

CHAMPIONS CLASH IN POLK COUNTY

2018 Season Officially Comes to a Close at the 2019 TOC

Softball News Report

POLK COUNTY, Fla – The 13th annual Original Tournament of Champions, held here from Feb. 6 – 10, featured 95 teams from 23 states and two Canadian provinces.

Thirty-two teams officially capped off the 2018 season with the crown jewel of

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Division winners earn a free custom ring from Josten's, maker of MLB, NFL, NBA, and NHL championship rings.

■ PAGE 17: TOC MVP List

■ PAGE 19: TOC All-Tournament Teams List



Photo by Bob Gilbertson
Aftermath of the Camp Fire shows burned truck in the driveway.



Photo by Darren Yartz
Devastation from the Camp Fire shows burned home.

TRENDS

Rebuilding Through the Power of Sports

Softball News Report

Like so many other senior softball players nationwide, Morgan Miller can't wait for the inclement weather to subside so he can return to the friendly confines of the ball diamond this spring.

This year, playing softball again has a special meaning for Miller.

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SSUSA Expands With Six New Qualifiers in Southeast

Music City Classic in Tennessee Kicks Off the Southern Showcase

Softball News Report

Senior Softball-USA (SSUSA) has made a concerted effort in 2019 to expand its tournament footprint in the Southeast region with

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the addition of six new tournaments.

The marketing initiative, known as the "Southern Showcase," promoting the new qualifiers, seems to have paid off, as the

Loudoun County Welcomes 2019 Eastern Nationals

Softball News Report

The Eastern National Championships are coming to Loudoun County, VA and SSUSA wants you to be ready for the big event.

Winners from the Eastern National Championships take the first step towards the Triple Grand Slam, earning a spot in the U.S. National Cham-

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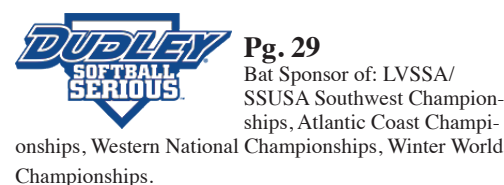
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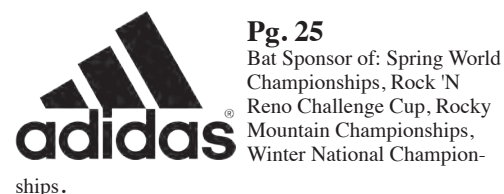
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Rebuilding: Sport Offers Escape from Reality

Continued From Page 1

He is one of dozens of senior softball players who lost their homes in the historic Camp Fire that totally devastated the town of Paradise, Calif.

"For me, it's a no brainer," said Miller, when asked about playing senior softball. "This is my therapy, my recovery. The connection, the camaraderie, the brotherhood. It's bigger than softball."

"The town of Paradise is virtually gone," continued Miller, age 61. "We lost everything. For now, it's about embracing, not forgetting. You need to find the silver lining."

In fact, over history sports has helped many Americans find that elusive silver lining. Sports has been synonymous with coping mechanisms following tragic events whether it was New York Mets catcher Mike Piazza's homerun just 10 days following the attacks of 9/11, that let a grieving nation know it was OK to smile and cheer again, or the New Orleans Saints returning home to the Superdome for a Monday Night Football game 13 months following the devastation of Hurricane Katrina.

In our country, stadiums, arenas and ballparks have become safe havens for fans and players alike, allowing for a few hours of escape from reality.

Nowhere is that more in play this spring than in Northern California where the deadliest and most destructive wildfire in California history ravaged Butte County (Paradise). The Camp Fire burned 153,336 acres, while destroying 13,972 residences, 528 commercial and 4,293 other buildings, and causing 86 fatalities.

"We had 46 players affected by the Camp Fire," said Dave Shoemaker, president of Chico Senior Softball Club. "Of those who lost their homes, 27 have already signed up for this next regular season. I suspect we will retain 90 to 95 percent when registration is complete."

When asked why players would return to the game after suffering so much loss, Shoemaker mentions close friendships and support groups that are part

Camp Fire Incident Information

- **Date/Time Started:**
November 8, 2018 6:33 am
- **County:** Butte County
- **Location:** Pulga Road at Camp Creek Road near Jarbo Gap
- **Acres Burned - Containment:** 153,336 acres - 100% contained
- **Structures Destroyed:** 13,972 residences, 528 commercial and 4,293 other buildings
- **Fatalities:** 86 civilian fatalities
- **Cause:** Under investigation
- **Total Fire Personnel:** 1,065
- **Total Fire Engines:** 73
- **Total Fire crews:** 11
- **Total Helicopters:** 2
- **Total Dozers:** 3
- **Total Water Tenders:** 3

Stats from CA.gov (last updated Jan. 4, 2019)

of the organization, as well as the teams they play with. "I think it also gives them a chance to just have fun for a while and not have to think about all that has gone on."

Bob Gilbertson, 56, of Paradise is one of the players affected by the Camp Fire.

"I lost all three homes I own," said Gilbertson. "My family combined lost 10 properties. At the time of the fire, I was six weeks from getting married. The wedding was planned for Paradise and many of our friends and family who were invited lost their homes as well. The fire has caused a big change in our life. We had to scramble for temporary housing



Bob Gilbertson's home after the Camp Fire

and figure out a permanent plan as well. We had children and grandchildren affected as well."

Gilbertson plays softball in the Chico senior league and on a 55-tournament team. He notes that the softball community was there for all the players in Paradise.

"Our league reached out to us for any assistance we needed both personally and in replacing softball gear. They also waived the fee for us this year in our league.

"My tournament teammates are amazing people. There were a few of us burned out on the team. Many of those outside the Paradise area offered immediate places to stay if we needed it. One player and his fiancé threw a team-get-together at their house shortly after the fire. It was great to just hang out with the guys and spouses. The host couple provided a \$100 gift to all who were affected by the fire. It was a very generous gesture."

With spring approaching, Gilbertson says he is "ready to get on the ball field. We have hit once and hope to start playing tournaments and league soon. For me it will be a chance to get a break from insurance and all the hassles of dealing with the fire and get back to playing

Continued on Next Page

Rebuilding: Support of Teammates Helps Heal

Continued From Previous Page

some softball and hanging out with teammates and spouses at tourneys. It will aid it getting back to a normal life.”

Darren Yartz, 50, who played with Gilbertson on North Valley Seniors in 2018, also was affected by the fire.

“It has definitely been a trying time the last three months,” said Yartz. “My family and I have relocated to Chico and have purchased a home there.

“I do plan on playing senior softball this year. Our local league has its draft next week and will begin playing later this month. It will definitely be good to get back into a normal routine and get out on the field a couple of times a week to be with friends and have a little competition!”

He points out that he’s “really looking forward to playing traveling ball as most of the guys grew up in Paradise,

went to school together, and will be able to share a lot of memories as it relates to our time growing up together in a place that has been totally decimated.”

“It has been amazing how supportive our local league has been in regards to players affected by the fire. They raised about \$5,000 for the 33 guys in our league who were impacted by the fire. They have also waived this year’s fees for any player who lost their home or was affected by the fire. On top of that they handed out a variety of gift cards to all the players that had lost most everything.”

“Again, it will be good to get back into a routine, which includes playing softball and getting back onto the path of normalcy and being with friends and teammates that have been overly supportive through this process.”



Darren Yartz's home after the Camp Fire

Southeast: Heffner to Help Lead Expansion

Continued From Page 1

first of the six tournaments, the Music City Classic in Franklin, TN, April 13-14, is scheduled to attract close to 30 teams.

The other qualifiers include the Peach Bowl (April 25 - 28) in Gwinnett County, GA; the Old South Classic (May 18 - 19) in Savannah, GA; the Palmetto Challenge (July 6 - 7) in Spartanburg, SC; the Myrtle Beach Blast (August 17 - 18) in Myrtle Beach, SC; and the Last Chance Cullman Qualifier (August 24 - 25) in Cullman, AL.

Playing in any one of the first four tournaments will qualify teams for the 2019 Eastern National Championships in Loudoun County, VA (new location for 2019), July 30 - August 4.

As added incentives, there

are numerous promotions for the Southern Showcase.

- \$100 off Eastern National Championships if you play in three of the *five qualifiers: *Southern Championships in Valdosta, GA is the fifth qualifier, along with Music City Classic, Peach Bowl, Old South Classic, and the Palmetto Challenge.

- \$100 off the Palmetto Challenge if you play in first three qualifiers.

- Play in four of the five and win a FREE BAT! (\$100 off the Southern Champs for teams playing in first four qualifiers).

- Play in all five and take \$200 off the Eastern Nationals.

The following promotions include the final two qualifiers of the Southern Showcase

- the Last Chance Southern Classics:

- Play in the Myrtle Beach Blast and get FREE ENTRY to Last Chance Cullman Qualifier.

- Play in the Last Chance Cullman Qualifier and win a FREE BAT!

Playing in any one of the Southern Showcase tournaments will qualify teams for the 2019 LVSSA/SSUSA World Masters Championships in Las Vegas, September 19 - October 6.

Long-time tournament director, and Assistant CEO of Independent Sports Association (ISA), Hank Heffner of Georgia, will be the lead director for all six tournaments. Heffner has been directing tournaments for 35 years, beginning in 1984.

“I have only started doing Senior tournaments this year and enjoy being around the game of Senior Softball



Hank Heffner

much more than the younger adult divisions,” said Heffner. “Senior Softball is where the players respect the game.

“I enjoy working with SSUSA. It is a very professionally run organization and they always there to help the directors and players.”

[CLICK HERE](#) for more information on the Southern Showcase.

Make the Call: Interference and Double Play

Runner on first, no outs. Batter hits a grounder to the second baseman, who throws to the shortstop covering. The shortstop tags the base and cocks his arm to throw to first.

A lot can happen next. But for the purpose of this article, consider these four situations and decide what call the umpire should make:

A) A thrown ball hits the runner while he is three steps from second base and in the base line.

B) A thrown ball hits the runner while he is only three steps from first base, in the base line.

C) The second baseman appeals to the umpire that he couldn't throw because the runner, halfway between bases, was in his way.

D) The runner veers right and ducks. The shortstop keeps running and collides with the runner about three steps to the right-field side of the base but never throws the ball.

Do you rule interference and a double play in each case? In some of them? Or in none of them?

Gather a group of players and umpires for this discussion, and it will last a long time while likely never reaching a consensus.

For guidance, first realize that Senior Softball USA defines interference as "the act of an offensive player or team member that impedes or confuses a defensive player attempting to execute a play. A base runner must avoid a fielder making a play." (Rule 1.45.)

The rule leaves to the umpire's judgment what constitutes "impedes or confuses." As such, two umpires can view the same play and draw different conclusions.

A runner may not wave his arms, scream at the fielder, or step in front of a thrown ball to block it. Those calls are easy ones for umpires. But many others are not.

We drafted our rules many years ago based on ASA rules (now USA Softball). Though our rules have been rewritten many times since then, the interference

Umpire's Corner

By Donna McGuire

"SSUSA defines interference as 'the act of an offensive player or team member that impedes or confuses a defensive player attempting to execute a play. A base runner must avoid a fielder making a play'."

(Rule 1.45)

rule has remained constant. Today, it differs only slightly from USA Softball, which defines interference as "the act of an offensive player or team member, umpire or spectator that impedes, hinders or confuses a defensive player attempting to execute a play. Contact is not necessary."

Be careful what you read into the rule.

Just a few months ago, USA Softball posted on its "rules clarifications" page three plays involving runners hit by thrown balls. USA stressed the need to see each play unfold before determining whether interference happened.

"Just because a runner is hit with a thrown ball while the defense is turning a double play does not constitute interference," USA Softball wrote. "You must always ... consider, did the retired runner do something to impede, hinder or confuse the defense from making a play. You cannot take a play and say what interference is always and what is not."

In example A above, the author of USA's posting wrote: "I do not find any impedance, hindering or confusion in the description of this play."

And in B above, the author wrote, "Based on description of the play, the runner stayed in the base line to impede the throw and we have interference. Again have to see the play to say for sure."

Now, on to situations C and D above.

In C, the runner is not anywhere close to second base. But the fielder didn't throw the ball. Most SSUSA umpires will not call interference because the runner might have yielded had the ball been thrown. (And no, managers shouldn't tell their players to throw at the runner to get the interference call. We don't condone hurting someone on purpose.)

In D, we have a defender trying to draw interference on the runner, who has yielded. This is not interference. This is a defender creating contact trying to get a cheap out. No umpire should fall for that one.

Overall, when the question of interference arises, remember that judgment from umpire to umpire can vary. So don't be surprised to see nearly identical plays called different ways in different games – and have both calls defended as correct. They well could be.

When interference is ruled, the ball is dead. Runners who are between bases must return to the last one touched.

In some other associations, including USA Softball, when a retired runner causes the interference, the runner closest to home is out for the second out.

When the situations described above happen in SSUSA play, the umpire should call the batter-runner out for a double play.

Donna McGuire is SSUSA's Central Region Umpire-in-Chief and Chair of the SSUSA National Rules Committee.

Heard in the Dugout

"This is the season of the year when we discover that we owe most of our success to Uncle Sam!" - The Wall Street Journal



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Eastern: Take First Step to Triple Grand Slam

Continued From Page 1

pionship game, against their counterpart, the Westner National Champion, held during seeding play at the World Masters Championships.

Playing in the U.S. National Championship game offers teams the opportunity to enter bracket play at the World Masters as a first or second seed.

Teams that win the Eastern National Championship, U.S. National Championship, and World Masters Championship, complete the Triple Grand Slam!

As a special welcome to teams coming to the Easterns, Loudoun County will be raffling six \$100 Visa cards to teams staying in Host Hotels for the tournament ([CLICK HERE](#) for the hotel booking link).

In addition, SSUSA will be giving teams staying in the Host Hotels (5 rooms or more) a free bat!

SSUSA is offering a series of tournaments in the Northeast to help teams qualify for the Eastern Nationals.

They include:

North Atlantic Series

Battle of the Roses - York, PA

Connecticut Masters Games - Berlin, CT

Northeast Championships (TOC Qualifier) - Syracuse, NY

Series Bonus:

Teams that play in all three (3) of the North Atlantic Series events receive a set of team pullovers.

South Atlantic Series

Tidewater Classic (TOC Qualifier) - Virginia Beach, VA

Atlantic Coast Championships (TOC Qualifier) - Raleigh, NC

The Crabtown Classic - Glen Burnie, MD

Bert Bennett Memorial - Westminster, MD

Series Bonus:

Teams that play in any three (3) of the South Atlantic Series events receive a set of pullovers.

Potomac Sports Series

40s Salute to Service - Sterling, VA

The Maryland Classic - Westminster, MD

The Crabtown Classic - Glen Burnie, MD

The Old Line State Showdown - Westminster, MD

Bert Bennett Memorial - Westminster, MD

Series Bonus 1:

Teams that play in any three (3) of the Potomac Sports Triple Play Series events receive a set of custom semi-sub jerseys.

Series Bonus 2:

Teams that pay thirty (30) days in advance for any event hosted by Potomac Sports receive a \$50 discount.

TOC Series

Tidewater Classic (TOC Qualifier) - Virginia Beach, VA

Atlantic Coast Championships (TOC Qualifier) - Raleigh, NC

Can-Am (TOC Qualifier) - Niagara Falls, Ontario Canada

Northeast Championships (TOC Qualifier) - Syracuse, NY
Series Bonus:

Teams that play in two (2) of these Tournament of Champions qualifiers receive a \$100 discount to the Eastern Nationals.

Along the way you can earn entry fee discounts and apparel for your team.

“SSUSA created the Eastern Exposure Series to promote the Eastern Nationals move to Loudoun County, VA in 2019,” said Tim McElroy, SSUSA National Director and Mid-Atlantic Regional Umpire-In-Chief (UIC). “While every qualifier offers great prizes for winning, all teams - regardless of record can earn pullovers, jerseys and entry fee discounts by playing in the North Atlantic, South Atlantic and Potomac Sports series.”

“I live close to the Loudoun County venues and am happy to have the tournament here in 2019,” continued McElroy. “The playing fields rival any natural grass facilities anywhere in the country- but the off-field attractions are sure to be a hit with visitors. The National Mall, featuring the monuments and museums (free of charge), are a short drive away. Closer to the park there are restaurants to please every pallet, shopping, casinos, wineries, breweries and more.”

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Opinions & Letters

Hope Springs Eternal

Ah, spring.

It doesn't get any better than this time of year for Senior Softball players. The snows are beginning to melt and the ball diamonds are coming back to life. There's the smell of fresh mowed out-fields and signs of life everywhere outdoors.

While some already may have played a tournament or two, practically the whole season's ahead of us.

It's the time of year when we can renew acquaintances of players and their families we haven't seen in many a dark and gloomy winter day.

With so many days and nights of softball ahead, who can't be optimistic that this

will be the best season ever.

No injuries, a rising batting average and a team that can set its sights on playing in local, regional and national tournaments. Perhaps, even chasing down that dream of winning the Tournament of Champions in Florida – or joining us for International competitions.

And with the entire season ahead, it's a great time to remember that while we all want to win as many games as possible, we play for the love of the game, the comradery and an opportunity to live a healthier lifestyle.

So, get out there and enjoy the season ahead.

Batter up!



FOUL PLAY

Sue Ballenger

40s Division Continues to Show Growth

By **Tim McElroy**

SSUSA National Director/40s Director

If you haven't noticed, there are more young people showing up at SSUSA events these days.

That is no accident.

SSUSA is aggressively marketing itself to the next generation of players by offering more tournaments, offering player incentives and connecting with them on social media outlets.

We recognize the need for more teams east of the Rocky Mountains and are making it easier for teams to attend tournaments by bringing them closer to home. Directors of existing senior tournaments in the Northeast, Mid-Atlantic, South Atlantic, Midwest and Great Lakes regions have added 40+ divisions to their tournaments. And, while 40s divisions are sometimes combined with the 50s

during pool play, the foundation is being built.

That was the case in Maryland just a few years ago. In 2018, there were 7-8 teams at every tournament. With 11 teams competing at the Tidewater Classic next week, 2019 is off to an even better start.

Many 40 year old players are ready to move on from the younger tournament circuit for one reason or another. Doing so is difficult because they are walking away from 20+ team tournaments to play in something much smaller.

Making the change is difficult, but players generally like it once they start seeing the benefits of our player registration and team rating system. In 2018, and again in 2019, SSUSA is offering free player cards to 40 year old players (new and returning) that live east of the

Rocky Mountains. Details of the promotion can be found on our social media pages.

SSUSA recognizes the value of social media in today's world and has established a presence on Facebook, Instagram and Twitter. Using the @40softball handle, players can connect with SSUSA to learn about upcoming tournaments, results from past events and even some photos and stories about happenings at the ballpark.

Wherever you live, we encourage you to follow those sites, and to share your own photos from the park. Your participation on the field and on social media will help to bring new players to the game and help to build bigger and better tournaments.



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Exercise Regularly to Cut Dementia 30-50%

By Stan Reents

Senior Softball News Contributor

Several weeks ago, it was reported that Hall of Fame pitcher Tom Seaver has dementia. He is 74 years old. Though his memory problems may be related to contracting Lyme disease three decades earlier, anyone can develop dementia.

Previously, it was believed that dementia couldn't be prevented. That perspective is no longer accurate.

Understanding the causes of and ways to prevent dementia has evolved rapidly in recent years. Numerous studies have documented that the risk of developing dementia, and its precursor cognitive decline, is lower in people who stay active. My own file of research papers on this topic is more than three inches thick!

In 2003, experts at the University of Illinois published a revealing assessment of 18 studies on how an increase in aerobic fitness affects brain performance. They found that it improves four distinct functions:

- Simple, low-level processes that don't require complex thinking (reaction time)
- Visual processes (driving)
- Repetitive processes (sorting receipts)
- Complicated processes (planning, organizing)

They also determined that:

- An increase in aerobic fitness was beneficial for all subjects between the ages of 55-80 years, but those aged 66-70 benefited the most.

- To be effective, an exercise session needs to last at least 30 minutes.
- Including strength exercise together

with aerobic exercise was better than performing only aerobic exercise.

The research shows that exercising regularly can lower the risk of developing dementia by 30 to 50 percent:

- People in Finland were evaluated at age 50 and again 21 years later. Those who exercised for 20-30 minutes at least twice per week reduced their risk of dementia by half.

- Harvard researchers evaluated the exercise patterns of nearly 3,000 women. They determined that brisk walking every day for at least 30 minutes (and other activities requiring a similar amount of effort) provided the cognitive benefit of being five to seven years younger.

Recently, it's been determined that resistance exercise can be beneficial separately from aerobic exercise:

- In one study, women ages 65-75 who performed resistance exercise just once per week improved cognitive function by 13 percent. Then, this study was repeated in people with mild cognitive impairment and improvement was seen in them, too.

What recommendations can be derived from this research?

First, understand that walking isn't the only activity that's effective. Any type of aerobic exercise that requires an equivalent amount of effort should work. Benefit has been documented with hiking, jogging, biking, swimming, racquetball, dance and exercising on treadmills and ellipticals.

And even though the Illinois researchers concluded that an exercise session should last at least 30 minutes, a subsequent study from Seattle showed that exercising for 15 minutes three or

more times per week was enough to lower the risk of dementia by 32 percent in 65 year-olds. Subjects in this study performed aerobic exercise or resistance exercise.

In 2015, experts at the University of Kansas found that how much you exercise isn't as important as how healthy your aerobic fitness level is. In other words, more intense exercise is better and it argues against less vigorous forms of exercise, like yoga, which don't challenge your cardiovascular system enough.

In 2016, it was reported that leg power predicted cognitive function. What's really interesting about this study is that it was conducted in 324 pairs of twins: the one in each pair who maintained a higher degree of leg power over 10 years had better cognitive function.

So this brings us to the key question: Does playing softball reduce the chances of developing dementia?

I'm not aware of any research on softball specifically. However, when leisure activities – both physical and mental – were evaluated, surprisingly, performing mental tasks regularly seemed to be more beneficial than physical tasks.

In other words, a variety of exercises and mental tasks are beneficial for brain health.

Stan Reents, PharmD, is a health care professional and health/fitness coach. He created the web site 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."

Hennessy Elected Pacific Rim President

Terry Hennessy, chief executive officer of Senior Softball USA, has been elected president of the Pacific Rim Slowpitch Softball Federation for a four-year term.

In December, delegates from the association representing each member country voted, including China, Japan, Taiwan and America.

While Hennessy acknowledges that he did not ask for the office, he says he "is honored by the vote of confidence." He succeeds Shoji Matsumoto of Japan, who was president for the first six years.

"I'd especially like to thank my good friend Shoji Matsumoto, who led the federation for the first six years. He has set an excellent example for us to follow."

Hennessy notes that one of his primary goals is to expand the Federation – and



Terry Hennessy

international friendship -- to more countries throughout the Pacific Rim. In the first few months of this year, we have added Canada and Hong Kong, Hennessy said.

The SSUSA executive was one of the four founding members of the organization, which was formed seven years ago. He was SSUSA executive director from 1997-2001, CEO from 2001-present, chairman of the National Senior Softball Summit 2002-2003, inducted into SSUSA Hall of Fame in

2013 and the National Senior Softball Hall of Fame in 2017. He currently plays outfield on the Sacramento Islanders 60 Major team.

The purpose of the Pacific Rim Slow-Pitch Softball Federation is twofold:

1. To build international friendships through the Annual Pacific Rim Championships.
2. To promote the sport in member countries.

Current members include delegates from China, Japan, Taiwan, Canada, Hong Kong and the United States. The federation is actively recruiting other delegates from nations throughout the Pacific Rim. There is one delegate from each country and each delegate has one vote.

The requirements are:

- To attend the annual Pacific Rim Slow-Pitch Softball Federation Board meeting (or



Pacific Rim Slow-Pitch Softball Association

send a delegate).

- To recruit no more than two teams to compete in the Annual Pacific Rim Championships.

This year, the Pacific Rim Championships will be played in Hawaii on Oct. 24-25. Team entry fees are waived. The annual PRSSF Board meeting will be Oct. 23. The tournament rotates between member countries annually.

Age Ain't Nothing But a Ratings Number

Managers and players are fascinated – and generally confused – about the Ratings Index numbers next to each player on a roster.

The numbers range from "1" for 85 players to "10" for 40 Major-Plus players (see chart).

The numbers reflect the age and skill level in which a player can compete. For example, a player on a 65 Major-Plus team has a "6" Ratings Index, which means the player also is eligible to play on 60 Major, 55 AAA or 50 AA teams.

The philosophy behind the Ratings Index is that play-

Covering the Bases By Terry Hennessy

ers are generally able to play one skill level lower as they "play down" to younger age groups.

The Rating Index is one of the primary indications we use to determine the relative strength of players and teams. There are other considerations that our Ratings experts look at as well, including:

- The overall performance of the team.
- The rating of the team that the player regularly plays

**SENIOR SOFTBALL USA
TEAM RATING INDEX CHART**

RATING INDEX	NATIVE AGE GROUP RATING INDEX LEVELS								
	40's	50's	55's	60's	65's	70's	75's	80's	85's
10	M+								
9	M	M+							
8	AAA	M	M+						
7		AAA	M	M+					
6		AA	AAA	M	M+				
5			AA	AAA	M	M+			
4				AA	AAA	M	M+		
3					AA	AAA	M		
2						AA	AAA	M	
1								AAA	M

on (if he/she is playing on multiple teams).

- Physical limitations (injury or illnesses that deplete a player's abilities).

The goal, of course, is to ensure a level playing field by making sure teams are

competitive in their divisions. While we do not rate players, the Ratings Index gives us an indication of where to place teams and divisions.



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7th Annual Pacific Rim Championships

Play Ball in Hawaii



Oct. 21- Oct. 26, 2019

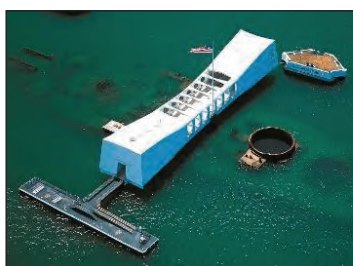


Pacific Rim Slow-Pitch
Softball Association

It's America's turn to Host the Pacific Rim Championships in 2019 – and the site is the gem of the Pacific: Hawaii!!!!

All players with SSUSA cards are eligible, and their spouses and companions are welcome! Practice, transportation, uniforms, a luau banquet with international players – and the tournament are included.

USA teams will compete against teams from the founding countries of Japan, China and Taiwan, and we are thrilled to announce our northern neighbors from Canada will be entering the tournament for their first time, as well as Hong Kong.



Players arrive Monday, October 21st and meet teammates at our welcome dinner at the hotel. Tuesday and Wednesday consist of morning practices and afternoon leisure.

The tournament begins Thursday with games throughout the day followed by a Hawaiian Luau that evening. The tournament will conclude the next day Friday, October 25th, with closing ceremonies on the field and a USA teams award dinner that evening.

Players have the option of heading back to the mainland on Saturday or joining SSUSA on a cruise around the islands.

Hawaiian Island Cruise

Oct. 26- Nov. 2, 2019

Our island cruise departs Honolulu on Saturday, October 26th on the "Pride of America" cruise liner operated by Norwegian Cruise Lines. The first stop is a two-day stay in Maui where players spend Sunday at their leisure and Monday playing a friendly tournament against some of the local island teams.

We then head to Hilo for one-night and have Tuesday free to explore the island. Our next stop is Kona, where we once again compete against local teams in a friendly one-day tournament. Lastly, we head to Kauai where we spend two nights, playing against local teams Thursday and keeping Friday free to explore.

The ship docks back in Honolulu Saturday, November 2nd, concluding our Hawaiian Island Tour.

**For more information please contact Ross McCulligan
at Ross@SeniorSoftball.com, or call 916-326-5303.**

Limit Hitting Struggles in Tournament Play

By Art Eversole

Senior Softball News Contributor

I frequently listen to this old saw at my hitting club, especially after a recent tournament: "I just don't understand! How come I hit the ball so well in batting practice, and then stink up the place during a game? My teammates compliment me on my hitting during practice. I'm totally relaxed and consistently crush the ball. My swing is grooved, I have both good rhythm and tempo and some power. But during the game, I turn into a cluster of ragged nerves."

"When I step into the batter's box my muscles become rigid and constricted, my mind becomes foggy. I'm so worried about making an out that I make really dumb swing mistakes that I don't do in BP. I fail to wait on the pitch, my pitch selection is terrible, I let the good ones go by and then swing at the bad ones, I go out on short pitches from being over anxious, resulting in easy outs."

Well, let's agree right away that rare is the bird who hits better in the game than in BP, but we can improve our tournament game hitting with proper preparation.

I believe that the game swing may never completely compare to your BP swing, but you can get it closer. From my experience, hitting well in tournaments requires lots of quality BP and playing a good number of actual games between tournaments.

Let's explore this not hitting well in the game phenomenon. Are your game hitting woes a problem with pure swing mechanics, or just plain old game jitters? Well, it's most likely a combination of both of those things and they are entwined. Understand that excessive nerves will affect sound swing mechanics. If you have allowed your game performance to become obsessively important to you, you might be suffering from a disorder commonly called performance anxiety.

Don't focus so much on the outcome and more on the process to ensure success. Remember, it's senior softball,



not major league baseball, and they are throwing the ball underhand and slow. We should just relax and have fun, right?

How should seniors address this dilemma? I suggest to my BP hitting club members to employ a simple counting scheme.

Let's assume you get 10 swings in each round of batting practice. Keep track of what most likely would be a hit in the game and what would be a sure out. This method is not an exact science, but serves as a good approximation of hits and obvious failures and addresses your swing mechanics.

If you do this, you might be amazed at the number of outs you're actually making in BP as most hitters have a propensity for not remembering their mishits.

Here's how this hitting scheme works: If the first BP swing is considered to be a base hit, you're then 1-1. If your second swing is not a hit, then you're 1-2 and ad infinitum... 1-3, 2-4, 3-5, 3-6, 4-7, 4-8, 5-9 finishing 5-10. So, your BA is .500 during that round making outs on pitches, 2, 3, 6, 8 and 10. Instead of just aimlessly swinging away in BP as most of us do, you should concentrate on making good contact on every pitch and raising your batting practice batting average.

Tips for hitting better in tournaments:

- Always be aggressive during each at bat; get your money's worth on every swing.
- Don't psych yourself out by over estimating the significance of each at-bat, have fun!

- Having some nervousness is okay, and can actually lead to better performance in some cases.

- Muscle memory is the key and not over thinking during the at-bat.

- Remember what Yogi Berra said: "You can't hit and think at the same time"!

- Just taking BP only between tournaments will not totally prepare you for a tournament. You'll need some live game action to practice things you can't in a typical BP session, like working the pitch count.

- If all you play is a once every month tournament, you'll not feel as relaxed as you otherwise would be by spending time in the game situation where teams are wearing uniforms, someone is officiating, and the score is being kept.

- One way to feel more at ease in tournament action is to play local league games once or twice a week.

- Understand that things you've been working on in BP, might be difficult to move to the live game and will take time to incorporate into your game swing.

- Get an eye exam if necessary!

You develop swing mechanics from taking a lot of BP, but you can only overcome nerves and other distractions by playing lots of live games. It's not unlike one's fear of public speaking. If you suffer from public speaking anxiety, one way to overcome it is to give lots of speeches until the nerves eventually disappear, and you begin to speak unconstrained. The same argument can be made for improving your tournament game hitting by playing more softball between SSUSA events.

Happy Hitting!

Art Eversole, of Washington, has played on Major and Major Plus teams with W.E. Ruth Realty. He is the NW Senior Softball Webmaster/Softball Communications/Hitting Club Admin/NW Leagues internet coordinator.

Eversole can be reached via email at rtmyboy01@gmail.com.

2019 TOURNAMENT OF CHAMPIONS: POLK COUNTY, FLORIDA





1. Player from Live! Casino (MD), Men's 40, running home looking to score. 2. Outfielder for Arizona Old School, Men's 55, makes the leaping grab. 3. Batter for Florida Girls, Women's 50, takes aim at the plate. 4. The highlight of the special events surrounding the TOC was the annual 1,500 person sit down banquet for players and their families. 5. Fielder for Florida Stingers, Men's 60, stretches for the catch. 6. Infielder for Baker Boyz (CA), Men's 60, tags out a diving runner at second base. 7. Heavy hitter for RBC Wealth Management (FL), Men's 55, swings for the fences.

TOC MVPs

Each winning TOC team selects a team MVP. The MVP is awarded a bat.

- | | |
|---|--|
| Women's 40 Major
Valorie Mullins - Kryptonite (FL) | - No Selection |
| Women's 40 AAA
Jenn Doolittle - Colorado Ohana | Men's 50 AA
Darren Surney - Gray Ghost (IL) |
| Women's 40 AA
Nicole Neubeck - Dames Got Game (AZ) | Men's 55 Major Plus
Will Vriesenga - RBC Wealth Management (FL) |
| Women's 50 Major
Tera Guzman - Florida Girls | Men's 55 Major
Dean Thomas - Florida Automated Shade |
| Men's 40 Major Plus
Joe Horvath - Suncoast/Adidas (FL) | Men's 55 AAA
Dave Leon - Ameriprise FL Legends |
| Men's 40 Major
S2S/.40 CAL (FL) - No Selection | Men's 55 AA
Rick Hackett - Longshoremen (VA) |
| Men's 40 AAA
Jerry Surber - Y'All Next (MD) | Men's 60 Major Plus
Rick Leith - Florida Stingers |
| Men's 50 Major Plus
Troy Pickles - Suncoast/Adidas (FL) | Men's 60 Major
Mark Stone - Levin/Ameriprise (FL) |
| Men's 50 Major
John Hefflefinger - Good Times/Clean Planet Foods (FL) | Men's 60 AAA
Jim Pierce - Northwest Softball Club/Underdogs (WA) |
| Men's 50 AAA
Finance of America (NJ) | Men's 60 AA
Syracuse Cyclones |

Photos by Jack Eberhard

TOC: Fla. Teams Defend Home Soil; Ill & NY Teams Take Home Pair

Continued from Page 1

the sport, a TOC title. Additionally, winning teams also received free customized rings from Josten's, maker of MLB, NBA, NFL, and NHL championship rings.

The Sunshine State dominated, as 16 Floridian teams defended their home turf.

Illinois and New York each took home a pair of championships, while Colo-

rado, Arizona, Maryland, New Jersey, Virginia, Washington, California, North Carolina, Delaware, Minnesota, and Iowa each had a team bring home a title.

Brantford Nissan Seniors (ON, Canada) added some international flair, taking a championship back home to the Great White North.

Women's Champions
Florida Girls - 50 Major
Kryptonite (FL) - 40

Major
Colorado Ohana - 40
AAA
Dames Got Game (AZ) - 40 AA
Men's Champions
Suncoast/Adidas (FL) - 40 Major Plus
S2S/.40 CAL (FL) - 40
Major
Y'All Next (MD) - 40
AAA
Suncoast/Adidas (FL) - 50 Major Plus

Good Times/Clean Planet Foods (FL) - 50 Major
Finance of America (NJ) - 50 AAA
Gray Ghost (IL) - 50 AA
RBC Wealth Management (FL) - 55 Major Plus
Florida Automated Shade - 55 Major
Ameriprise FL Legends - 55 AAA
Longshoremen (VA) - 55 AA
Florida Stingers - 60

Major Plus
Levin/Ameriprise (FL) - 60 Major
Northwest Softball Club/Underdogs (WA) - 60 AAA
Syracuse Cyclones (NY) - 60 AA
Timberworks/Adidas (CA) - 65 Major Plus
Carolina Cobras (NC) - 65 Major
Brantford Nissan Seniors (ON, Canada) - 65 AAA
Robinson's Furniture/

OTS (DE) - 65 AA
Venom (FL) - 70 Major Plus
All-American (MN) - 70 Major
Midwest Express (IA) - 70 AAA
Chicago Hitmen (IL) - 70 AA
Florida Legends - 75 Major Plus
Chadwell Supply (FL) - 75 AAA

Please See Page 18

TOC Most Valuable Player List Continued

Continued From Previous Page

(NY) - No Selection

Men's 65 Major Plus

Arthur Tressler -
Timberworks/Adidas (CA)

Men's 65 Major

Billy Cameron - Carolina Cobras
(NC)

Men's 65 AAA

Steve Cote - Brantford Nissan Se-
niors (ON, Canada)

Men's 65 AA

Paul Litwin - Robinson's Furniture/
OTS (DE)

Men's 70 Major Plus

Clyde Smith - Venom (FL)

Men's 70 Major

Paul Trewick - All-American (MN)

Men's 70 AAA

Edward Ras-
tovski - Midwest
Express (IA)

Men's 70 AA

Rick Masino -
Chicago Hitmen
(IL)

Men's 75 Major Plus

Robert Koss -
Florida Legends

Men's 75 AAA

David Chadwell
- Chadwell
Supply (FL)

Men's 80 Major

Ron Huser - Florida Investment
Properties



TOC MVPs: Be sure to commemorate your MVP performance with a specially designed ring from Josten's, maker of MLB, NBA, NHL and NFL championship rings. Contact Cindy Johnson at 1-822-854-7464, ext 56534.

Men's 80 AAA

Al Castaldy - New York Statesmen

Men's 85 Major

Joe Sykes - Center For Sight (FL)

TOC: Special Events Make for a Bucket List Tourney

Continued From Previous Page

Florida Investment Properties – 80 Major

New York Statesmen - 80 AAA

Center For Sight (FL) - 85 Major

[CLICK HERE](#) to read the tournament recap that appeared in the Newsletter last month.

For game-by-game scores, please [CLICK HERE](#).

Along with the tournament games, there were a number special events surrounding the TOC, that makes the tournament a one-of-a-kind experience for the participating teams and players.

The festivities began on Feb. 6 with the hitting clinic in the morning, followed by the TOC All-Star Game that evening.

Festivities continued Feb. 7 with the skills contests, optional team practice, and TOC banquet; while the tournament officially began with seeding games on Feb. 8.

The always fan-favorite annual Louisville Slugger Warriors vs. TOC All-Stars Game took place on Saturday evening, Feb. 9. The LS Warriors raffled off two roster spots for the game during the banquet on Thursday night, as Don Cossey and Bill Saunders each won the opportunity to play alongside the LS

Warriors, a team made up of U.S. Military Veterans and Active Duty personnel, who have lost limbs and suffered serious injuries in combat.

"It was an awesome experience to meet and play with the Louisville Slugger Warriors," said Cossey, a member of the Sin City Warriors (NV) Men's 50 AAA team. "These guys have sacrificed so much for our country and our freedom and yet they keep doing and experiencing new and fun things, they are GREAT! I would like to extend another thank you for your service to them and thank you for letting be a part of your team for the day."

For more information on each of these special events, please click on the links below:

[Hitting Clinic](#)

[TOC All-Star Game](#)

[Skills Contests](#)

[National Senior Softball Hall of Fame Inductions](#)

[TOC Banquet](#)

[Louisville Slugger Warriors vs. TOC All-Stars Game](#)

Tournament of Champs All-Tourney Teams

The top three finishing teams in each division at the TOC are able to select players to the All-Tournament Team. First place teams are allowed five selections, second place teams earn four selections and third place teams receive three selections.

The following are the all-tournament selections from the 2019 TOC.

Please note that some divisions did not have third place finishers, due to the brackets being shorted caused by weather. Those divisions were: Women's 40 Silver, Men's 60 Major, Men's 60 AA, Men's 65/70 Platinum, and 65 AAA.

Women's 40/50 Major

Florida Girls 50 – Brenda Johnson-Hogan, Clinita Hawkins, Valerie Peoples, Monica Hubbard, Gina Harris, Tera Guzman (MVP).

Kryptonite 40 (FL) – Gayle Borgen, Kellie Berning, Karen Hunter, Rhonda Cline, Valorie Mullins (MVP).

Chill 40 Below (MD) – Valerie Argentino, Elizabeth Robinson, Amy Wolff.

Women's 40 Silver

Colorado Ohana (AAA) – Patti Harsch, Jenn Doolittle (MVP), Rebekah Ratzell, Julie Ferguson, Kat Chase.

CCS Fireballerz (CA): Cory Minter, Staci Mosher, Sandra Lomelino, Amanda Summers.

Dames Got Game (AZ) AA: Cynthia Ellis, Rachel Mast, Jennifer Tidsbury, Cindy Johnson, Regina Johnson.

Men's 40 AAA

Y'All Next (MD): Chris Stamps, Mario Walker, Marcus Mingo, Christopher Burrell, Jeff Johnson.

Men's 50/55 Major Plus

RBC Wealth Management 55 (FL) – William Vriesenga, Kevin Lutz, Kevin Allardice, Richard Clark, Gerard Blair.

Men's 50 Major

Good Times/Clean Planet Foods (FL): John Hefflefinger (MVP), Ned Johnston, Jack Butler, Joe Robinson,

Jeff Kightlinger.

Men's 50 AAA

Finance of America (NJ): Charles Collins, Scott Mugele, Peter Appolito, Darren Wilton, Rodney Monteleone.

Lansing Legends Softball Club (MI): Fred Fleming, Michael Barz, Ken Lavoy, Ronald Bukovcik.

No Shows (FL): Frank Nadotti, Victor Nadal, Javier Diaz.

Men's 55 Major

Florida Automated Shade: Dean Thomas (MVP), Donnie Meyer, Tim Murphy, Doug Howells, Mike Kelley.

Arizona Old School: Tom Casady, Greg Colyar, Cory Firzlaff, Jeff Buckner.

Buell Fuel (NY): Brian Banks, Charles Hackett, Jimmy Jiminez.

Men's 55 AAA

Kamikaze (CA): Mark Toma, Michael Grimm, Bob Flannery.

Men's 50/55 AA

Gray Ghost 50 (IL) – Eugene Laird, Stephan Smith, Theron Roberts, Gene Handy, Kevin Walker, Darren Surney (MVP).

Longshoremen 55 (VA) – Pete Garcia, Dwayne Williams, Larry Collins, Dan Mitchell, Rick Hackett

(MVP).

Men's 60/65 Platinum

Florida Stingers 60 – William (Mark) Thomas, Richard Meltz, Edward Carrington, Tony Vodola, Rick Leith (MVP).

Timberworks/Adidas 65 (CA) – Vernon Fowler, Arthur Tressler, Kenneth Lee Vaught, George Robinson.

Men's 60 Major

Windy City Softball (IL): Roy Ambrose, Brian Campbell, Rick Olsen, Steve Misewicz.

Men's 60 AAA

Northwest Softball Club/Underdogs (WA): Allen Arnold, Jim Palombi, Doug Payne, Brian Williamson, Joe Young, Jim Pierce (MVP).

Playmakers (WI): Mark Gerls, Don Kleineider, Dennis Horrigan, Steve Burbick.

Baker Boyz (CA): Marty Wilcox, Efrain Atondo, Ed Jackson.

Men's 60 AA

Syracuse Cyclones (NY): Jack Baxter, Albert Owens, Richard Iuele, Louis Rossi, Rod Whitby.

Ted Todd Insurance (FL): Jim Hamilton, George Kulhanek, Michael Waldner, Wayne Maahs.

Continued on Next Page



TOC All-Tournament Players: Be sure to commemorate your All-Tournament selection with a ring from Josten's, maker of MLB, NBA, NHL and NFL championship rings. Contact Cindy Johnson at 1-822-854-7464, ext 56534.

TOC All-Tourney Teams Continued

Continued From Previous Page

Men's 65/70 Platinum

Carolina Cobra (NC) - Billy Cameron (MVP), Danny Ballard, Fred Marten, Ray Hubbe, Sonny Johnston, Randy Thomas.

Men's 65 AAA

Brantford Nissan Seniors (ON, Canada): James Banyard, Greg Aubert, Steve Cote, J. Wayne Martin, Randy Babcock.

Men's 65 AA

Robinson's Furniture/OTS (DE): Paul Litwin (MVP), John Bradshaw, Steve Carey, Willard Griffith, David Thomas.

Grey Sox (WA): Tom Crouch, Dan Griffith, Cam Preston, Jim Hardenbrook.

Men's 70/75 Platinum

All-American 70 (MN) - Paul Trewick (MVP), Rick Hoen, Gene Thompson, Mike Trewick, Dave Weber, Gary Palesh.

Florida Legends 75 - Matthew Callahan, Patrick Bidelman, Roy Hern, Zeb Carter, Robert Koss (MVP)

Men's 70 AAA

Midwest Express (IA): Duane Carolus, Tarry Cory, John Kelly, Ronald Peterson, Edward Tworek, Edward Rastovski (MVP).

Lane Construction (FL): Bill Hans, Gerald Lee Jones, James Causier, Don Bobish.

Windsor Chiefs (ON, Canada): Ernie Holden, John McLaughlin, Terri Burney.

Men's 70/75/80 Gold

Chicago Hitmen 70 (IL) - Phil Whitman, Allan Bartolotta, Warren York, David Vorwald.

Chadwell Supply 75 (FL) - David Burget, Paul Gawel, Samuel Ferguson, Gerald Flannery, David Chadwell (MVP).

Florida Investment Properties 80 - Frank Vargo, Ron Huser (MVP), Bob Johnson, Brad Smith, Dave Drakulich.

Men's 80 AAA

New York Statesmen: Thomas Ladd, Jim Nugent, Robert Wardle, Ron Cunningham, Donald Murphy.

Chicago Geezers (IL): Raymond Hafertepe, James Dedelow, John Miller, Matthew Barone.

ProHealth Care (WI): G. Wes Worley, Stephen Agard, Barney Slowey.

Men's 85 Major

Center For Sight (FL): David Bush, Ferrell Sparks, James Thomas, Howard Schoen, David Goldberg, Joe Sykes (MVP).

ProHealth Legends (MN) - Dick Steinmetz, Dave Hunt, Henry Smith, Norris Kruse.

Managers, if your All-Tournament selections are missing, please submit them to Anthony Ramos via email at Anthony@SeniorSoftball.com.

New Studies Aid in Fight Against Cancer

A 10-minute test that can detect cancer cells anywhere in the body has been developed by researchers at the University of Queensland in Australia.

They discovered that cancer forms a unique DNA structure when placed in water.

A portable, inexpensive test could help detect cancer far sooner than current methods, according to the authors of the study.

They used the test on more than 200 tissue and blood samples and found that it was 90 percent accurate in detecting cancerous cells.

The University of Queensland worked closely



CAN-SIRS CORNER

By Pete Davignon

with Northwestern University, that made the discovery of microRNA.

"Based on what we have learned in studies, we can now design artificial microRNAs that are much more powerful in killing cancer cells than even the ones developed by nature," said lead author Marcus E. Peter, professor of

Cancer Metabolism at Northwestern University.

"Now that we know the kill code, we can trigger the mechanism without having to use chemotherapy and without messing with the genome. We can use these small RNAs directly, introduce them into cells and trigger the kill switch," said Peter.

Cancer can't adapt or become resistant to the toxic RNAs, making it a potentially bulletproof treatment if the kill code can be synthetically duplicated. The inability of cancer cells to develop resistance to the molecules is a first, the scientists said.

All of us at Can-Sirs including sponsors, volunteers,

players and financial supporters welcome you to a new season. We always welcome your continuing support. Send your contribution to:

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We may finally be winning the battle to turn what once was a deadly diagnosis into a disease that can be controlled and cured. Immunotherapies and gene-targeted drugs are changing the course of some cancers.

Pete Davignon is the Executive Director of CAN-Sirs Inc.



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14 Earn TOC Berths at '19 Spring Nationals

POLK COUNTY, Fla. - The 2019 Spring National Championships was held here March 22-24 at Bartow Park Softball Complex and DiamondPlex Softball Complex. A total of 34 teams competed over the weekend, with 14 teams securing berths to the 2020 Tournament of Champions.

Starting off with the Men's 50 Major Division, Deluxe Bakery (NJ) swept LeMay Contracting (FL) in a best two-out-of-three game series by scores of 21-20 and 22-15, respectively.

In the six-team Men's 50 AAA Division, top seed Sandlot Softball (FL) registered a perfect weekend, going 2-0 in seeding play to lock up the No. 1 seed, before rattling off three straight wins in bracket play, including a 20-14 win over Daytona Beach Boyz (FL) in the championship game. Daytona Beach Boyz bounced back from an 0-2 showing in seeding play, to post a 3-2 record in bracket play, en route to their runner-up finish. Elder Abuse (FL) finished in third place, making a strong push through the elimination side of the bracket with three straight wins.

In another best two-out-



Globe Trailers 55 (FL), Men's 55/60 Gold Division Champions

of-three game series, RBC Wealth Management (FL) swept Suncoast Adidas (FL) by scores of 34-22 and 22-21, respectively, to win the Men's 55 Major Plus Division.

The Men's 55 Major Division saw a thrilling best two-out-of-three game series that would go the distance. Ameriprise FL Legends struck first, taking the opening game 21-3, while Jersey Mikes (FL) evened the series with a 12-11 victory in game two. In the rubber match, Ameriprise FL Legends took the division with an 18-12 win.

The Men's 55/60 Gold Division and Men's 60 AAA Division also featured a best two-out-of-three game series, that would go all three games.

In the Men's 55/60 Gold Division, Levin/Ameriprise 60s (FL) took game one 22-15, while Globe Trailers 55s

(FL) won game two, 21-10, to even the series. In the rubber-match, Globe Trailers completed the come-back with a 25-20 win to take the division.

In the Men's 60 AAA Division, Ted Todd Insurance (FL) edged out a thrilling 15-14 win in game one, while RedHawk Nation (FL) came back with a game two win, 26-23, to force the third and decisive game.

In the rubber-match, RedHawk Nation came out victorious, with a 24-16 win to earn the division title.

The five-team Men's 65/70 Platinum Division saw top seed Venom 70s (FL) escape from the elimination side of the bracket to double-dip Slug-A-Bug 65s (FL), by scores of 19-17 and 16-8, in the championship game and "if" game, respectively. As the highest finishing 65 Major

team, Slug-A-Bug would also earn a TOC berth.

Venom was upset in their opening game 18-16 against Team Florida 65s, to drop down into the elimination side of the bracket. Venom would go on to finish the tournament with five straight wins, including the double-dip over Slug-A-Bug. Team Florida finished in third place.

In the two-team Men's 65 AAA Division, Florida Mustangs swept Florida Mavericks by scores of 20-15 and 23-8, respectively, to win the best of three series.

Top seed Lane Construction (FL) came back to win the "if" game 24-22 over Florida Southern Force, after falling in the championship game 16-12 of the four-team Men's 70/75 Gold Division. AMR 70s (FL) finished in third place.

The Men's 75/80 AAA Division also saw a sweep in the best of three series, as Syracuse Cyclones 75s (NY) downed Bucs and Bulls 80s (FL), by scores of 15-9 and 21-9, respectively.

In the three-team Women's 40/50 Major Division, Florida Girls (50 Major) double-dipped Kryptonite (FL),

Continued on Next Page



RBC Wealth Management (FL), Men's 55 Major Plus Champions



RedHawk Nation (FL), Men's 60 AAA Champions



Syracuse Cyclones 75 (NY) - Men's 75/80 AAA Champions

SNC: FL Girls & BAGS

Continued From Previous Page

winning both the championship game (18-4) and the "if" game (21-20). TM Force (FL) finished in third place. As the highest finishing Women's 40 Major team, Kryptonite would also earn a TOC berth.

BAGS 50 (FL) swept

Lew's Crew/Exceeding Expectations 40 (MD) in the Women's 40/50 AAA Division, by scores of 20-12 and 25-24, respectively.

For game-by-game scores, please [CLICK HERE](#).



Lane Construction 70 (FL) - Men's 70/75 Gold Champions

Win Women's Divisions



BAGS 50 (FL) - Women's 40/50 AAA Champions

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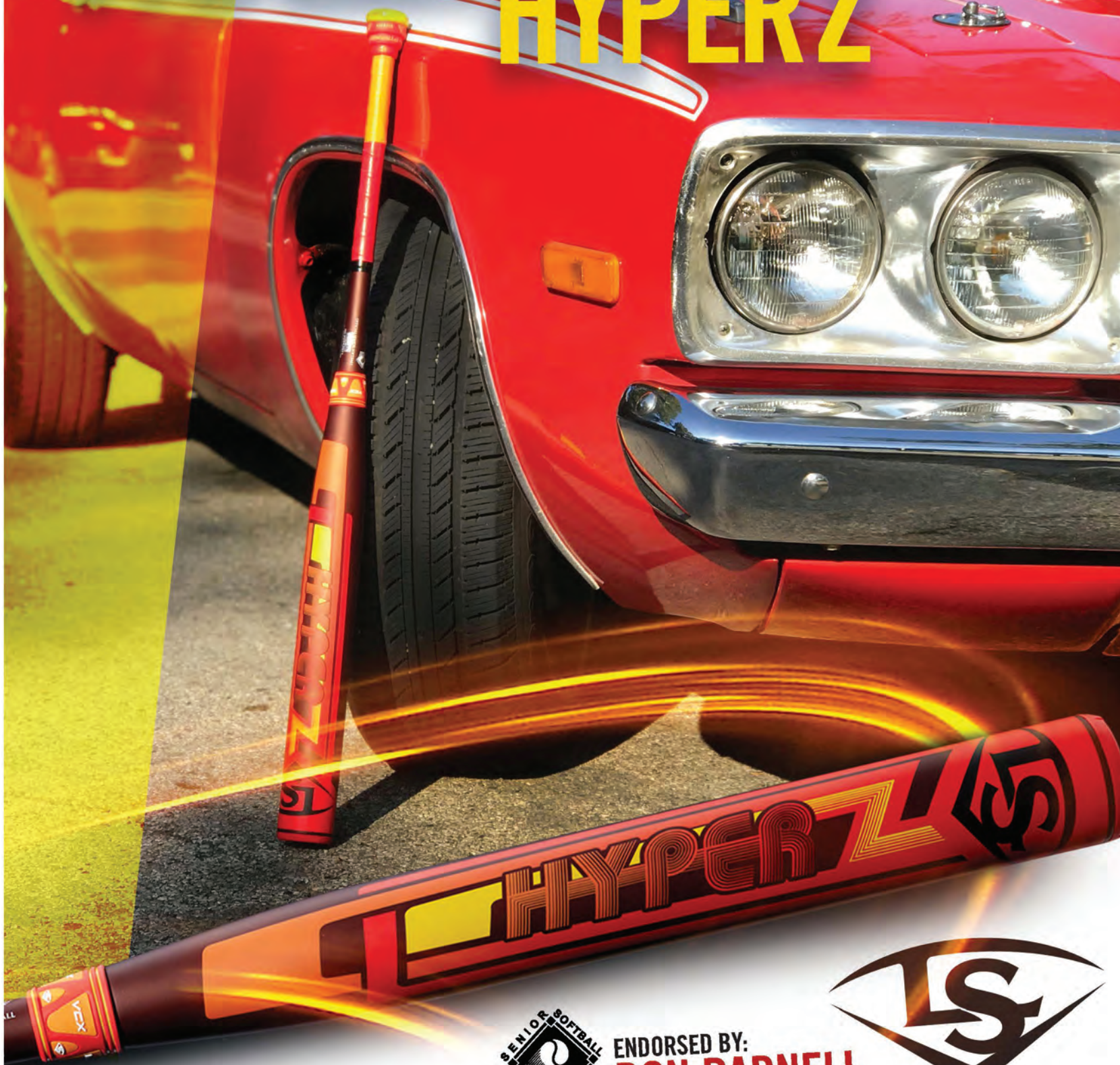
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Spring World Champs Grows to 130 Teams

MESQUITE, Nev. & BULLHEAD CITY / KINGMAN, Ariz. - The Spring Worlds blossomed to 130 teams this year, up from 113 in 2018, with teams playing in Mesquite, Bullhead City and Kingman.

"We moved the 40 Masters, women's and 50-60 men's divisions to Bullhead City and Kingman because field costs more than doubled in St. George, Utah, where we had been playing the past several years," said Terry Hennessy, Senior Softball USA chief executive officer.

"Bullhead City provided sponsorship – and an excellent site for the tournament," said Hennessy. "One of the few complaints about the new site was that some of the fences were shorter than 300 feet. We have made arrangements to pick up two fields in Bullhead City and a four-field complex in Kingman in 2020 with 300-foot fences."

The older group (65-80 divisions) played in Mesquite, which continues to sponsor the tournament in that area.

The Men's 70-80 divisions kicked off the tournament, playing March 19-21.

Beginning with the Men's 70 Major Plus Division, Omen (CA) bested R&R (CA) in a best two out-of-three game series, earning the sweep by scores of 28-11 and 31-11, respectively.

The Men's 75 Major Plus Division also featured a shortened best two-out-of-three game series, as Omen (CA) took the opening game 18-5 over California Connection, before CA Connection forfeited the game two.



OMEN (CA) - Men's 70 Major Plus Champions



Ryan's Way (NV) - Men's 70 Major Champions

In the six-team Men's 70 Major Division, the "if" game would be needed to determine the champion. After falling to Tri-State Diamondbacks (NM) 23-19 to drop down into the elimination side of the bracket, Ryan's Way (NV) defeated Sidewinders (AZ) 14-12 in the third-place game, before avenging their earlier loss to Tri-State Diamondbacks, winning both the championship (21-14) and "if" (19-16) games. Sidewinders made a

valiant run through the elimination side of the bracket with three straight wins, en route to their third-place finish.

In the eight-team Men's 70 AAA Division, Git-R-Done (CA) posted a perfect 4-0 record in bracket play, including a 26-21 victory over Scrap Iron Diamonds (CO) in the championship game. Scrap Iron Diamonds bounced back from their opening game loss 11-7 in bracket play against Scrap Iron Red (CO), to win



California Oaks - Men's 70 AA Champions

four straight wins in the elimination side of the bracket, before running out of gas in the championship game. Top seed So Cal Warriors (CA) finished in third place, while Doughboys (NV) rounded out the top four finishing teams.

California Oaks and Top Gun Olde Dawgs (CA) played a best two-out-of-three game series in the Men's 70 AA Division, with the Oaks earning the sweep by scores of 13-12 and 23-9, respectively.

The six-team Men's 75 Major Division used a full five-game round robin to determine the champion.

With a perfect 5-0 record, Tharaldson's (NV) took the top spot. Sidewinders (AZ) earned the runner-up spot with a 4-1 record, while Scrap Iron Beams (CO) finished third with a 3-2 mark.

Rounding out the remaining field: The Zone (UT), 2-3; Las Vegas Coyotes (NV), 1-4; and Top Gun 6 Bits (CA), 0-5.

In the three-team Men's 75 AAA Division, top seed Arizona Outlaws outslugged Git-R-Done (CA) 22-17 in the championship game. St. George Raptors (UT) finished in third place.

The Men's 80 Major Division featured a best two-out-of-three game series between Emerald (WA) and Top Gun Gold (CA). The series would go the distance, as the teams split the first two games. Emerald struck first, taking game one 24-15, while Top Gun Gold evened the series with a game two victory, 24-8. Top Gun Gold completed the come-back with an 18-15 win in the rubber-match.

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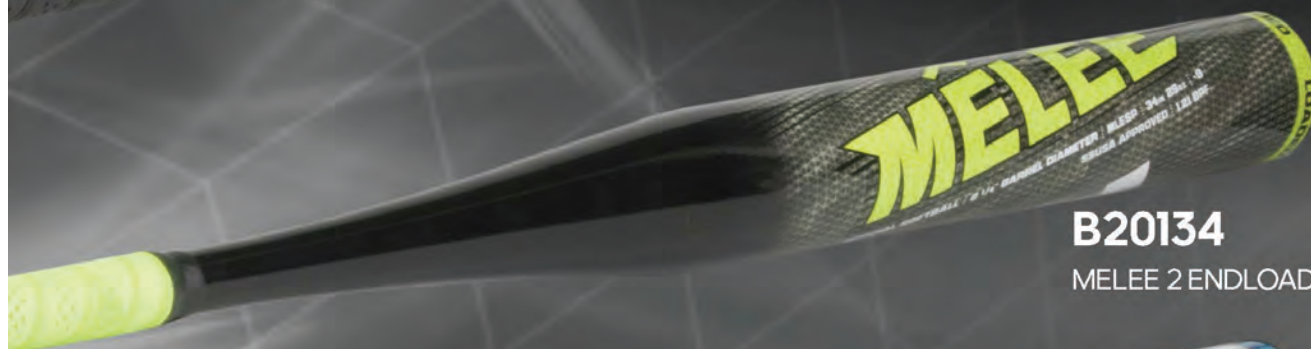
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SWC: Scrap Iron Teams Sweep 55 Major/AAA

Continued from Page 24

In the three-team Men's 80 AAA Division, Scrap Iron Gray Berets (CO) knocked off Git-R-Done (CA), 20-10, in the championship game. Magic Stuff (UT) finished in third place.

The Men's 65 divisions concluded the Mesquite portion of the Spring World champs, playing March 22-24.

Beginning with the four-team Men's 65 Major Division, No. 1 seed Top Gun Elite (CA) bounced back from their opening game loss in the bracket 20-14 against St. George Gold (UT), with four straight wins, including back-to-back wins over Scrap Iron High Octane (CO) in the championship game (22-21) and "if" game (21-12), to capture the title. St. George Gold finished in third place.



Robert Hough presented with his NSSHOH plaque.

In a special ceremony, Robert Lee Hough, manager of St. George Gold was officially inducted into the National Senior Softball Hall of Fame.

"I was honored to represent SSUSA and the NSSHOH board on such an important



Top Gun Elite (CA) - Men's 65 Major Champions

day," said Dave Dowell, SSUSA National Director. "Bob played on some of the best teams of his generation, and is much deserving of this honor."

In the largest division of the first session of the Spring World Championships, the 15-team Men's 65 AAA Division, Sidewinders Desert (AZ) came back to double-dip No Guts, No Glory (CA), with wins in both the championship game (22-21) and "if" game (17-6). No Guts, No Glory previously defeated Sidewinders Desert, 20-15, to advance to the championship game; while Sidewinders Desert came back to punch their ticket to the championship game following a win over Cut Loose (CA) 18-17 in the third-place game. Top seed Fierce Firearms (UT) finished in fourth place.

Scrap Iron 5280 (CO) and Utah Coyotes each tied for fifth place, rounding out the top six teams that advanced to Championship Sunday.

In the Men's 65 AA Division, 911 Softball Club (CA) and Las Vegas Desert Heat (NV) played a best two-out-of-three game series. Las Vegas Desert Heat took the division, earning the sweep

by scores of 18-15 and 26-9, respectively.

Moving onto Bullhead City and Kingman, the Men's 50-60 divisions began play, March 22-24.

Starting with the seven-team Men's 50/55 Platinum Division, top seed Thunderstruck 50 (AZ) earned a forfeit win in the "if" game, after falling in the championship game 23-21 against Corner-Stone 55 (OR). JayCo/ISP (ID) made a run through the elimination side of the bracket with three straight wins, en route to their third-place finish. 4 The Fallen (AZ) finished in fourth place.

In the 12-team Men's 50 AAA Division, Grayed & Confused (UT) posted a perfect 4-0 record in bracket play, including a 22-9 victory over Sin City Warriors (NV) in the championship game. Sin City Warriors bounced back from an 0-2 showing in seeding play, to register a 5-2 record in bracket play, including three straight elimination game wins, en route to their runner-up finish. Elite/Scrap Iron (CO) finished in third place, while Xtreme (AZ), who won four straight games in the elimination side of the bracket after dropping the

opening game, rounded out the top four finishing teams.

The 11-team Men's 55 Major Division saw Scrap Iron/Rocky Mountain Thunder (CO), the No. 8 seed, run off a flawless 5-0 record in bracket play, including a thrilling 19-18 walk-off win over Arizona Legends. Trailing by one, 18-17, heading into the bottom of the open, Scrap Iron/Rocky Mountain Thunder plated the two runs it needed complete the come-from-behind victory.

Arizona Old School finished in third place, while So Cal (CA) finished fourth after winning four straight games in the elimination side of the bracket.

In the eight-team Men's 55 AAA Division, Scrap Iron-Colorado Home Fitness came out of the elimination side of the bracket to double-dip Los Vatos Viejos (AZ), by scores of 20-18 (championship game) and 17-11 ("if" game). Los Vatos Viejos defeated SI-Colorado Home Fitness, 17-12, to advance to the championship game, while SI-Colorado Home Fitness got to the championship following its 19-13 win over Graywolves (NM) in the third-place game.

Michael's Automotive Group (WA) rebounded with three straight wins in the elimination side of the bracket, before falling in the fourth-place game.

In the three-team Men's 60 Major Plus Division, top seed Summy's (CA) suffered a 30-29 loss in its opening bracket game against Southwest Bandits (AZ), before

Continued on Next Page

SWC: Women's Division Returns to SWC

Continued from Previous Page

running off three straight wins, including back-to-back wins over SW Bandits, 31-20 and 34-15, in the championship and "if" game, respectively. West Coast Water/Vegas Elite (NV) finished in third place.

In the five-team Men's 60 Major Division, Northwest Softball Club/Underdogs (WA), bounced back from an 0-2 showing in seeding, rattling off four straight wins in bracket play, including a 30-11 victory over Outlaws (NM) in the championship game. Top seed Samurai (CA) finished in third place.

In the 12-team Men's 60 AAA Division, six teams closed out seeding play with a perfect 2-0 record. Of the six teams, Weekend Warriors continued its winning ways, completing the undefeated weekend, going 4-0 in bracket play, including a 22-17 win over Scrap Iron Xplosion

(CO), another team that had gone 2-0 in seeding, in the championship game. Top seed Sin City Raiders (NV) finished in third place, while Sidewinders (AZ) rounded out the top four finishers.

Los Vatos Viejos (AZ) won the three-team Men's 60 AA Division, going 3-0 in bracket play, including a 31-14 win over Scrap Iron Rockies (CO) in the championship game. Family (NV) finished in third place.

The Women's 40-50 and Men's 40s divisions concluded the Spring Worlds, March 23-24.

In the four-team Women's 40-50 Division, Custom Truck 40 (NV) completed the perfect weekend, going 3-0 in seeding, before going 3-0 in bracket play, including a 21-12 win over Dames Got Game 40 (AZ) in the championship game. DeMarini/NW Lady Warriors (WA) finished in third place.



Custom Truck (CA) - Women's 40/50 Champions

This season marked the first time since 2011 that a Women's Division was held at the Spring Worlds.

Pony Tail Express (CA) and SBOB/ATHALONZ/VOODOO SPORTS (AZ) played a best two-out-of-three game series in the Men's 40 Major Plus Division.

Pony Tail Express cruised to the game one win, 38-21; while SBOB/ATHALONZ/VOODOO SPORTS edged out a 27-26 win in game two to even the series. In the rubber-match, Pony Tail Express

won 29-14 to claim the title.

In the seven-team Men's 40 Division, No. 6 seed Asylum Ballers (CA) made a valiant run through the elimination side of the bracket, winning five straight games, including a 20-18 victory over previously undefeated Blue Pill Mafia/QOS Networks (AZ) in the championship game, to force the "if" game.

Asylum Ballers would forfeit the "if" game, giving Blue Pill Mafia the win. Top seed SoCal Misfits (CA) finished in third place.

Heed Your Wife's Advice - Have Fun

The bridge from San Diego to Coronado is over a mile long and doesn't look all that high until you are driving in the outside lane overlooking the bay. Then thoughts of earthquakes opening up a gap in the road will shiver your timbers, or whatever parts of your anatomy get the shivers.

Unfortunately this bridge has been the launching pad for many troubled folks who decided to end their lives in a spectacular fashion. So when a local softball player makes an out or an error in the last inning that loses the old ball game, his teammates put him on bridge watch.

CARL'S CORNER By Carl Gustafson

I think we've all had the feeling on more than one occasion, where we just want to quit this stupid game and go binge-watch Gunsmoke episodes with our new best friends: chocolate ice cream and beer.

My wife, Linda, views this state of depression and self-pity as the sole habitat of the male gender. She says women would never get crestfallen over a dumb ball and some chalk lines. Now I grant that she has never witnessed

some of the female softballers I know who aren't above throwing a ball at my head on a double play, but she might have a point, because women seem to be having a lot of fun, and I don't hear men players yelling "woohoo!" too often.

So every time I decide to unquit and go back to the park, Linda simply tells me, "remember to have fun." For years I frowned at her advice thinking that she just didn't understand what this game means to a man. To a real man it is a form of war or the measure of character. Have fun? How naive, how simple!

Then one day I decided

to just throw all caution to the wind and take her advice. Instead of war, I just had fun. The first few times I did it I came home with a guilt complex, like I was letting my teammates down. How could I go have fun if they went to the bridge to contemplate the hereafter?

The irony is that I started doing so much better when I took the pressure off myself. I discovered that having fun is one of the foundational elements of success.

I hate it when my wife is right.

Carl Gustafson is SSU-SA'S So Cal Director.

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Log All Spending: Spend Less & Save More

By Jack Sirard

Senior Softball News Contributor

Study after study have confirmed what the nation's financial experts have been saying for years: People aren't saving enough money and that applies both to the short- and long-term.

Nowhere was that more evident than what occurred with the recent federal government's 35-day partial shutdown when thousands of workers went without paychecks. Many quickly went through their meager savings and had to rely on everything from short-term borrowing to the financial support from families, friends, churches, etc.

In an effort to size up the situation, Prudential surveyed about 350 federal workers who were affected and found that 60 percent had spent all or nearly all of their savings during the shutdown.

And even worse, nearly half of those surveyed fell behind on their bills and 27 percent dipped into their retirement accounts. At the same time, nearly one in four workers said that things had got so desperate that they chose to cut or reduced spending on health and medical expenses for their families.

While many of these families are likely back on the road to recovery now that they are working again, living paycheck to paycheck is a way of life for millions of Americans, leaving them unable to cope with any financial setback.

In fact, a recent study by Bankrate.com found that while one-third of American households had experienced a major surprising expense in the past year, only 39 percent said that they had enough in savings to handle an unexpected bill of more than \$1,000.

In short, the report found that financial disaster was just around the corner for millions of Americans.

While the challenges are extraordinarily tough for many -- particularly those living on just Social Security benefits or making minimum wages -- there are a few ways to save that can help build a small nest egg that could be the launching point to adequate retirement savings.

Simply put, there are two ways to jump-start your savings account: Earn more or spend less.

In a perfect world, a person would try to do both, but often it's difficult to increase your income other than through your annual pay raises, which always seem to be eaten up by rising costs.

But the second option, reducing your spending, is something that most of us can do on a monthly basis. Because most of your monthly spending is on fixed costs, such as the rent or mortgage, utilities and insurance, you need to concentrate on discretionary spending.

A recent study by Charles Schwab found that when analyzing their spending habits, slightly more than half (55 percent) said they regretted spending money on meals out instead of putting the money into savings.

The other top regrets were spending on expensive clothing (31 percent) followed by 28 percent saying they regretted spending so much on cars or vacations and 26 percent who wished they hadn't bought the latest technologies.

One of the easiest way to combat this compulsive spending is to simply write down each night what you spent during the day. If you stopped on the way to work and forked over \$5.25 for a tasty mocha, write it down. The same thing applies to the \$12 lunch, the \$6.25 magazine and the money you spent for parking close to work. Write it all down.

Every cent.

From my ex-

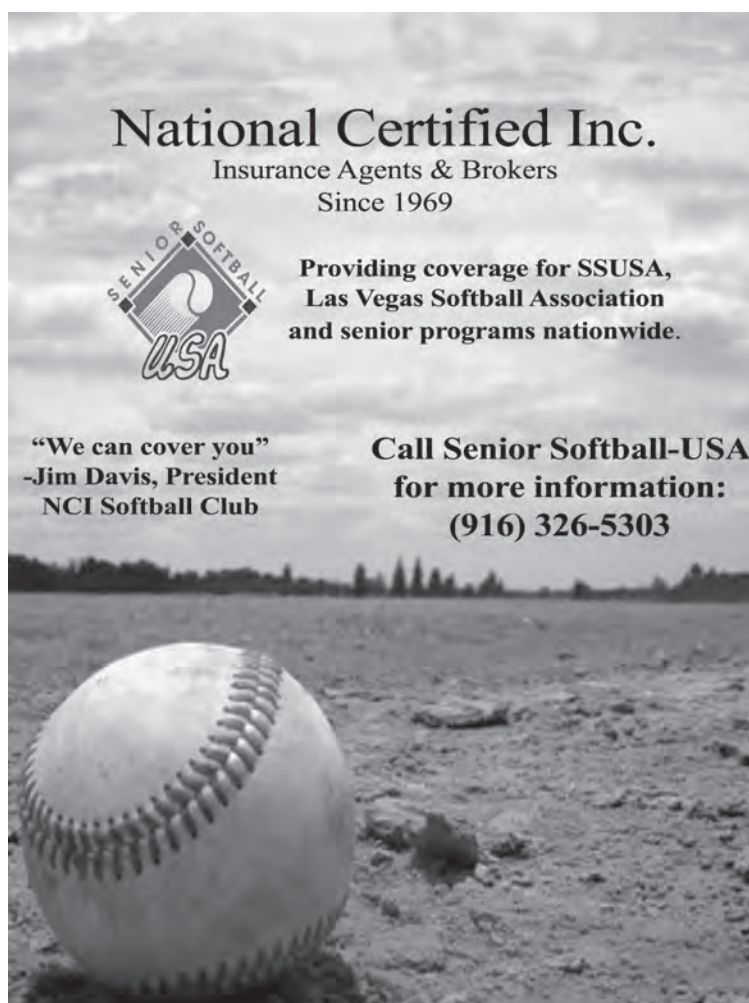
perience, those who carefully log in all their spending, spend less -- whether it's couples who don't want to be the one to blow the family budget or single folks who will be amazed at where their money is going.

And, contrary to the current trend of using credit or debit cards to pay for everything -- stick to greenbacks. For some reason, people are far more thrifty when it comes to forking over cash than they are for flashing their plastic.

Try it for a month or two and you will be surprised at the money you have left over that can be put into your savings account.

It works.

Jack Sirard is a retired nationally syndicated financial columnist and a senior writer/editor for SSUSA.



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