

A SSUSA Tradition: 207 Teams Compete in 2018 Rock 'N Reno Challenge Cup

Softball News Report

RENO/SPARKS/CARSON CITY – The oldest and longest running Senior Softball-USA tournament, the Rock 'N Reno Challenge Cup, was held here May 25-June 3. The 2018 edition saw 207 teams embark upon “The Biggest Little City in the World” to compete in “The Biggest Little Qualifier Since 1988.”

The first of three sessions of the tournament featured 78

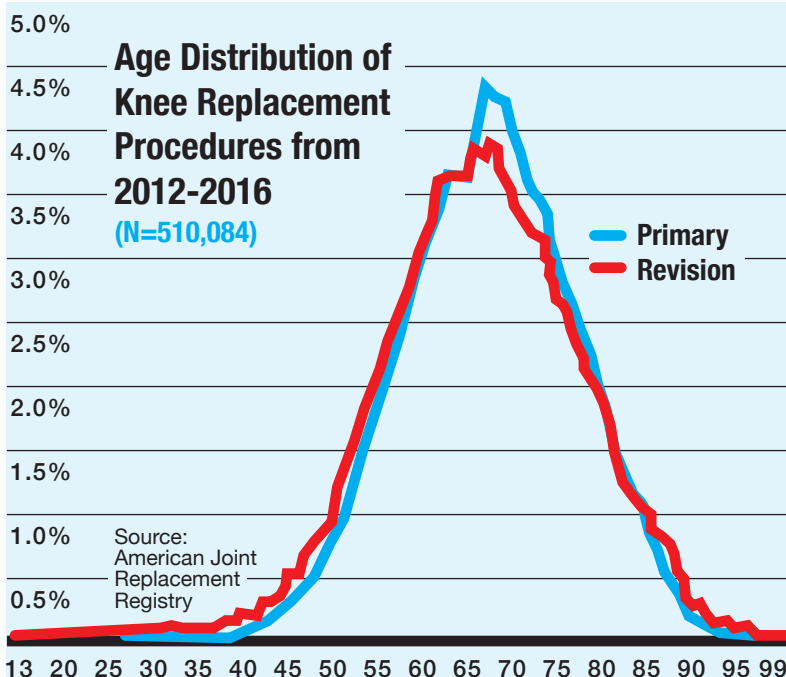
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1: Legends (CA) Men's 65 AA outfielder flashes the leather. 2: Idaho Spirit Women's 40 AAA catcher stretches for the play at the plate. 3: Twenty-Eight (28) Teams took home the top prize at the 2018 Rock 'N Reno Challenge Cup.

Photos by Jack Eberhard

Study Calls Popular Knee Surgery a Waste for Seniors



Unlike arthroscopy procedures, knee replacement surgeries are largely successful. (See story on page 6)

TRENDS

By Jack Sirard

Softball News Report

When it comes to playing another inning, game or season of senior softball, some players will do almost anything to stay on the field to play the game they love so much. And that's particularly true of players who are either injured or are watching their body parts slowly wear down as they age.

As senior players continue to sprint in the outfield for a long fly ball or hustle down the base line to beat out an infield hit, many put their

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Milwaukee Teams Give Refund to Warriors

The final day of the 2018 Milwaukee Classic, which helps to raise money for Wounded Warriors, was cancelled due to rain, affecting the 50s, 55s and 60s age divisions.

“I started calling teams and told them next year’s entry fee would be \$350 rather than \$400 (due to the lost games),” said Thom Mikich, tournament director of the Milwaukee Classic.

“After calling eight or 10 teams, I was told to keep the money for the Wounded Warriors. There are good people out there.”

“The greatest casualty is being forgotten and senior softball will not forget,” he said.



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Knee: Alternative Methods to Surgery

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knees at risk. That continual pounding on the knee joints has forced many a player to the sidelines wondering what to do next.

In fact, you don't have to be around the game of senior softball too long to either experience a knee injury first hand or know a teammate who's suffered an injury to one or both knees.

As a result, the question often heard in the dugout amongst players and coaches is, "What do you think I should do about my aching knee?"

Stay away from one of the most popular senior surgeries to remove worn and damaged parts of the meniscus, according to a study of the procedure by Johns Hopkins Medicine in Baltimore published in the Journal of the American Medical Association Surgery.

That study reported that about 750,000 of these surgeries are done each year, accounting for roughly two-thirds of orthopedic knee arthroscopy procedures in older patients.

The study also noted that the surgery can cost as much as \$10,000, but surprisingly in many cases it is not effective.

Over-the-counter medicine and physical therapy appear to be a better answer in many cases.

Nancy Allen, who is the Indiana state director for Senior Softball USA, says she found herself in the same position a decade ago when the pain in her knees restricted her ability to play the game of softball as she once was able

to do.

"My knee doctor was a former doctor for the Indianapolis Colts. I picked him because one of our players was the only person that I had ever known that had knee surgery and did not have a lot of issues and pain afterward," she says.

But instead of recommending surgery, Allen's doctor urged her to try alternative treatments first to see if she could avoid having surgery.

That course of action is precisely what the Johns Hopkins study recommends.

The study's authors argue the money often could be better spent on over-the-counter pain medications and more sophisticated physical therapy. They note that frequently a better idea is to rethink your strategy if you think surgery is the only answer.

Their counterproposal is to increase your low impact exercises such as swimming and biking and reducing those exercises that puts more pressure on the knee joints such as running.

That sounds about right to



Nancy Allen at the 2017 SSUSA/ISA National Convention Staff Softball Game in Auburn, AL

Allen who says "the recommendation about weight loss and low impact exercise I think is especially good because even if my doctor does recommend a surgery, he advocates these things. In my case he gave me behaviors and specific exercises as my weight was all right.

"To be honest I was not good at the exercises, but the behaviors helped strengthen my knee and are why I recovered without surgery. That was 11 years ago, and I can run and do most things except my beloved skiing.

"My doctor said what makes him saddest is that he gets a lot of new patients after they have had issues with a surgery. If they had come to him before having the surgery as a second opinion, he could have helped them and possibly avoided surgery."

When Senior Softball USA talked with several players, the idea of getting a second opinion seemed to answer a lot of questions because there are both alternative forms of treatment and different types of knee injuries.

For instance, players must first find out if their knee pain is coming from cartilage damage or arthritis. Many doctors are now saying that a combination of weight loss and enhanced physical therapy along with cortisone injections work better when the pain is mostly caused by arthritis.

However, like any medical study, there will be those whose experiences will contradict its findings. Chris Schneider is one of those.

Schneider, who plays for



Chris Schneider runs down a fly ball

the San Antonio Silver Streaks 70 Major team, had a torn meniscus when he was 65.

"When I went to the doctor and told him the symptoms, he immediately told me I had a tear. I asked him how many of these surgeries he had performed, it was in the thousands. I might add he takes care of knees, hips and shoulders. He is also the guy who takes care of two local high schools."

After giving it some thought, Schneider, now 70, scheduled the arthroscopic surgery for a week after the World Masters Championships in September.

"The day after my knee was scoped, I was walking my dog about a half mile, and within two weeks, I was up to a mile. There was minimal swelling for about two to three weeks. Two months after surgery (I was) running again with no pain. He gave me a video of the procedure which took about six to seven minutes of the procedure. That was five years ago."

Allen's story illustrates

Continued On Page 6

Best Softball Players Head to the Woodshed

In the music business we have a term called woodshedding that harkens back to a more rural America when people would practice playing or singing in the woodshed where no one could hear them or see them.

The best musicians today never really stop going to the woodshed. They don't believe in putting a capstone on learning and improving. It's true in the game of softball as well.

The best players spend a lot of time in the woodshed, but our woodsheds are usually lonely parks with the kids in school and only a few birds chirping about

CARL'S CORNER

By Carl Gustafson

for company.

I've had the good fortune to hit with some of the best, like Mike Macenko, Brett Helmer, Kevin Shulstrom, Steve Imlay, Clyde Phillips and Jim Cary. They all have one thing in common: They spend a lot of time in the woodshed.

But time in the woodshed is not enough. In fact, it can be detrimental. If you are having

problems with your swing such as transferring your weight too soon so you end up slapping at the ball with your arms and not using your powerful core, and you go to the woodshed to practice and all you do is slap at the ball 60 to 100 times, you just deepen your bad habit into your muscle memory.

That's the single biggest problem I see at softball practice. The woodshed should be where you make adjustments, seek counsel, film your stroke, take some chances, isolate different components of your stroke mechanics, talk shop and compare

notes, use the T, experiment with bats and balls, study the results, make notes, examine your technique.

While you are doing that, most players will be talking about how good they used to be before they got old, over beer and pizza, and then go out and lose a tournament complaining about umpire calls, sun fields, bad balls, stupid rules, wind blowing in, and opposing teams who should be in a higher division.

When you catch yourself doing that — go to the woodshed.

Music of Senior Softball

David Smith, 65, of Underwood, Ind., has been a member of Senior Softball USA since the mid-late 2000's, starting out with Zeppelin 55.

This past November, Smith played in the 2017 Winter National Championships (2018 roster event), with both Glory Daze and Kentuckiana. His Glory Daze team won the 60 AA Division, while his Kentuckiana team posted a runner-up finish in the 65 AA Division.

Smith recently composed a song for his current team, Glory Daze, to the tune of the popular Bruce Springsteen song by the same name.

"I've been writing songs for the last 30 years," said Smith. "I have written lots of songs for family and friends, that includes several softball songs. I loved the name Glory Daze and that led to the song."

"Last year was the first year for the Glory Daze team - but it is a combination of two teams that have been around for years, Old

School and Zeppelin - which I know the core of that team goes back 40 years," continued Smith.

You can listen to David Smith's song on YouTube by clicking [HERE](#).

IF ANYBODY HERE SEES BRUCE SPRINGSTEEN

TELL HIM HE'S GOT A SPOT ON OUR SOFTBALL TEAM THAT WE DON'T CARE WHAT POSITION HE PLAYS AND THE NAME OF OUR TEAM IS GLORY DAYS

GLORY DAZE - THEY AIN'T GOING TO PASS US BY

GLORY DAZE - HELL WE'RE OLD BUT WE TRY

GLORY DAZE - WE'RE GOING PLAY TILL WE DIE GLORY DAZE

ALL THE GUYS ON THE TEAM ARE 60 PLUS

OUR BODIES ARE BATTERED AND WE GOT A LITTLE RUST

WE'VE BEEN AROUND THE BLOCK BUT OUR EYES STILL SHINE

WHEN WE GET TO THE PARK AND IT'S GAME TIME

GLORY DAZE - THEY AIN'T GOING TO PASS US BY

GLORY DAZE - HELL WE'RE OLD BUT WE TRY

GLORY DAZE - WE'RE GOING PLAY TILL WE DIE GLORY DAZE



David Smith and his Glory Daze celebrate their 2017 Winter National Championship (Men's 60 AA Division)

*WE PLAY SPRING AND SUMMER - AND WE PLAY IN THE FALL
WE'LL PLAY ANYTIME - WE JUST LIKE TO PLAY BALL WE GIVE IT ALL WE GOT - WE DON'T PLAY AROUND BUT WE DO HAVE FUN - WHEN WE PLAY OUT OF TOWN*

*GLORY DAZE - THEY AIN'T GOING TO PASS US BY
GLORY DAZE - HELL WE'RE OLD BUT WE TRY
GLORY DAZE - WE'RE GOING PLAY TILL WE DIE GLORY DAZE*

*WIN OR LOSE IT AIN'T NO BIG THING IT'S STILL ALL ABOUT HOW YOU PLAY THE GAME
OUR YOUTH HAS BEEN SPENT WE'RE*

NOT QUITE AS GOOD BUT WE WOULDN'T TRADE A THING FOR THIS BROTHERHOOD

*GLORY DAZE - THEY AIN'T GOING TO PASS US BY
GLORY DAZE - HELL WE'RE OLD BUT WE TRY
GLORY DAZE - WE'RE GOING PLAY TILL WE DIE GLORY DAZE*

*IF ANYBODY HERE SEES BRUCE SPRINGSTEEN
TELL HIM HE'S GOT A SPOT ON OUR SOFTBALL TEAM*

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Knee: Best to Always Seek a Second Opinion

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the effectiveness of exercise and therapy instead of meniscus surgery:

"I used to ski and play ball a lot. I had gone to my family doctors three times over 15 years because of knee pain that I was having. I was told (I had) pulled cartilage, torn meniscus, and was compensating for my pulled quad, which kept me from walking for six weeks.

"Anyway the fourth time,

my family doctor sent me to get an MRI because ... my knee popped and hurt every step and felt like it could come out of the socket and sometimes made awful popping noises."

"The MRI had two pages of things about my knee. My knee doctor laughed and put it in my file because that is not what he uses. He took an X-ray of both knees, and there it was, my ACL was completely torn in two."

"He said that I had been misdiagnosed each time, but since I was stubborn, I kept walking because they told me that it was something minor. So his recommendation was to do the behaviors and exercises because I was babying that knee, and it was getting weak. He could repair it at any time, but it would be painful and require therapy; so he wanted me to try his suggestions first."

"That was 11 years ago,

and my knee feels better than it has in over 20 years."

"So, yes, I believe that a lot of unnecessary knee surgery is done and (I recommend) to never do it without a second opinion."

Allen recommends softball players research knee doctors and find one that deals with athletes.

"The type of knee issue should be what dictates the need for surgery or not."

Knee Replacement Surgery Booming

Softball News Report

While the recent Johns Hopkins study questioned the effectiveness of meniscus surgery, seniors continue to successfully undergo full knee replacements in increasing numbers as they strive to remain active.

The main reason senior softball players cite for getting knee replacements is their love for the game and burning desire to continue.

Many times players try several alternatives before resorting to a full knee replacement.

Mike Adair, who plays for the 65 Major team Over The Edge and is a member of the Senior Softball Hall of Fame, says he tried multiple treatments prior to surgery.

"First of all I have an HMO, but that does not mean you can't take control of your treatment. For the aging athlete it is important to find a surgeon that works with and on athletes of all ages."

Initially Adair says he elected to have his knee drained on a regular basis, exercise regularly and have physical therapy. In

addition he tried viscosupplement (SYNVISC) injections but said "the injections did not provide expected relief and I then elected to have surgery two years after my injury."

"I wanted to finish out the current season and I took cortisone injections every 90 days. If you time it out, you get maximum relief two weeks after injection. This is only a stopgap measure, as it reduces pain and does not promote healing. You are not allowed to do so on a more often basis."

He said that helped get him through the Worlds and then he had knee surgery in November 2016. "Results vary depending upon surgeon, hospital and patient. I was out of the hospital in 24 hours. I had aggressive, but not overly aggressive physical therapy and I followed the rules, but pushed my body to regain a competitive level."

His advice is to "get off of the opioids as quickly as possible, if for no other reason so you can go to the bathroom.

"An athlete knows their

body and can assist the doctor or therapist in determining their individual program. Today I do not feel pain, but will take anti-inflammatory after a day of playing, I ice after I play, but only as a precaution. Not as fast as I was, but then again I never was.

"My quality of life is beyond my expectations. For the person who thinks surgery is a waste, get a surgeon who operate on athletes not old people, find a good PT, and follow the rules."

The popularity of full knee replacements is booming.

According to University of Iowa, Carver College of Medicine researchers, the number of seniors getting knee replacements has risen 161 percent in the past two decades. Each year 600,000 Americans have full knee replacements.

The most common reason for a knee replacement is osteoarthritis. Osteoarthritis is a disease that damages the cartilage that helps joints move smoothly. When that cartilage breaks down, the bones in the joint begin to rub against each other. This can lead to pain

and stiffness, according to the Iowa study.

The numbers from the American Academy of Orthopaedic Surgeons are amazing

- By 2030, total knee replacement surgeries are projected to grow 673 percent to 3.5 million procedures per year.

- Nearly 50 percent of American adults develop knee osteoarthritis in at least one knee in their lifetime.

- More than 90 percent of people who have knee replacement surgery experience a dramatic reduction of knee pain.

- 80 percent of osteoarthritis patients have some degree of movement limitation.

The new knees are made to last longer, as well. In 2011 the FDA approved of replacements designed to last up to 30 years.

And a Harvard study found seniors with osteoarthritis could cut their chances of heart attacks by getting full knee replacements, allowing them to increase their physical activity.



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Opinions & Letters

Camaraderie Shows Power of Sport

It was Championship Day in Reno; the sun was shining and the trophies were gleaming, but there was little excitement in the middle of Diamond 10 at the Golden Eagle Sports Complex.

Both teams stood in somber tribute together at the pitcher's rubber to remember Allen Pampe, who had collapsed and died that morning in his hotel.

Allen had been playing with the NorCal Reds 65 Major team, which was in the winner's bracket final that day. He had no previous heart issues and, as far as his teammates knew, was in good health. Allen had played on a number of Northern California teams over the past decade and

grown to know scores of players.

His team was grieving; the loss still new and very raw.

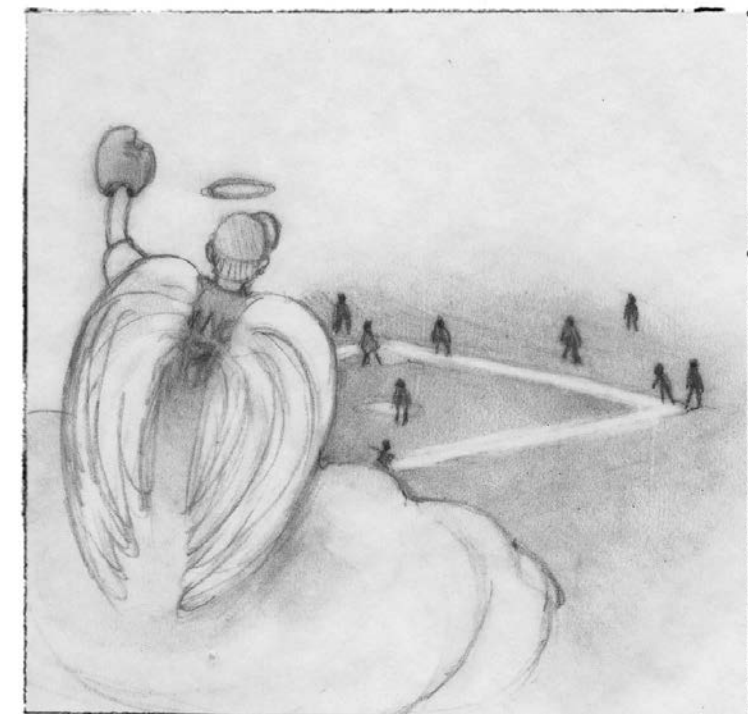
The team debated whether to even play, but decided to compete in memory of Allen.

But they were not alone. Teams and players that knew Allen stopped to offer their condolences – and teams that never met him offered their support throughout the day.

The scores didn't matter. Batting averages were not considered, errors ignored.

What did matter was the shared camaraderie that eased, just for a bit, the pain of losing a friend and teammate.

On that Championship day,



Sue Ballenger

many players from many teams were on the NorCal Reds roster in spirit.

And on that tragic day, it was

inspiring to witness the positive power of our sport.

Terry Hennessy, Editor

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Ross MacIver MacIver Brought SSWC to Canada

Ross MacIver, a longtime Senior Softball-USA director and an instrumental force in developing senior softball in Canada, died May 14 at age 85.

MacIver held the first World Championships Qualifier in Canada in 1995 and led the drive to bring the World Championships to Manitoba in both 2000 and 2003, the only two times the World Championships was held outside of the United States.

"Ross was a wonderful ambassador for our sport and a pioneer who steadfastly believed in building senior softball in Canada," said Terry Hennessy, SSUSA chief executive officer. "Ross' work lives on in the many teams competing in Manitoba and throughout Canada today."

MacIver also managed and played for the Carefree Getaway Flashbacks team that took third place in the 65 AA division in Oregon 2002, second place in Winnipeg Manitoba in 2003, and first place in both the 70 AAA in Las Vegas 2004 and 75 AAA in Phoenix 2008.

He was inducted into the Manitoba Softball Hall of Fame in 2010, as well as the Junior Football and Slopitch Halls of Fame.

Earlier in his life, MacIver worked for the Canadian National Railway CNR for 38 years in Canada, the U.S. and Africa, managing the national basketball team in Zambia during his tour there.

The Reason for Rain Policy

Softball players can play in some pretty nasty weather. There have been games in snow, mud, extreme heat and gale-force winds.

Even so, the rains of 2018 – especially in the East – have been very challenging.

Last month during the Atlantic Coast Championships, storms slammed Northern Virginia and the Eastern Seaboard with heavy rains over several days causing significant flooding in some parts of the region.

We played two of three days in the first session.

Before the second session even started, we lost one of our three softball complexes because of the rain. Some games were played Friday, both remaining softball complexes were rained out on Saturday and Potomack Lakes Complex was rained out Sunday.

Fortunately, we were able to play at Bolen Park on Sunday and determine winners in six of 10 divisions in an abbreviated schedule.

We would like to thank Dave Carver and the Loudoun County Parks crews for the massive and impressive efforts they made during the 2018 Atlantic Coast Championships. We would also like to thank those teams and players who stayed for the entire three days.

I was at the 2018 Atlantic Coast Championships and gave approval for the decisions to try to get the games played. Our goal, and the goal of all SSUSA Qualifiers – and especially TOC Qualifiers – is to play as many games as possible to determine winners. Many teams travel great distances to participate and we feel it is our duty to them to try to

Covering the Bases By Terry Hennessy

complete the tournament if at all possible.

In the case of the Atlantic Coast Championships, we were able to determine winners in all divisions in the first session and winners in six of the 10 divisions in the second division. Given the extreme weather, I am very happy with the result.

Understandably, many teams have asked about refunds or credits because they played fewer than the five games originally scheduled, and many of the games were shortened in order to complete the tournament.

Our rainout policy has been clear since it was first introduced in 1988:

"If, in the opinion of the Directors, a Senior Softball USA tournament must be terminated prior to its conclusion because of adverse weather or other Acts of God, the tournament will not be postponed beyond its ending date. Should this unlikely event occur, refunds will be made at the discretion of the SSWC Executive Board. In no event will refunds be made after (2) two games have been played. There is no guarantee of any refund. Participants must realize that no one can control weather or other Acts of God."

We gave full refunds or credits (the team's decision) to all teams that stayed for the entire Atlantic Coast Championships that were unable to play.

We decided – for this tournament only – to give teams that played fewer than four games

some partial credits toward other tournaments as our thanks for their patience and perseverance in an extreme weather situation. Teams playing in the second session all played shortened game times.

We gave no refund or credit to any team that dropped out during the tournament.

To offer refunds to teams that decide to drop out based on a forecast of bad weather or because they just do not want to play in inclement weather would undermine our ability to schedule any tournament.

Some have said we are only interested in the money.

Not true.

In the Atlantic Coast Championships, we will lose money – not just because of the credits and refunds, but because many of the expenses of the tournament are paid regardless of weather.

We play an outdoor game and we all – SSUSA, players and teams – assume a risk in entering and playing tournaments.

For our part, SSUSA will ALWAYS try our best to determine winners in all tournaments. We do this for the teams who travel to play and are competing to win berths or qualify.

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

Heard in the Dugout

"Wit in conversation is, in the midwives' phrase, a quick conception and an easy delivery."

- Jonathan Swift



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Weather Wreaks Havoc at 2018 ACC

Softball News Report

LOUDOUN COUNTY, VA - In weather reminiscent of an Old Testament deluge, five powerful storms rolled through Northern Virginia in May dropping more than 10 inches of rain – the second most recorded rainfall for that period in the history of the region.

The storms caused flooding throughout the area and soaked one of the largest Senior Softball USA tournaments on the East Coast, the Atlantic Coast Championships here.

Through the Herculean efforts of the Loudoun County Parks and Recreation Department, which posted as many as 19 workers on a single field, the entire first session played two of the three days to decide winners in each of the five competing divisions.

The second session saw six of 10 divisions complete abbreviated play to determine winners.

"We would especially like to thank Dave Carver and the Loudoun County Parks and Recreation Department for the best response to adverse weather we have ever

experienced," Terry Hennessy, SSUSA chief executive officer, wrote in a letter to the Loudoun County administrator after the tournament.

Hennessy, who was at the tournament, expressed appreciation for the teams in the second session that stuck out all three days, some not even playing one inning.

"We wanted to show our deep appreciation to those teams that stayed in the tournament to the end by offering credits and refunds," he said. (See Covering the Bases on Page 9).

On the field in the first session, May 15-17, two dozen teams competed at Potomack Lakes Sportsplex in Sterling.

All seeding games on Tuesday, as well as bracket games on Wednesday were able to go off, before the rain came in, canceling Thursday's games.

In the six-team Men's 65 Platinum Division, Northern Virginia Force entered bracket play as the top seed following a perfect 2-0 record in seeding play. In bracket play, No. 4 seed High Street Bucs (MD) won three



games, defeating KC Kids (KS), Northern Virginia Force, and Bradford White (PA), to reach the championship game. Bradford White finished in second as the remainder of the bracket was rained out.

The Rochester Brewers (NY) entered the seven-team Men's 65 Silver Division bracket as the top seed after going 2-0 in seeding play. However, it would be Pill & Pill (WV) taking the eventual top spot, defeating Extra Innings Softball (VA), Syracuse Cyclones (NY), and Rochester Brewers. Rochester would finish in second place.

Continuing with the three-team Men's 70 Major Division, Spicer Properties (MD) finished first following wins over Jersey Masters (NJ) and Northern Virginia Force.

In the four-team Men's 70/75 Gold Division, Delaware Auto Salvage recorded wins over Syracuse Cyclones (NY) and Bostonian 70's (MA), en route to a first-place finish.

The four-team Men's 75 AAA Division saw Baily Talent Cavaliers 75 (VA) earning the first-place finish following wins over Syracuse Cyclones (NY) and Pittsburgh Gold (PA).

During the second session, May 18-20, six teams were able to clinch their berths to the TOC

despite the inclement weather.

Chill 40 Below (MD) and No More (VA) played a best two-out-of-three game series for the Women's 40 Major Division. No More took the opener, 9-8; while Chill 40 Below bounced back to even the series with an 11-5 win in the second game. Chill 40 Below would go on to take the rubber match, 9-7, to win the division.

The Women's 40 AAA Division also featured a best two-out-of-three game series, with Fireballs (MA) sweeping Lew's Crew/Exceeding Expectations (MD) by scores of 18-9 and 11-10, respectively.

In the seven-team Men's 40 Major Division, Wilson's Blvd/Power Up (MD) posted a 3-0 record, including an 11-9 win over Rapid Fire (VA) in the championship game.

Y'all Next (MD) defeated Ponce Puerto Rico/First Capital (NY) 15-3 in the championship game of the three-team Men's 40 AAA Division.

Straight Gas (VA) took the five-team Men's 50 Major Division with a 13-12 win over RV Carey's Walkoff (MD).

Finance of America (NJ) won the Men's 50 AAA Division following its 14-4 win over Chicago Sams/RDD (CT) in the "if" game, after dropping the championship game 13-12. Old Skool (PA) finished in third place.

Heard in the Dugout

"There's one good thing about snow - it makes your lawn look as nice as your neighbor's." - Clyde Moore



Field crews in Loudoun County work extra innings at the Atlantic Coast Championships.

2018 ACC All-Tournament Teams

Women's 40 Major

No More (VA) – Tammi Talley, Heather Pomilio, Cherish Green, Melinda Fink.

Women's 40 AAA

Fireballs (MA) – Michelle Scecina, Marie Gaudreau, Tracy Robinson, Val Smith, Jennifer Jenkins. / Lew's Crew/Exceeding Expectations (MD) – Kim Adams, Rhae Parkes, Cindy Hall, Tracy Walker.

Men's 40 AAA

Y'All Next (MD) – Shawn Smith, Damian Rivera, Terry Thompson, James Slater, Mario Walker.

Men's 50 Major

RV Carey's/Walkoff (MD) – Phil Spelzini, Edward Sarecky, Anthony Traylor, Michael Hutchinson.

Men's 65 Platinum

High Street Bucs (MD) – Rick Grimm, Steven Pope, Joseph Herr, Timothy Potter, Michael Wingard.

Men's 65 Silver

Syracuse Cyclones (NY) – Joseph Vancho, Thomas Maroney, Michael Liquori.

Men's 70 Major

Spicer Properties (MD) – Billy Martin, Robert Hewett, Stephen Rose, Joseph West, Jack Ogert.

Men's 70/75 Gold

Delaware Auto Salvage – Bill Freeland, William Wallace, Hector Dominguez, Clarence Creswell, Richard Longo. / Syracuse Cyclones (NY) – Steven Johnson, Ted Storto, Alex Shue.

Men's 75 AAA

Bailey Talent Cavaliers (VA) – Leroy Allen, Gary Parks, JH Davis, Danny Wandling, Joseph Johnson. / Pittsburg Gold (PA) – Robert Etchberger, Raymond Grove, Jack Leone, Keith Treese.





Avoid No Pain, No Gain Philosophy

By Stan Reents

Senior Softball News Contributor

Rhabdomyolysis is a medical term that describes serious muscle injury. It can be caused by trauma, by certain drugs, and, yes, by too much exercise.

When this condition results from exercise, it's called exertional rhabdomyolysis. It can affect anyone...from out-of-shape people to elite athletes to military personnel.

Generally, it occurs shortly after a single exercise session that is excessive.

And an exercise session doesn't have to last for hours to provoke this. All that's necessary is to work a muscle group harder than it is used to.

A 29-year-old man developed rhabdomyolysis in his abdominal muscles after doing 30 to 40 sit-ups a day for five consecutive days. More than 100 high schoolers developed rhabdomyolysis after doing 120 push-ups in five minutes as part of a fitness test.

In 2011, thirteen University of Iowa football players were hospitalized for rhabdo after a workout involving 100 squats and pulling a sled 100 yards.

It has been reported after hiking, karate kicking, cheerleading practice, and even conga drumming!

Whatever the cause, rhabdomyolysis can be very serious. It can affect kidney function and lymphatic function and some people may have residual effects for the rest of their lives. Severe pain in the muscles that were exercised, combined with dark brown urine and extreme elevations of a blood protein abbreviated as CK, are used to make the diagnosis.

Here are details from two cases:

- A 40-year-old man developed rhabdomyolysis in his biceps after several sets of negative curls. He denied using anabolic steroids or any other drugs. Negative curls utilize a spotter to help lift the barbell up (concentric phase) then the person exercising lowers the barbell (eccentric phase) without assistance. Roughly 18 hours after this exercise session, the weightlifter experienced severe biceps pain and could not fully extend his

arms. His CK levels reached 76,000 U/L.

- A 22-year-old college senior whose usual exercise routine included running three to five miles a day and lifting weights five days a week, developed rhabdomyolysis when her personal trainer pushed her too hard. She performed squats and lunges and worked the calf muscles to exhaustion. Her legs shook noticeably. The personal trainer had to assist the woman in walking from one exercise machine to the other and urged her to continue despite her protests. Forty-eight hours later, she experienced severe pain in her legs and back. She went to the emergency department where it was determined that she had blood in her urine and her CK value was 234,000 U/L.

If you experience severe muscle soreness and your urine turns dark brown after an exercise session, you need to seek medical care immediately. Yes, it's that serious! Fortunately, the vast majority of people who develop this condition make a full recovery.

So, how can you avoid exertional rhabdomyolysis?

The simple answer is to not increase the intensity of a workout abruptly. Increase your intensity gradually. Do not embrace the "no pain, no gain" philosophy! Staying hydrated and not getting overheated during a workout are also important.

For more info, see my review "Exertional Rhabdomyolysis" at: <http://www.athleteinme.com/ArticleView.aspx?id=241>.

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."

Senior Softball-USA presents: 6th Pacific Rim Championships Iwate, Japan – October 14th – 22nd

Don't miss your chance to experience the wonders of Japan and compete in the 6th Annual Pacific Rim Championships!

The Japanese Softball Association has invited Senior Softball USA to participate in the 6th Annual Pacific Rim Championships in Iwate, Japan on Oct. 20-21. Teams from China, Japan and Taiwan are expected to compete.

The US Teams will depart for the friendship games on Oct. 14th and return Oct. 22nd.

US players and their families will have an opportunity to sample wonders of Japan, including the Genbikei Gorge, Motsuji Temple and Kenji Miyazawa Memorial Hall before competing in the Pacific Rim Championships.

While in Iwate, we will take in the sights and sounds northwest Japan not frequented by many Western travelers and of course, play softball. Players will visit the Chusonji Temple and tour the Nambu Ironware and Shuzo Sake production sites.



Pacific Rim Slow-Pitch Softball Association



The cost is \$2,060 pp/double occupancy. \$500.00 deposit due by July 13th and the remaining balance by August 10th. Tour includes hotel (taxes and service charges), daily breakfast, several lunches and a banquet with Japanese, Chinese and Taiwanese players.

- To download the registration packet: [Click Here](#)
- For more information on the tour, please contact Ross McCulligan at Ross@seniorsoftball.com or call the office at (916) 326-5303



Any SSUSA registered player is eligible to participate in this chance to create lasting memories and friendships, play international ball and experience the beauty of Japan.

This inclusive 9-day Tour includes most meals, most tour entries, hotels, bus transportation, tournament costs, translators, tour guides and uniforms.



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Teams Qualified for 2019 Original TOC

With the Senior Softball season at its mid-way point and the dog days of summer approaching, more than 160 teams have earned their golden ticket to the 2019 Original Tournament of Champions by winning one of the nine TOC qualifiers that have been played.

[CLICK HERE](#) to view the list of teams that have qualified

so far this season.

Be sure to contact the SSUSA office if your team is not listed.

There are still plenty of chances to book your slot in the TOC, with 12 designated TOC qualifiers yet to be played.

Be sure to check out the SSUA schedule to attend a TOC qualifier near you.



Infield Fly Rule: Protect the Offense

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

The bases are loaded with no outs when the batter lofts a pop fly that soars 30 feet high. It will descend about 10 steps behind second base.

The umpire starts to call "infield fly" but hesitates because no infielders are moving to catch the ball.

Should that matter?

Players, managers and sometimes even umpires disagree on the answer.

Unfortunately, "infield fly" arguments pop up often. That's because the rule is one of the least understood in softball.

Yet, if you know the rule's guiding philosophy, as well as its many nuances, you can make the call fairly easily.

For starters, visualize how **NOT** having an infield fly rule affected baseball long ago. Picture, for example, bases loaded with no outs. The batter hits a pop fly that easily can be caught near the fair side of third base.

The runners hesitate. If they stay put, the third baseman will let the ball drop, snatch it off the ground, tag the runner at third, tag third base and throw to sec-

Umpire's Corner By Donna McGuire

ond for a triple play.

If the runners take off, the fielder will catch the ball and touch third. He might get a triple play by throwing to another bag.

Major League Baseball's rule-makers implemented the infield fly rule in 1895 to protect the offense from such situations.

Remember that phrase: protect the offense. It is the guiding principle behind the rule, which saves the offense from guessing how the defense will handle a pop fly with fewer than two outs, and with runners on first and second, or first, second and third bases.

Some players think the rule exists to give the defense an easy out. Not so. A fielder must be able to catch the ball – and catch it with "ordinary effort."

As such, wind conditions, sun conditions and defenders' abilities **MUST** be taken into account.

Consider two pop flies. One happens in our 50+ division, and a fielder moves quickly enough that he can camp under the ball as it descends. An identical pop fly happens in the 80+ division, but the closest fielder can't get there quickly enough to get camped.

He either will catch the ball on the run or not at all.

Two identical pop flies. The first absolutely is an infield fly. The second absolutely is not.

Well-trained umpires hesitate on calling "infield fly" when they must gauge a catch's difficulty, such as when a shortstop back-pedals on a ball that might tip off his or her glove. The ball could fall. All runners might advance safely. In that case, no infield fly should be called.

Remember these nuances, too:

- The ball can descend in the outfield and still be an infield fly, if a defender can get camped under it and create that "guessing game" situation for the offense.
- If an untouched ball rolls foul, it becomes a foul ball, which cancels the infield fly. On fly balls near the foul lines, the umpire should call, "Infield fly, if fair."
- When an umpire calls "Infield fly" on a fair ball, the batter is out and the ball remains live. Runners can advance at their own risk. If the ball is caught, the runners need to tag up. If it's not caught, no tag is necessary. Force plays go away because the batter is out. So runners must be tagged out – something even Major-Leaguers sometimes forget.

Now, back to the situation at the top of this article. Neither middle-infielder moves to catch a tall fly ball that will land behind second base with the bases loaded.

Therefore, neither defender can catch the ball with "ordinary effort."

This is **NOT** an infield fly.

If needed, the SSUSA umpire still can protect the offense by calling an intentional drop. The batter would be out, the play dead and the runners would return to their original bases. However, that call is not needed if after the defense picks up the ball, it can record no outs or just one.

Remember, the infield fly doesn't take away potential base hits. And it doesn't protect the defense from bonehead plays.

It protects the offense from guesswork.

Now, you make the call.

Heard in the Dugout

"The way some people drive you'd think they were late for their accident." - Eddie Cantor

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After rain plagued the first two days of the first session of the 2018 Rock 'N Reno Challenge Cup, Championship Sunday was a beautiful day at Golden Eagle, where six teams captured championships.

Reno: 1st Session Overcomes Rain/Power Outage

Continued From Page 1

teams in action on the diamonds, across the Men's 40 and 60 age divisions, as well as the Women's divisions May 25-27.

Day one of the opening session got off to a rocky start, as rain washed out the morning games, causing major rescheduling across all divisions. With games cancelled at Shadow Mountain Softball Complex and Reno Softball Complex at Rancho San Rafael, all games were shifted and condensed to Golden Eagle Regional Park.

The 8 a.m. games at Golden Eagle were played, with the Men's 60 Major Plus and Major teams in action, before rain came through to halt play.

Play resumed at 2 p.m. with the Women's 50/55 and Women's 65 age divisions coming from Shadow Mountain to Golden Eagle to finally start their part of the tournament. The Men's and Women's 40 divisions would also begin play Friday afternoon, as the Men's 60 age divisions were delayed until Saturday.

Play would again be halted, this time due to a power outage in Sparks, causing the 7:30 p.m. and 8:30 p.m. games to be blacked out,

causing further rescheduling into Saturday.

Playing through some rain on Saturday, the first session would finish off on a high note, as Championship Sunday featured optimal playing conditions.

In the three-team Women's 40 Masters Major Division, top seed Fun Bunch 40's (CA) took care of business, going 2-0 in bracket play, including a 14-6 win over Wikkd (CA) in the championship game. Smack That (CA) finished in third place.

Following an 0-2 showing in seeding play, No. 5 seed Old Nasty Curves (CA) bounced back with a perfect 4-0 record in bracket play, including a 16-13 win over Idaho Spirit, the No. 6 seed, in the championship game. Tharaldson Softball (NV) finished in third place, as the team won three straight elimination games.

Old School (CA) swept Arizona Dream Team by scores of 22-5 and 22-21, respectively, in a best two-out-of-three game series to win the Women's 50 Major Division; while B.O.O.B.S (CA) won the five-team Women's 50 AAA Division, taking down top seed OnFire/Afoa Insurance (CA), 21-7, in

the championship game. Team Battleaxe (OR) finished in third place.

Top seed 2nd Wind (CA) won the three-team Women's 55 Division with a convincing 16-1 victory over Nevada Sage in the championship game. Oregon Reign finished in third place.

Playing a six-game double round robin to determine the champion in the four-team Women's 65 Division, California Spirit took home the top spot with a perfect 6-0 record. Saints Express (CA) and Ye Olde Bats (NV) each finished with an identical 3-3 record. With each team holding a win over the other, Saints Express earned the tiebreaker for the runner-up spot over Ye Old Bats, due to least runs allowed.

In the seven-team Men's 40 Major Plus Division, top seed GTS (ID) went through the weekend undefeated, going 2-0 in seed play, before going 3-0 in bracket play, including a 34-20 win over K&B Beverage/AB Painting/D Bat (AZ) in the championship game. Team CPC (CA) finished in third place after winning three straight elimination games.

The largest division of the tournament, the 19-team

Men's 40 Gold Division, saw No Limit/Fay's Sports (CA) post a perfect 5-0 record in bracket play to take the top spot, including a 28-17 win over Swing Up Club/Spiderz (CA) in the championship game. Swing Up Club/Spiderz made a valiant run to escape the elimination side of the bracket, winning five straight win-or-go-home games, en route to their runner-up finish. Mach One (WA), the lone AAA team in the bracket, had a strong showing, finishing in third place. DTA/KJE/SUP (CA) rounded out the top four finishers.

The champion of the four-team Men's 60 Major Plus Division was determined by round-robin play, with Summy's (CA) taking the top spot, followed by East Bay Oldies (CA), MTC 60's/Dudley (CA), and Old Dawgs (CA).

The bracket of the nine-team Men's 60 Major Division was determined by a blind draw after seeding games were rained out. Bulldogs 60's (OR) was the eventual champion, going 4-0 in bracket play, including a 21-8 victory over Scrap Iron High Octane (CO) in the championship game. After dropping their first two games in the

Continued On Next Page

Reno: Tragedy In Men's 65/70 Platinum Division

Continued From Previous Page three-game guarantee bracket, Scrap Iron High Octane rattled off four straight wins to secure their place in the championship game. Goodman Racing (WA) finished in third place.

Similarly, the bracket for the 13-team Men's 60 AAA Division was also determined by a blind draw due to the rain out of seeding games. The Crew (CA), took full advantage of its top billing, going 4-0 in the bracket, including a 14-2 win over Baker Boyz (CA) in the championship game. Game Time Sports (ID) finished in third place. Baker Boyz dropped a nail-biter to The Crew, 21-20, earlier in the bracket to get knocked down into the elimination side of the bracket. Baker Boyz won three straight elimination games to reach the championship game.

After being rained out Friday, the three-team Men's 60 AA Division began play on Saturday. All three teams posted a 1-1 record in seeding play, with East West Aircraft Sales – Two (ID) earning the

No.1 seed following tie-breakers. East West Aircraft Sales – Two defended its top seed, going 2-0 in bracket play, including a thrilling 22-21 win over Fresno Mayhem (CA) in the championship game. Out of Storage (CA) finished in third place.

Following a break in play for Memorial Day, the tournament continued with 80 teams taking the field Tuesday through Thursday, May 29-31, with the Men's 65-80 age divisions in action.

Tragedy struck the second session, when a player from the Nor Cal Reds, Allen Pampe, 65, died unexpectedly May 31. The Nor Cal Reds, the top seed in the nine-team Men's 65/70 Platinum Division, was scheduled to play in the winner's bracket final against Omen 70 (CA) at 11 a.m.

With heavy hearts, the team would drop its game against Omen, 19-13, as well as its third place game against Hendricks Sports Management (TX), 31-26.

Omen (70 Major Plus) edged out Hendricks, 20-19,

in the championship game. As the highest finishing 65 Major team, Hendricks earned a TOC berth for their division. Ryan's Way (NV) made a valiant push through the elimination side of the bracket, winning three straight games en route to a fourth-place finish.

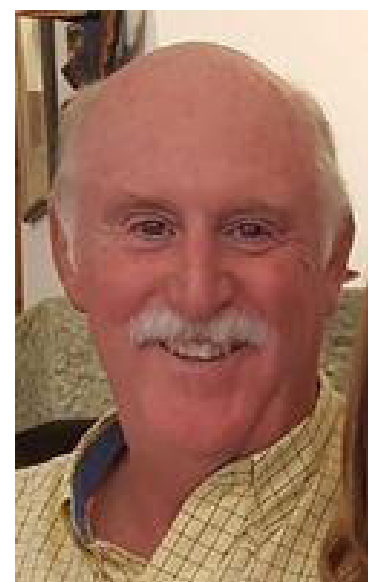
"I started the team last September," said Tom Westrup, manager of Nor Cal Reds. "Players told me I had to talk to Allen. He was easy to deal with, a great hitter, and just a great guy to have in the dugout."

The team played on at the insistence of Pampe's wife, Marj, who urged the team to play for Allen, as he would have wanted.

Prior to the Nor Cal Reds game against Omen, the umpire announced Pampe's name and issued a four-pitch walk in his honor. A pre-game prayer was also held. At the conclusion of the Nor Cal Reds' game against Hendricks, the teams gathered for a prayer as well.

In the three-team Men's 65 Major Plus Division, Timberworks/Adidas (CA) won three straight elimination games, including double-dipping Rebels (OR) in the championship (18-10) and "if" game (22-15). R & R 65's (CA) finished in third place.

In the 16-team Men's 65 AAA Division, No Dice/Bay Photo Lab (CA) registered a flawless week, going 2-0 in seeding play, before cruising through the bracket with a perfect 5-0 record, including a 20-3 win over Aro Glass Clubbers (WA). Following an 0-2 showing in seeding play,



Allen Pampe Dies During Rock 'N Reno Challenge Cup

Allen Pampe, 65, of Pleasant Hill, Calif. died on May 31 in Sparks, NV.

A member of SSUSA since the mid-2000's, Pampe played on a number of tournament teams, including Redwood City Reds 50, Nor Cal Reds 55, Bay Supporters 60's, Quicksilver Plus 60, Nor-Cal Stixx 65, and in 2018, Nor Cal Reds 65.

This season, Pampe played in the Winter World Championships, the LVSSA/SSUSA Southwest Championships, and the Rock 'N Reno Challenge Cup.

Pampe leaves behind his wife, Marj, his children, Derek and Reid, his step children, Tom and Karin and his grandchildren.

Texas Pickups 65's bounced back in bracket play to finish in third place. After dropping their opening game in the bracket, Nisqually Pounders (WA) rattled off five straight

Continued On Next Page



Terry Hennessy, SSUSA CEO, interviewed by KOLO News 8 (ABC) in Reno during the second session. [CLICK HERE](#) to watch the news clip.

Reno: Three Teams Go Undeclared in 3rd Session

Continued From Previous Page
wins en route to a fourth-place finish.

The top seed in the four-team Men's 65 AA Division, Legends (CA), posted a perfect 6-0 record for the tournament, going 3-0 in seeding play and 3-0 bracket play, including a 21-2 win in the championship game over Git-R-Done (CA). Redwood City Blues (CA) finished in third place.

The 11-team Men's 70 Major Division featured a winner-take-all "if" game, as Sons of Pitches (CA) avenged its 28-20 loss in the championship game against Nor-Cal Stixx, with a 30-22 victory in the "if" game. After falling to Sons of Pitches, 21-10, earlier in the bracket to drop down to the elimination side of the bracket, Nor-Cal Stixx won four straight games, including the win in the championship game to force the "if" game, en route to their runner-up finish. Scrap Iron/3n2 (CO) finished in third place.

The top two seeds faced off for the championship game in the 12-team Men's 70 AAA Division, as No.2 seed Suburban Auto Group (OR) topped No. 1 seed Sacramento Islanders (CA), 24-18. Earlier, the teams faced off in the winner's bracket final, where Suburban Auto Group edged out Sacramento Islanders, 12-11, to advance to the championship game. Sacramento Islanders rebounded with a thrilling, 8-7, win over Please Don't Bug Me (CA) in the third-place game to advance to the third-place game.

Direct Sales Flooring (CA) won the four-team

Men's 70 AA Division with an 11-7 victory over Triple Play (CA) in the championship game. California Oaks finished in third place.

Omen (CA) dominated the five-team Men's 75 Major Plus Division, going 4-0 in seeding play to lock up the top seed, and then 2-0 in the bracket, including a walk-off 20-19, win over Scrap Iron 75 Legacy (CO), in the championship game. Trailing 19-17 heading into the bottom of the open, Omen scored the three runs it needed to complete the come-back win for the title. General Equipment (OR) and San Francisco Seals (CA) each tied for third place in the modified single elimination bracket.

State Roofing Systems (CA) won the four-team Men's 75 Major Division, as the team came out of the elimination side of the bracket to defeat Scrap Iron Beams (CO), 25-16, in the championship game, forcing an "if" game. State Roofing Systems would go on to claim the championship, as the Scrap Iron Beams forfeited the final game. Lincoln Hills Coyotes (CA) finished in third place.

Going 3-1 in seeding play to secure the top seed, Triple Play 75 (CA) won the five-team Men's 75/80 Gold Division with a 15-10 victory over Git-R-Done 75 (CA) in the championship game. Magic Stuff 75's (UT) and Sac Blues (CA) each tied for third place in the modified single elimination bracket.

A full six-game round robin with best record determined the champion of the seven-team Men's 80 AAA

Division. With identical 5-1 records, Lincoln Hills Coyotes 80s (CA) and Sacramento Gold (CA) tied for first place. Via its 13-12 head-to-head win over Sacramento Gold, Lincoln Hills Coyotes would earn the tie-breaker for first place. Git-R-Done 80 (CA) took home third place with its 4-2 mark.

The third and final session of the tournament saw the Men's 50 and 55 age divisions close out the 2018 Rock 'N Reno Challenge Cup, with 49 teams in action June 1-3.

Starting with the 13-team Men's 50 Major Division, Crush 50's (CA) recorded a perfect weekend, going 2-0 in seeding play to earn the No. 2 seed, before continuing their strong play in the bracket with a 4-0 record, including a 30-9 win over KM Sportz (CA) in the championship game. KM Sportz fell to Crush 50's earlier in the bracket 14-5, to drop down into the elimination side of the bracket, where the team pushed through with three straight wins to reach the championship game. Top seed North Valley Seniors (CA) finished in third place. Battle Born (NV) made a valiant run through the elimination side of the bracket with four straight wins, en route to a fourth-place finish.

Sin City Warriors (NV) won the 12-team Men's 50 Silver Division, as the team ran through bracket play with a perfect 5-0 record, including a 28-21 win over Calhoun/Michael's Toyota (WA) in the championship game. Elite/Scrap Iron (CO) finished in third place.

Sommerville Softball

(CA) won the six-team Men's 55 Major Plus Division via its 19-10 win over Elite/Dudley (AZ) in the championship game. Elite/Dudley bounced back from an 0-2 showing in seeding play with a 3-2 record in bracket play en route to their runner-up finish. Another team that rebounded from an 0-2 mark in seeding play was Nor Cal Warriors, who won three straight games in the elimination side of the bracket to eventually finish in third place.

55 OH MY (CA) won the eight-team Men's 55 Major Division with its 21-7 victory over Scrap Iron/Rocky Mountain Thunder (CO) in the championship game. Scrap Iron/Rocky Mountain Thunder dropped a nail-biter to 55 OH MY, 20-19, earlier in the bracket to knock the team down into the elimination side. The team won three straight games to escape the elimination bracket and reach the championship game, before running out of gas. Sonoma County Crush (CA) finished in third place.

The 10-team Men's 55 AAA Division was captured by Trachsel Auto Body (OR), who completed a perfect weekend, going 2-0 in seeding and 4-0 in bracket play, including a 17-16 win over top seed Alaska Kings in the championship game. Alaska Kings reached the championship game after winning three straight elimination games. Fresno Heat (CA) finished in third place.

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Rock 'N Reno Challenge Cup All-Tourney Teams

Women's 40 Major

Wikkd (CA) – Alicia VanHoy, Sarah Haight, Ronda-Lee Gardner-Procita, Cynthia Dominguez.

Women's 40 AAA

Old Nasty Curves (CA) – Diane Bruss, Mary Knudsen, Christina Jones, Nicole Burrows, Michelle Serna

Women's 50 Major

Old School (CA) – Alma Guzman, Wendy Chisam, Deena Dobbins, Sabrina Bobkowski, Joann Hester, Patty Felker. / Arizona Dream Team – Cathy Nicodemus, Cary Outland, Carol Rakich, Dixie Dalton, Aquanetta Gordon.

Women's 50 AAA

B.O.O.B.S (CA) – Charlene Avila, Donna Benham, Courtney Brophy, Anita Kemp, Caroline Saenz.

Women's 55

2nd Wind (CA) – Sharon Farrell, Chris Shelley, Terri Davis, Daisy Soto, Lois Hand.

Women's 65

California Spirit – Nancy Ruiz, Cathy Chavez, Linda Keehan, Janice Robson, Karen Osborn. / Saints Express (CA) – Brenda Cruz, Bettie Kat Bonds, Diane Toomey, CR Ramirez. / Ye Olde Bats (NV) – Judith Leipold, Laurie Buchman, Barbara Lang-Ruzic.

Men's 40 Major Plus

GTS (ID) – Brian Fong, Chris Hoshaw, Pat Paschal, Ryan Barabe, Dan Romero.

Men's 40 Gold

Mach One (WA) – Dan Van Daele, Toby Kanik, Scott Pfeiffer.

Men's 50 Major

Crush 50's (CA) – Anthony Robins, Marvin Himenez, Royce Mims, Marco Jones, Albert Lopez. / KM Sportz (CA) – Robert Overholt, Gregory Lasaca, John Romero, Sean Kelly.

Men's 50 Silver

Sin City Warriors (NV) – Tommy Winnett, Lucas Wangen, Mark Buchanan, Darrell Johnson, Don Cossey.

Men's 55 Major

55 OH MY (CA) – Jeff Daniels, Bill Vail, Dan Bandy, George Gonzales, John Anthony Miller. / Scrap Iron/Rocky Mountain Thunder (CO) – Tim Terrell, Kim Oliverson, Markis Harper, Mark Haupt.

Men's 55 AAA

Trachsel Auto Body (OR) – Mike Wright, Robert Castro, John Young, David McKenney, Dan Smith.

Men's 60 Major Plus

MTC 60's/Dudley (CA) – Gary Robertson, David Matusich, Bob Aikman.

Men's 60 Major

Scrap Iron High Octane (CO) – Dave Schultz, Terry Roberts, David Adams, Michael Dow Whitlow. / Goodman Racing (WA) – Thomas Palmer, Donald Freund, Mickey Fowler.

Men's 60 AAA

The Crew (CA) – William Remitz, Monta Litle, Dennis Barrett, Robert Shanley, Ron Cornwell. / Game Time Sports (ID) – Jimmy Sereduk, Rick Carringer, Wayne Darling.

Men's 60 AA



Fresno Mayhem (CA) – John Olivas, Tim Solis, Steve Plescia, John Vanbuskirk. / Out of Storage (CA) – Steven Rosellini, Lawrence Jones, Orvin Heidinger.

Men's 65 Major Plus

R & R 65's (CA) – Tom Plucinak, Richard Moreno, Blaine Sellman.

Men's 65/70 Platinum

Omen 70 (CA) – Robert Lee Hough, Ed Carey, David Sells, Steve Callan, Roland (Lefty) Chell). / Hendricks Sports Management (TX) – Thomas Brown, Sergio Angulo, Gil Stalbaum, Julian Tamez.

Men's 65 AAA

Aro Glass Clubbers (WA) – Frank Hrnicek, Jim Glockner, Mike Ryan, Wayne Ross. / Texas Pickups – J. Bailey Nance, Kenneth Lane, Carl Beyer.

Men's 65 AA

Legends (CA) – Dennis Lawrence, Bob Fernandes, Harold Aycock, Richard Hennes, George Quaresma. / Git-R-Done (CA) – Randy Tsuruta, Paul Verellen, Frend Yunt, Tommy DeRocher.

Men's 70 Major

Sons of Pitches (CA) – George Anas, Phil Stevens, Michael Young, Dave Miller, Raymond (Hank) Ornelaz. / NOR-CAL

STIXX 70 – John (Jed) Duggan, Bud Castro, Daniel Burbank, Edward Denoncourt.

Men's 70 AAA

Suburban Auto Group (OR) – Larry Koenig, Tony Perry, Wendell Neumeyer, David Harms, Joseph Vazquez. / Sacramento Islanders (CA) – Jon Ellison, David Taylor, Jack Kocunik, Jessie Vasquez.

Men's 70 AA

Direct Sales Flooring (CA) – William Decarsky, Mark Kraft, Fred Plowman, Gabriel Soliz, Ruben Vasquez. / Triple Play (CA) – Rafael Lomeli, John Thompson, James Grubb, Frazier Caldwell. / California Oaks – Steve Gellerman, Steve LeBeck, Dallas Weiher.

Men's 75 Major Plus

Scrap Iron 75 Legacy (CO) – David Smith, Jay Larson, Ronnie Guest, Bob Brown. / General Equipment (OR) – Clauis Nickleberry, Fred White, Bill Johnson.

Men's 75 Major

State Roofing Systems (CA) – Charlie Sherrill, Richard Santos, Gilbert Jess, Reynold Garcia, Joel Guthrie. / Scrap Iron Beams (CO) – Don Burden, James Brown, Tom Imming, Jerry Feldman.

Men's 75/80 Gold

Triple Play 75 (CA) – Gary Nobriga, Bill Regynski, Fred Pratt, Bill Svoboda, Ernie Strauman. / Git-R-Done 75 (CA) – Gregory Krebs, Jack Fisher, Lonnie Arnold, James Vargeson.

Men's 80 AAA

Sacramento Gold (CA) – Ray Newman, Roland Stiarwalt, Charles Partin, Alphonso Waller.

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Early Swing Movements Add to Bat Speed

By Art Eversole
Senior Softball
News Contributor

Many senior softball players know that there are two orders or levels of bat speed before the ball is struck. However, a number of seniors are not cognizant of that fact and may be limiting their potential.

I want to focus on the much lesser known first order of bat speed; what it is, and how it's used to setup the second order of bat speed. You can review my SSUSA article on the "Double Pendulum Swing" to refresh your understanding of the two distinct and separate levels of bat speed represented by two pendulums.

Click on the link below and scroll down the page to article #13: <http://www.bashman-01nwseniorsoftball.com/hitting-articles>

In my opinion, seniors unconsciously overlook the first order of bat speed. Good hitters have both orders of bat speed, whether they are aware of it or not. Seniors spend endless hours working primarily on increasing the second order of bat speed which does not manifest itself until the first order has been executed.

Definitions:

- First order of bat speed is the early pre-swing bat movements that create swing momentum up to the point where the wrists begin to roll over.

- The second order of bat speed begins as the first order finishes where hands roll the wrists propelling the bat forward into contact with the softball, then finishing with a fluid follow through.

The first order of bat speed is an action that spins or twists the



bat barrel around the hands (e.g. a corkscrew action), by applying torque to the bat handle, creating early bat speed. The back elbow should be held high behind your head (à la Nelson Cruz of the Mariners) and barrel pointing toward the pitcher; knob of the bat pointing back at the catcher.

A popular method to invoke the first order of bat speed is by using a technique known as bat-tipping. You can either tip the bat barrel toward the pitcher, or straight out and perpendicular to your body.

[Please refer to the supporting photo figures above, 1 thru 6, for a visual of the technique.]

Bat-tipping is a favorite technique amongst many major leaguers (especially the Latin ball players) and has been used for many decades as a jump start for the swing by such greats as Hank Aaron, Babe Ruth, Lou Gehrig, Barry Bonds and many others. The bat is simply tipped forward either away from your body or toward the pitcher to initiate your swing. Similar to a flyfisherman who will throw his rod forward and then pull it back before launching his line into the water.

The top hand controls the tip forward and brings the bat back to the ready launch position (Pro softball hall of famer, Bret Helmer, does bat-tipping exquisitely). The bat-tipping also makes the bat seem to feel lighter, as you've overcome the inertia of the bat with the tipping movement, promoting a faster swing to the ball.

After the bat is tipped and brought back to your center of body mass with the barrel now vertical, a stretching of the arms back bringing the right elbow to a height about head high is the bat's launch position. This stretching of the arms movement back to the bat launch position is important as it makes your muscles load like a spring. The bat can now catapult into your forward swing with much more force than if held in a static position behind your head.

Kinesiologists refer to this stretching and releasing action as plyometrics.

Definition: Plyometrics is a muscular skeleton dynamic movement, or exercise, that involves a rapid muscle stretching followed immediately by con-

tracting the muscles to increase power (i.e. a catapulting action). Muscles exert maximum force in a short interval of time, with the goal of increasing power.

Understand that utilizing the second order of bat speed only, will not maximize your power. When orders of bat speed's 1 and 2 are added together, they produce what is known as a synergistic effect, which means your total swing energy will be greater than the summation of the two individual parts.

IMPORTANT: Please take advantage of the link below to view a short but excellent internet instructional video that discusses and demonstrates the techniques I've presented in this article: Video link: <https://www.youtube.com/watch?v=NeUHLUh3rdA>

Happy hitting,

Art Eversole is a regular contributor to Senior Softball News. Bashman01@earthlink.net

Spring National Champs All-Tournament Teams

The 2018 Spring National Championships, held back in March in Polk County, FL, saw 36 teams compete across 11 divisions.

In the end, 15 teams clinch bids to the TOC. If you missed the tournament recap that appeared in the last issue of Senior Softball News, please [CLICK HERE](#).

Below are the all-tournament selections.

Men's 40 Masters Platinum
Headbangersports.com (FL): Billy Brescia, Chris Wilson, Jesse Violante, Tony Barone. / One Payment/Euler-Homes (FL): Roger Otano, Jeremiah Henry, Artie Ramos.

Men's 50 Major Plus
Fence Brokers/Team Kitty/Miken/Worth (FL): Duke Donaldson, Michael Dill, Spencer Kennedy, Alan Tanner, Brad Stillwell.

Men's 50 Major
LeMay Contracting (FL): Douglas Cullen, Dave Winters, Andrew



Packard, Walter Washington, Jeff Peebles. / No Shows (FL): Dominick Biondo, Chris Marker, Mark Spetsios, Lazaro Morales.

Men's 50/55 Gold
Florida Automated Shade 55: Don Meyer, Dennis Burgstahler, Dean Thomas, Jimmy Nelson, Tim Murphy / Globe Trailers 50's (FL): Carl Whitehouse, Todd Parsons, John Nickisher.

Men's 55 AAA
Vecter Scorpions 55's (FL): Thomas Lowther, Alvin Berkhall,

Ricky Williams, Dale Blankenship.

Men's 55/60 Major Plus
TSC Miken Reloaded (GA): Henry Houston, Dennis Kern, Robert Smith, Michael Woods, Jeff Donnelly / Florida Stingers: Gregory Wacha, William Thomas, Peter Bassignani, Timothy Fincher, Louis Reyes, Jr.

Men's 60/65 Platinum
Pompano Crush 60's (FL): Doug Pyser, Robert Morse, Jennis Sills, Peter Kesser, Mark Stone. / Team Florida 65's: Ron Scott, Tom Turton, Edward Carrington, James Wiley.

Men's 60 AAA
RedHawk Nation (FL): Randall Burford, Alan Chatman, David Dennison, Renus Knowles, Wayne Skidmore. / FL Mustangs 60's: Lukey Grinstead, Dave Shirer, Tom Marchionni, Radley Pcholski.

Men's 65/70 Platinum
Venom 70 (FL): Stewart Castlerline, Dennis Schroeder, Jim

Davidson, Vince Melograno, Dave Clover. / Who's on First (FL): Roy Oke, Charles Martin, William Sorenson, Jim Shingledecker. / Bulls (FL): Ronald Dick, Tom Mackey, Richard Murray.

Men's 65/70 Gold
Acousti (FL): David Jolly, Paul Uzialko, Stephen (Matt) Matson, Rickie Harder, Terry McIlrath. / Boca 70's (FL): Don Held, Donald Cabral, Allen Smith, Ed Sparkman. / Florida Mavericks: Randy Crowell, Sydney Andrews, Don Keller.

Men's 70 AAA
Lane Construction (FL): Don Bobish, Gary Sparks, Herb Bruno, Paul Giambalvo, Robert Lombard. / Florida Southern Force: Luis Benitez, Gary Bowers, Wayne McNett, Stephen Pearson. / DAF 70's/Globe Trailers (FL): H. Richard Mest, Jorge Bernard, Randall Ruzicka.

Spring World Champs All-Tournament Teams

The 2018 Spring World Championships, held back in March in Mesquite, NV & St. George, UT, saw 113 teams compete across 19 divisions.

18 teams were able to secure TOC bids.

If you missed the tournament recap that appeared in the last issue of Senior Softball News, please [CLICK HERE](#).

Below are the all-tournament selections.

Men's 50 Major
OG (CA) – Joe McCallum, Dean Childers, Greg Bovero, Robert Vega, Kevin Gibson.

Men's 50 AAA
Thunderstruck (AZ) – David Tibbetts, Randy Pongratz, Steve Sigourney, Christopher Carda,

Greg Milbrandt.
Men's 55/60 Platinum
Scrap Iron/Rocky Mountain Thunder 55 (CO) – Tim DeJarnette, Brad Edginton, Thomas Edwards, Markis Harper, Bruce Lostroh. / West Coast Water I (NV) – Richard Lee Bass, Jr., Steve Camara, James McCaffery.
Men's 55 AAA

Top Gun Hornets (CA) – Charles Bilyeu, Jon Gibbs, Bill Gombos, Bobby Jones, Jeff Blakeman. / Arizona Scorpions 55's – Larry Beaman, David Rachau, Emery Hunt, Jr., Jeff Tyler. / KSS (AZ) – Jeffrey Pollard, Mark Esquibel, Mike Muto.

Men's 60/65 Platinum
Arizona Scorpions 60's – Ken Johnson, James Walter, Bruce



McClain, Freddie Cantrell, Jr.
Men's 60 AAA
Baker Boyz (CA) – Marty Wilcox, Dave Daugherty, Julio Ruiz, Efrain Atondo, Bill Vail. / Utah Coyotes – Nick Rudelich, Bob McFarland, Michael Chaus, Steve Belnap.

Men's 60 AA
Los Vatos Viejos (AZ) – Loren Gene Burnett, Sr., Bill Saunders, Danny Marquez, William Ong, Charles Valencia. / Classics (UT) – Craig Aramaki, Tim Demay, Brian Hale, Chuck Winn. / Family (NV) – Marco Caldana, Duane Meth, Marcelino Villanueva, Sr.
Men's 65 Platinum
R & R 65's (CA) – Richard Moreno, Tom Plucinak, Richard Markota, Norbert Rud, Tad Ludes. / AZ Ancient – Dick Reader, Paul Carpenter, Duane Hopkins.

Men's 65 Silver
Sidewinders Desert 65's (AZ) – Bob Schmidt, Robert Hamil-

Continued On Page 26



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Spring World All-Tournament Teams

Continued From Page 24

ton, James Montgomery, Ron Scrivner, Rob Merrill. / No Guts, No Glory (CA) – Bill Ward, John Bankson, Bruce Marschall.

Men's 70 Major Plus

Omen 70 (CA) – Bob Cummings, Steve Callan, Jerry Scanlan, Robert Woodroof, Michael Baldonado. / SoCal Gusto (CA) – Thomas Aguilar, Lary Row, Raymond Fly, David Lacey.

Men's 70 Major

Sons of Pitches (CA) – Robert Jackson, Jr., Herman Vaught, Art Langlois, Edwin Hawthorne,

Prentiss Byrd. / Sidewinders 70 (AZ) – RJ Ashley, Michael Lavis, Sr., Conrad Millan, Mike Staudt. / Tri-State Diamondbacks (NM) – Leslie Poland, Ray Maxey, Edward Kanda, Sr.

Men's 70 AAA

Elite 70'S LVSSA (NV) – Joe Pellegrino, Robert Napolitano, Rick Denton, Dan Kelly, Hiram Kaukani. / Git-R-Done 70's (CA) – Ron Flathers, Francis Wayne Judah, Bill Hamilton, Rob Hellman, Mike Welch. / PDC Yankees 70's (CO) – Robert Corwin, Carl Lusk, Ralph Oberhelman.

Men's 75 Major Plus

Omen 75 (CA) – Albert Oxley, William Nevis, Gary Tryhorn, Dale McLaughlin, Thomas Best. / Scrap Iron 75 Legacy (CO) – Jay Larson, Michael Hoffberg, Harry Robbie Robinson, David Myers.

Men's 75 Major

Scrap Iron Beams (CO) – Daniel Minnick, Harry Elenbaas, James Brown, Tom Imming, Don Burden. / The Zone (UT) – Kent Loutensock, Leonard Mecham, Lyle Johnson, Clayton Jack Searle.

Men's 75 AAA

Top Gun 6 Bits (CA) – Walt Gibson, George Gutierrez, Frank

Laky, Mike McCassey, Frank Sperling. / Git-R-Done 75 (CA) – James Vargeson, Claude LaBarre, Jack Fisher, Carl Craft.

Men's 80 Major

Fairway Ford (CA) – Jim Douglas, Robert McCormick, Vincent (Dave) Duarte, Allen Kumm, John Bellavia. / Emerald 80's (WA) – Bob Lennon, Carroll Shook, James Hann, John Granger.

Men's 80 AAA

Top Gun Diamonds 80 (CA) – Lee Aday, William Hughes, James Shippe, Ken Stillwell, Michael Wiemer.

Texas State Champs All-Tournament Teams

The 2018 Texas State Championships, held in El Paso back in April, featured 29 teams competing in seven divisions.

If you missed the tournament recap that previously appeared in the newsletter, please [CLICK HERE](#).

Men's 40 Major

EPT 40's (TX) – Ralph Tellez, Artie Ramos, Jorge Lopez, Jr., Gabriel Iturralde, Anthony Ramos. / Sudden Impact (NM) – Daniel Mora, Marcus Miller, Richard Martinez, Shawn Forsberg.

Men's 50 AAA

El Paso Spurs (TX) – Victor Martinez, Anthony Gonzales, Ruben Carmona, Roy Person.

Men's 55 Major

RG Outlaws (NM) – Kenneth Wayne Johnson, Fernando Briseno, Joe Aragon, Hector Reyes, Anton Mesa.

Men's 55/60 Gold

El Paso Old School (TX) – Jose Alfonso Nunez, Alejandro Guardiola, Joseph Villagomez, Carlos Sierra, Ted Brown. / Gonzalez Insulation (TX) – Stan Baker, Kippy Carr, Johnny Sutton, Julian Tamez.

Men's 60 AAA

El Paso Old School 60's (TX) – Frank Lara, Luis Salazar, David Castillo, Jr., Gabriel Munoz, Domingo Gonzales. / Dallas Spurs (TX) – Sean Dorney, Clarence McGraw, Terry Litzinger, Michael Beard.

Men's 60 AA

Texas Legends 60s – Bobby Canamar,

Joseph Denomy, Jaime Villarreal, Carlos Benavides.

Men's 65/70 Silver

El Paso Nine-Elevens (TX) – Donald Reay, Robert Ward,

Robert Nava, Roberto Rico, Mickey Saucedo. / New Mexico Boomers 65's – Antonio Vasquez, Victor Nanez, Emmitt Pierce, Craig Cole.



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LVSSA/SSUSA Southwest Champs All-Tourney

A record 230 teams played across 28 divisions in the 2018 LVSSA/SSUSA Southwest Championships in Las Vegas back in April.

27 teams also earned their spot in the TOC in this coming February.

If you missed the tournament recap that appeared in the newsletter, please [CLICK HERE](#).



Women's 40 Major

TKP 40's (CA) – Kimberly Roter, Deb Cormier, Debra DiMeglio, Gina Oliver, Jeanne Beauchamp.

Women's 40 AAA

Colorado Ohana – Patty Harsch, Alyson Morgenstern, Jennifer Doolittle, Kim Stephens, Tanya Norton. / UT-Relics – Shanna Stevens, Malia Krogstad, Virginia Benard, Nicole Wilkinson. / Vintage Vegas (NV) – Allison Moderson, Zerita Haddock, Nancy Grove Kemp.

Women's 40 AA

Dames Got Game (AZ) – Jennifer Tidsbury, Rachel Mast, Ophelia Begay, Andrea Nako, Regina Johnson.

Women's 50 Major

Stix With Impact (CA) – Patti Albrecht, Aretha Tilley-Pigum, Stacy Willis, Kathryn Held, Renee Bland. / Arizona Dream Team – Kim Moore, Cathy Nicodemus, Rosa Chatman, Terri Davis.

Men's 40 Major Plus

J.K. Inc./Easton (CA) – Keith Habig, Gilbert Arce, Jerry Boyd, Mike Cardenas, Johnny Bailey.

Men's 40 Major

Roster Check (AZ) – Kevin Burford, Todd Ludwig, Fred Saigh, Robert Davis, Michael Miller. / Wicked Sports/PT Express (CA) – David Murry, Will Taveras, Douglas Ainsworth, David Lope.

Men's 50 Major Plus

J.K. Inc./Easton 50's (CA) – Johnny Bailey, Anthony Garay, Bart Hakeman, Greg Soto, Scott

Logan.

Men's 50 Major

Stadium (CA) – Thomas Whitmore, Steve Stout, Danny Gutierrez, Scott Charles, Joseph (Ed) Lujan. / L.A.F. 50 (CA) – John Patterson, Donnie Hudson, Scotty Loendorf, Ron Barnhart.

Men's 50 AAA

Arizona Heat 50's – Edwin Soto, Ishmael Correa, Marco Lomeli, Rudy Mix, Rudy Galvan.

Men's 55 Major Plus

Sommerville Softball (CA) – Greg Bovero, John Heller

Men's 55 Major

Sonoma County Crush 55 (CA) – Mark Markarian, Jerome Brown, Dan Barboza, Rick Merian, Charles Baranzini. / Scrap Iron/Rocky Mountain 55 (CO) – Steven Antonczyk, John (Jack) Donnelly, Chris McTigue, Tim Terrell.

Men's 55 Silver

Top Gun Hornets (CA) – Jeff Blakeman, Brian Buhl, Mark Aguinaga, Bob Bronson, Paul Buehler. / Los Vatos Viejos (AZ) – Danny Romero, Benny Mesa Perez, Tom Martinez, Rick Schneider.

Men's 60 Major Plus

Summy's (CA) – Kevin O'Reilly, Michael O'Donnell, Mike Lorden, Michael Toomey, Paul Ortiz. / Old Dawgz (CA) – Steve Hillman, Richard Cady, Chris Dayak, Charlie Pennes.

Men's 60 Major

Sin City Softball (NV) – Eric Overstreet, Mike Stater, Gary Gosz, Willie Banks, David Cherry. / Top Gun Elite (CA) – Mark Purdy, Stephen Vincurek, Joel Hawk, John Crawford.

Men's 60 AAA

The Crew (CA) – Ricky Ishimaru, Scott Deacon, William Eppinga, William Remitz, Darrell Heim. / Scrap Iron Xplosion (CO) – Danny Silvey, Barry Jark, John Bellatti, Andrew Shapiro.

Men's 60 AA

Family (NV) – Benjamin (Tom) Warren, Phil Clymer, David Pasos, Albert Rozzi Jr., Bob Stonemetz. / Fresno Mayhem (CA) – Patrick Carman, John Olivas, Bruce Nieman, Mike Campanile. / Los Vatos Viejos 60 (AZ) – Jeff Kay, Frank Aponte, Danny Hatfield.

Men's 65 Major Plus

Timberworks/Adidas (CA) – Steve Hillman, Doak Whitley, Hank Alonzo, Paul Ortiz, Rick Littlejohn. / Team Florida 65's – Jack Aronson, Craig Beisner, Norman Edwards.

Men's 65 Major

R & R 65s (CA) – Norbert Rud, William Probasco, Creighton Crum, Kerry Payne, Tad ludes. / Las Vegas Stars (NV) – Bob Eyre, Bob Bravetti, Felix Mendiola.

Men's 65 AAA

No Guts, No Glory (CA) – Jack Brunschmid, Ed Gestine, Ronald Martel, Dennis Norheim. / Side-winders Desert 65's (AZ) – Rob Merrill, Lance Heverley, Orie McDonald.

Men's 65 AA

Duke City Dynamite (NM) – Richard Gohl, Larry Gialouris, Rich Doney, Ray Johnson, Mike Sinnott. / Git-R-Done (CA) – Fred Yunt, Randy Tsuruta, Bill Zimmer, Tim Byrne. / 911 Softball Club (CA) – Ray Garcia, Robert Hulse, Michael Bashaw.

Men's 70 Major Plus

Omen 70 (CA) – Roland (Lefty) Chell, Michael Baldonado, Steve Callan, David Briones, Peter Houghton. / SoCal Gusto (CA) – David Lacey, Lary Row, Stephen Sloane, Raymond Fly.

Men's 70 Major

Tri-State Diamondbacks (NM) – Leslie Poland, Ronne Mercer, Roger Assink, John Battaglia. / Boca 70's (FL) – Gerald Lee Jones, Ray Dye, Dennis Tierney.

Men's 70 AAA

Sacramento Islanders (CA) – David Taylor, Edward Stoessel, Richard Edwards, Jessie Vasquez, Jon Ellison. / Elite 70's LVSSA (NV) – Robert Napolitano, Larry Giese, Barry Koltnow, George Fernandes.

Men's 70 AA

Doughboys (NV) – Ed Wade, J.P. Molfetta, Dale Alcorn, Mike Falkowitz, George LaCombe. / Triple Play (CA) – John Noel, James Grubb, Lanny Witt, Roy Nelson.

Men's 75 Major Plus

Omen (CA) – Richard (Doc) DeMarco, William Nevis, Tommy Avery, Joseph Cors, Gary Tryhorn. / Scrap Iron 75 Legacy (CO) – Michael Hoffberg, Tom Whelan, Steve Strommen, David Smith. / San Francisco Seals (CA) – Carl (Herb) Epple, William Wilson, Gene Hanson.

Men's 75 Major

California Connection – Gary Evans, Gary Adams, Charlie Wiley, Rudolph Morfin, James Kenney. / Kokopelli Eye Institute Scorpions (AZ) – Troy Singletary, John Seigla, Michael Walter, Larry Richey. / Top Gun 6 Bits (CA) – Rich Boyer, Frank Laky, Claude Hattan.

Men's 75/80 Gold

Arizona Outlaws – Emmette Spike Graham, Francis Doering, Ben Ledohowski, Frank Caliendo.



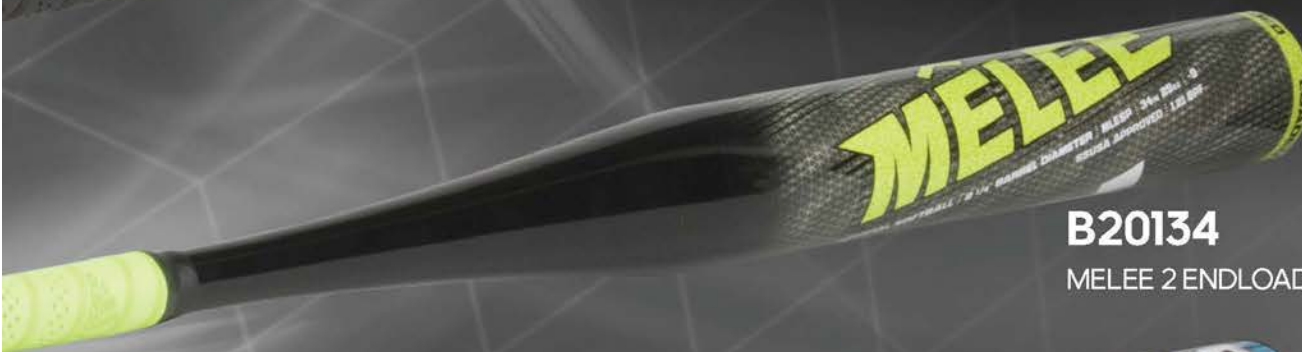
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Tidewater Classic All-Tournament Teams

The 2018 Tidewater Classic held in Virginia Beach in April hosted a record 50 teams playing in 12 divisions.

If you missed the tournament recap that appeared in the newsletter, please [CLICK HERE](#).

Men's 40 Gold

Wilson's Blvd/Power Up (MD) – Thomas Bloom, Richard Kehoe, Mel Bowen, Donnie Meyett, Greg Rush. / Color By Design (MD) – Billy Nelson, Stephen Price, Tony Liberto, David Holsinger.

Men's 50 Major

RV Carey's/Walkoff (MD) – Kelly Stup, Paul Black, Paul Dixon, Michael Hutchinson.

Men's 50 AAA

Team 757 (VA) – Cleo Summers, Randy Glascock, Tony Robinson, Fabian Green, Maurice Dawson. / Central Penn Caveman Softball (PA) – Jeff Barefoot, Dana Howard, Brad Felk.

Men's 55/60 Platinum

Woodlawn Funeral Home (VA) – Michael Watson, Eric Boles, Jeff Robinson

Men's 50/55 Silver

Diamond Elite (VA) – Nick Lamirata, Ken Barnes, Michael Carroll, Danny Gregory, Al Tefft. / DHF Contractors 55's (VA) – Mark Flores, Cliff Pousak, Ray Iobst, Benedict Ramos.

Men's 60 Major

Triangle Masters (NC) – Kenny Seagroves, Frederick Latimore, Tony Cathey, Norbert Kozlowski, Neil Braunsdorf. / Promotion (NJ) – Gerard Stigliano, Robert Sollitto, David Szwec, Bob Urie. / Frederick Chevy (PA) – Paul Veilleux, Ronald May, Rick Barlow.

Men's 60 AAA

Crossfit/Great Clips (NC) – Joe (Larry) Bunn, Kent (Pete) Creech, Carl (Gary) Hayes, Homer (Ricky) Wadford, Tim



Lancaster. / Reality Check (NC) – Milton Rogers, Steve Hands, Dave Gardner, Rodney Hearn.

Men's 60 AA

Syracuse Cyclones (NY) – Albert Owens, Jack Baxter, Louis Rossi, Don Huelsman, Larry Zocchi.

Men's 65 Platinum

Cobras (NC) – Stephen Pierson,

Clarence Ellison, Bill Cameron, Thomas Stankus, Sonny Johnston. / New Jersey Hitmen – Gene McCloskey, Frank Bender, David Hawkins.

Men's 65 AAA

Long Island Jaguars Red (NY) – Kevin Ottman, Ike Rauth, Guy Losito, James Giello, Jon Glazer. Talaga Construction (CT) – Kenneth Bavier, Thomas Kapitan, Butch Talaga.

Men's 65/70 Silver

Robinson's Furniture/OTS (DE) – Mike McClatchey, David Sroka, Steve Carey, John Bradshaw, Paul Litwin.

Men's 70 Major

Spicer Properties (MD) – Billy Martin, Ronald Miller, Joe Fry, Robert Hewett, Jack Ogert.

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