division.
- The second annual 90s Division Game, honoring the elder statesmen of the sport.
- National Hall of Fame Inductions.

In addition, two lucky teams, one from the Rock 'n' Reno Challenge Cup and another from the Eastern Nationals will receive a free entry into the Worlds. Teams that use at least 5 rooms at SSUSA Host Hotels are eligible to enter the drawings.

The Scrap Iron 80s team won the first free entry for Western teams at the Reno tournament. Another team will be chosen at the Eastern Nationals.

The Celebrity Game features the inspiring Louisville Slugger Warriors playing former and current pro players from Las Vegas. The game is set for 7 pm, Saturday, September 16. The Warriors will be raffling off 3 spots on their roster for the game to raise funds to offset the team's travel costs. Stay tuned for more details.

For the first time since 2019, SSUSA will be inviting Managers to register their teams, get their questions answered – and see the latest products for the sport. The Reception / Registration get together will be in the Railhead Room in Boulder Station at 7 pm the evening before each session begins.

The International teams will also be returning for the first time since 2019. Teams from Germany, Italy, Panama, Canada and the US have already indicated they will play. The International Division competes during the final session of the Worlds, on Sept. 29-30.

The Second Annual 90s Division game featuring the oldest players in the sport, will be Monday, Sept. 17. The game is intended to display the power of our sport to keep players going into their 9th decade.

"This is a truly inspiring competition," said Bobby Ellison, who is coordinating the game with



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Learn more at [VisitLasVegas.com/Sports](http://VisitLasVegas.com/Sports).

Continued on next page



# 90+ Wounded Warriors at Worlds

## 90+ Game Return to 2023 World Championships



Mix of action shots and team shots from last year's World Championships' 90+ game and the international co-ed division. Top center photo and far right image of Wounded Warriors players.



Continued from previous page

Anthony (Spiderman) Hinojosa. "Playing softball for the 90s is an inspirational lifetime achievement recognized by all who play or follow softball. If you're in Vegas for the SSUSA World Championships, come out and watch the 90s teams play softball. It's amazing!," added Mr. Ellison. If you are interested in competing, please contact Bobby@seniorsoftball.com, or call 916-326-5303.

Another inspiring event is slated for the Worlds: National Hall of Fame inductions for Carl Gustafson of Wyoming (lifetime Award), Kurt Mahaney of California (Manager of Cal Energy 65s) and Joe Coors, San Francisco Seals (Player category).

These inductions are designed to honor those who have excelled and reached the pinnacle of the sport as players, managers, and directors.

And, of course, the main event at the World Championships are the games with the largest divisions in the largest softball tournament of the year!

"This year will have so many events that make it even more exciting," said Fran Dowell, SSUSA's Executive Director. "I am looking forward to seeing all of you in Vegas!"





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# Stay in Loudoun, Win Big in Vegas 2023 Worlds

## Softball News Report

The contest Senior Softball USA held in the Rock 'N Reno Challenge Cup, offering participating teams a change to win a free team entry into the 2023 World Championship in Las Vegas, is happening at the Eastern National Championships!

Teams that book rooms at one of our 2023 Loudoun host hotels (<https://seniorsoftball.com/?event=1811>) could win one free team entry for the 2023 World Championships in Las Vegas. A \$870 value!



Teams booking 5 or more rooms at a host hotel, using SSUSA's group code or room block, are eligible.

Limit one entry per team. Proof of reservation and stay under group code/room block required and will be verified with hotel. Cancelled reservations are invalid and teams must be in good standing.

Please email proof of reservation to: [nic@seniorsoftball.com](mailto:nic@seniorsoftball.com) by Friday, August 4th. The winning team will be announced soon after. Please email any questions.

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## The Do's and Don'ts of Saving For Retirement

### Softball News Report

In recent weeks, it seems that just about every financial planning expert is weighing in on the age-old question of just how much money you need to retire safely and comfortably...and how to get there.

Every time I see these reports come out it reminds me of a long-time friend of mine who seemingly had all the answers years ago.

I couldn't get over the fact that she lived in a very nice home with a luxurious pool, yet only worked part-time at a bank and later at a flower shop. Things didn't add up at all as to how she was even able to cover her mortgage, to say nothing about all her other bills.

Her answer was simple: She was using her small inheritance to meet her monthly obligations which far outpaced her monthly income.

When I told her that this seemed to be a short-term strategy, she readily agreed, but nervously added that she had a financial plan for her

retirement years.

Here it is and I'm not kidding: She was regularly buying lottery tickets!

Well, she didn't win the lottery and eventually she went through her inheritance money and sadly now lives in a one-bedroom apartment, trying to make ends meet living on Social Security.

While that's an extreme picture of how not to plan for retirement, it does point out one of the biggest problems in getting to retirement's door, and that's not being able to meet your obligations while you're still working.

The point is, studies that say you need something like \$1 million or \$2 million to retire comfortably may or may not be right as there is no one answer for everyone. Much of it depends on how much it takes for you to live now and several other factors, most notably where you live.

I imagine a senior can live a heck of a lot cheap in Kansas than in California, New York or at some glitzy beach location.



### Money Matters By Jack Sirard

So to me, the first step in this planning process is to figure out how much you are going to spend a year in retirement. Certainly, if you have your home and cars paid off and are always paying the full amount on your credit cards, you'll have a much easier time in retirement and your nest egg needs won't be as great.

But if you're in your 50s or 60s and still struggling to meet your monthly obligations, retirement will have to wait longer than you expect. While many costs

do go down in retirement, several do not.

So, if you think you'll need, for example, \$60,000 a year to live on, put that budget into place now and see if you can cruise along on \$5,000 a month.

If you can, then you'll have a far better idea of how much of a nest egg you'll need come retirement day. If not, then you've got a lot of financial planning work to do.

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

# Win a 2023 TOC Qualifier? You're Invited!

By Nic Francois  
Managing Editor

In the first 11 TOC Qualifiers, 159 teams won berths to the 18th annual, invite only Tournament of Champions, January 24-28, 2024 in Polk County, Florida.

Teams earn berths by winning their respective divisions in special TOC Qualifiers during the 2023 season. Men's 80+ and 85+ teams are automatically invited, however some 80+ and 85+ teams also earned their invites by winning in a TOC Qualifier.

Please keep in mind that this list is updated regularly after TOC Qualifiers and only reflects TOC berths from this season's Winter National/World Championships to the CAN-Sirs Northern California State Championships.

Each team will have their state after their team name, then a key to which TOC they won. The key is below:

**Winter Nationals - WNC**

**Winter Worlds - WWC**

**Aloha Bowl - AB**

**Spring Nationals - SNC**

**Spring Worlds (all ages) - SWC**

**Tidewater Classic - TC**

**Southwest - SC**

**Texas State - TSC**

**Atlantic Coast - ACC**

## Rock 'N Reno - RNR

### Northern California - NCSC

Congratulations to the following teams:

#### Women's 40+ Major

FRSTeam (CO) [WWC]

TABU (CA) [SC; RNR]

#### Women's 40+ AAA

Cali Freak Show 40 [WWC]

Dynasty Sisters Mood Swings (CA) [RNR]

Royal-T Real Estate/The LaFlamme Group (WA) [SC]

Shut D (HI) [AB]

TM Force (FL) [SNC]

#### Women's 40+ AA

Arizona Desert Belles [SC]

#### Women's 50+ Major

Cash Out 50s (CA) [SC]

Kryptonite W 50 (FL) [SNC]

#### Women's 50+ AAA

BAGS (FL) [SNC]

High Octane/Miken Franchise (IN) [WWC; SC]

West Coast United (CA) [RNR]

#### Women's 55+ Seniors

Arizona Dream Team 55s [WWC; RNR]

#### Men's 40+ Major Plus

Killman's/Lewis Lawn/Demarini (SC) [ACC]

Suncoast Adidas 40s (FL) [SNC]

Supreme Athletics (CA) [NCSC]

West Coast United (CA) [SC]

#### Men's 40+ Major

4 Him Factory (AZ) [WWC]

Blue Pill Mafia/QOS Networks (AZ) [SC]

BT Bombers/Six Pac (CA) [RNR]

Certified Ground Breakers (MD) [TC; ACC]

Legends Sports (NV) [SWC]

Select 40s (FL) [SNC]

Shut-D (HI) [AB]

Vicious Cycle 40s/Scudz Sportz/Suncoast (CA) [NCSC]

#### Men's 40+ AAA

G2G (CA) [RNR]

Gigantes O.C. 40s (MD) [ACC]

O F (CA) [SC]

O.P.P. (Old People's Problems) (DE) [TC]

Toda Madre (AZ) [WWC]

## Men's 50+ Major Plus

KB/Westcoast Elite 50s (AZ) [SWC]

PowerHouse/FBI (TX) [TSC]

Stadium (CA) [SC]

Suncoast/Adidas 50s (FL) [SNC]

## Men's 50+ Major

Automotive Triage/JG Const./Haterz Athletics (NC) [ACC]

Crawford Contracting (MI) [SNC]

Gold Nation 50s (CA) [RNR; NCSC]

Regeee's Rams (ON, Can) [WWC]

Rock n Legends 9 (TX) [TSC]

Scrap Iron Havoc (CO) [SWC; SC]

Team Imua Hawaii [AB]

Utility Systems C & E (MD) [TC]

Yeager's/AC Delco/Max Batz (FL)

[WNC]

## Men's 50+ AAA

4 Season Paint & Remodeling/evil Sports/Sundial Cocktails (MA) [ACC]

Alamo City Heat [TSC]

All-Quip/SOWC (OR) [SWC]

Band of Brothers 50 (UT) [RNR]

Maryland Classics 50s [TC]

NSC Heros 50s (NE) [WWC]

Shut-D 50s (HI) [AB]

Southern IL 55 Softball [WNC]

S.W.A. (CA) [NCSC]

Team SMS (NV) [SC]

Volusia Top Gun (FL) [SNC]

## Men's 50+ AA

A3/NW50s (WA) [WWC]

Emerald City (WA) [SC]

Flatline/Van Metre Homes (VA)

[ACC]

## Men's 55+ Major Plus

Acme (CA) [NCSC]

J.K. Inc. 55 (CA) [WWC; SC]

Suncoast/Adidas 55s (FL) [WNC; SNC]

[SNC]

## Men's 55+ Major

.50 Core Sports & Apparel/Grit

Hounds Softball (VA) [TC]

Aftershock 55 (CA) [RNR]

CANVAZ Softball (CA) [SWC]

Damage NV [SC]

Dan Smith/Steve Smith (NC) [ACC]

Daytona Beach Boyz (FL) [SNC]

Escobar Body Shop II 55 (TX)

[TSC]



Continued on next page



# TOC Berths: 11 TOC Qualifiers Left, Including 2023 Worlds

Continued from previous page

Finance of America (NJ) [WWC]  
N.E. Merchants 55 (MD) [WNC]  
Worth Miken KM Sportz (CA)  
[NCSC]

## Men's 55+ AAA

Extra Innings/OBF (VA) [TC; ACC]  
McPhail Auto Sales (FL) [SNC]  
North Valley Seniors (CA) [NCSC]  
Scrap Iron Mile High (CO) [SWC;  
RNR]  
Six Five O's (CA) [WWC]  
Texas Silverbacks [TSC]  
Top Gun Storm (CA) [SC]

## Men's 55+ AA

California Coast Plumbers Inc/Horn  
[SC]

## Men's 60+ Major Plus

Legacy Sports USA (AZ) [WWC;  
SWC; SC]

## Men's 60+ Major

Arizona Old School 60 [SWC]  
Building Innovation Group/TJ (NY)  
[TC]  
California Energy 60 [RNR; NCSC]  
Carolina A's (NC) [ACC]  
Hawaii Five-O [AB]  
Omaha Silver Bullets/Minleon (NE)  
[TSC]  
Peak Softball/Storage Time/Scrap

Iron 60s (CO) [WWC]  
Team Florida 60 [WNC]  
Top Dawgs (FL) [SNC]  
Xcelerated Softball (CA) [SC]

## Men's 60+ AAA

Alliance/Scrap Iron 60 (CO) [TSC]  
Arizona Monsoon [SC]  
Hawaiians 60 [AB]  
Hudson Valley Cyclones (NY)  
[ACC]  
Lumberjack Red (MN) [SWC]  
Nova Force (VA) [TC]  
Sunshine Sluggers (FL) [WNC]  
Team Mars/Sunshine Sluggers (FL)  
[SNC]

Texas Threat 60s [WWC]  
Tri-State Kings (AK) [RNR]  
Warriors (CA) [NCSC]

## Men's 60+ AA

Advil Knights 60 (CA) [SC]  
Club Tilt/Haus (CO) [SWC; TSC]  
DHF Contractors 60s (VA) [TC]  
Mike's Bar & Grill (WA) [WWC;  
RNR]

## Men's 65+ Major Plus

Arizona Scorpions 65s [WWC]  
Cal Energy [SC; RNR]  
Houston Fire 65s [TSC]

## Men's 65+ Major

Action Auto Parts 65s (RI) [WNC]  
New Dawn Awning (CA) [RNR]  
R&R 65s (CA) [SC]  
Scrap Iron High Octane (CO)  
[WWC]  
Talaga Construction (CT) [TC;  
ACC]

## Men's 65+ AAA

Baker Boyz (CA) [RNR]  
Hudson Valley Cyclones (NY) [TC]  
Northern Virginia Force 65s [ACC]  
Steve Levin Amerisprise (FL)  
[WNC; SNC]

Tex/Ark Legends (TX) [TSC]  
Top Gun Stealth (CA) [SC]  
X-Men (BC, Can) [WWC]

## Men's 65+ AA

Duke City Dynamite (MN) [WWC]  
Majestic 65 (CA) [SC]  
Robson Ranch Texans [TSC]  
Scrap Iron 65s Rockies (CO) [RNR]  
Warriors-Imua (HI) [AB]

## Men's 70+ Major Plus

Timberworks/Suncoast (CA)  
[WWC]

## Men's 70+ Major

Arizona Scorpions [WWC]

Enviro-Vac Marauders (BC, Can.)  
[RNR]

Ranalls Realty (AZ) [SC]  
Team Florida 70s [WNC]

## Men's 70+ AAA

Carriage Homes Patriots (OK)  
[TSC]  
No Dice/Costa Rica (CA) [RNR]  
Nor-Cal 70s [NCSC]  
Northern Virginia Force 70 [TC;  
ACC]  
Universal Softball Team (OH)  
[WNC]  
Warriors 70 (HI) [WWC; SC]

## Men's 70+ AA

Family (NV) [WWC]  
Scrap Iron Diamonds 70 (CO)  
[RNR]  
Top Gun Olde Dawgs (CA) [SC]

## Men's 75+ Major Plus

Omen 75 (CA) [WWC; SC; RNR;  
NCSC]  
Venom 75s (FL) [WNC; SNC;  
ACC]

## Men's 75+ Major

Maverick Construction 75s (TX)  
[WWC; TSC; RNR]  
SoCal Gusto [SC]

## Men's 75+ AAA

75 Scrap Iron Diamonds (CO)  
[WWC]  
Al's Sport Shop (CA) [SC]  
JAG-ONE/Jersey Masters [WNC]  
Last Call 75 (NV) [RNR]  
Please Don't Bug Me (CA) [NCSC]  
Texas Raiders [TSC]

## Men's 75+ AA

Mustangs (CA) [RNR]  
Robson Ranch (TX) [TSC]  
All 80+ and 85+ teams are automatically  
invited, however the following have  
earned invitations:

## Men's 80+ Major Plus

San Francisco Seals 80 [RNR]

## Men's 80+ Major

Sidewinders 80s (AZ) [SC]  
Top Gun 80 Gold (CA) [WWC]

## Men's 80+ AAA

Bucs and Bulls 80s (FL) [WNC]  
Gold Rush (CA) [RNR]  
Scrap Iron 80s (CO) [SC]

## Men's 85+ Major

Center For Sight (FL) [WNC]  
Top Gun Blue Angels (CA) [WWC]





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RULLI**

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*Dennis Rulli*

**RONNI  
SALCEDO**

LOADED

*Ronni Salcedo*

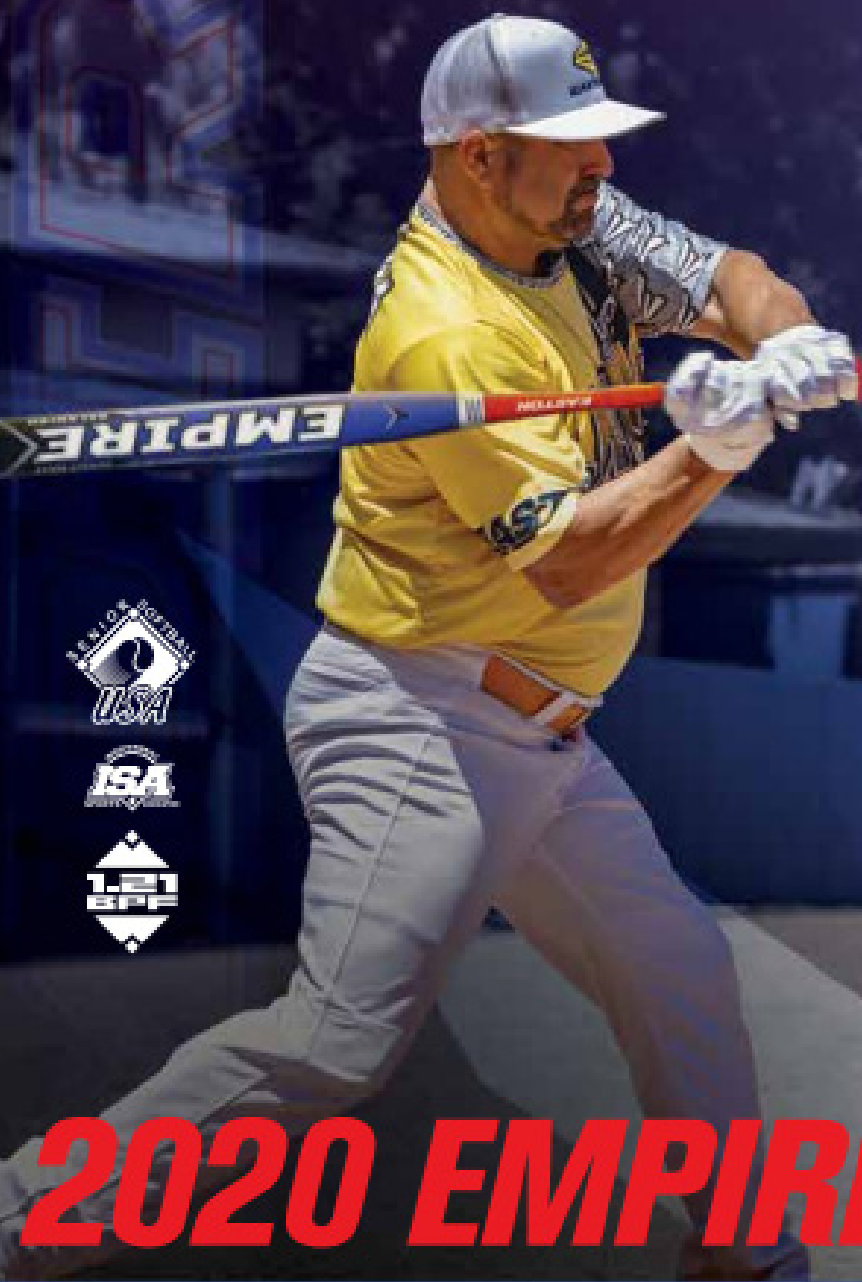
**RON  
PARNELL**

MOTHER LOAD

*Ron Parnell*

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# SSUSA to Roll Out 'In Case of Emergency' Tags

By Nic Francois  
Managing Editor

While playing in the Eastern Nationals in Raleigh, N.C., back in 2008, Charlie Williams of Ohio, suddenly dropped on the field and remained motionless.

Shocked, the players and spectators watched as Senior Softball USA Officials Fran and Dave Dowell and Michael Boone rushed onto the field with an AED, applied the pads and shocked the player back to life.

Paramedics arrived and – fortunately – the player's wife was present to give them essential medical information about the player.

In this case, it was a heart attack. It could have been heat stroke, caused by diabetes, or any number of pre-existing conditions.

Unfortunately, this seems to be happening more and more often in ball parks across the country.

Because it is, SSUSA is introducing medical luggage tags at the World Championships this year in Las Vegas. Managers will be

given the luggage tags that each player can fill out with valuable medical information in case they are unconscious when paramedics arrive.

The new safety initiative was suggested by SSUSA's Eastern Vice President Tim McElroy and as a result, Senior Softball USA is providing players with custom 'In Case of Emergency' Tags.

The tags will allow you to fill out information that is commonly asked by 911 operators and EMTs during medical emergencies, such as name, date of birth, allergies, medications and dosage, blood type, conditions, etc... In the event you are unconscious, these tags will allow your teammates or our staff to answer 911's questions on your behalf, saving valuable time and possibly, your life!

"A player goes down due to heat or health related issues... This can happen at any tournament," said McElroy. "911 is called and the operator begins asking a series of questions. Depending on the player's

condition, they may or may not be able to provide good answers. The system breaks down and valuable time is lost."

"Nobody expects to get injured at the ballpark, but we should all be prepared in the event that it does... Help medical staff do their job in the event you're woozy or lose consciousness," added McElroy.

The tags will be similar in style to a luggage tag, that you may attach to your bat bags.

Senior Softball has long cared about safety. Jim Sherman, SSUSA's first National Safety Director, made sure SSUSA has defibrillators and CPR/First Aid trained staff at every tournament. Senior Softball USA is the only senior softball organization to have defibs at all tournaments ran by SSUSA.

"SSUSA is committed to players' safety," said Terry Hennessy, SSUSA's chief executive officer. "We have provided AEDs, First Aid Kits specifically designed to treat common softball



injuries-- and most important, training for directors for the past two decades."

Hennessy said that training and AEDs has saved scores of lives on the field.

The Official Senior Softball USA Rulebook has an entire page dedicated to First Aid Basics, located just before the Table of Contents. SSUSA is committed to taking every step reasonably possible to keep our players and teams safe. In this spirit, SSUSA is adding a new safety suggestion.

SSUSA plans to distribute the safety tags at the 2023 World Championships in Las Vegas. There will be more details to come as the World Championship approach.

## It's Getting Hot - Make Sure to Eat and Drink Water!

### Softball New Report

The American Red Cross and Dignity Health recommend that people who are active outdoors in the summer heat not only drink water, but also eat.

"While water remains the most highly recommended option for hydrating your body, many vegetables, such as cucumbers, celery and lettuce, as well as fruits, such as melons, strawberries and



apples, contain water," said Carolyn Heneghan, a health columnist with Dignity.

According to the Red Cross, common symptoms of

heat stroke or heat exhaustion can be "heavy sweating cold, pale and clammy skin, fast or weak pulse, nausea or vomiting, muscle cramps, tiredness or weakness, and dizziness-headache or passing out." Having food, especially healthy food, can help prevent nausea, vomiting, stomach cramps, tiredness and more symptoms of heat stroke.

Heat stroke is to be taken very seriously. The

effects of heat stroke if gone unchecked and ignored, can lead to "acute respiratory distress syndrome (ARDS), brain swelling, kidney failure, liver failure, metabolic dysfunction, nerve damage, [and] reduced blood flow to the heart and other circulatory problems," according to the Mayo Clinic.

Stay safe while playing ball; drink room temperature water and remember to eat healthy foods.

# Stay Safe When You Travel: From the AARP

## Room Bandits

Before you book a room, make sure your lodging is in the safest part of the city. Call ahead or email hotel management to ask about security precautions: For example, what controls are there on access to the main entrance and to room areas? At the hotel, take a few simple precautions. Put the Do Not Disturb sign on your door even when you are not in the room, to make it appear occupied. Use the safe in your room for locking up valuables and important documents such as passports. Finally, never share your room

number with anyone outside your travel party.

## Pickpockets

Use a crossbody anti-theft purse with zipper locks or a hidden waist wallet. Don't keep anything in your back pocket. Remove anything from your wallet that isn't necessary to carry while you travel. Keep photos of your passport, credit cards and critical information in a password-protected folder on your phone or online storage account. Make sure any travel partner has credit cards with account numbers different from yours, so you can still make

purchases if stolen cards are canceled.

*Reprinted from the AARP Magazine, June 2023, Pgs. 10-11. By Martyn Amos, Henning Snyman, and Kevin Coffey.*



## Heard From The Dugout

"In America, there are two classes of travel... first-class and traveling with children."

Robert Benchley



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# Overseas Softball and Baseball Books Go Together

I like to read on airplanes and the long flight in March to New Zealand gave me plenty of time. For those who did not go to NZ, let me tell you it was a trip of a lifetime. It's a spectacular country with every kind of landscape.

There are the Southern Alps where snow-covered mountains surround a beautiful lake on the South Island at Queenstown and run along a 300-mile spine. Sandy beaches are available alongside the ultramodern city of Auckland on the North Island. They are mad about boating and the majority of New Zealanders own a boat.

We played tournaments in Christchurch and Auckland. Our USA white team with three guys 80+ and yours truly, just a young 69, went undefeated in both tournaments against tough USA Red and Blue teams and young, athletic New Zealanders at both cities. The baseball/softball clubs at both cities were extremely excited to host us for these games and they were wonderful hosts and enthusiastic and talented as players.

Hong Kong is coming up in November and Scotland next June and I'll be on both. I've never been on one of our Asian trips and it will be different from anything I've done so I'm looking forward to that despite the long ride.

I'm introducing a new feature to my column: book reviews! I love reading, I love baseball and I especially love baseball books! I hope some of you will seek these out. I think they can be downloaded

from Amazon and possibly are available from your public library. Try the app "Libby" if you haven't already to borrow books for free.

This time around I'm covering two books: "One Shot at Forever" by Chris Ballard, and "The Soul of Baseball, a Road Trip Through Buck O'Neil's America" by Joe Posnanski.

"One Shot at Forever" is an underdog story (all true), sort of the baseball version of "Hoosiers." The high school baseball team from the tiny town of Macon, Ill., successfully took on the big city teams of Chicago and the rest of their state in 1971, with a "hippie" head coach who stirred up controversy during the complicated Vietnam War era in a small, conservative farm town.

However, his methods inspired his team to achieve things in high school and life beyond that they never dreamed possible. Brian Snitker, manager of the Atlanta Braves, was a member of the team although at that time not a star player.

Coincidentally I also graduated high school in 1971, and I found this book really took me back to those days. Do you Boomers remember those heavy flannel uniforms we wore back then? I found myself transported back to my own high school days as I read this book.

For the "Soul of Baseball" Posnanski spent more than a year accompanying the then 90-year-old O'Neil all over the country as he promoted Negro League stars for

## Senior Moments By David Weinman

the Hall of Fame, and campaigned not just for them to be remembered for the great ballplayers they were, but to memorialize their times, their existence, and their importance.

O'Neil died in 2006 at age 94 and was not elected to the HOF until after his death, in 2022. O'Neil's humility, wisdom, and poetic way with words are truly inspiring. The United States was not a friendly place for Black Americans in their time and yet they carved out a niche for themselves.

They knew how to have fun, too. O'Neil's famous "Nancy" story is worth summarizing here. O'Neil's team was on a road trip to St. Louis, and star pitcher and teammate Satchel Paige invited a beautiful young woman from St. Louis named Nancy to visit him at the team hotel. After they went upstairs together, O'Neil looked out the lobby window and spotted Paige's fiancé from

Cincinnati climbing out of a cab. Enlisting the bellboy's help, O'Neil alerted Paige of the situation. Paige dashed down the fire escape, came to the lobby from the front door as if just arriving himself, and escorted the fiancé to an unoccupied hotel room down the hall from the others.

Shortly thereafter Paige tried to collect the St. Louis woman to hustle her out of the room, and called out down the hotel hallway, "Nancy- Nancy, where are you?" Simultaneously the fiancé and O'Neil poked their heads out from their respective rooms, at which point Paige says to O'Neil, "Nancy, what time does the game start tomorrow?"

And from then on, he was known as Nancy.

Enjoy your ballgames everyone!

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



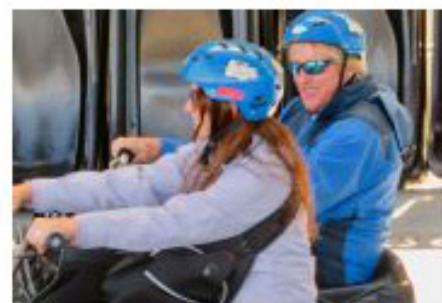
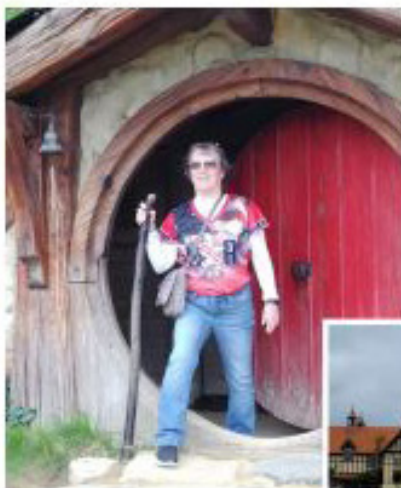


# Magic of New Zealand



Some 62 players and their companions felt the spell of the Magic of New Zealand for 12 days in March. The 30 players on the three USA teams competed in two tournaments – one on the South Island and another on the North Island. But the 32<sup>nd</sup> annual Senior Softball USA Tour offered much more than softball.

There were magnificent sights, a train ride to a glacier, a gondola to the top of a mountain, a spine-tingling jet boat ride down a river gorge, a visit to a sheep ranch after a steamer ride across a beautiful lake. In addition, the group sampled Maori culture with a concert and dinner – and a tour of the Lord of the Rings' Hobbiton.





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For Details on these Adventures: <https://seniorsoftball.com/?page=35>

For more information: email [Nic@seniorsoftball.com](mailto:Nic@seniorsoftball.com)



# Forbidden City Museum Or Loch Ness? Maybe Both

## Softball News Report

**O**n the heels of very successful International Tours to the Caribbean and New Zealand earlier this year, Senior Softball USA is offering players the opportunity to explore exotic Hong Kong, Macau and Guangzhou and represent the USA in the Pacific Rim Championships from Aug. 2-9.

In February 21-26, 2024, SSUSA Tours head to the other side of the globe for the 4th Annual Caribbean Classic in the Dominican Republic. Each year the tournament has grown, with three teams made up of senior players from throughout the U.S. playing Dominican and Venezuelan teams. (See story on page 4).

And in June, 2024, SSUSA introduces the Outlander Tour of Scotland, with tournaments in Edinburgh and Glasgow.

The 8th Annual Pacific Rim Championships are making a comeback after a four-year hiatus caused by the COVID Pandemic. In addition to exploring three cities, players will have lunch at the Po Lin Monastery, visit the Hong Kong Forbidden City Culture



**Scotland is known for its castles and old ruins.**

Museum, walk along Hong Kong's Avenue of Stars and visit the gambling capital of the East: Macau.

"The main goal of the Pacific Rim Championships is to foster friendship through softball with players from Japan, China, Taiwan, Canada, Guam and our host, Hong Kong," said Terry Hennessy, who is president of the Pacific Rim Slow-Pitch Softball Federation.

South Korea has joined the Pacific Rim Federation and will be sending a delegation to the Championships.

Senior Softball USA, Men's and Women's Master (40+) and Senior (50 – 85+) Players of all ages and abilities are welcome. The United States may send one or two men's teams to the Pacific

Rim Championships.

"The trip to Scotland (June 13-26, 2024) will take us back through the rich history of Edinburgh, the highlands, St. Andrews, Loch Ness, the legendary Blair Castle and much more," said Hennessy. "And, of course, the Scottish Softball Clubs are excited to host our games."

For the past three decades, Senior Softball USA has been setting up tournaments around the world to give American players the opportunity to experience other countries in a way no other tour can match.

For more information, call SSUSA at 916-326-5303, or email Nic@seniorsoftball.com.



**The Grand Lisboa Casino and Hotel with Michelin Star Restaurant in Macau, Known as the Las Vegas of Asia.**



**Statue of late actor, Bruce Lee, located in Hong Kong's Avenue of Stars, where they showcase celebrities of Hong Kong's film industry. The Avenue is modelled after Hollywood's Walk of Fame and is included in the tour.**

# Legendary and Entrepreneurial Players Pass Away

## Softball News Reports

### Joseph J. Bush (aka Monkey Joe)



Joseph "Monkey Joe" Bush, 81, of Cherry Hill, NJ., died on April 7.

'Monkey Joe' as he was known, played softball all his life and played with Senior Softball USA for almost 25 years.

Joe was famous across senior softball for his team, Monkey Joe's Big Nut Co., which was the name of his cashew company, which operated in the upper and mid-Atlantic states. "He became a television news cameraman, which lead to his lifelong career as an Organ Grinder," traveling everywhere with his primate co-stars, according to his obituary.

"I was so lucky to call Joe Bush my friend for so many years," says Fran Dowell, Executive Director of SSUSA. "Joe was so fun to watch when he played and he was so good to so many as a friend. It is an honor to say Joe was my friend... always will be."

"He started out at fairs and parades... written up in newspapers, magazines... He went on to entertain at the White House, David Letterman, Saturday Night Live, a yearly fixture at Amal and the Night Visitors in N.Y.C., even on the screen at the top of the World Trade Center and a regular at the Showboat Casino [in Atlantic City, GA] for over a decade," according to his obituary.



He managed and played with his Monkey Joe's Big Nut Co. team from the 55s to the 75s, retiring softball in 2019 and retiring his monkeys at a primate sanctuary in 2022.

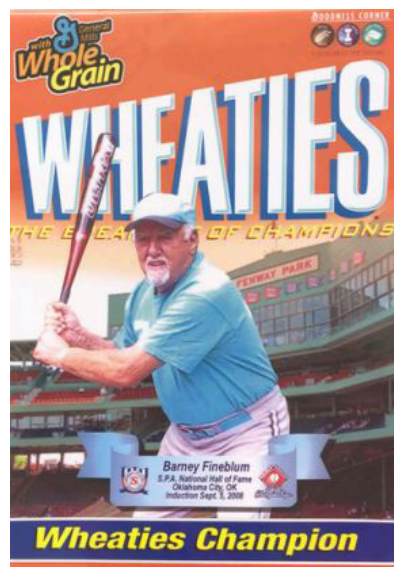
### Barney L. Fineblum



Barney Fineblum, 96, of Woodbine, MD., died on May 23.

Barney was not only a well-known player and manager with Senior Softball USA, but also an ambassador for the sport.

He was inducted in the National Senior Softball Hall of Fame in 2008 and to celebrate, placed himself on the front of a Wheaties Breakfast cereal box. Indeed, the breakfast of champions.



"Barney was truly a very special friend," said Fran Dowell, Executive Director of Senior Softball USA. "He had an amazing energy and loved to introduce me to so many Eastern teams. He is missed and remembered by many."

During Senior Softball USA tournament play, Barney will be remembered as managing and playing on the Tremont Hotel 75s and 80s teams.



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Item #: 49269 34"/27oz

Item #: 49270 34"/28oz



#### MODEL: DDSR3E2

- 12" Power Barrel with 1 oz End Load

Item #: 49264 34"/25oz

Item #: 49265 34"/26 oz

Item #: 49266 34"/27oz

Item #: 49267 34"/28oz



#### MODEL: DDSR3B2

- 12" Power Barrel with Balanced Load

Item #: 49260 34"/25oz

Item #: 49261 34"/26 oz

Item #: 49262 34"/27oz

Item #: 49263 34"/28oz





# Caffeine Can Enhance Athletic Performance

**By Stan Reents, PharmD, Health Coach**

Caffeine is more complex than you might realize. Here's a brief summary of what it can, and does not, do.

The most common sources of caffeine are, obviously, coffee and tea. Soda and energy drinks are other sources.

Soda generally contains 3 to 6 mg caffeine per ounce. The amount of caffeine in coffee depends on how it is brewed, but is often 10 to 13 mg/oz. Red Bull and Monster energy drinks contain 10 mg caffeine per ounce, though some brands don't make it clear how much they contain. I recommend you avoid all energy drinks. When you want to consume caffeine, choose coffee or tea. They provide some surprising health benefits!

Louise Burke, PhD, and colleagues reviewed the published research on this topic in their excellent book "Caffeine for Sports Performance" (2013). Here's what they concluded:

- Endurance sports (running, cycling, cross-country skiing for more than an hour): definitely beneficial.
- High-intensity sports (running, cycling, swimming, rowing for 1-30 minutes): definitely beneficial.
- Stop-and-go sports (basketball, soccer, tennis): possibly beneficial (better research needed.)
- Strength/power events (shot put, high jump, weight-lifting): performance-enhancement is unlikely.
- Skill Sports (archery, golf, target-shooting): unclear, not enough research.

## Health Column

**By Dr. Stan Reents**

The typical caffeine dose in these studies ranged 3 to 6 mg/kg. But keep in mind there is a substantial placebo effect that can influence how athletes respond to caffeine.

No studies in baseball or softball players were included. I performed a PubMed search and no studies were retrieved, however, I found this interesting study published in 2016:

Experienced male golfers were given 155 mg caffeine at the start of a round of golf, and another 155 mg after nine holes. The total dose averaged 3.8 mg/kg. Drive distance, ability to reach the green, and total score during 18 holes of play all improved.

Anyone who consumes caffeine knows that it can make you jittery, and, might affect your ability to fall asleep, though these effects depend on how much you consume (and when you consume it), and if you consume caffeine daily or not.

Many people believe that caffeine can cause dehydration. This is greatly exaggerated. Caffeine does have a diuretic action, but it is very mild... much weaker than alcohol or prescription diuretics.

Also, exercise causes blood flow to shift towards muscles and away from the kidneys. So, this overrides the already weak diuretic action of caffeine.

Third, the amount of liquid you consume when drinking coffee, tea, and soda compensates for the diuretic effect.

Finally, people who consume caffeine regularly develop tolerance to both the jitteriness and the diuretic effect.

Can a caffeine overdose be fatal?

Yes! Single doses above 600-800 mg can provoke cardiac arrhythmias, even in healthy people with no heart disease. There have also been reports of people dying after consuming too much caffeine from energy drinks.

Also, combining caffeine with ephedra/ephedrine is very risky.

In conclusion, I see nothing wrong with having a cup or two of coffee before a softball game. It might even help you hit the ball farther!

*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."*

## Heard From The Dugout

"I think I've reduced the amount of blood in my caffeine system to an acceptable level"

Alastair Reynolds

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