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SSUSA Tests 1-Day Qualifiers

Softball News Report

SACRAMENTO - In an effort to better serve its membership, Senior Softball-USA will be expanding its tournament footprint in the Southeast, beginning with a one-day tournament, the Myrtle Beach Blast, in Myrtle Beach, S.C., on May 12.

Additionally, SSUSA will be holding dual tournaments the weekend of Oct. 13-14 with the Rutherford County Classic (Murfreesboro, TN) and the Old South Classic (Savannah, GA).

As in incentive to help grow the tournaments, teams that play in the Myrtle Beach Blast will receive a \$100 credit towards the Eastern National Championships, July 31 – Aug. 5, in Valdosta, GA;

9 STEPS TO BETTER HEALTH

1. Daily activity, like Senior Softball



2. Know your purpose

3. Take it easy, work less, take vacations

Source: Blue Zones Project



5. Eat more veggies, less meat and processed food



6. A daily glass of red wine



Tapping the Fountain of Happiness

7. Connect with friends

8. Connect with religion

9. Connect with family

By Stan Reents, PharmD, **Certified Health Coach** Special to Softball News

Playing senior softball may not be a Fountain of Youth – but recent studies strongly indicate it may well be a Fountain of Good Health and Happiness.

Everyone knows that exercise can be helpful for specific medical conditions such as diabetes, coronary disease, high blood pressure and osteoporosis. In addition, more and more research shows that exercise also is good for mental health, including depression and even dementia.

In fact, several of the oldest senior softball players, who are still actively competing in their 80s, provide flesh-and-blood proof of the benefits of playing sports on an

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Exclusive Bat Sponsor of: Spring World Championships, Rock 'N Reno Challenge Cup, Rocky Mountain Championships, Winter National Championships.



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Exclusive Bat Sponsor of: Texas State Championships, Northeast Championships, ISA Senior World Series, Eastern National Championships, Tournament of Champions



FIGURE : OFFICIAL BALL of SENIOR SOFTBALL - USA

Health: Prolonged Sitting Nulls Exercise Benefits

Continued from Page 1 ongoing basis.

For example, take a look at Texan Bill Altman who plays competitive softball twice per week and practices two other days per week. He also plays golf once per week. And he walks the dog daily. By the way, he's 87 and was recently inducted into the National Senior Softball Hall of Fame.

Californian George Pickett, age 82, has been playing softball for 32 years. He says that he and his teammates play, practice, and work out five to six days a week. This dedication shows: Their team – San Francisco Seals – has won the Triple Grand Slam in the 70- and 75-year age brackets seven out of the past eight years.

In addition to playing and practicing, Pickett says, "I ride a stationary bike and exercise on a rowing machine. I especially like to do high-intensity bursts and a lot of stretching."



George Pickett poses for a championship picture



Bill Altman in action at the plate.

Hugh Brotherton of Florida is 86. He plays double-headers twice a week and practices on other days. Throughout the year, he travels around the country playing softball tournaments. And his team of octogenarians wins most of them!

"I stay in shape by doing push-ups and sit-ups," Brotherton says, "and I exercise my shoulders with stretch bands."

Several years ago, he decided to compete in race-walking events at the Huntsman World Senior Games in Utah. Not only did he win – beating some guys who were 20 years younger! – but he set a world record for his age group!

Participating in competitive softball motivates many players to exercise and practice regularly.

In 1995, experts from the American College of Sports Medicine (ACSM) and the Centers for Disease Control and Prevention (CDC) recommended that all adults engage in "30 minutes of moderate-intensity exercise on most and preferably all days of the week." Keep in mind, this guideline is for general health maintenance. This amount of

exercise is not going to turn you into an elite athlete.

Since then, a distinction has evolved between "too little exercise" and "too much sitting." What this new perspective suggests is that, even if you get your 30-minute walk in, if you sit for the rest of the day, the health benefits gained from that exercise session will be lost.

In other words, what's now recommended is to obtain 30 minutes of exercise, but, also, to be physically active throughout the rest of the day. Sitting all day is the new smoking: Don't do it!

Clearly, these highlighted seniors not only meet, but exceed the ACSM/CDC exercise

recommendations. They're certainly not sitting around all day long! Thus, it's not surprising that both Hugh and Bill claim their health is excellent. George says he feels 30-40 years old "above the waist," though admits that his knees are not what they used to be.

Is there any scientific evidence that exercise and playing sports can actually improve your quality of life?

The ongoing Cooper Center Longitudinal Study, launched in 1970, has obtained health and fitness details on more than 100,000 patients. Several years ago, data from more than 35,000 of those participants were analyzed.

Researchers found that aerobic fitness was indeed associated with quality-of-life indicators: Dramatic reductions in heartburn, daytime fatigue and sexual problems were noted. Sleep improved. Headaches occurred less often. These improvements were seen in both men and women with good aerobic

Continued on Next Page



Hugh Brotherton covers 2nd base in the TOC All-Star Game.

A Real-World Theory of Relativity

CARL'S CORNER By Carl Gustafson

Carl's corner of the world today comes from Bamako, Mali, on the continent of Africa. I'm in Africa to record 16 world renown African musicians for a historic music project I am writing and producing.

There is no senior softball here or senior sport of any kind. That's partly due to the fact that people aren't expected to live that long and when they do, they are often broke, broken and seden-

tary. Their best hope is that some younger relative might give them something to eat and maybe a corner on the dirt floor where they can sleep on a mat.

Traffic is a snarled mess where you sit in the back of a junker cab with no door or window handles, suffocating in blue exhaust and 110 degree heat.

There's an abundance of beggars and kids rapping on the windows, donkey carts fighting noisy motor bikes for position in the clogged intersections, chickens scurrying out of the way, goats bleating, and a constant claustrophobia seeking to smother your senses.

What's more, this is not the worst city I've seen. Try living in what was once Kurdistan for even a day, where you might see human scavengers trying to sell animal guts out of a wheel barrow trailing slime and blood down the street amidst the smells of garbage, excrement and death.

So the next time you go to a tournament and feel outraged by an umpire's call or have your day ruined because you didn't hit well, or get incensed over your team rating, or a sun field, or back to back games, maybe a shoulder ailment — check yourself.

Realize that the ball park you

are playing in would be a slice of Paradise in many countries, and the car you drive home in could be the home itself for an entire family, and that it actually runs would make them the envy of their neighborhood.

Of course you probably paid 20 to 50 times their average annual salary for that car so there is no chance they will ever get to live in such luxury.

It's good to be old in America, and to then still be able to play ball—that's a home run in my corner. You are blessed my friends, enjoy every moment.

Health: Family, Friends Key to Long Life

Continued from Previous Page fitness.

And maintaining muscular strength as we age is important for doing house chores, general mobility, and just being able to pick up the grandkids and give them a hug. These activities also contribute to our quality of life.

Exercise Is Good For Mental Health

Exercise benefits mental health, too, and, in a variety of ways:

Regular exercise enhances brain functions: memory, navigation, reasoning, problem-solving, etc. One of the reasons is because exercise improves sleep quality. Exercise also has beneficial effects on mood. Within seconds of talking to Hugh, you'll experience his energy, extremely positive attitude, and vitality. He seems like someone still in his 20s!

Happiness can't be measured in the same way you measure, say, blood pressure with an arm cuff or cholesterol with a blood test. Yet, it is becoming more and more apparent that your frame-of-mind can also have dramatic effects on your health.

Actually, this isn't surprising, as stress and depression – arguably, the polar opposites of happiness – have each been associated with cardiovascular disease.

Social Interactions Have Powerful Benefits, Too!

While exercising and playing sports certainly affect our health in a positive way, it turns out that social interactions are beneficial to our health, too. In fact, this behavior seems to be critical to how long we live:

When studying several populations of people around the world that live to age 100,

largely disease-free, researchers discovered that socializing with family and friends is a common trait. These findings were summarized in the book *Blue Zones*, by Dan Buettner. Here's what they say about social interaction:

"The world's longest lived people participate in social circles that support healthy behaviors."

Playing competitive softball is that type of social circle.

When asked if the reason for playing softball is for health benefits, social interaction or just to have fun, Bill's immediate response was "all of them!"

However, Hugh and George feel that any health improvement is simply a nice bonus of playing a game they love. But all three players agree that the softball community is like an extended family.

The camaraderie with

teammates, socializing with other players and their families, these types of human interactions are now realized to be much more significant for mental health than they have been in the past.

So much so that doing it regularly may even help you live to 100!

ABOUT THE AUTHOR: Stan Reents, PharmD, is a health care professional and certified health 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."

Heard in the Dugout

"The reason fat men are good-natured is they can neither fight nor run." --Theodore Roosevelt

One-Day Tourneys: Prize Package Updated

Continued from Page 1

while teams playing in the Rutherford County Classic and the Old South Classic will receive a \$100 credit towards the Winter National Championships, Nov. 6 – 11, in Ft. Myers, FL.

Along with the Myrtle Beach Blast, SSUSA will hold another one-day tournament on May 12, in Boise, ID, the Spuds Classic. Similarly, teams playing in the Spuds Classic will receive a \$100 credit towards the Western National Championships, July 31 – Aug. 5, in Sacramento.

Be sure to check out the SSUSA schedule for a tournament near you, to qualify your team for the Eastern or Western National Championships, and the LVSSA/SSUSA World Masters Championships in Las Vegas, Sept. 20 – Oct. 7.

Also, be sure to check the schedule for a TOC qualifier near you, to punch your ticket to the Tournament of Champions in Polk County, FL in February 2019.

SSUSA is also excited to announce a new prize package, as winning teams from the following tournaments will receive customized jerseys from Elite Sports USA, the official uniform of Senior Softball-USA:

- Spring National Championships, March 23-25
- Texas State Championships, April 4-8
- LVSSA/SSUSA Southwest Championships, April 18-22

- Myrtle Beach Blast, May 12
- Atlantic Coast Championships, May 15-20
- So. Cal. State Championships, June 19-24
- Northeast Championships, July 6-11
- Midwest Championships, July 10-15
- Eastern National Champs, July 31-Aug. 5
- Western National Champs, July 31-Aug. 5
- Rutherford County Classic, Oct. 13-14
- Old South Classic, Oct. 13-14
- Winter World Championships, Nov. 13-18



Winning teams of the SSUSA tournaments listed at left will receive customized jerseys from Elite Sports USA, the official uniform of SSUSA.

TOC GOLDEN TICKET

Congratulations, YOU ARE INVITED!!!

ORIGINAL TOURNAMENT OF CHAMPIONS

Polk County, FL

Visit www.SeniorSoftball.com to view tournament dates

Managers: RSVP to SSUSA via phone or e-mail

Phone: (916) 326 - 5303 E-mail: info@seniorsoftball.com

Don't Miss Out on the Crown Jewel of Senior Softball - Free rings for winners, special edition bats for MVPs, gift bags for every manager, a gala sit-down banquet for 1,500 players and their families, as well as a hitting clinic, skills contests and the All-Star Game!

In 2018, players who win a TOC Qualifier will receive a Golden Ticket to the 2019 TOC in Polk County, FL in February.



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Opinions & Letters

Sports Elevate Players to a Higher Level

Guest Editorial By Leon Speroff Senior Softball Player at Age 83

CNN and ESPN often use the same language. Politicians and nations need "game plans." A military victory can be a "home run." Meanwhile, athletes are "warriors," and quarterbacks throw "bombs" to wide receivers. Football linemen are "battling in the trenches."

There is a long history of sports metaphors in war and military metaphors in sports.

It is even claimed that sports and militarism are inseparable, and that both the warrior and the athlete promote the successful position of a nation. War and sports have the power to unite individuals through shared experiences.

But can sports substitute for war? Or do sports prepare individuals for war?

Edward O. Wilson wrote in his book, "The Social Conquest of Earth," that sports are the evolutionary result of group natural selection. He concluded that "people around the world today, growing cautious of war and fearful of its consequences, have turned increasingly to its moral equivalent in team sports. Their thirst for group membership and superiority of their group can be satisfied with victory by their warriors in clashes on ritualized battlefields."

This subject has sparked many articles in newspapers and magazines, even in academic journals. It will likely be debated for years to come. Of course, war is not a game; going to a sporting event is not the same thing as going to war. However, the competition in sports not only brings out the best of us, but the dark side of human life is also often seen: anger, dishonesty, selfishness, racism.

Scholarly professors believe that personal traits of aggression, arrogance, and selfishness developed over thousands of years to influence individual survival, and that group traits of altruism, justice, and morality trace their roots to the tribes of early man when it became apparent that favorable group behaviors contributed to group success and perseverance.

The individual vs. group conflict exists in each of us, as well as within states and nations. Thus sports and war are manifestations of this conflict behavior.

The optimists among us, and I am one, believe that group natural selection is an ongoing and successful process, hard to measure in one's own lifetime, but apparent over a thousand years of history.

The challenge in the world of sports is similar to the challenge to warring nations: How do we achieve an outcome that is positive, fulfilling, and satisfying?

Examples are plentiful where powerful, achieving athletes are rewarded excessively with wealth and privilege, breeding arrogance and self-serving behavior of



Old Favorite: Cartoon by Sue Ballenger from Spring Edition 2008

entitlement.

I believe that senior softball is an example of sports where the components of individual behavior that are essential in military conflicts are held in abeyance, where victory over an opponent is not achieved at any cost, where what is right prevails over what is wrong, where an opponent's pain is not the objective, where the reward is pleasure for all participants, where competition is not conflict.

Senior softball players bring a reasoned state of mind to their game, recognizing their gratitude for their ability to postpone for a time the effects of aging and bringing empathy for both their teammates and their opponents. Anyone watching a senior softball game cannot help but think this is an example of successful group social behavior, an observation that should bring some reassurance about the human state.

You could point out that in the absence of fame and fortune, there is little incentive for senior softball players to let loose their individual aggression and selfishness. I would respond that the wisdom earned by older age influences us to be more appreciative of being alive, less self-serving, and more empathetic toward our fellow ball players.

Lasting satisfaction comes from watching the less-skilled get a hit, a teammate return from an injury, or one of us come back to the ball field after the insertion of a pace maker. Pleasure comes from team cohesion and companionship, and a temporary absence of politics and hatred.

Senior softball has no trash

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SSUSA Expanding in Southeast

This year, Senior Softball USA is making a concerted effort to offer more tournaments in the Southeastern United States.

SSUSA is launching a one-day tournament in Myrtle Beach, Fla., on Saturday, May 12 (Sunday, May 13 is Mother's Day), a two-day tournament in Savannah, Ga., and another two-day tournament in Rutherford County, Tenn., in October.

I'm looking forward to meeting players at the Myrtle Beach Blast, which qualifies teams for both the Eastern Nationals in Valdosta, Ga., AND the largest senior tournament in the America: The World Masters Championships in Las Vegas.

To help get these new Dixie Qualifiers rolling, SSUSA has

Covering the Bases By Terry Hennessy

launched an exciting set of prizes and incentives to teams.

Teams competing in the Myrtle Beach Blast will receive \$100 off the Eastern National entry fee, a chance to win a free bat – and winning teams will receive a set of personalized team jerseys.

Teams competing in the Old South Classic in Savannah or the Rutherford County Classic in Tennessee will receive \$100 off the Winter National Championships in Fort Myers, a chance to win a free bat and winning teams also will receive a set of person-

alized team jerseys.

Teams playing in these tournaments can be certain that the rosters are fair – and that each one is checked and approved by our staff.

We have been asked for a few years to increase the tournaments we run in the Southeast, and most players can't understand why we don't "just do it."

While it sounds simple, it is actually very complicated adding tournaments in an area that already has a number of senior softball tournaments run by other associations.

The only way to succeed in establishing tournaments that will grow over several years is to offer exciting opportunities for teams to compete – and to offer a qual-

ity experience at the tournament.

We try to avoid long-standing tournaments of other associations, find an area that has good road access, excellent softball facilities...and is an area players and their families would like to visit

These three new Dixie Qualifier sites meet our main goals of putting new tournaments in places players are willing to travel to play ball.

We hope that the incentives will help in creating a fun and exciting set of tournaments for players in the Southeast to enjoy.

Terry Hennessy is the chief executive officer of Senior Softball USA and can be reached at terryh@seniorsoftball.com.

Colonoscopy Saves 61% More Lives

A study looked at roughly 25,000 patients in the Veterans Affairs health system revealed some interesting and possible life-saving possibilities for future patients.

In the study group, nearly 20,000 patients were cancer-free between 2002 and 2008. But about 5,000 were diagnosed with colorectal cancer during that time and died of the disease by 2010. Sadly, those who died were significantly less likely to have had a colonoscopy.

A comparison of screening histories over about two decades found that "colonoscopy was associated with a 61 percent reduction in colorectal cancer mortality," said study author Dr. Charles Kahi, gastroenterology section chief with the Roudebush VA Medical Center in Indianapolis.

The U.S. Centers for Disease



CAN-SIRS
CORNER
By Pete Davignon

Control and Prevention recommends everyone between the ages of 50 and 75 get screened for colon cancer. Those at high risk, including those with a family history of the disease, should be tested even earlier.

Screening takes several forms, including stool tests; a lower colon exam called flexible sigmoidoscopy; and even a virtual colonoscopy that relies on X-rays to scan the entire colon.

For a full colon exam, or colonoscopy, a patient is sedated, a doctor inserts a flexible, lighted tube to examine the entire colon. Growths called polyps can be removed during the procedure.

A colonoscopy reduces the risk of death from right-sided colorectal cancer by 46 percent and left-sided cancer by 72 percent, equaling a combined drop of 61 percent.

The results confirm a body of data supporting that colonoscopy is associated with a substantial reduction in risk of colorectal cancer.

The results provide reassurance that colonoscopy is an effective screening tool. Doctors need to make colorectal cancer screening a routine part of preventive care.

Kahi published the findings online March 13 in the "Annals

of Internal Medicine."

CAN-Sirs Awareness and Prevention Exhibition team is co-sponsoring the Northern California State Championships in Sacramento, June 26-July 1 and we will be entering the Western National Championships in Sacramento, July 31-Aug. 5.

CAN-Sirs would also like to play in the Rock 'N Reno Challenge Cup, May 25-June 3, if we can get enough players.

If you are interested, email us at us at <u>can-sirs@att.net</u> and visit the CAN-Sirs website at <u>www.can-sirs.org</u>.

Your financial support is welcome, you can donate through PayPal or 2485 Notre Dame Blvd. #370-180, Chico, CA 95928.

114 Teams Compete in Spring Worlds

MESQUITE, Nev./ST.
GEORGE, Utah – The 2018
Spring World Championships,
sponsored by Mesquite Gaming
and Adidas, marked the first TOC
qualifier of the 2018 calendar
year, with 114 teams in action
across three complexes: The
Canyons Softball Complex (St.
George), Hunter Park Softball
Complex (Mesquite) and Pioneer
Park Softball Complex (Mesquite).

The first session of the tournament, the Men's 65-80 age divisions, featured 49 teams playing March 20-22. The tournament continued with session two, the Men's 50-60 age divisions, as 65 teams battled it out March 23-25. Winning teams from each division punched their ticket to the Tournament of Champions, held in Florida in February 2019.

Beginning with the elder statesmen of the game, six teams made up the Men's 80 Gold division. Following a three-game mixed-round robin, three teams each split off into the Men's Major and AAA divisions.

Offense was on full display in the three-team Men's 80 Major division, as top seed Fairway Ford (CA) defeated Emerald 80's (WA) 30-27 in the "if" game, avenging their 27-26 loss in the championship game. Scrap Iron Gray Berets (CO) rounded out the three-team division.

The top seed also took the three-team Men's 80 AAA

division, as Top Gun Diamond 80 (CA) went 2-0 in bracket play, including a 25-8 victory over Git-R-Done 80 (CA) in the championship game. Forever Young Diamonds (UT) finished third.

The eight-team Men's 75 Gold Division also featured a three-game mixed round robin, with three teams each breaking out for bracket play in the Major and AAA divisions, while the Major Plus division saw a best two-out-three game series.

The Men's 75 Major Plus bracket featured back-and-forth action, Omen 75 (CA) and Scrap Iron 75 Legacy (CO) split the first two games of the best two-out-of-three game series. Scrap Iron took the opening game with ease 20-12, while Omen clawed back to even the series with a hard-fought 14-12 win in game two to force the third and decisive game. In the rubber match, Omen completed the comeback, running away with the "if" game 17-9.

Scrap Iron Beams (CO) posted a 3-0 record in bracket play to win the three-team Men's 75 Major division, including a 24-15 victory over The Zone (UT) in the championship game. Las Vegas 75 Coyotes (NV)



finished in third place.

Top Gun 6 Bits (CA), the No.1 seed in the three-team Men's 75 AAA division, went 2-0 in bracket play, including an 18-11 win over Git-R-Done 75 (CA)

in the championship game. Magic Stuff 75's (UT) rounded out the three-team division.

The eight-team Men's 70 Silver division played a mixed three-game round robin to seed, as six teams would go off for the 70 AAA division, while the 70 AA division saw a best two-out-three game series.

Due to an injury delay and rainout, co-champions were crowned in the six-team Men's 70 AAA division.

Top seed Git-R-Done 70 (CA) won their first two games in bracket play to reach the championship game, while Elite 70's LVSSA (NV) won three straight games in the elimination side of the bracket to reach the championship game.

Elite 70's LVSSA continued their strong play with a fourth straight win in their fourth game of the final day of action, defeating Git-R-Done, 18-14, in the championship game.

Git-R-Done had defeated

Elite LVSSA earlier in the bracket 14-11, dropping Elite LVSSA down into the elimination bracket. With no "if" game played due to injury delay and rainout, Git-R-Done and Elite LVSSA would go on to share the title. PDC Yankees 70's (CO) finished in third place.

Doughboys (NV) swept California Oaks by scores of 16-13 and 17-8, respectively, in the Men's 70 AA division.

Eight teams made up the Men's 70 Platinum division, with six teams going off for the 70 Major division and two teams squaring off for the 70 Major Plus division.

After dropping their first game against SoCal Gusto (CA) 17-10, Omen 70 (CA) won back-to-back games, by scores of 25-19 and 18-3, respectively, to win the best two-out-three game series for the Men's 70 Major Plus title.

Sons of Pitches (CA) went undefeated for the tournament, going 2-0 in seeding play, before rattling off three straight wins in bracket play, including a 15-7 win over Sidewinders 70 (AZ) in the championship game of the sixteam Men's 70 Major division. Top seed Tri-State Diamondbacks (NM) finished in third place.

The largest division of the first session, the 12-team Men's 65 Silver (AAA/AA) division,

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Editorial: Softball Gives Invaluable Life Lessons

Continued from Page 8

talking; it has joyful, witty bantering for the enjoyment of all. At the end of each game, there are no entitlements coming our way, only the satisfaction and pleasure expressed in the traditional high-five ceremony between teams.

The spirit of senior softball is evident when the two teams form opposing lines, and we pass down the line trading high fives and "nice game" or "way to go."

No animosity. No conflict. No hatred.

Everyone has a beaming

smile, winners and losers. It is a mutual recognition of our togetherness, sharing another triumph over aging.

The professors of anthropology and sociology should spend some time studying senior softball. There are lessons to be learned about living together and enjoying life, with respect and fairness. A way to live without war.

EDITOR'S NOTE: Senior Softball News welcomes your Letters to the Editor. Please email to: <u>Anthony@SeniorSoftball.com</u> or mail to: Senior Softball News, 9823 Old Winery Place, Suite 12, Sacramento, CA, 96827

SWC: Baker Boyz (CA) Win Largest Division

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saw four teams go 2-0 in seeding play. One of the four teams, Sidewinders Desert 65 (AZ), continued their strong play into the bracket, winning four straight games, including a 26-23 win in the championship game over Scrap Iron 5280 (CO). Modesto O's (CA), No Guts, No Glory (CA), and OC Mustangs (CA) were the other three teams that entered bracket play undefeated.

After going 0-2 in seeding play, Scrap Iron 5280 bounced back with a 5-2 record in the bracket, with both losses coming at the hands of Sidewinders Desert, en route to their runner-up finish.

Another team that went 0-2 in seeding play, Speed Limit (UT), also dropped their first two games in the three-game guarantee bracket, before going on a mini-run, winning three straight elimination games to eventually finish in fourth place. No Guts, No Glory finished in third place.

The seven-team Men's 65 Platinum (Major Plus/Major) division was won by top seed R & R 65's (CA). The team went 2-0 in seeding play to lock up the No.1 seed, before winning three straight bracket games, including a nail-biter 24-23 in the championship game over Top Gun 65 Mavericks (CA). Following an 0-2 showing in seeding play and a loss in their first bracket game, Arizona Ancient finished in third place after winning three straight elimination games.

Continuing with the second session. West Coast Water 50's (NV) and Cornerstone 55 (OR) played in a best two-out-three game series for the Men's 50/55 Major Plus division, with West Coast Water sweeping the series by scores of 24-15 and 29-12, respectivley.

The four-team Men's 50 di-

vision saw top seed OG 50 (CA) edge out Arizona Alpha Dawgz 15-14 in the championship game. 4 The Fallen (AZ) finished in third place.

The 14-team Men's 50 AAA division was won by Thunderstruck (AZ), who posted a perfect weekend, going 2-0 in seeding play to earn the No. 2 seed, before going 4-0 in bracket play, including a 20-11 win over Grayed & Confused (UT) in the championship game. Grayed & Confused fell to Thunderstruck earlier in the bracket 19-12, knocking the team down into the elimination side of the bracket. With their backs against the wall, Grayed & Confused won three-straight one-run games, 28-27, 32-21 and 16-15, respectively, to reach the championship game.

After going 0-2 in seeding play, Running Late (AZ) bounced back in bracket play with three straight wins, before losing back-to-back games en route to their third-place finish.

Scrap Iron/Rocky Mountain Thunder (CO) earned the top seed in the 10-team Men's 55/60 Platinum division after their 2-0 showing in seeding play, before rattling off four straight wins in bracket play, including a 27-25 victory over Never Say Never/ Big Al's Trucking (UT) in the championship game to cap off an undefeated weekend.

West Coast Water I (NV) finished in third place after winning four straight elimination games. WPI/Wilson & Sons (ID) also made a valiant run through the elimination bracket with three wins in a row, before falling to West Coast Water.

The six-team Men's 55 AAA division saw another team register a flawless weekend, as Top Gun Hornets (CA) earned the top seed following their 2-0

record in seeding play, before going 3-0 in bracket play, including a thrilling 16-15 win over Arizona Scorpions 55's in the championship game. The Scorpions also went 2-0 in seeding to lock up the No. 2 seed, and posted a $\hat{2}$ -2 record in bracket play, with both losses coming at the hands of the Top Gun Hornets.

KSS (AZ) bounced back from an 0-2 record in seeding play with a 4-2 record in bracket play, including three straight wins in elimination games, en route to their third-place finish.

Another top seed, Southwest Bandits (AZ), also completed an unbeaten weekend, going 2-0 in seeding and 4-0 in bracket, including a 16-14 win over Arizona Scorpions 60's in the championship game of the 10-team Men's 60/65 Platinum division. Timberworks/Adidas 65 (CA) finished in third place.

The Men's 60 AAA division featured 15 teams, the largest division of the tournament, as Baker Boyz (CA) went 5-0 in bracket play, including a 29-11 win over the Utah Coyotes in the championship game. Following an 0-2 record in seeding play, the Utah Coyotes saved their best play for bracket games, as the team posted a 4-2 record en route to their runner-up finish. Both losses for the Coyotes came against the Baker Boyz.

Los Vatos Viejos 60 (AZ) won the three-team Men's 60 AA division, defeating Classics (UT), 26-20, in the championship game. Family (NV) finished in third place.

CLICK HERE to view complete game-by-game scores.



Spring 2018 Edition Senior Softball News

36 Teams Compete in 2018 Spring Nationals

POLK COUNTY, Fla. – The 2018 Spring National Championships, sponsored by Polk County Sports Marketing, and DeMarini and Louisville Slugger, was held here in March with 36 teams vying for a chance to earn their invitation to the 2019 original Tournament of Champions in February.

Beginning with the Men's 40 Masters Platinum (Major Plus/Major) division, Suncoast Adidas 40 (FL) won the three-team division with their 17-14 win over Headbangersports.com (FL) in the championship game. As the highest finishing 40 Major team, Headbangersports also earned a berth in the TOC. One Payment/Euler-Hermes (FL) rounded out the three-team division.



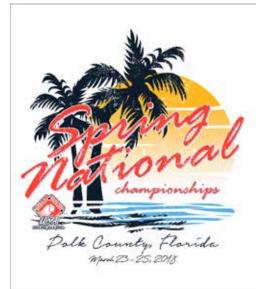
Suncoast/Adidas - Men's 40 Major **Plus Champion**

Fence Brokers/Team Kitty/Miken/Worth (AL) won the three-team Men's 50 Major Plus division following its 42-21 victory over Suncoast Adidas 50 (FL) in the championship game. Kelleher Firm Softball Club (FL) finished in third place.



Fence Brokers/Team Kitty/Miken/ Worth - Men's 50 Major Plus Champion

LeMay Contracting (FL) bested No



Shows (FL) in a best two-out-of-three game series in the Men's 50 Major division, sweeping the series by scores of 19-16 and 28-19.

In the five-team Men's 50/55 Gold (Major/AAA) division, top seed Florida Automated Shade 55 defeated All Secure (FL) 16-4 in the championship game. As the highest finishing 50 AAA team, All Secure also got an invitation to the TOC. Globe Trailers 50's (FL) finished in third place.

Ameriprise FL Legends 55's and Vecter Scorpions 55's played a best two-out-three



Ameriprise FL Legends - Men's 55 AAA Champion

game series in the Men's 55 AAA division, with Ameriprise sweeping the series by scores of 20-18 and 21-9.

The four-team Men's 55/60 Major Plus division, featured two teams in each age group, with the highest finishing 55 Major Plus and 60 Major Plus team each receiving a

After dropping their first game in the



TSC Miken Reloaded - Men's 55 Major **Plus Champion**



Florida Stingers - Men's 60 Major Plus Champion

bracket, TSC Miken Reloaded (GA) won four straight elimination games, all on Sunday, including double-dipping RBC Wealth Management (FL) in the championship game (27-25) and the "if" game (19-18). Florida Stingers finished in third place, and as the highest finishing 60 Major Plus team, earned a TOC



Pompano Crush 60's - Men's 60 Major Champion

invite.

In the three-team Men's 60/65 Platinum division, Pompano Crush 60's (FL) defeated Team Florida 65's in the championship game

SNC Continued on Next Page

Spring 2018 Edition

Senior Softball News 13

NC: Acousti Doubles Up To Win 65/70 Gold

Continued from Previous Page

34-13. Slug-A-Bug (FL) finished in third place.

RedHawk Nation (FL) won the threeteam Men's 60 AAA division, edging out FL Mustangs 60's, 20-19, in the championship game. Silver Rays (FL) finished in the third place.

Venom 70 (FL) defeated Who's On First (FL) 15-10 in the championship game of the

three-team Men's 65/70 Platinum division. Bulls (FL) finished in third place. As the highest finishing 65 Major team, Who's On First would also go on to earn a TOC berth.

Acousti (FL) took the four-team Men's 65/70 Gold division, coming out of the elimination side of the bracket to defeat Boca 70's (FL), in back-to-back games, winning the championship game (8-5), and the "if" game (13-3). Florida Mavericks came in third place.

Top seed Lane Construction (FL) completed a perfect weekend, going 3-0 in seeding play, and 3-0 in bracket play, including an 11-4 win over Florida Southern Force in the championship game of the four-team Men's 70 AAA division. DAF 70's/Globe Trailers finished in third place.

CLICK HERE for complete game-bygame scores.

Qualified for 2019 Original TOC Teams

78 teams have currently qualified for the 2019 Original Tournament of Champions. Below is a list of teams that have punched their ticket to the TOC by winning either the Winter National Championships (WNC), Winter World Championships (WWC), Spring World Championships (SWC), and/or Spring National Championships (SNC).

MEN'S 40+ MASTERS MA-**JOR PLUS**

GTS (ID) - [WWC] Suncoast Adidas 40 (FL) -[WNC] [SNC]

MEN'S 40-MASTERS MAJOR

S2S/.40 Cal (FL) - [WNC] SBOB/Voodoo Sports (AZ) -[WWC]

Headbangersports.com (FL) -[SNC]

MEN'S 40-MASTERS AAA Aces (AZ) - [WWC]

MEN'S 50-MAJOR PLUS

West Coast Water 50's (NV) -

Fence Brokers/Team Kitty/Miken/Worth (FL) - [SNC]

MEN'S 50-MAJOR

[SWC]

Bad Seed 50s (CA) - [WWC] Good Times/Clean Planet Foods (FL) - [WNC] OG (CA) - [SWC]

LeMay Contracting - [SNC] **MEN'S 50-AAA**

Elite/Scrap Iron (CO) - [WWC] No Shows - [WNC] All Secure (FL) - [SNC]

Thunderstruck (AZ) – [SWC]

MEN'S 55-MAJOR PLUS

TSC Miken Reloaded (GA) -[SNC]

MEN'S 55-MAJOR

Arizona Old School 55 - [WWC] Florida Automated Shade 55 -[WNC] [SNC] Scrap Iron/Rocky Mountain

Thunder (CO) - [SWC]

MEN'S 55-AAA

GAP Sports 55 (FL) - [WNC] Los Vatos Viejos 55 (AZ) -[WWC]

Top Gun Hornets (CA) - [SWC] Ameriprise FL Legends - [SNC]

MEN'S 55-AA

Arizona Blaze 55 - [WWC]

MEN'S 60-MAJOR PLUS

Florida Stingers - [WNC] [SNC] Texas Crush Sixties - [WWC]

MEN'S 60-MAJOR

AMR/Clean Planet/A Special Taste (MI) - [WNC] Southwest Bandits (AZ) -[WWC] [SWC] Pompano Crush 60's (FL) -

[SNC] MEN'S 60-AAA

Playmakers (WI) - [WNC] Team Alaska - [WWC]

Baker Boyz (CA) - [SWC] RedHawk Nation (FL) - [SNC]

MEN'S 60-AA

Glory Daze 60 (KY) - [WNC] Makua Alii (HI) - [WWC] Los Vatos Viejos 60 (AZ) -[SWC]

MEN'S 65-MAJOR PLUS

Team Florida 65's - [WNC]

MEN'S 65-MAJOR

Arizona Ancient - [WWC]

Handeland Flooring (WI) -[WNC]

R&R 65's (CA) - [SWC] Who's On First (FL) - [SNC]

MEN'S 65-AAA

Bradford White (PA) - [WNC] Rocco's OTD (AZ) - [WWC] Sidewinders Desert 65 (AZ) -[SWC]

Acousti (FL) - [SNC]

MEN'S 65-AA

Git-R-Done 65 (CA) - [WWC] Jersey Masters Red - [WNC]

MEN'S 70-MAJOR PLUS

Omen 70 (CA) - [SWC] Venom (FL) - [SNC]

MEN'S 70-MAJOR

Jersey Masters - [WNC] Tri-State Diamondbacks (NM) -[WWC]

Sons of Pitches (CA) - [SWC]

MEN'S 70-AAA

CC Medical Services (NY) -[WNC]

Midwest Express 70's (IA) -[WWC]

Elite 70's LVSSA (NV) - [SWC] Git-R-Done 70 (CA) - [SWC]

Lane Construction (FL) - [SNC]

MEN'S 70-AA

Doughboys (NV) - [SWC] MEN'S 75-MAJOR PLUS Florida Legends 75 - [WNC]

Omen 75 (CA) - [SWC]

MEN'S 75-MAJOR

Scrap Iron 75 Legacy (CO) -[WWC] Scrap Iron Beams (CO) - [SWC]

MEN'S 75-AAA

Arizona Outlaws 75 - [WWC] Chadwell Supply (FL) - [WNC] Top Gun 6 Bits (CA) - [SWC]

*MEN'S 80-MAJOR

*All 80's+ teams are invited to the TOC

Fairway Ford (CA) - [WWC] [SWC]

Florida Investment Properties -[WNC]

*MEN'S 80-AAA

*All 80's+ teams are invited to the TOC

New York Statesmen - [WNC] Top Gun Diamond 80 (CA) -[SWC]

*MEN'S 85

*All 80's+ teams are invited to the TOC

Arizona Prospectors 85 - [WWC]

WOMEN'S 40-MASTERS MAJOR

SoCal Toxic (CA) - [WWC]

WOMEN'S 40-MASTERS

Misfits (CA) - [WWC]

WOMEN'S 50 MAJOR Old School (CA) - [WWC]

WOMEN'S 55

2nd Wind 55 (CA) - [WWC]

WOMEN'S 60

California Spirit 60 - [WWC]

WOMEN'S 65

Jolico Seniors 65 (MI) - [WWC]

WOMEN'S 70

California Spirit 70 - [WWC]

If your team has won a TOC Qualifier this season and does NOT appear on this list, please contact Senior Softball USA at (916) 326-5303 or info@seniorsoftball.com.



Trampoline Effect Adds Power

By Art Eversole

If you have been listening to major League baseball broadcasters in recent years, they have been paying a lot of attention to the ball-exit-speed of home runs and line drives.

Why is that? Well, swingspeed seems to have taken a back seat to ball-exit-speed as ballexit-speed is now considered the key stat to focus on as the best indicator of a batter's contact efficiency. Clearly, the faster the ball is moving on the playing field, the more difficult it is to make a play and the greater the risk of injury.

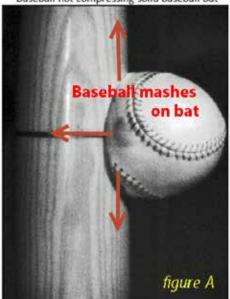
There is confusion between what bat-swing-speed is versus ball-exit-speed.

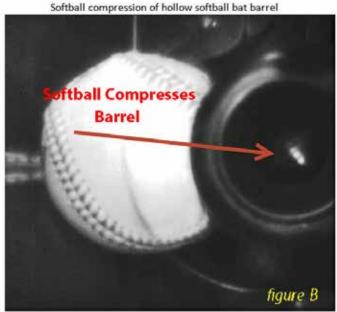
- BAT SPEED is the speed of the bat itself,
- EXIT SPEED is the speed of the ball after it hits the bat.

In baseball, a quality hit is the aggregate of the solid bat and baseball's characteristics, coupled with the batter's swing-speed and hitting mechanics. These elements all factor into how well swing energy is transferred to the ball. In slow pitch softball, we must also consider the trampoline effect as an additional factor that determines our ball-exit-speed.

Seniors often comment to teammates and on message boards that they are hitting the ball farther than they did in high school or college. Let's examine why those statements may have merit. Given today's carbon fiber technologies and the fact that our senior softball bats are hollow, adds a dimension to our game not seen during our early baseball, slow-pitch or fastpitch playing days.

Today's senior softball bats are more effective than traditional solid wooden bats because they Baseball not compressing solid baseball bat





are hollow and compress considerably upon contact, producing the trampoline effect. This phenomenon is found in all hollow baseball and softball bats as well as the modern golf driver.

The trampoline effect was observed years ago when the hollow metal bats were popular. The thin aluminum hollow shell compressed during the collision with the ball, springing back just like a trampoline does add additional speed to the exiting ball.

Two definitions of senior bat trampoline effect:

- During the collision of the senior bat and ball, the ball experiences an incredibly large stored up force for an extremely short period of time, causing the ball to instantly reverse direction at a speed that is far greater than that of a solid bat,
- During the collision with the hollow barrel the bat compresses and then expands instantly, seemingly to fling the ball forward. This singularity is unique to hollow metal and composite bats, giving rise to the term trampoline effect.

I have not found any numeric

values quantifying the trampoline effect. However, I conclude that it's a substantial amount from the difference in performance when hitting the softball with a solid wood bat, and then our senior bat.

Points.

- Bat barrel trampoline is similar to tennis and racquetball racquets where strings store up ball energy and then release it back to the ball,
- Unlike hollow bats, solid wood bats have no trampoline effect (see figures A & B),
- Ball-exit-speeds for baseball are higher than for the game of softball due to the baseball's lighter weight and higher ball COR and compression rating,
- Softball exit-speeds, just like in baseball, depend on the player's bat-speed, mechanics and ball characteristics; but when using a hollow bat, we must add the bat trampoline performance to the equation,
- For each mile-per-hour of ball-exit-speed, hitting a 44/375 softball, the ball travels on average about four feet according to an internet source,
 - Kinetic energy is the en-

ergy an object has because of its motion,

- Physicists measure the energy applied with a solid baseball bat to the ball with the Kinetic energy equation.
- This equation is described as being directly proportional to the mass of the bat times the square of its speed all divided by 2,
- -Equation for Kinetic Energy (solid bat): $Ke=\frac{1}{2}x$ (mass x velocity2).
- -Unofficial revised equation using a hollow bat: Ke = ½ x ([bat's weight] x [bat's speed]2) + Trampoline_factor!

My objective is to convey that our senior bats do enhance our hitting performance. In no way am I trying to make a case against their usage, as I believe they are good for our game. However, we seniors should recognize that our 1.21-BPF SSUSA senior bats do augment our hitting skill.

Happy hitting, Art Eversole

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LIGHTNING LEGENO® B-LOAD



LIGHTNING LEGEND® E-LOAD



LIGHTNING LEGEND® E-LOAD



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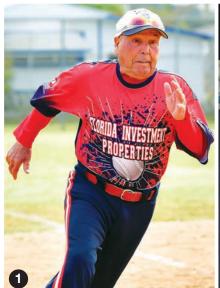
VISIT THE **DUDLEY** TENT AT THE **SSUSA WORLD TOURNAMENT**

FOR MORE INFORMATION REGARDING THE NEW LIGHTNING LEGEND LIFT BATS





















Photos by Jack Eberhard

TOC: True Test of the Best of the Best Settled at 12th Annual TOC

Continued from Page 1

for teams that have earned a berth via winning a designated qualifier. During the 2018 season, there were 23 TOC qualifiers held throughout the country. Additionally, Canadian teams are able to qualify through the Slo-Pitch National (SPN), while all 80's and over aged-teams are automatically

invited.

Beginning with the Winter National and Winter World Championships in November 2016 in Florida and Arizona, respectively, and culminating with the LVSSA/SSUSA World Masters Championships in Las Vegas in September/October 2017, thousands

of teams battled it out all season long for the right to play in the crown jewel of Senior Softball, the original Tournament of Champions in February.

Congratulations to the 30 teams (listed below, along with the qualifiers won during the season) who were

crowned champions of champions at the 2018 TOC

Women's Champions Kryptonite (FL) – (40 Major Champion) winners of the 2017 Spring National Championsships, 2017 Eastern National Championships, and the 2017 U.S. National Championships.

Lew's Crew/Exceeding ships.

Dreamgirlz (VA) - (50)Major Champion) winners of the 2017 Eastern National Championships, 2017 LVSSA/ SSUSA World Masters Championships - 2017 TRIPLE GRAND SLAM WINNER.

Stix With Impact (CA) – (50 AAA Champion) winners of the 2017 LVSSA/SSUSA World Masters Championships. Men's Champions

Suncoast Adidas (FL) -(40 Major Plus Champion) winners of the 2016 Winter

da) – (40 Major Champion)

winners of the 2017 Slo-Pitch National (SPN) Championships (Canada).

Bud Light Guam (40 AAA) Champion) winners of the 2017 LVSSA/SSUSA World Masters Championships.

Elmwood Sports Center (RI) - (50 Major Champion) winner of the 2017 Northeast Championships.

Team O50 (MO) - (50)AAA Champion) winners of the 2017 Midwest Championships.

Please Next Page

 Player on Florida Investment Properties - 80 Major, rounds third looking to score.
 National TOC All-Stars honored at the Banquet for winning the TOC All-Star game.
 Ms. Senior USA/Universe crowned at the Banquet. 4. Post-game handshake beween Dreamgirlz (VA) and Kryptonite (FL). 5. Todd Reed from Louisville Slugger Narriors in action during the TOC All-Stars vs. Warriors game. 6. Player on Fossils, Magic Stuff (MA) swings for the fences. 7. Player on S2S/.40 CAL (FL) looks to gun out the runner at home. 8. Michael Boone and Steve Zahn win the Louisville Slugger Silver bat, auctioned off by the Louisville Slugger Warriors at the Banquet

Banquet Highlights TOC Festivities

POLK COUNTY, Fla. – The annual TOC awards banquet, sponsored by Polk County Sports Marketing, the marquee pre-tournament event of the Original Tournament of Champions, was Feb. 8 at the RP Funding Center, formerly The Lakeland Center.

The 1,500-person event welcomes players and their families, for a sit-down gala, as Senior Softball USA honors the champions in attendance who have earned their berth to the TOC by winning a designated qualifier during the

The banquet also honors the players who participated in the TOC All-Star game, winners of the TOC skills contests, and the 80s and 85s teams in attendance.

Continuing SSUSA's partnership with the Louisville Slugger Warriors, a slow-pitch softball team made up of injured soldiers, Warriors General Manager David Van Sleet was once again in attendance. Van Sleet and the Warriors held a silent auction for a specially designed Silver Slugger Award bat, as well as a raffle for four roster spots

on the Warriors team in the exhibition game against the TOC All-Stars.

As part of the Louisville Slugger Warriors presentation, Todd Reed was on hand to tell his inspiring

A first this year was the coronation of Gailyn Saahir as Ms. Senior Florida 2017-18 and Joanie Helgesen as Founding Ms. Senior Florida 2017-18.

The event was held in conjunction with Ms. Senior USA/Universe, an organization that honors and celebrates the lives and accomplishments of Women over 60. Debbi Miller, Ms. Senior USA 2017-18 sung the National Anthem to start the banquet.

Kat Ray, Founding Ms. Senior USA 2015 and Founding Ms. Senior Universe 2016, who has performed the national anthem on several occasions during the opening ceremonies of the LVSSA/ SSUSA World Masters Championships, presented the coronation.

In a surprise crowning, SSUSA Executive Director, Fran Dowell, was bestowed upon a crown and sash of her own.

Expectations (MD) - (40 AA **Champion**) winners of the 2017 Atlantic Coast Champion-National Championships.

Homer Lovers (ON, Cana-

TOC: Triple Grand Slam Winners Venom and FIP Add TOC Title

Continued from Previous Page

Buddies Sampson Olivet Merchants (MI) – (50 AA Champion) winners of the 2017 Northern Championships.

DLB (MI) – (55 Major Plus Champion) winners of the 2017 Rocky Mountain Championships.

RBC Wealth Management (FL) – (55 Major Champion) winners of the 2017 LVSSA/SSUSA World Masters Championships.

TMS Michigan – (55 AAA Champion) winners of the 2017 Northern Championships and 2017 LVSSA/ SSUSA World Masters Championships.

New Mexico Boomers
– (55 AA Champion) winners of the 2017 Texas State
Championships

Hollis Appraisals 60's (FL) – (60 Major Plus Champion) winners of the 2016 Winter National Championships, 2017 Spring National Championships, 2017 Eastern National Champion-

ships

AMR/Clean Planet/A Special Taste (MI) – (60 Major Champion) winners of the 2017 Northern Championships.

Long Island Jaguars 60's (NY) – (60 AAA Champion) winners of the 2016 Winter National Championships.

Los Vatos Viejos 60 (AZ) – (60 AA Champion) winners of the 2017 Spring World Championships.

Ryan's Way (NV) – (65 Major Champion) winners of the 2017 Spring World Championships and 2017 LVSSA/SSUSA Southwest Championships.

Acousti (FL) – (65 AAA Champion) winners of the 2016 Winter National Championships.

New Jersey Masters Red – (65 AA Champion) winners of the 2017 Atlantic Coast Championships.

Venom 70 (FL) – (70 Major Plus Champion) winners of the 2016 Winter National Championships, 2017 Spring National Championships, 2017 Rock 'N Reno Challenge Cup, 2017 U.S. National Championships, 2017 LVSSA/SSUSA World Masters Championships -2017 TRIPLE GRAND SLAM WINNER.

Chicago Strikers (IL)
– (70 Major Champion)
winners of the 2017 Northern
Championships.

Boca's 70 (FL) – (70 AAA Champion) winners of the 2016 Winter National Championships.

El Paso Nine-Elevens (TX) – (70 AA Champion) winners of the 2017 Texas State Championships.

Pompano Beach Bums (FL) – (75 Major Champion) winners of the 2016 Winter National Championships.

Las Vegas 75 Coyotes (NV) – (75 AAA Champion) winners of the 2017 LVSSA/ SSUSA Southwest Championships and 2017 LVSSA/ SSUSA World Masters Championships.

Florida Investment
Properties – (80 Major
Champion) winners of the
2016 Winter National Championships, 2017 Eastern National Championships, 2017
LVSSA/SSUSA World Masters Championships - 2017
TRIPLE GRAND SLAM
WINNER.

Gray Sox 80's (MI) – (80 AAA Champion) - 80s teams automatically receive a TOC invitation.

Center For Sight (FL)
– (85 Champion) winners
of the 2017 LVSSA/SSUSA
World Masters Championships.

For a complete tournament recap, please <u>CLICK</u> <u>HERE</u> to view the story that previously appeared in the Newsletter.

For complete game-bygame scores, please <u>CLICK</u> <u>HERE</u>

TOC Most Valuable Players Named Tom Polanco, New Mexico (NV) Men's 75 Major

Women's 40 Major Karen Hunger, Kryptonite Women's 50 Major Michelle Brown, Dreamgirlz (VA) Women's 50 AAA Cinthia Becks, Stix With Impact (CA) Men's 40 Major Plus **Tony Elrod, Suncoast** Adidas (FL) Men's 40 Major Champion **Dave Boldt, Homer Lovers** (ON, Canada) Men's 40 AAA John MacDonald, Bud

Light Guam Men's 50 Major Division William Murphy, Elmwood Sports Center (RI) Men's 50 AAA Darryl Anderson, Team O50 (MO) Men's 50 AA Eddie Salazar, Buddies **Sampson Olivet Merchants** (MI) Men's 55 Major Roger Bard, RBC Wealth Management (FL) Men's 55 AAA Jeff Moon, TMS Michigan

Men's 55 AA

Boomers Men's 60 Major Plus Lawrence Reedus, Hollis Appraisals 60's (FL) Men's 60 Major Dave Erdmann, AMR/ Clean Planet/A Special Taste (MI) Men's 60 AAA Richard Caravaggio, Long Island Jaguars 60's (NY) Men's 60 AA Charles Valencia, Los Vatos Viejos 60 (AZ) Men's 65 Major Rob Taylor, Ryan's Way

Men's 65 AAA Larry Book, Acousti (FL) Men's 65 AA Larry Berra, New Jersey **Masters Red** Men's 70 Major Plus Dave Reed, Venom 70 (FL) Men's 70 Major Gary Matthews, Chicago Strikers (IL) Men's 70 AAA Donald Cabral, Boca's 70 (FL) Men's 70 AA Manuel Zapeda, El Paso Nine-Elevens (TX)

Men's 75 Major
Roy Hern, Pompano Beach
Bums (FL)
Men's 75 AAA
Larry Miller, Las Vegas 75
Coyotes (NV)
Men's 80 Major
Lawrence McCurdy, Florida Investment Properties
Men's 80 AAA
Charles Barracato, Gray
Sox 80's (MI)
Men's 85
Joe Sykes, Center For
Sight (FL)



National Team Defeats American Stars, 23-14

POLK COUNTY – In the annual TOC All-Star Game, the National Team, scoring early and often, downed the American Team, 23-14 (nine innings), on Feb. 7 at Auburndale Softball Complex.

Plating 11 runs through the

first three innings, the National team, managed by SSUSA Chief Executive Officer Terry Hennessy, along with co-coaches, Veronica Shaw (Kryptonite - FL, Women's 40) and Peter Torres (Bud Light Guam, Men's 40) never looked back en route to

their 23-14 triumph.

With their win, the National Team would go on to play the Louisville Slugger Warriors on Saturday night at Auburndale in an exhibition game.

The American Team was managed by Michael Sabatino

(Chicago Hitmen 65's – IL, Men's 65), along with co-coaches, Dan Davis (Oshkosh Ambassadors – WI, Men's 60) and Joel Riech (Long Island Jaguars – NY, Men's 60).



NATIONAL TOC ALL-STARS

Manager:

Terry Hennessy (SSUSA)

Co-Coaches:

Veronica Shaw (Kryptonite) / Peter Torres (Bud Light Guam)

Players:

Adams, Chuck (Gray Sox 80's)

Blakeman, Jeff (Top Gun Hornets)

Bourgeois, Kevin (OG) Cluff, Courtney 'Skip' (Never Say Never/Big Al's Trucking) Cummins, Rob (Durham Silver Stix 60's)

Didio, David (Long Island Jaguars)

Ezell, Richard (Cardot/Madalena Construction)

Fleming, Pat (McMahon-Coyne-Vitantonio/Just One More)

Garcia, Pete (Manifest 50's)

Giese, Larry (Ryan's Way)

Hartman, Joe (Buddies Sampson Olivet Merchants)

Hattig, Keith (Bud Light Guam) **Hawryliak, Frank** (Pittsburgh North)

Hennessy, Terry (Sacramento Islanders)

Holmes, Steve (Building Innovation Group)

Johnson, Roland (MN. Legends 80's)

Juma, Kevin (Doerflinger) LePage, Ray (Bostonian 70's) McKellop, Mike (ManCave/ WorkSteps)

McLennand, Mike (Chicago Hitmen)

Ong, Bill (Los Vatos Viejos) Ozolins, Mark 'Ozzie' (4 The Fallen)

Rastovski, Ed (Midwest Express)

Reedus, Lawrence (Hollis Appraisals 60's)

Ryczek, Tom (Northern Virginia Force 65's)

Schoelen, Al (Dallas Spurs) Serrato, Dan (Chicago Strikers) Shaw, Veronica (Kryptonite)

Smith, Dermont (Calhoun/Michael's Toyota)

Smith, Larry (Maryland Cougars)

Thompson, Larry (Life Guard Financial/Pepco)

Zahn, Steve (KC Classics)



AMERICAN TOC ALL-STARS

Manager:

Michael Sabatino (Chicago Hitmen 65's)

Co-Coaches:

Dan Davis (Oshkosh Ambassadors) / **Joel Riech** (Long Island Jaguars)

Players:

Alusik, Farlan (Roadhouse Blues/BP & Associates)

Anderson, David (Elmwood Sports Center)

Bernabei, Ed (J.D. Oxfords/Bob Johnson Chevrolet)

Black, David (Northern Virginia Force)

Boyajian, Dave (The Starboard/OTS)

Brooks, Jerry (Game On) **Brotherton, Hugh** (Center For

Sight)
Caravaggio, Rick (Long Island

Jaguars)

Cimmarrusti, Mike (Kamikaze) Garcia, Pete (Longshoremen 55) Gess, Tom (Central Penn Caveman Softball)

Gideon, Ken (Fresno Heat) **Gormanous, Scott** (Northwest

Legends 40)

Hampton, Ron (Pompano Beach

Bums)

tracting)

Hawkins, Dave (New Jersey Hitmen)

Keenan, Mike (Olympian Athletics)

Lunsford, Emory (Doerflinger) **Marshall, Lee** (Sacramento Buds)

Miller, Ed (Electrifiers)

Mittelstaedt, Craig (Oshkosh Ambassadors)

Mulville, Tony (Hard Tens/Oxnard Rookies)

Needle, Barry (Fifty GZ) O'Meara, Kathy (Dreamgirlz) Reed, Rob (Michigan Lakers 65) Rondeau, Paul (Lakeshore Con-

Schuler, Steve (Ain't No Saints) Squires, Christoper (Michael's/ Magic Toyota)

Trisler, Guy (Weakend Warriors) **Tucker, Debra** (Dreamgirlz)

Williams, Bob (Life Guard Financial/Pepco)

Willis, Stacy (Stix With Impact)
Wood, Willie (ProHelath Care)

Late Rally Lifts National TOC All-Stars Over Louisville Slugger Warriors, 29-25

POLK COUNTY – Trailing 25-22 heading into the top of the open, the National TOC All-Stars scored seven runs in the ninth, highlighted by a two-out grand slam from Steve Zahn (KC Classics, MO - Men's 50), to defeat the Louisville Slugger Warriors, a team made up of injured soldiers, 29-25, on Feb. 10 at Auburndale Softball Complex.

The Warriors led for much of the game, scoring five runs in the first, second, and eighth, innings; however, the team was held scoreless in the bottom of the ninth, as the National TOC All-Stars completed the come-

back victory.

The annual TOC All-Stars vs. Louisville Slugger Warriors exhibition game has become a staple event of the tournament.

For the second straight year, the Louisville Slugger Warriors raffled off several roster openings for the opportunity to play with the team in the game. Held at the banquet, four SSUSA players had their numbers picked, as Michael Boone, Mike Wassemiller, Ted Latona, and Gary Gosz were the lucky recipients.

"It was an honor and a privilege to play alongside of such talented individuals," said Gosz. "It's obvious that their injuries have not held them back from being superb athletes to enjoy and love the sport of softball. I am a US Army Vietnam veteran and cherished that night and moment to be on the field and in the dugout among our younger generation of US Warriors. God Bless America."

"It was an incredible experience," added Wassemiller. "We met several hours early for batting practice and had time to chat with many players. I heard some great stories, made some new friends, shared some deep discussion and some laughs. It was

beyond just playing another game of ball. It was almost a spiritual type of experience connecting with these true heroes, true warriors. Their passion for life, passion to live, passion to play the game was so apparent. I love how hard they played and how they love to run. They embraced me right away into their roster and dugout. They appeared just as grateful to have me on their team as I was to get to play with them. I'm very grateful to have gotten that opportunity."









The Louisville Slugger Warriors in action during their exhibition game against the TOC All-Stars



POIS THE BAT THE BALL.

Players Show Off at Annual TOC Skills Contests

POLK COUNTY, Fla. - The always popular skills contests at the original Tournament of Champions were held on Feb. 8th at Auburndale Softball Complex.

Four contests were held:

Precision Hitting Contest (winners receive bats)

Power Hitting Contest (winners receive bats)

Speed Contest

(winners receive shoes from

Pitching Contest

Adidas)

(winners receive gloves)

Each contest was broken down into four age categories: Men's 40/50 Men's 60 Men's 70/80 Women's Division

Winners were honored at the TOC Banquet on Thursday evening:





Mike Wassemiller Ed Miller

Precision Hitting –

Players hit various targets placed around the field.

Mike Wassemiller, 49 - Northwest Legends 40s (WA)

Ed Miller, 61 – Electrifiers (TX) Gary Nicolay, 70 – Venom 70s (FL)

Stacy Willis - Stix With Impact (CA)

Two divisions in the Precision Hitting Contest came down to a hit. In the Men's 60 division, Ed Miller and James McDowell each posted a score of five to go to a hit-off. In the hit-off, Miller





Gary Nicolay **Stacy Willis** would post a score of four for the win. In the Men's 70/80 division, Gary Nicolay and 86-year old Hugh Brotherton, the lone 80over participant, each recorded a scored of five. Nicolay would best Brotherton with a 4-2 score in the hit-off.

Power Hitting – Players try their best to knock it out the park in the home run derby.

Paul Rondeau, 53 – Lakeshore Contracting (ON, Canada) Scott Sanford, 61 – Slug-A-Bug (FL)

Raymond William LePage, 73 – Bostonian 70's (MA)

Aretha Tilley-Pigrum – Stix With Impact (CA)





Paul Rondeau

Scott Sanford

Similar to the Precision Hitting Contest, the Power Hitting Contest also saw a pair of hit-offs to determine the champion.

In the Men's 40/50 division, Paul Rondeau and Scott Gormanous each belted five home runs to go into a hit-off. Rondeau



Ray LePage Aretha Tilley-Pigrum would add four in the hit-off to take home the win.

Ray LePage and Ron Christian each hit a home run in the Men's 70/80 division, as LePage would go on to win the division with a homerun in the fourth round.

Speed – Players are timed running around the bases. Bill Rhodes, 45 – JD Oxfords/ Bob Johnson Chevrolet (NY): 12.15

Anthony Noto, 61 - Doug and Don's Auto Care (MI): 13.53 Frank Scotto, 71 – High Street

Bucs (MD): 13.97

Sara Payne – Kryptonite (FL): 13.62





Frank Scotto

Pitching – Players aim their pitches into a bucket placed at home plate.

Israel Ybarra, 57 – TMS Michigan

Ron Jesk, 68 – All-In (IL) Ron Christian, 70 - Long Island Jaguars (NY)

Vannie Behe Hardy- Kryp-

The pitching contest saw tight-action throughout. The Men's 40/50 division featured a four-way tie for fourth place between Israel Ybarra, Kevin Haarsma, Randy Hagan, and Mike Keenan, as all four players scored two. Ybarra would go on to beat the field scoring two again. After losing the hit-off in the Power Hitting Contest, Ron Christian would not be denied in the Pitching Contest, as he outdueled Eric Johnson in a pitch-off to win the Men's 70/80 division.

In the Women's division, Vannie Behe Hardy, Colleen Smith, and Cynthia Smith all tied with one. Behe and Colleen Smith each tied after the first round, while Behe would go on to win the division with another score in the third round. Ron Jesk had a solid performance in the Men's 60 division, scoring a contest-best five.







Ron Christian



2018 TOC FINAL STANDINGS

Women's 40/50 Major Division

- 1. Kryptonite (FL) (40 Major Champion)
- 2. Dreamgirlz (VA) (50 Major Champion)
- 3. Chill 40 Below (MD)

Women's 40/50 Silver Division

- 1. Stix With Impact (CA) (50 AAA Champion)
- 2. Fossils/Magic Stuff (MA)
- 3. Lew's Crew/Exceeding Expectations (MD) (40 AA Champion)

Men's 40 Masters Platinum Division

- 1. Homer Lovers (ON, Canada) (40 Major Champion)
- 2. S2S/.40 CAL (FL)
- 3. NorthWest Legends 40 (WA)
- *Suncoast Adidas (FL) (40 Major Plus Champion)

Men's 40 AAA Division

- 1. Bud Light Guam
- 2. Bob Johnson Chevrolet/J.D. Oxfords (NY)

Men's 50 Major Division

- 1. Elmwood Sports Center (RI)
- 2. OG (CA)
- 3. KC Classics (MO)

Men's 50 AAA Division

- 1. Team O50 (MO)
- 2. Trinity Rizzo's (NY)
- 3. Lakeshore Contracting (ON, Canada)

Men's 50 AA Division

- 1. Buddies Sampson Olivet Merchants (MI)
- 2. Fifty GZ (TX)
- 3. Manifest 50's (TX)

Men's 55/60 Platinum Division

- 1. RBC Wealth Management (FL)
- (55 Major Champion)
- 2. DLB (MI) (55 Major Plus Champion)
- 3. Hollis Appraisals 60's (FL) –

(60 Major Plus Champion)

Men's 55 AAA Division

- 1. TMS Michigan
- 2. Never Say Never/Big Al's Trucking (UT)
- 3. Maryland Cougars

Men's 55 AA Division

- 1. New Mexico Boomers
- 2. Longshoremen 55 (VA)

Men's 60 Major Division

- 1. AMR/Clean Planet/A Special Taste (MI)
- 2. Minnesota Cowboys
- 3. Gonzalez Insulation (TX)

Men's 60 AAA Division

- 1. Long Island Jaguars 60's (NY)
- 2. Pompano Crush 60's (FL)
- 3. Electrifiers (TX)

Men's 60 AA Division

- 1. Los Vatos Viejos 60 (AZ)
- 2. All-In (IL)
- 3. Ain't No Saints (CA)

Men's 65/70 Platinum Division

- 1. Ryan's Way (NV) (65 Major Champion)
- 2. Venom 70 (FL) (70 Major Plus Champion)
- 3. New Jersey Hitmen

Men's 65 AAA Division

1. Acousti (FL)

- 2. Bradford White (PA)
- 3. Minnesota Masters 65's

Men's 65 AA Division

- 1. New Jersey Masters Red
- 2. Dallas Spurs 65 (TX)
- 3. Chicago Hitmen 65'S (IL)

Men's 70 Gold Division

- 1. Boca's 70 (FL) (70 AAA Champion)
- 2. Midwest Express 70's (IA)
- 3. Game On (CA)
- *Chicago Strikers (IL) (70 Major Champion)

Men's 70 AA Division

- 1. El Paso Nine-Elevens (TX)
- 2. Sacramento Buds (CA)

Men's 75 Major Division

- 1. Pompano Beach Bums (FL)
- 2. Minnesota Masters 75-Jimmy's

Men's 75/80 Gold Division

- 1. Las Vegas 75 Coyotes (NV) (75 AAA Champion)
- 2. Florida Investment Properties –(80 Major Champion)

Men's 80/85 Gold Division

- 1. Gray Sox 80's (MI) (80 AAA Champion)
- 2. ProHealth Care (WI)
- 3. MN Legends 80's
- *Center For Sight (FL) (85 Champion)

TOC Hitting Clinic

The annual TOC Hitting Clinic, which is the first pretournament event, was held at Auburndale Softball Complex on Wed. Feb. 8.

The clinic gives players a chance to warm up and sharpen their skills before the tournament with some of the best hitters in the sport.

SSUSA would like to thank our hitting instructors for once again making the hitting clinic another successful event.



Bobby Davis



Dave Reed



Lee Trotter







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O Vigor Bounce

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Original TOC All-Tournament Team

Women's 40/50 Major Division

- 1. *Kryptonite (FL) (40 Major Champion):* Karen Hunger (MVP), Gayle Borgen, Theresa Walburger, Diane White, Veronica Shaw, April Blake.
- 2. *Dreamgirlz (VA) (50 Ma-jor Champion):* Michelle Brown (MVP), Lydia Crandall, Sylvia Echols, Fay Jennings, Anita McCall, Cynthia Mobley.
- 3. *Chill 40 Below (MD)* Nikki Davis, Summer Grossman, Marianna Newcomb, Shannon Rexrode.

Women's 40/50 Silver Division

- 1. Stix With Impact (CA) (50 AAA Champion): Cinthia Becks (MVP), Deena Dobbins, Sheryl Sanchez, Joann Hester, Stacy Willis, Misty Walker McGill.
- 2. Fossils/Magic Stuff (MA): Kristen Blandino, Tammy Schondelmayer, Connie Skinner.

Men's 40 Masters Platinum Division

- 1. Homer Lovers (ON, Canada) (40 Major Champion): Dave Boldt (MVP), Wes Vickery, Paul Quaresma, Vik Tathe, Scott Winhall, Neville Clayton.
- 3. *NorthWest Legends 40 (WA):* Mike Wassemiller, Shawn Maxey, Johnny White.
- *Suncoast Adidas (FL) (40 Major Plus Champion): Tony Elrod (MVP), Darryl Waddy, Brian Milstead, Rick Sills, Rhodney Donaldson, Lance Davis.

Men's 40 AAA Division

1. Bud Light Guam: John Mac-Donald III (MVP), Keith Hattig, Lawrence Idelbong, Patrick Alvarez, Jim Reyes, Benjie Pangelinan. 2. Bob Johnson Chevrolet/J.D. Oxfords (NY): Shawn Stalker, Stephen Shepanski, Rob DeJohn, Bill Rhodes, Steve Devalder.

Men's 50 Major Division

- 1. *Elmwood Sports Center (RI):* William Murphy (MVP), Ronnie Charchafilah, George Troupe, Anthony Tager Jr., John Kilcoyne, Doug Haynes.
- 2. *OG* (*CA*): Kevin Bourgeois, Jerry Dunn, Shawn Devlin, David Gee.
 3. *KC Classics* (*MO*): Alan Abrahamson, Greg Anderson, Jim Bolles.

Men's 50 AAA Division

- 1. *Team O50 (MO):* Darryl Anderson (MVP), Rodney Lofton, James Haynes, Robert Simmons, Ronald Banks, Scott Whitworth.
- 2. *Trinity Rizzo's (NY):* Chris Parsons, Darren Mack, Mark LaPoma, Rod Richardson.
- 3. *Lakeshore Contracting (ON, Canada):* Terry Wood, Michael Lewis, Tom Deehan.

Men's 50 AA Division

1. Buddies Sampson Olivet Merchants (MI): Eddie Salazar (MVP), Mike Miller, Scott Herrera, Scott Coolidge, Justin Bowerman.
2. Fifty GZ (TX): David Davidson, Jeffrey John Huser, Barry Needle, Steven Cantu.

Men's 55/60 Platinum Division

- 1. *RBC Wealth Management (FL)* (55 Major Champion): Roger Bard (MVP), Denny Russo, Gerard Blair, Luis Sanchez, Dale Franklin, Harold Smith.
- 3. Hollis Appraisals 60's (FL) (60 Major Plus Champion): Lawrence Reedus (MVP), Norm Edwards, George Roberts, Richard Meltz.

Men's 55 AAA Division

- 1. *TMS Michigan:* Jeff Moon (MVP), Joe Gould, Gary Ferro, Mark Syswerda, Dan Wolfram, Chuck Modd.
- 2. Never Say Never/Big Al's Trucking (UT): Alan Thompson, James Hansen, Davis Ballard, Kirk Taylor.
 3. Maryland Cougars Dave Moore, Harry Blumenkrantz, Ivan Abbott

Men's 55 AA Division

1. *New Mexico Boomers:* Tom Polanco (MVP), Antonio Hernandez, Tommy Parra, Jamie Gonzalez, Shawn McKenzie, Rey Granillo

Men's 60 Major Division

1. AMR/Clean Planet/A Special Taste (MI): Dave Erdmann (MVP), Steven Calderon, Harold Frederick Phillips, John Johnson, Tim Thomas, Nick Garoufalis.

Men's 60 AAA Division

1. *Long Island Jaguars 60's (NY):* Richard Caravaggio (MVP), Thomas Frierson Jr., Michael Cohen, James

Goelz, Tony Vecchione, Thomas O'Brien.

- 2. *Pompano Crush 60's (FL):* David Shipley, Gary Cicero, Rich Pedigree, Abby Ambron.
- 3. *Electrifiers (TX):* Charles Cain, Thomas Clemmons III, Lloyd Hill.

Men's 60 AA Division

- 1. *Los Vatos Viejos 60 (AZ):* Charles Valencia (MVP), Dennis Rosales, Fred DeLeon, Frank Bargas, William Ong, Rudy Franco.
- 2. *All-In (IL):* David Alan Schmidt, Michael Leahy, Daniel Athern, Don Griffin.
- 3. Ain't No Saints (CA): Steven Schuler, Jack Wabinga, Robert Smartt.

Men's 65/70 Platinum Division

- 1. Ryan's Way (NV) (65 Major Champion): Rob Taylor (MVP), Gary Gosz, Dale Palmer, Mike Marshall
- 2. Venom 70 (FL) (70 Major Plus Champion): Dave Reed (MVP), Jim Davidson, Gary Nicolay, Vince Melograno, Mike Marcum.

Men's 65 AAA Division

- 1. *Acousti (FL):* Larry Book (MVP), Roger Jubert, Dave Carden, Dave Jolly, Terry McIlrath.
- 2. *Bradford White (PA):* Bob Griffith, Bill Geissinger, Lou Vilotti, Alvie Rinehimer.
- 3. *Minnesota Masters 65's:* Bill Geisbauer, Rudy Wicklander, Steve Strusinski.

Men's 65 AA Division

1. New Jersey Masters Red: Richard Kovach, Jeff Peters, Frank DeLuca, Al Feigenbaum, Frank Pepe.
3. Chicago Hitmen 65'S (IL): Archie Aaron, James Kupiec, Mike McLennand.

Men's 70 Gold Division

Heyfron, Fred Pratt

- 1. Boca's 70 (FL) (70 AAA Champion): Donald Cabral (MVP), Robert Thornton, Gerald Lee Jones, Chuck Duff Jr., Ray Dye, Allen Smith.
 2. Midwest Express 70's (IA): Larry Peterson, Edward Rastovski, John
- Peterson, Edward Rastovski, John Kelly, Leo Hensley.

 3. *Game On (CA):* Don Brazell, Don
- *Chicago Strikers (IL) (70 Major Champion): Gary Matthews (MVP),

Tony Inzerillo, Jack Fitzer, Chuck Flucas, Chester Tylinski.

Men's 70 AA Division

- 1. *El Paso Nine-Elevens (TX):* Manuel Zapeda (MVP), Robert Nava, Robert Ward, William Ray, Ramon Zapeda.
- 2. *Sacramento Buds (CA):* Tosh Ohara, Robert Jones, Michael Jordan, Timothy Sutherland.

Men's 75 Major Division

- 1. *Pompano Beach Bums (FL):* Roy Hern (MVP), Matthew Callahan, Zeb Carter, Thomas Dabbs, Steve Papalas, Larry Sweet.
- 2. *Minnesota Masters 75-Jimmy's:* Lowell Thompson, Norman Setnicker, John Fricke, Earle Anderson.

Men's 75/80 Gold Division

- 1. *Las Vegas 75 Coyotes (NV) (75 AAA Champion):* Larry Miller (MVP), Larry Lavigne, Nat Rinato, Joe Upperman, John Bellavia, Robert Lane.
- 2. Florida Investment Properties (80 Major Champion): Lawrence McCurdy (MVP), J Duffie Stone, Frank Murth, Ron Huser, Vinnie Remson.

Men's 80/85 Gold Division

- 1. *Gray Sox 80's (MI) (80 AAA Champion):* Charles Barracato (MVP), Butch Perry, Dennis Schrier, Ellis Cutler, Alfonso Mejorado.

 2. *ProHealth Care (WI):* RC Brown.
- 2. *ProHealth Care (WI):* RC Brown Tony Gurdak, Dave Hunt, Walt Pluchinsky.
- 3. *MN Legends 80's:* Robert D'Amadio, Arnie Johnson, Dave Belbin.
- *Center For Sight (FL) (85 Champion): Joe Sykes (MVP), Bernie Sciacca, Kit Kittrell, Bill Weddle, Howard Schoen.





Cash Stockpile Provides Peace of Mind

By Jack Sirard

Ever since I was a child, I've loved cash and plenty of it

You know what I'm talking about: greenbacks, dollars by the bushel, something to fill up the bank account and your wallet.

None of that bitcoin crypto currency stuff for me.

Nope, I like the real thing...good old American hard-core currency. Uncle Sam's money complete with the full faith and backing of the globe's greatest country.

There's just something about having it around and it never disappoints.

And that's particularly true today as I've moved on to a full-time retiree and avid investor.

Admittedly it's tough to earn a lot on your cash investments today. And while interest rates are beginning to edge upward, the total returns on cash investments still remain fairly paltry. Having a stash of cash in your bank savings account, money market fund or even a certificate of deposit, certainly won't make you rich. And that's OK, because the focus of your cash account is preservation of capital. You don't want to chase risky promises of high rates offered by dubious deals.

What cash does offer is stability, opportunity and portfolio protection.

I'm certainly not alone in my appreciation of cash. Legendary investor Warren Buffett is currently sitting on roughly \$100 billion...yep billion. He's stockpiled that money via his Berkshire Hathaway because he knows that

even though the stock market is trading at or near record highs, it won't last forever.

And at the same time, he knows that when the market retreats, he'll have money readily available to swoop up some Wall Street bargains.

The same thing works for those who invest in real estate. The successful ones are those who accumulate cash through rents and leases in addition to sales and whenever there's a recession or downturn, they have the money to plunk down immediately on distressed properties that in turn can create ongoing cash flow.

So how much cash should you hold onto?

When you listen to the nation's financial analysts, there's no one set answer.

But for starters almost everyone advises having at least six months' worth of expenses secured in a bank savings or money market account. This cash is essentially an insurance account that can cover you if you're suddenly unable to pay your bills. Having this much in your stockpile means you won't have to sell other assets to cover your mounting bills. If you were forced to sell some of your stocks, it's likely that you'd also have to pay capital gains taxes as well.

As a retired investor, the last thing you'd want to do is to be forced to sell some of your income-producing stocks, bonds or mutual funds to pay your ongoing bills. No doubt, you've been counting on that income to augment your retirement funds so a force sale could

have serious long-term effects

Another role for building up that cash stockpile is that it can help you stick to your guns as a long-term investor. When turbulence hits the markets, cash will be there to provide peace of mind. Time and again it's been shown that holding 25 percent or so of your investment assets such as top-quality bonds and cash, greatly reduces the volatility in your account and that in turn provides more restful nights.

The bottom line for cash, according to most analysts, is to keep enough on hand to pay six months of bills and another 5 to 20 percent in your

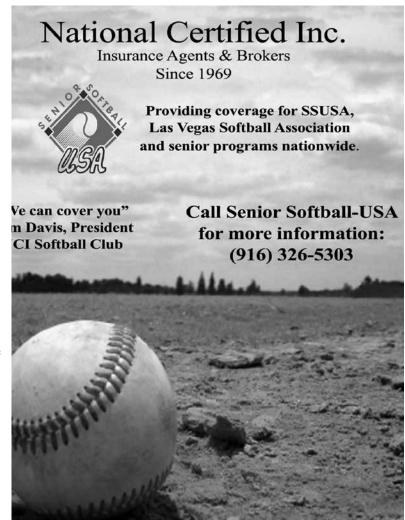
investment account to put you in a position to take advantage of sudden downturns in the market.

While this is not a getrich-quick strategy, you will sleep easy.

Jack Sirard is a retired nationally syndicated financial columnist and senior editor for Senior Softball USA.

Heard in the Dugout

"When a fellow says, 'It isn't the money, but the principle of the thing' --it's the money." --Kin Hubbard





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Action shots from the 2018 Original Tournament of Champions





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