



# VEGAS, BABY!

## 2021 Season Booming

### Softball News Report

**P**ent-up desire to play ball has blossomed across the nation this spring, with tournament after tournament filling past capacity. Tournaments set record

Please See Page 6

■ **SPRING WORLDS:**  
Page 6

■ **SPRING NATIONALS:** Page 8

■ **TIDEWATER:**  
Page 9

■ **TOC WRAP-UP:**  
Page 13

BigStock Photo

# Opening the World



Photo illustration by Susan Ballenger and BigStock Photo



# **D99**

**HIGHEST QUALITY**

## **Hand Sanitizer**



**GAL.**



**24 oz**



**3 oz**

**DECREASES BACTERIA  
ON THE SKIN.**

**RECOMMENDED FOR  
REPEATED USE.**

**LEAVES NO  
RESIDUE**



**UNSCENTED  
FORMULA**



NDC: 77089-075-01, 77089-075-02, 77089-075-03

INGREDIENTS: ISOPROPYL ALCOHOL, HYDROGEN PEROXIDE, GLYCEROL, AND PURIFIED WATER USP

**ORDER # - 714-898-4377**

**[www.tiodize.com](http://www.tiodize.com)**



Support U.S.A. manufacturing.

# Senior Softball News

9823 Old Winery Place, Suite 12  
Sacramento, CA 95827  
(916) 326-5303  
(916) 326-5304 FAX  
[www.seniorsoftball.com](http://www.seniorsoftball.com)

**Publisher**  
W.E. Ruth

**Editor**  
Terry Hennessy

**Managing Editor**  
Anthony Ramos

**Contributing Writers**  
Art Eversole, Carl Gustafson, Donna  
McGuire, Stan Reents, Jack Sirard,  
Dave Weinman

**Internet Director**  
Scott Flodin

**Art Director**  
Sue Ballenger

**Photographer**  
Jack Eberhard  
[JacksActionShots.com](http://JacksActionShots.com)

**Marketing Manager**  
Fran Dowell

Nothing in this publication shall be deemed to constitute in any fashion whatsoever an endorsement by Senior Softball USA, LLC. (SSUSA), of any information in this publication. SSUSA, LLC., disclaims any and all liability with respect to any use of, or reliance on, such information. No information in this publication shall be construed in any manner whatsoever as a recommendation of any industry standard, or as a recommendation of any kind to be adopted by, or binding on, any person or entity. Nor shall information contained in this publication be deemed to constitute in any fashion whatsoever an endorsement by SSUSA, LLC., of any product or service advertised herein. The material set forth in this publication is provided on an informational basis only. SSUSA, Inc., is not engaged in the practice of any profession, including but not limited to law, medicine and accounting, and nothing in this publication should be relied upon in lieu of appropriate competent professional advice.

# Index

## From the Cover:

**World Opening Up**  
Pg. 5

**VEGAS BABY!**  
Pg. 6

**Spring Worlds Recap**  
Pg. 6

**Spring Nationals Recap**  
Pg. 8

**Tidewater Classic**  
Recap  
Pg. 9

**TOC All-Tournament**  
Pg. 13

## News Index:

**Editorial.....Pg. 12**

**World Champs Entry**  
**Raffle.....Pg. 14**

**Umpire's Corner.....Pg. 16**

**Hitting Column.....Pg. 18**

**Covering the Bases..Pg. 19**

**Age Division Vote.....Pg. 19**

**Fitness Column.....Pg. 20**


**Senior Moments.....Pg. 26**

**Pete Davignon Fund.....**  
Pg. 26

**Women's World Cup.....**  
Pg. 28

## Sponsor Index:

BSN Sports - Official Ball Supplier  
of SSUSA.....Pg. 4/22 

Adidas - Official Shoe of SSUSA  
.....Pg. 25 

Elite Sports USA - Official  
Uniform of SSUSA.....Pg. 17 

## Bat Sponsors:

 Pg. 11

 Pg. 15

 Pg. 23

 Pg. 27

 Pg. 21

 Pg. 12

 Pg. 24



**TRUMP** : OFFICIAL BALL of SENIOR SOFTBALL - USA

**BSN SPORTS**: OFFICIAL SUPPLIER of SENIOR SOFTBALL - USA

[bsnsports.com/seniorsoftball](http://bsnsports.com/seniorsoftball)

BSN SPORTS • 800-327-0074 EXT.127





**PROUD  
TO BE WITH  
SSUSA!**

**BSN SPORTS**

***BSNSPORTS.com/SENIORSOFTBALL***

**FRANK SOTTILE**

**SALES PRO**

**800-327-0074 ext.127 • *fsottile@bsnsports.com***

# WORLD: 6 Trips Around the Globe on Deck

**Continued From Page 1**

New Zealand, with stops in Hawaii, the Caribbean and Canada.

The SSUSA Tours offer players and their friends and families a chance to enjoy seeing the world, playing with new and old friends from throughout America and meeting players from other countries!

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

Mark your calendars for 2021 and 2022:

## August 19-31, 2021: Jewels of Eastern Europe

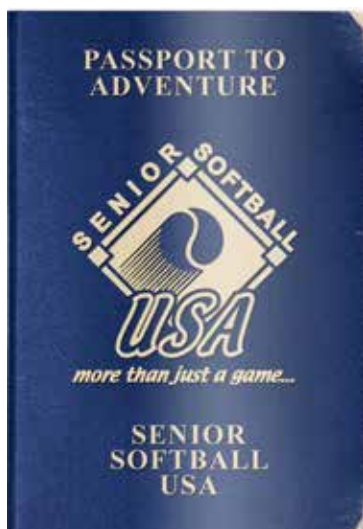
Join us on an adventure of a lifetime to two of the most beautiful and magical cities in Europe: Prague and Budapest.

Cruise on the River Danube in Budapest, feast on a Gypsy dinner, play ball in the famous wine village of Szentendre and get a personal tour from our host ballplayers of their picturesque town, and in Prague you'll have a chance to explore this magical city of bridges, cathedrals, gold-tipped towers and church domes, has been mirrored in the surface of the swan-filled Vltava River for more than ten centuries.

**FEW SPOTS REMAIN!**

[CLICK HERE](#) to view updated itinerary.

[CLICK HERE](#) to view booking form.



## October 2-3, 2021: International Co-Ed Champs in Las Vegas

Bring your 40+ Co-Ed team or build one and play against teams from North America and Europe in Las Vegas! You will have the opportunity to meet and get to know teams and players both on the field and during a special International get-together sponsored by Senior Softball USA. This is a perfect way to break your Pandemic isolation blues!

Don't have a team? Don't worry. The International Co-Ed Division is also open to individuals.

[CLICK HERE](#) for more information.

## February 23-28, 2022: Caribbean Classic in the Dominican

Experience the beautiful Caribbean in the middle of winter!

The Caribbean Classic will feature one or two SSUSA teams assembled from the USA and Canada playing against local senior softball

teams from the Dominican Republic.

SSUSA players and their guests will be staying at the Bavaro Barcelo Palace all-inclusive beachfront resort in Punta Cana...and you'll play in a beautiful ballfield just 50 yards from the beach!

[CLICK HERE](#) for itinerary.

## March 17-29, 2022: Discover the Magic of New Zealand

Journey Down Under to New Zealand and experience the scenic magic captured the imagination of millions in the "Lord of the Rings," which was filmed on New Zealand's South Island. And there is much, much more to see and experience on both the North and South Islands – including playing softball against some talented New Zealand teams!

[CLICK HERE](#) for itinerary.

## August 30 – September 4, 2022: Pacific Rim Championships in Vancouver, BC, Canada



**Pacific Rim Slow-Pitch  
Softball Federation**

Canada will be hosting the 8th Annual Pacific Rim Championships in beautiful

Vancouver, British Columbia!

Teams from Japan, China, Taiwan, Canada, the United States and Guam will be competing in a tournament designed to build friendship through softball throughout the Pacific Rim.

Note: These dates will be confirmed in the summer of 2021.

[CLICK HERE](#) for itinerary.

## November 2-12, 2022 – Play Ball in Paradise and Cruise the Hawaiian Islands!

Cruise aboard Norwegian Cruise line's luxury ship Pride of America for seven days; play softball, shop and sight-see on three of the Hawaiian Islands: Maui, The Big Island and Kauai.

With Freestyle Cruising and unique 7-day cruise itineraries, there is plenty of time to play softball, shop and sight-see in Maui and Kauai and the Big Island. And of course, there will be softball games.

We will play Hawaiian teams on Oahu before we board the ship for games in Kona, Maui and Kauai during the cruise!

You'll be on island time as you discover cascading waterfalls, active volcanoes, black, green and white sand beaches, historic sites and unspoiled nature.

[CLICK HERE](#) for itinerary.

Visit the [International Page](#) on the SSUSA website for more information on each of these six events.



**TRUMP** : OFFICIAL BALL of SENIOR SOFTBALL - USA

**BSN SPORTS**: OFFICIAL SUPPLIER of SENIOR SOFTBALL - USA

[bsnsports.com/seniorsoftball](https://bsnsports.com/seniorsoftball)

BSN SPORTS • 800-327-0074 EXT.127



# VEGAS: 2021 SSUSA Tournaments Exploding

**Continued From Page 1**  
after record.

The Top Gun Winter Classic drew 100 teams, the Spring Worlds 184 teams – and the Southwest Championships will become the largest Senior Qualifier in the history of the sport with 255 teams this month.

“Across America, states are opening their fields and players are flooding the

diamonds,” said Fran Dowell, Senior Softball USA executive director.

These early tournaments are an excellent sign for the 2021 Senior Softball season.

“Many players who were reluctant to play during the pandemic have joined their teams as they have gotten vaccinated and felt safe to compete and travel,” said Dowell.

Throughout most of 2020,

for example, the softball fields in Nevada were closed, forcing SSUSA to move both the Southwest Championships and the Worlds out of Nevada.

That changed when the Nevada governor opened the fields to tournaments in March 2021. The result has been a record turnout in the Southwest Championships – and an anticipated record showing at the 600+ team World Champi-



onships from Sept. 16- Oct. 3, according to SSUSA officials.

## Spring World Champs Set Record Number

Cathedral City, CA / Mesquite & Las Vegas, NV / St. George, UT --- Four cities in three states welcomed 184 teams (new tournament record) during the 2021 Spring World Championships March 19-28.

SSUSA held its first post-COVID shutdown tournament in the Golden State with 21 teams competing in the Men's 40 Spring World Championships, held March 20-21, at Big League Dreams in Cathedral City.

The teams were split into five pods in order to meet state protocols.

In the three-team Men's 40 Major Plus Division, LCP 40s (CA) took first place with wins over Flawless/Loaded Sports (CA), 32-24; and Fatt-boyz/Elite (CA), 33-16.

Eight Men's 40 Major teams were split into two four-team Red and White Pool Pods, with the first, second, third, and fourth place teams from each pod facing the other.

In the fourth-place matchup, Cheap Suits/Republic Realty/Express Athletics (CA), from the White Pod,

edged out RLG Legacy (CA), from the Red Pod, 22-21.

In the third-place matchup, BARTACT/Chaos (CA), from the White Pod, knocked off 40 Cal Assault (CA), from the Red Pod, 25-9.

In the second-place matchup, Asylum Ballers (CA), from the White Pod, cruised to a 20-5 victory over Avalon Meat Candy (NV), from the Red Pod.

Finally, in the first-place matchup, Kraze (CA), from the Red Pod, won a thriller over SoCal Misfits, from the White Pod, 21-20.

Another five Men's 40 Major teams were spotted in the Blue Pod.

Going undefeated on the weekend, with a perfect 4-0 mark, Reservoir Dogs (CA) took first place.

With a 3-1 record, Howarth Construction (CA) took second, while Flatliners LLC (CA) finished in third place going 2-2. TWS (CA) was the fourth-place finisher at 1-3.

Another five-team pod was the Men's 40 Major/AAA Silver Division.

805 Prime Time (CA) took first place following a

perfect 4-0 showing; while Evan Williams/CWI (CA) was the runner-up with a 3-1 mark.

Screwballs (CA) took third, while DC 21 (CA) finished fourth.

Playing the same weekend were the Men's 60s (starting play on March 19) and Women's (starting play on March 20) Divisions in Mesquite.

Starting with the 14-team Men's 60 Major Division, Vegas Elite (NV) posted a perfect 5-0 record in bracket play, capped off by a 24-9 win over Sidewinders (AZ) in the championship game.

Sidewinders entered bracket play as the last seed following an 0-2 record in seeding play. The team regrouped with a solid 5-2 record in bracket play, including three straight wins in the elimination side of the bracket en route to their runner-up finish.

Tri-State Kings (WA) finished in third place, while top seed Scrap Iron/Rocky Mountain Thunder (CO) rounded out the top four finishers.

The 16-team Men's 60 AAA Division would come down to the "if" game.

Sin City Raiders (NV) won four straight bracket games to punch its ticket into the championship game, while Baker Boyz (CA) cruised to a 24-8 win in the third-place game to secure its spot in the championship game.

The championship game set up a re-match, as Sin City Raiders easily downed Baker Boyz, 18-4, in the winner's bracket final.

Needing to win two, Baker Boyz did just that, completing the double-dip with wins in the championship game (17-12) and "if" game (25-18).

Thunderstruck (AZ) ran the gauntlet in the elimination side of the bracket with six straight wins, before running out of gas in the third-place game.

Top seed Scrap Iron Xplosion (CO) also made a valiant run through the elimination side of the bracket with five straight wins, en route to their eventual fourth place finish.

In the four-team Men's 60 AA Division, Boys of Summerlin (NV) completed the

**Continued on Next Page**

# Spring Worlds: SSUSA Returns to CA & NV

Continued From Previous Page

perfect weekend, going 3-0 in seeding play, and 3-0 in bracket play, including a 22-18 win over Arizona Blaze in the championship game.

Scrap Iron Rockies (CO) was the third-place finisher.

In the four-team Women's 40/50 Division, Utah Relics 40 took the top seed in bracket play following its 3-0 showing in seeding play. The team continued its strong play with a 3-0 record in bracket play, including a thrilling 24-23 win over Dames Got Game 40 (AZ) in the championship game.

As the highest finishing AAA team, Dames Got Game would also earn a TOC berth.

Arizona Dream Team 50 finished in third place.

The tournament continued with the Men's 65 – 85 age divisions playing March 23-25 in Las Vegas, Mesquite and St. George.

In the nine-team Men's 65 Platinum (Major Plus/Major) Division, Arizona Old School ran the table as the No. 5 seed, going 4-0 in bracket play, including a 25-10 victory over North Idaho Softball Club in the championship game.

North Idaho Softball Club won three straight win-or-go-home games to come out of the elimination side of the bracket.

Top Gun Elite (CA), the lone major plus team in the field, finished in third place; while D & K (CA) won straight games in the elimination side of the bracket to eventually finish in fourth place.

In the 13-team Men's 65 AAA Division, Yeahoos



(WA) claimed the No. 1 seed in bracket play going 2-0 in seeding. They were one of five teams to go 2-0.

Yeahoos continued their strong play in the bracket, going 4-0, including a 28-16 victory over Los Vatos Viejos (AZ).

Los Vatos Viejos also went 2-0 in seeding, and would go on to earn a hard fought 21-20 victory in the third-place game over Bucky's Casino (AZ). Bucky's Casino had also gone 2-0 in seeding.

Bouncing back from an 0-2 showing in seeding play, last seed Peak Softball/Scrap Iron (CO) won four straight elimination games en route to their fourth place finish.

In the five-team Men's 65 AA Division, top seed Family (NV) avenged its 20-5 loss in the championship game against Los Vatos Viejos II (AZ), with a 26-9 win in the "if" game.

Lights Out (CA) finished in third place.

The Men's 70 Major Plus Division featured a best-of-three game series between Timberworks/Suncoast (CA) and Animals (CA).

Timberworks/Suncoast would go on to sweep the series, by scores of 26-17 and

25-4, respectively.

In the five-team Men's 70 Major Division, Over The Edge (CA) won five straight elimination games, including a double-dip over AZ Ancient.

The team went from worst to first, as Over The Edge entered bracket play in the last seed.

After splitting their first two games, Over The Edge dropped down into the elimination side of the bracket.

From that point forward, Over The Edge won out, including taking the championship game (20-10) and "if" game (12-10) over AZ Ancient.

Top seed Las Vegas Heat (NV) finished in third place.

In the 13-team Men's 70 AAA Division, Valley Fog (CA) completed an unblemished tournament, going 2-0 in seeding and 5-0 in bracket play, including a thrilling 24-23 victory in the championship game over top seed Scrap Iron 5280' (CO).

Scrap Iron 5280' won three straight elimination games en route to their runner-up finish.

For Valley Fog, of their five wins in bracket play, three came by one-run.

Scrap Iron/Rocky Mountain Patriots (UT) finished in third place. SoCal Gusto finished fourth.

In the four-team Men's 70 AA Division, Las Vegas Desert Heat (NV) went undefeated, posting a 3-0 record to take the No. 1 seed, and a 3-0 record in bracket play, including a 20-8 win over Duke City Dynamite (NM) in the championship game.

Top Gun Old Dawgs (CA)

rounded out the top three finishers.

OMEN (CA) swept the Men's 75 Major Plus Division, defeating Sidewinders (AZ) by scores of 23-13 and 23-18, respectively; while Tri-State Diamondbacks (NM) swept Tharaldson's (NV) in the Men's 75 Major Division, by scores of 15-14 and 22-7, respectively.

In the seven-team Men's 75 AAA Division, Scrap Iron Legends (CO) won the modified single elimination bracket going 3-0, including a 19-9 win over Vegas Strong (NV) in the championship game.

Last Call (NV) and J Squared (CA) tied for third place.

In the five-team Men's 80 Platinum (Major Plus/Major) Division, Top Gun Gold (CA), the lone Major Plus team, went 3-0 in bracket play, capped off by a 24-18 win over Sidewinders (AZ).

As the highest finishing Major team, Sidewinders also earned first place awards.

Scrap Iron Grey Berets (CO) finished in third place.

In the four-team Men's 80/85 AAA Division, Top Gun Blue Angels 85 (CA) took home the championship, going 3-0 in the bracket, including a 22-15 win over Top Gun Diamonds 80 (CA) in the title game.

Scorpions (AZ) finished in third place.

The tournament concluded in St. George with the Men's 50s and 55s divisions, playing March 26-28.

Starting with the Men's 50 Major Plus Division, Vicious Cycle (CA) swept Stadium

Continued on Next Page



# Women Shine in Spring National Champs

POLK COUNTY, Fla.

— The 2021 Spring National Championships was held here at Loyce Harpe Sports Complex and Walker Road Softball Complex in Lakeland, March 19-21.

The 44 teams that competed in the Spring Nationals this season was the most since the 2010 season, which featured 51 teams.

Starting off with the three-team Women's 40/50 Major Division, Dynasty Girls 50 (FL) recorded an unblemished 3-0 record in the bracket,



capped off by a 16-9 win over TM Force 40 (FL).

Kryptonite 50 (FL) finished in third place.

In the four-team Women's 50 AAA Division, Born 2 Hit (GA) avoided the dreaded

double-dip, defeating top seed BAGS (FL), 15-11, in the "if" game.

BAGS forced the deciding game via an 18-14 win in the championship game.

Lady Vipers (FL) finished in third place.

In the three-team Men's 40/50 Major Plus Division, Suncoast/Adidas/Shades 50 (FL) posted a perfect weekend, going 3-0 in seeding play, and 2-0 in bracket play.

Suncoast/Adidas/Shades 50 defeated FBI/Worth/Miken 50 (FL), 32-16, in the champi-

onship game.

Suncoast Adidas 40s (FL) finished in third place.

The Men's 50 Major Division featured a best two-out-of-three game series between Daytona Beach Boyz (FL) and Duty Calls Seniors/Worth Miken (FL).

Duty Calls Seniors/Worth Miken struck first, taking the opening game, 28-26; while Daytona Beach Boyz evened the series, cruising to a game two victory, 21-8.

In the rubber-match, Day-  
**Continued on Next Page**

## SWC: 50s & 55s Divisions Close Out Tourney

**Continued From Previous Page**

(CA) by scores of 36-19 and 21-10, respectively.

In the three-team Men's 55 Major Plus division, Crush/Miken (CA) went 3-0 in the bracket, including a 25-22 win over top seed Corner-Stone (OR) in the championship game.

Scrap Iron/Rocky Mountain Thunder (CO) finished in third place.

In the 12-team Men's 50 Major Division, Bart's Fossils/BL29Sports (CA) was the hot team in the bracket, going 5-0, including a 23-12 win over HTM (ID) in the championship game.

HTM, who bounced back from an 0-2 showing in seeding play, had previously won three straight elimination games to reach the championship game.

Battleborn NV/Asurea finished in third place.

Juiced Up Athletics (CA) entered the bracket as the last seed, and rattled off four straight wins in the elimina-

tion side of the bracket to round out the top four finishers.

In another 12-team division, the Men's 50 AAA Division, the winner would be determined by the "if" game.

The final two teams used different roads to get to the title game.

Entering bracket play as the No. 2 seed, Bad Attitude (CA) won three straight games to reach the championship game.

Smash It Sports NW (WA) dropped its opening bracket game, 23-22, against Savon (UT), before winning six straight games in the elimination side of the bracket, including a 25-22 win over top seed Team SMS (NV) in the third-place game.

Smash It Sports NW would go on to make it seven straight wins with a thrilling 25-24 victory over Bad Attitude in the championship game.

Playing in its fifth straight game on Championship Sun-

day, and looking for its eighth straight overall win, Smash It Sports ran out of gas in the "if" game, as Bad Attitude gutted out a hard fought 12-9 win.

In the eight-team Men's 55/60 Platinum (Major/Major Plus) Division, top seed Legacy Sports USA 60 (AZ) completed the perfect weekend, going 2-0 in seeding and 4-0 in bracket play, including a 23-18 win over WPI/Jayco (ID) in the championship game.

As the highest finishing 55 Major team, WPI/Jayco would also go on to earn a TOC berth.

Arizona Old School 55 finished in third place after winning four straight games in the elimination side of the bracket. L.A.F. (CA) was the fourth-place finisher.

In the 13-team Men's 55 AAA Division, KSS-Taco Bell (AZ) went on a hot streak, going 5-0 in the bracket, including a 27-23 win over Team Southwest/Wood-

ies (NM) in the championship game.

After going 0-2 in seeding play, and entering the bracket at the No. 12 seed, Six Five O's (CA) began bracket play splitting its first two games.

In the elimination side of the bracket, Six Five O's put together a strong push, winning five straight games, before losing in the third-place game.

Stars & Stripes (OR) also made a run through the elimination side of the bracket with four straight wins, en route to their fourth-place finish.

In the three-team Men's 50/55 AA Division, top seed Team Panthers 50 (UT) defeated Arizona Blaze 55, 20-9, in the "if" game. AZ Blaze forced the "if" game following a 26-23 win in the championship game.

As the highest finishing 55 AA team, AZ Blaze would also earn a TOC berth.

Spin Tees 55 (WA) finished in third place.



# Tidewater Classic Returns with a Boom

VIRGINIA BEACH, VA – After being cancelled in 2020 due to the COVID-19 pandemic, the 2021 Tidewater Classic came back in full force here, with a record 55 teams. The tournament was held March 24-28 at Princess Anne Athletic Complex.



The Men's 65s – 70s divisions kicked off the tournament on March 24.

In the four-team Men's 65 Major Division, top seed Promotion (NJ) completed the perfect week, going 3-0 in seeding, and 3-0 in bracket play, including a 17-9 win over New Jersey Hitmen in the championship game.

High Street Bucs (MD)

finished in third place.

In another four-team division, the Men's 65/70 Gold Division, top seed Talaga Construction 65 (CT) also polished off an undefeated weekend, going 3-0 in seeding, and 3-0 in bracket play.

In the championship game, Talaga Construction downed Robinson's Furniture/OTS (DE), 23-17.

Jersey Masters Red 65 finished in third place.

The tournament continued March 26 with the Men's 40s-60s age divisions.

In the 11-team Men's 40's Masters Platinum Division, Spirits West/SMC (MD), the lone Major Plus team in the bracket, had a perfect weekend, going 2-0 in seeding, and 4-0 in bracket, including a forfeit win over top seed Team E.V.G./Sake (MD), in the championship game.

After falling to Hatch's Home Improvement (MD) 20-19, to drop down into the elimination side of the bracket, Team E.V.G./Sake re-grouped with three straight

wins, including a revenge win over Hatch's Home Improvements, 19-18, in the third-place game.

As the highest finishing Major team, Team E.V.G./Sake would go on to also earn a TOC berth.

First Capital (NY) finished in fourth place.

Y'All Next (MD) won three straight elimination games to finish in a tie for fifth place, along with Extreme (MD).

In the four-team Men's 40 AAA Division, Past Our Prime (VA) entered bracket play as the top seed, after go-

**Continued on Next Page**

## SNC: "If" Games Played Throughout Tourney

**Continued From Previous Page**

tona Beach Boyz completed the come-back, taking the deciding game, 24-19.

In the three-team Men's 55 Major Plus Division, top seed BPA/USA (PA) knocked off Suncoast/Adidas/Shades (FL), 26-11, in the championship game.

Kelleher Firm/LeMay/Blue Mountain (FL) finished in third place.

The six-team Men's 50 AAA division came down to the "if" game between the top two seeds.

Top seed Crawford Contracting (MI) avenged its 22-18 loss in the championship game against Woodlawn Hitting Club (FL), with a thrilling 30-29 victory in the winner-take-all "if" game.

Crawford Contracting had ice in its veins all weekend long, as the team went 3-1

in the bracket, with all three wins coming by one-run.

The four-team Men's 55 Major Division also featured an "if" game, with No. 2 seed RE/MAX (FL) completing the double-dip.

After falling against top seed, Warner Roofing/Nail Gun Depot (IN), 24-14, in the winner's bracket final; RE/MAX won three straight games to close out the tournament, defeating Crawfords 55 (MI), 19-4 (third-place game), and doubling up Warner Roofing/Nail Gun Depot in the championship game (23-8) and "if" game (18-17).

In the Men's 55 AAA Division, Masaryktown Bingo (FL) swept Palm Beach Thunder (FL) in a best of three series, by scores of 21-20 and 26-10, respectively.

In the four-team Men's 60/65 Platinum Division, top

seed Levin/Ameriprise 60 (FL) registered an undefeated weekend. The team went 3-0 in seeding play, and 3-0 in bracket play, capped off by a 20-12 win over Top Dawgs 60 (FL) in the championship game.

Vecter Scorpions 60 (FL) finished in third place.

The three-team Men's 60 AAA Division also featured the top seed take home the championship.

After going 3-0 in seeding play, The Ockers Company (MA) went 2-0 in the bracket to complete the flawless weekend, including a 17-14 win over The Winter Haven All-Stars (FL), in the championship game.

Sunshine Sluggers (FL) finished in third place.

In another three-team division, the Men's 65 Major Division, top seed Via Cit-

rus (FL) took the title with a thrilling 17-16 win over Slug-A-Bug (FL) in the championship game.

Levin Ameriprise (FL) finished in third place.

In the four-team Men's 65/70/75 Gold Division, FL Mustangs 65 proved its worth as the top seed, going 3-0 in bracket play, including a 20-3 win over Venom 75 (FL).

Lane Construction 70 (FL) finished in third place.

As the highest finishing 70 Major team, Lane Construction also earns a TOC berth.

In the three-team Men's 70 AAA Division, Bulls (FL) avenged its 21-9 loss in the championship game against top seed FL Mustangs, with a 20-5 win in the decisive "if" game.

ITC Death & Taxes (FL) finished in third place.

# Tidewater Champs

**Continued From Previous Page**

ing 3-0 in seeding play.

The team dropped its opening bracket game, losing to Rough Ryders (MD), 15-13.

Facing elimination the rest of the way, Past Our Prime, rattled off four straight victories, including back-to-back wins over Rough Ryders, in the championship game (22-17), and "if" game (11-1). Smokin Aces (VA) finished in third place.

In the five-team Men's 50 Major Division, KIKU Imports/MY Buddies (MA) went 4-0 in bracket play, including a 21-17 win over Utility Systems C & E (MD) in the championship game.

Bad Boyz VA finished in third place.

In the six-team Men's 50 AAA Division, top seed Freehold Buick GMC/Juno Athletics (NJ) went 2-0 in seeding, and 3-0 in bracket play, including an 11-9 win over Old School/GTS Sports (PA) in the championship game, to cap off the perfect weekend.

Potomac Sports (MD) finished in third place.

In the Men's 55/60 Platinum Division, Dugout/Mid Atlantic/Dudley 55 (VA) rolled through bracket play undefeated, including an 8-5 win over Building Innovation Group Inc. 55 (NY) in the championship game.

Top seed Buell Fuel 55 (NY) finished in third place.

The five-team Men's 50/55 Silver Division, NOVA Force 55 (VA) went undefeated on the weekend, going 2-0 in seeding, and 3-0 in bracket play. The team completed the

unbeaten run with a thrilling 8-7 win over Finance of America 55 (NJ) in the championship game.

Top seed Carolina Legends 55 (NC) finished in third place.

The four-team Men's 60 Major, Carolina A's (NC) entered bracket play as the top seed, going 3-0 in seeding play. The team lived up to its top billing, going 3-0 in bracket play, including a 16-10 win over Olympian Athletics (PA) in the championship game.

The Bank (DE) finished in third place.

In the six-team Men's 60 Silver Division, Leed Construction (CT) was the eventual top dog, going 4-0 in bracket play, including an 11-4 win over Crossfit/Great Clips (NC) in the championship game.

High Street Bucs (MD) finished in third place after winning three straight elimination games.

## Seen & Heard Around The Park

After looking at the for sale T-shirts a guy asked "When are you guys going to figure this shirt thing out?"

Confused, Tournament Director Tim McElroy asked if his team name was left off of the back of the design.

"No, that's not it. Us old guys like to tuck our shirts way down in our pants. Our names should be at the top. The young kids should have their names at the bottom so that they can leave them untucked and I don't have to look at their underwear."

# Welcome to our Home!

The 2021 SSUSA/ISA National Convention is coming to Sacramento: home of Senior Softball USA!

**SAVE THE DATE:** Plan on coming to the National Convention from Nov. 29 – Dec. 2, 2021!

The convention is open to all SSUSA players and managers, directors, UICs and sponsors.

This is your chance to be part of the decision making of Senior Softball for 2022 – and your chance to visit our National Office.

Details will be coming soon ....

Watch our website:

[CLICK HERE](#)



**TRUMP**

OFFICIAL BALL of SENIOR SOFTBALL - USA

**BSN SPORTS**: OFFICIAL SUPPLIER of SENIOR SOFTBALL - USA

[bsnsports.com/seniorsoftball](https://bsnsports.com/seniorsoftball)

BSN SPORTS • 800-327-0074 EXT.127





**DENNIS  
RULLI**

BALANCED

*Dennis Rulli*

**RONNI  
SALCEDO**

LOADED

*Ronni Salcedo*

**RON  
PARNELL**

MOTHER LOAD

*Ron Parnell*

**TRIPLE R**

LOADED



# 2020 EMPIRE

**FEATURING UPGRADED TRIPLE WALL TECHNOLOGY**

**INCREASED  
PERFORMANCE**

**MAXIMUM  
DURABILITY**

**OPTIMIZED  
PLAYER WEIGHTING**



**TAG US AND USE  
#POWEREDBYEASTON**



@EASTONSLWPITCH



@EASTONSLWPITCH



@SLOWPITCHEASTON



@EASTONSPORTSNETWORK

# Opinions & Letters

## 2021, Play Ball!

Hallelujah!!!!

It is spring and we are playing ball!

As states open their fields, softball players are rejoicing.

Many players became creative during the pandemic, informally forming hitting clubs and playing pickup games.

But that's not the same as playing tournaments, where players get a chance to see friends, enjoy team

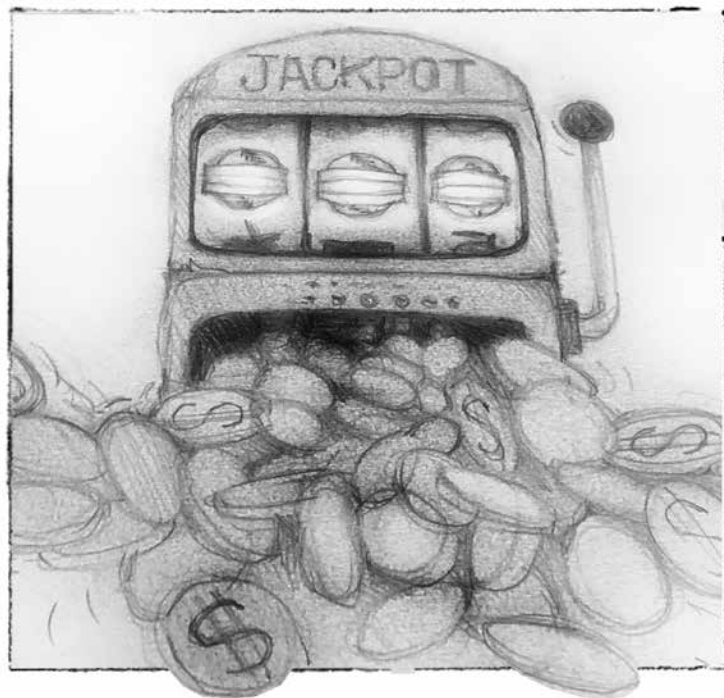
dinners and play ball in their own divisions.

While Senior Softball is about the sport, it is also about building friendships and socializing among those who share a common love.

After many months of isolation, playing organized softball is simply exhilarating.

Yes, 2021 is looking like a very good year.

**Terry Hennessy**  
Editor



Sue Ballenger



# TOC: 2020 Teams Will Earn Berth for 2022

POLK COUNTY, Fla. – The top senior softball teams in the country gathered here back in January, for the Original Tournament of Champions.

Due to the pandemic, the 2021 Original TOC had a different feel.

Champions from any

SSUSA qualifier held during the 2020 season, along with TOC qualifier champions from the 2019 season, were all extended an invitation.

Additionally, a number of special events at the annual crown jewel of senior softball had to be cancelled, including the TOC All-Star Game, the

sit-down gala banquet, and the Louisville Slugger Warriors vs. TOC All-Stars Game.

However, the hitting clinic, skills contests and optional team practices were all still held as scheduled.

The hitting clinic kicked off the festivities on Jan., 20; while the skills contests and

team practices were held Jan., 21.

Teams that qualified for the TOC during the 2020 season, will again be invited to the 2022 TOC.

[CLICK HERE](#) to read the recap that appeared in the newsletter, along with the list of skills contests winners.

## Tournament of Champions All-Tournament Teams

Congratulations to the All-Tournament selections from the 2021 TOC!

First places teams earn five all-tournament selections, second place gets four, while third place earns three.

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

### Women's 40/50 Major

**Unfazed 50 (VA):** Lisa Evans (MVP), Lisa Harvey, Katrina Hightower, Ella Rogers, Doloris Patterson, Yvonne Johnson.

### Women's 40 AAA

**Tharaldson Softball (NV):** Rhonda Hilpiper-Maier, Heidi Raymond, Cassie Smith, Danelle Murphy, Crystal Schubitzke, Danelle Card (MVP).

**Firestyx (NJ):** Marilyn Clifford, Donna Vandagriff, Angie Linder, Shelly Patrick.

### Men's 40/50 Gold

**50 Degrees (MO):** Stephen Cartwright, Johnnie Caswell, Rodney Lofton.

### Men's 50 Silver

**Gray Ghost (IL):** Nate Benson, Derrick Peterson, Wylie Harris.

### Men's 55 Major

**Larry's Tire/Michigan Wolf Pack:** Todd Forsten (MVP), Rick Berridge, Gary Ferro, Chris Rankin, Dave VanderWest, Jeffrey Grate.

### Men's 55 AAA

**Twin Trees (NY):** Michael Scanlon, John Martin, Robert Fedrizzi.

### Men's 60 Major

**Levin/Ameriprise (FL):** Homer Rodriguez, John Miles, Lamar Milam, Robert Lehman.

**Olympian Athletics (PA):** Timothy Mowery, Roger Jennings, Douglas Hartzok.

### Men's 60 AAA

**Long Island Jaguars (NY):** Gerard Stigliano (MVP), Douglas Whitfield, Bill Devine, Michael Cohen, John Farrell, Joseph Phipps.

**RedHawk Nation (FL):** Rick Leith, Stephen Griffin, Howard Albritton, Norbert Micklos.

### Men's 60 AA

**Bucks Run Farms (NE):** Dennis Steinhauer, Gil Stephens, Dana Verbeek, Chuck Grubb, Roy Meadows.

**Texas Legends:** Joseph Denomy, Mike McClanahan, Ray Berry

### Men's 65/70 Platinum

**Venom 70 (FL):** James Davidson, Gary Nicolay, Larry Cudney, Dennis Schroeder, Tols Mihailoff.

**Slug-A-Bug 65 (FL):** David Jolly (MVP), Hugh Mitchell, John Martellucci, Michael DiChristopher.

**New Jersey Hitmen 65:** Dale Hood, Tony Vodola, Carl Nocera.

### Men's 65/70 Gold

**North Idaho Softball Club 65:** Tim Coles (MVP), Lee Libera, Terry Graham, Ron Geffre, Dennis Wolff.

**Texas Thunder 65:** Gary Kubenka, J. Bailey Nance, Larry Fiorentino

### Men's 70 Silver

**Lane Construction (FL):** Gerald Lee Jones (MVP), H. Richard Mest, Don Bobish, Floyd Williams, Paul Joseph Giambalvo.

**MidState Seniors (IL):** Larry Sample, Richard Riggs, R. Steve Allen, Steve Jones

**Scrap Iron 5280 (CO):** Patrick McGuigan, Hal Meyer, Alan Wiechmann.

### Men's 75/80 Platinum

**Venom 75 (FL):** Bob Buchanan, Michael Marcum, Herbert Ballard, Allen Smith, Steven Ogin.



**Florida Investment Properties 80:** J Duffie Stone, John Fournier, Jerry Johnson, Billy Brotherton, Gerald Pickett.

### Men's 75 AAA

**Midwest Legends (NE):** Ronald Peterson, Raymond Poe, Gary Schad, John Truitt.

### Men's 80/85 Gold

**Bucs and Bulls 80 (FL):** Rich Kelly, Evan Edward Lloyd, William Pichler, Fred Adams, Dallas Moore.

**ProHealth Care 85 (MN):** Carrol Shook, Frank Murth, Norris Kruse, Robert Lenzmeier, Stephen Agard.

**Center For Sight 85 (FL):** Robert Johnson, J. Duffie Stone, Norman Ellis

# Win a FREE ENTRY to the World Championships!

Senior Softball USA is celebrating returning to Las Vegas with drawings for four (4) FREE ENTRIES to the World Championships!

**IT'S EASY:** Each time a team plays in a TOC Qualifier BEFORE the Eastern or Western Nationals, it gets a chance in the drawing for a FREE ENTRY. There will be one free entry for each of the 4 sessions of the World Championships:

**Session 1:** Men's 55 and 60s

**Session 2:** Men's 65, 70, 75, 80 and 85

**Session 3:** Men's and Women's 40s

**Session 4:** Men's and Women's 50s

**The winners will be announced during the Eastern and Western Nationals.**

**Here are the tournaments:** Winter Nationals (2020); Winter Worlds (2020);

Tournament of Champions; Spring Nationals; Spring Worlds; Tidewater

Classic; Southwest Championships; Texas State Championships; Atlantic

Coast Championships; Rock 'n' Reno Challenge Cup; Northern California

Championships; Southern California Championships; Northeast Championships;

Southern Championships; Northwest Championships; Midwest Championships;

ISA Senior World Series



*(NOTE: No teams with SSUSA employees are eligible).*



# DUDLEY®

## NEW HOTW™ SENIOR SB BATS

AVAILABLE 1/15/20

### HOTW™ 1 PIECE SIGNATURE BAT SERIES



Model: DLSR14

1 PC. 14" BARREL FULL END LOAD - MIKE McCARRON



MIKE McCARRON

Item #

49073: 34" / 25 oz

49074: 34" / 26 oz

49075: 34" / 27 oz

49076: 34" / 28 oz

MSRP: \$199.99



Model: DLSR12

1 PC. 12" BARREL W/ 0.5 OZ END LOAD - BOBBY NIFONG



BOBBY NIFONG

Item #

49081: 34" / 25.5 oz

49082: 34" / 26.5 oz

49083: 34" / 27.5 oz

MSRP: \$199.99

### HOTW™ 2 PIECE BAT SERIES



Model: DSR145

HOTW™ 2PC W/ 0.5 OZ END LOAD



Item #

49156: 34" / 25.5 oz

49157: 34" / 26.5 oz

49158: 34" / 27.5 oz

MSRP: \$219.99



Model: DSR142

14" HOTW™ 2PC FULL END LOAD



Item #

49077: 34" / 25 oz

49078: 34" / 26 oz

49079: 34" / 27 oz

49080: 34" / 28 oz

MSRP: \$219.99

All bats in stock made to ORIGINAL HOTW™ performance specs and process.  
Check out our new Manufacturing Date Code

MADE THE 16TH DAY OF  
THE 7TH MONTH IN 2019

160719

0019

19TH BAT MADE THAT DAY

1607190019

NEW

MANUFACTURED DATE CODE ON  
EACH BAT... NO ONE IS THE SAME!

# Get to Know SSUSA and USA Softball Rules

As many managers and umpires know, the Senior Softball-USA rulebook does not cover every situation that can happen during games. It is short on details and in some cases, it completely ignores penalties for rule infractions.

Consider this example: What constitutes a base runner passing a preceding runner?

Our rulebook carries one sentence on the subject. Rule 9.2.G says the ball remains in play "when a base runner is called out for passing a preceding runner."

By contrast, the USA Softball rulebook covers the topic in multiple paragraphs and in two places: Rule 8.7.D, and in the Rules Supplement Section 39. That book gives examples, explains the live-ball penalty, and defines what constitutes "passing" a runner. ("To pass a runner, the trail runner must pass the entire body of the lead runner, not just an arm or leg ahead of the runner.")

Our rulebook has 12 words on the subject. USA Softball has 139 words, not counting a paragraph involving fast-pitch play.

SSUSA has always filled the rulebook gaps by falling back on ASA Softball (now USA Softball) for any rule not covered in our book.

When you look at our history, the situation makes sense.

Early in the life of senior softball, most leagues and tournaments around the country followed Amateur Softball Association rules. Back then, ASA was the largest softball organization in the country. After all, it had been around since the 1930s.

So, when Bob Mitchell

## Umpire's Corner

By Donna McGuire

formed Senior Softball-USA in 1988, it was natural for him to base play on ASA rules while adding special rules for the senior game. ASA's book acted like a supplement to SSUSA's rules.

As the years and decades passed, SSUSA National Director Otis Rowland and others helped rewrite, improve and expand our rulebook. Even so, holes remained, and we continued to consult ASA as needed.

Though USA Softball still exists, it claims a much smaller slice of the pie today than it once did. As a result, fewer players and umpires nowadays have backgrounds in ASA/USA play.

Yet it's important for players, managers and umpires to understand our rules. So, in addition to studying our rulebook, it would be helpful if they understood at least the basic USA rules.

USA no longer prints its book but provides an electronic version that can be downloaded for \$14.99. Annual rules changes are published on the USA Softball website, so there's no need to buy an electronic rule book every year, as long as you keep the changes in mind.

A recent play during a Florida game illustrates the value of knowing USA rules. With one out in the top of the seventh,

the visitors trailed by one run and had runners on first and third bases.

The batter-runner hit a fly ball to right field that was caught. The runner at third tagged and scored to tie the game. The runner at first ran partway to second before retreating to first base after the catch.

For some reason, the batter-runner rounded first, passed the preceding runner and hustled to second.

The umpires called two outs on the play and negated the run, which ended the game. First, they claimed to have called two outs on the batter-runner, which isn't possible. Then after huddling, they claimed the runner at first somehow had interfered with the defense. They charged the second out to him and still ended the game.

That ruling was incorrect. The runner at first did nothing that could be considered interference.

Solving the situation takes understanding the nuances of interference and the penalties for committing it. Those nuances and full penalties are found in the USA rulebook, not ours.

Bottom line: A second out could have been called ONLY if the batter-runner confused

the defense by running to second base and drawing a throw. That action could have prevented the defense from attempting to double-up the runner headed back to first.

The umpire simply should have sent the batter-runner back to the dugout.

If a throw happened, and the umpires ruled interference on the batter-runner, what would happen next?

The batter-runner already has been called out. He can't be called out again. Therefore, by USA rule, the runner closest to home also is out. However, this is a timing play, based on when the interference happened. If the runner from third had not scored, he is out and the game is over. But if that runner scored before the interference, the game would have been tied, and the runner at first would have been the one called out. Thus, the game would have gone into extra innings.

If the umpires had known the USA rules, they could have avoided grasping for a ruling. They could have made the correct call.

*Donna McGuire is SSUSA's Central Region UIC and Chair of the SSUSA National Rules Committee.*



Need Affordable Vision Insurance?

vsp individual vision plans



As a Senior Softball USA member, you now have easy access to high-quality, full-service, individual vision benefits through VSP®.

Enjoy personalized care from the nation's largest network of doctors and a wide selection of eyewear to fit your style and budget—all at the lowest out-of-pocket cost.

**ENROLL NOW**

For more information, visit [www.seniorsoftball.com](http://www.seniorsoftball.com) or call 844.661.6718





OFFICIAL UNIFORMS FOR:



**SALES@ELITESPORTSUSA.NET | 714.639.9940**  
**WWW.ELITESPORTSUSA.NET**



@ELITE\_SPORTS\_USA @ELITESPORTS247



# Back to the Basics: Effective Softball Swing

By Art Eversole  
Senior Softball News  
Contributor

The global pandemic, created by the Sars-Cov-2 Covid-19 virus, has taken its toll on America creating much pain, suffering and loss.

Hopefully, the end is near.

As a consequence of the virulent virus, seniors missed a great deal of time, both on the practice field and in game action, during 2020.

Now that another season is here, and by adhering to covid protocols established by SSUSA, we plan on playing a full 2021 campaign.

In countering the unplanned hiatus, I propose we all take time in reviewing basics of an effective softball swing before your season begins.

- Control your swing with the bottom hand on the bat releasing the top hand just after contact is made with the ball. This bottom hand control action will prevent you from pushing the bat to the ball with your top hand which is inefficient in producing good bat speed. Try and spin the bat around your hands when swinging to generate maximum power. Perform a weight transfer from your rear foot to your front foot leaving little weight on the back leg when finishing your swing.

- Finish your swing with a fluid follow-through around your body using only the lead arm. This will minimize the stress you put on the rear shoulder by releasing the top hand early. Proficient hitters have mastered the skill of flexing the lead arm in

forming a slight bend but not totally straight, as the bat is lagged into the hitting position and snapping into the ball.

- Power is generated from the synergy that comes from the workings of your lower body rotation and upper body. When rolling your wrists at the ball, initiate the roll with your bottom-hand turning under (supinating palm-up), then bring the top-hand over the bottom hand (pronating palm-down) for a screaming shot.

- The faster the bat can get into the hitting plane and across the plate, the harder and further the ball can travel. Remember, that providing under spin to the ball will carry it further than a direct hit to the middle of the ball. A top-spin hit typically produces a ground ball. By striking the ball just below the imaginary equator on the softball, the result is an under-spinning action that results in more

distance.

- The effort required to drive a ball over a 300-foot fence is not a function of body size or arm strength. Strength is not Power! Power is accomplished by moving the bat's mass over a distance in a certain time interval. Strength doesn't factor in how long it takes to perform a task but power does. The faster you can move the bat through the hitting area the more power you produce.

o Power = (Work Performed) / (Time Period): where Work is Force applied to displace an object a particular distance.

- Bat-lag is the situation a batter creates when the bat-barrel is lagged behind where the hands are positioned. The bat is "forced" to catch-up to the hands producing lightning bat-speed. Bat-lag technique is used by all skilled hitters as it creates a rapid movement of

the bat-head to the ball.

This review covered controlling the swing with the lead arm and hand, transferring your weight correctly, creating bat-lag, flipping the bat to the ball creating snapping action, and power stems from quickness.

Happy hitting!

*Art Eversole, of Washington, has played on Major and Major Plus teams with W.E. Ruth Realty. He is the NW Senior Softball Webmaster/Softball Communications/Hitting Club Admin/NW Leagues internet coordinator. Eversole can be reached via email at [rtmyboy01@gmail.com](mailto:rtmyboy01@gmail.com).*





# Vote Coming Up on Age Division Shake Ups

SACRAMENTO – Like many issues in America today, managers in the men's 65 and older divisions were split relatively evenly on whether to allow more underage players on their rosters.

The survey of 65, 70, 75, 80 and 85 managers asked what they thought about adding more underage players in the 70, 80 and 85 divisions for the 2022 season. Managers also were asked if they would rather adjust the overall age brackets from to 70, 74, 78, and 82 with no underage players.

The National Rules Com-

mittee directed the SSUSA staff to survey managers after receiving several recommendations for different older age divisions to add younger age players.

## Here are the results:

### 70 Division:

#### • Recommendation --

Allow three 69 players on a 70-Division team: 14 managers voted for the change.

• Keep the current rule of no underage players on a 70 roster: 16 managers voted to keep the current rule.

### 80 Division:

80 Division teams were given two options.

• Option 1: Teams would be allowed to draw a total of 9 players aged 78 and 79 in any combination: 4 managers.

• Option 2: Teams would be allowed to draw up to 10 players aged 78 or 79, including not more than five 78-year-olds: 6 managers.

• Keep current rule: teams may draw up to 7 underage players, including no more than three 78-year-olds: 8 managers.

### 85 Division:

• Recommendation – Allow six 83-year-old players to be included in the 10 underage players allowed (the rest

would be 84): 3 managers.

• Current Rule – Up to 10 underage players (83/84) with no more than five 83-year-olds: 1 manager.

### Adjust Older Divisions:

• Change age brackets beyond 70 to be 74, 78 and 82, with no underage players: 18 managers.

• Keep current age divisions: 13 managers.

The National Rules Committee will be discussing the survey results in the next month and voting on whether to change any of the current older age divisions.

# Vaccines Key to Getting Back on the Field

Ballplayers, it turns out, are superstitious.

While this may not be a surprise, it does help to explain an email from a good friend who manages an 80s team.

The email was not about the rituals most of us follow religiously before we bat. Nor was it about wearing the same lucky clothes each day at a tournament when we are playing particularly well.

And it is not about those of us who look with dismay and disappointment at our gloves when the glove makes an error.

The email was about the COVID-19 vaccines.

## Covering the Bases By Terry Hennessy

"I thought you'd like to know that five of my players have decided they will not get the vaccine. One thought it was too dangerous and thousands of people are dying from the vaccination and the authorities are keeping it all secret. Another believes that Bill Gates is a secret owner of Pfizer and Moderna and is poisoning us all to control the world. Another has religious reason and one player believes his vitamin regiment gives him enough protection."

"Can you please write a column about the safety of the vaccines?"

This is the column.

I'm pretty sure that no matter what I say players will not change their habits or superstitions – much less anyone's belief that Bill Gates is trying to poison most of America.

So, I'll just go with what I believe and players can decide for themselves.

It's really simple.

The vaccines do two important things: They protect us from the worst effects of the virus and they help protect others because people who are vaccinated are much less

likely to spread the virus.

I've received both shots, feel good – and feel much more comfortable traveling and playing in tournaments.

As more and more reports come out about the vaccines, it is becoming increasingly clear that they are not only extremely safe – but even more effective than originally believed.

And the sooner most people are vaccinated, the sooner we will be able to get back to a more normal life.

*Terry Hennessy is CEO of SSUSA and can be reached at [terryh@seniorsoftball.com](mailto:terryh@seniorsoftball.com).*

## Upcoming TOC Qualifiers

### TEXAS STATE CHAMPIONSHIPS

Grapevine, TX: Oak Grove Softball Complex  
Dates of Play: April 27 - May 2, 2021  
Entry Deadline: Tuesday, April 13  
Entry Fee: \$475

For more information, contact SSUSA  
[info@seniorsoftball.com](mailto:info@seniorsoftball.com)  
916-326-5303

### ATLANTIC COAST CHAMPIONSHIPS

Raleigh, NC: Walnut Creek Softball Complex  
Dates of Play: May 11 - 16, 2021  
Entry Deadline: Tuesday, April 27  
Entry Fee: \$475

For more information, contact SSUSA  
[info@seniorsoftball.com](mailto:info@seniorsoftball.com)  
916-326-5303

### ROCK 'N RENO CHALLENGE CUP

Reno/Sparks/Carson City, NV  
Dates of Play: May 28 - June 6, 2021  
Entry Deadline: Friday, May 7  
Entry Fee: \$505

For more information, contact SSUSA  
[info@seniorsoftball.com](mailto:info@seniorsoftball.com)  
916-326-5303

### BILL MILLER CAN AM CLASSIC

Niagara Falls, ON Canada: Patrick Cummings Memorial Sports Complex  
Dates of Play: May 29 - 30, 2021  
Entry Deadline: Friday, May 21  
Entry Fee: \$400

For more information, contact Tricia Harrow-Rodic, SPN President  
(905) 863-7666  
[spn@slo-pitch.com](mailto:spn@slo-pitch.com)



**TRUMP** : OFFICIAL BALL of SENIOR SOFTBALL - USA  
**BSN SPORTS**: OFFICIAL SUPPLIER of SENIOR SOFTBALL - USA

[bsnsports.com/seniorsoftball](http://bsnsports.com/seniorsoftball)  
BSN SPORTS • 800-327-0074 EXT.127



**AthleteInMe.com®**

# Ankle Sprains: Is Icing Harmful?

**By Stan Reents, PharmD**  
Senior Softball News  
Contributor

Treating joint sprains with rest, ice, compression and elevation (aka RICE) has been standard practice since 1978 when Gabe Mirkin published "The Sports Medicine Book."

When soft tissue is injured, the inflammatory response increases blood flow to the area. This leads to redness, swelling and pain. Thus, ice, compression and elevating the affected area are strategies to offset that response.

However, in 2004, Chris Bleakley and colleagues at the University of Ulster in Northern Ireland reviewed the literature and concluded that the research on icing was dubious.

Then, several weeks ago, they published an updated analysis of clinical studies

on the acute management of ankle sprains. They found that as many as half of the studies overstated the benefits of icing. Some demonstrated statistical significance that didn't equate to real-world benefits. They concluded: "... statistical significance alone is not a solid foundation for determining [a beneficial] treatment effect..."

OK, the research doesn't conclusively show that icing is helpful. But, is it harmful in any way?

Unfortunately, it might be. Applying ice to soft tissues causes blood vessels in that area to constrict, thus reducing blood flow in those tissues. While that's thought to help minimize swelling, and, in turn, reduce pain, it might be counterproductive. Researchers at the University of Texas recently showed

that the constriction that ice provokes persists long after those tissues warm back up to normal body temperature. They cautioned that icing may predispose tissues to non-freezing cold injury.

So, if you roll your ankle, what should you do?

First, for a severe injury, seek medical attention.

For less severe sprains, at this point, it appears the following is reasonable:

- **REST:** Avoid weight-bearing if it causes pain. But immobilizing the ankle for too long is counterproductive. Beginning some simple rehab exercises (dorsiflexion, where you pivot your foot towards your knee) within a day or two after the injury hastens recovery.

- **ICE:** Icing should be avoided.

- **COMPRESSION:**

The benefits of wrapping a sprained ankle are uncertain. At least one study, however, showed that pneumatic compression for the first 5 days reduced swelling and pain and hastened recovery.

- **ELEVATION:** No conclusive evidence supporting this maneuver is available. But elevation isn't harmful either.

The use of NSAID anti-inflammatory drugs is also beneficial. I'll discuss those in my next column.

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



## JOIN THE SSUSA LEAGUE FAMILY!

SSUSA provides promotion of leagues on its website ([www.seniorsoftball.com](http://www.seniorsoftball.com)), which has provided players a way to identify local leagues in their area. It has been a very successful partnership.

SSUSA also provides the best deals on approved softballs with free delivery when ordering six dozen or more. This is a great program that can work for all leagues.

Please call our office at 916-326-5303 and ask for Stephanie or Fran for a quote. You can also email, at [stephanie@seniorsoftball.com](mailto:stephanie@seniorsoftball.com) or [fran@seniorsoftball.com](mailto:fran@seniorsoftball.com).



**TRUMP** : OFFICIAL BALL of SENIOR SOFTBALL - USA  
**BSN SPORTS**: OFFICIAL SUPPLIER of SENIOR SOFTBALL - USA

[bsnsports.com/seniorsoftball](http://bsnsports.com/seniorsoftball)  
BSN SPORTS • 800-327-0074 EXT.127





**WIN  
TOMORROW  
NOW**



**DEMARINI**

**INTRODUCING THE NEW STAMP  
2022 DEMARINI USSSA LINEUP**





ORDER BY  
APRIL  
19

## SENIOR SOFTBALL USA SPRING SENIOR SOFTBALL STORE



**\$23.25** BSN SPORTS  
Agility 2 Pocket  
Short



**\$21.25** BSN SPORTS  
PHENOM LS T-  
SHIRT  
Available in 1 other  
color.



**\$19.75** Gildan 6.1 Oz.  
Ultra Cotton Long  
Sleeve T-Shirt



**\$21.00** BSN SPORTS  
PHENOM LS T-  
SHIRT



**\$20.00** COTTON LS TEE  
W/ FLAG LOGO  
ON SLEEVE



**\$20.00** COTTON LS TEE  
W/ FLAG LOGO  
ON SLEEVE



**\$33.50** BSN SPORTS  
Recruit Hoody  
Available in 1 other  
color.



**\$33.75** Russell Athletic  
Dri-Power Fleece  
Pullover Hood  
Available in 2 other  
colors.



**\$15.75** Gildan Adult  
5.3oz T-Shirt



**\$36.50** Nike Dry  
Franchise Polo

PAGE 1 OF 2

UPCHARGES APPLY FOR LARGER SIZES



MTS Customer Support - ref # 7037860  
1-800-749-3813 | myteamshop@bsnsports.com  
Team Coordinator Fran Dowell anthony@seniorsoftball.com



Access Code

**SPRING**

www.bsnteamsports.com



Click Here To

**SHOP NOW**

Order 4/8 to 4/19

No orders will be accepted after the deadline.

ORDER BY  
APRIL  
19

## SENIOR SOFTBALL USA SPRING SENIOR SOFTBALL STORE



**\$14.25** BSN SPORTS  
Phenom Short  
Sleeve T-Shirt  
Available in 1 other  
color.



**\$24.50** Nike Legend  
Short Sleeve T-  
Shirt  
Available in 1 other  
color.



**\$15.75** Gildan Adult  
5.3oz T-Shirt  
Available in 1 other  
color.



**\$15.75** Gildan Adult  
5.3oz T-Shirt



**\$29.25** Nike Legend  
Short Sleeve T-  
Shirt



**\$18.50** BSN SPORTS  
Phenom Short  
Sleeve T-Shirt



**\$12.00** Nike Brasilia 9.0  
Gymsock  
Available in 1 other  
color.



**\$22.75** UA Sportmask



**\$15.00** BSN SPORTS™  
Team Equipment  
Bag

PAGE 2 OF 2

UPCHARGES APPLY FOR LARGER SIZES



MTS Customer Support - ref # 7037860  
1-800-749-3813 | myteamshop@bsnsports.com  
Team Coordinator Fran Dowell anthony@seniorsoftball.com



Access Code

**SPRING**

www.bsnteamsports.com



Click Here To

**SHOP NOW**

Order 4/8 to 4/19

No orders will be accepted after the deadline.



# SUNCOAST

MAX SPEED  
HANDLE

SMDSE12 / 12" End-Loaded

SUNCOAST

Roberto Minaya #14

Lawrence Reedus #7

MAX SPEED  
HANDLE

SMDSB / 13" Balanced

SUNCOAST

Rhodney Donaldson #24

Wolf #13



A portion of the proceeds goes to the American Cancer Society to help with the fight against Prostate and Breast Cancer.

**\$229.99**  
MSRP

AVAIL. JAN  
2021

## 2021 SUNCOAST SPORTS MELEE DIAMOND

HIGH PERFORMANCE SENIOR SLOW PITCH SOFTBALL BATS

### MELEE DIAMOND SMDSE12 MODEL

Barrel Type: 12" Barrel, End-Loaded, Two-Piece Design  
Signature Model: Roberto Minaya / Lawrence Reedus  
Available Sizes: 34" / 25.5oz, 26.5oz, 27.5oz, 28.5oz, 29.5oz  
Warranty: None

### MELEE DIAMOND SMDSB MODEL

Barrel Type: 13" Barrel, Balanced, Two-Piece Design  
Signature Model: Rhodney Donaldson / Curtis "Wolf" Wilson  
Available Sizes: 34" / 25oz, 26oz, 27oz, 28oz, 29oz, 30oz  
Warranty: None

APPROVED FOR PLAY IN  
ISA & SSUSA



Check out [www.suncoastsoftball.com](http://www.suncoastsoftball.com)  
for the full line of Suncoast bats and softball products

### TECHNOLOGY FEATURES

- ✓ **Max Speed Handle**  
The Melee Diamond Bats are engineered with a smaller handle diameter to maximize barrel whip resulting in your max speed with excellent control.
- ✓ **Stick & Spin Barrel Technology**  
A tackified barrel surface that "grips" the ball on a cut swing, spinning the ball faster for a higher ball trajectory and max distance.
- ✓ **OPTI-DURA Performance Composite**  
Aerospace-Grade Carbon Fiber combined with Suncoast's proprietary manufacturing process results in max performance and durability, hit after hit.

# SUNCOAST SOFTBALL



**MIKE MACENKO**  
*Mighty Mike Macenko*

**MICHAEL MACENKO ULTRA<sup>®</sup> FUSION  
BIG CAT ENDLOAD**

MODEL: MUF4SS

TWO-PIECE

14 INCH BARREL

SIZES: 34/26, 34/27, 34/28 • BARREL: 2 1/4" • 1 OUNCE ENDLOAD

• Z1649 • Z-LOCK • 100 COMP • MADE IN USA • NO WARRANTY







# ADIDAS TEAM SPECIAL

## SUNCOAST TEAM

MORE INFORMATION  
SUNCOASTTEAM@YAHOO.COM | WWW.SENIORLEGEND.COM

### DIAMOND SPORTS FOOTWEAR

#### Rockadia Wide

AC7080

MSRP: \$60



#### Rockadia

B43684

MSRP: \$60



#### Turf Hog

G67095

MSRP: \$60



#### Speed Trainer 3 SL

BW1072 | BW1073

MSRP: \$70



#### ICON Trainer

BY3300 | BY3301

MSRP: \$75



#### Vigor Bounce

BW0399 | BB8380

MSRP: \$70



#### Vigor Bounce

BW0401

MSRP: \$70



#### Speed Trainer SMU

B41489

MSRP: \$70



# Senior Softball Shorts On and Off the Field

## Which side do you want?

One of our regular overseas tour senior players, Bill C, has an amusing story about the first time he ordered dinner at a counter-style fast food chicken place.

He ordered a half a chicken. The server/cashier asked which side did he want. Bill asks, "What do you mean?"

Server: "You get one side."

Bill: "Well that makes sense."

Server: "So which side do you want?"

Bill: "Is one side better than the other?" The guy says it's personal preference, so Bill says, "You pick one, I don't care if it's the left or the right side."

We are told that this went on for quite a while.

Legend has it that this story inspired Abbott and Costello's "Who's on First" routine, although Bill may not actually be THAT old.

## Words you don't want to hear as your team comes up to bat

One of the overseas trips I took with SSUSA was to London and Paris.

## Senior Moments

By Dave Weinman

As is customary on the Europe trips, we were much older than our opponents, and in London these young men were also extremely good ballplayers.

Against their best team, I came up to bat with men on first and second and no outs.

I hit a sharp one hopper to the shortstops' left, and ran as hard as I could, focusing on getting to first ASAP.

Unfortunately, the throw beat me by a step. Even more unfortunately it turned out the runner on second ran right into a tag by the shortstop, who then stepped on second and gunned it to first, and it's time to grab our gloves.

When we got back up to bat the following inning, some wise guy yelled out, "OK, who made the last three outs?"

## Dentists never say oops

I'm a dentist. So is my wife.

Oops is never supposed to happen to a dentist. We are trained not to say oops. We might say, "I always throw my

instruments on the floor when I'm done with them, in the tradition of the old country," but we never say "oops."

We had a dental assistant at one time named Galina, from St. Petersburg, Russia.

One day she lost her grip on her cellphone, and as she dropped it she let out a little "OY!" where we Americans would say "OOPS!"

I began to wonder if other people elsewhere in the world have their own words for "oops". This is a topic that has not been thoroughly investigated it seems to me.

Our office is near downtown Buffalo, N.Y. and there are many universities and hospitals near us, so we have many patients from other countries come to our office and with them an opportunity for me to do my research.

Soon thereafter I had a patient from England in the office, and I asked what Brits might say. He told me you might hear "oops," but "gosh" seemed common to him too.

I asked a Chinese man and was told "OH!" is what you'll hear.

A day or so later a patient named Stavros was in the office, the owner of a Greek

restaurant. I asked him what they say for "oops" in Greece, and he rubbed his chin and said, "You know, I've been in this country a long time now, it's hard to remember. But at our restaurant we say 'What, I didn't see anything!'" (For reasons unknown that restaurant closed a few years ago).

## Getting back into shape and looking for love

A divorced friend decided he wanted to get into better softball shape, plus maybe get back into the dating scene.

He joined a gym and got a personal trainer. My friend really didn't know much about the gym equipment, but he did notice some shapely women here and there.

So as his new trainer is explaining things, my friend asks, "Which of the machines in here is most likely to help me with the ladies?"

And his trainer responds, "The ATM."

*David Weinman, of New York, is a contributor to SSUSA News. A member of SSUSA since 2010, Weinman has attended numerous SSUSA International Tours.*

# Pete Davignon Memorial Fund

An obituary published in the last edition of the Senior Softball Newsletter on [Pete Davignon](#), 82, a longtime director, manager, player and creator of the CAN-Sirs Program, did not include information on a memorial.

Those who wish to honor Pete can contribute to the scholarship fund in mem-



ory of his late son. University of Detroit Mercy School of Architecture, Office of University Advancement, 4001 W. McNichols Road, Detroit, MI 48221 ([www.udmercy.edu/giving/](http://www.udmercy.edu/giving/)).

Of his time in this world, Pete once wrote: "I love today because it is good, I remember yesterday for the pleasures,

and look forward to tomorrow for it will make me complete and will bring from within unity and peace."

Pete is survived by his wife, Vicki Doll, his children Dennis, William, Renee (Fitzpatrick), and two sisters Theresa (O'Neil) and Leora (Jensen).





# LONG LIVE THE LONG BALL



JEFF HALL

SHOP THE ALL NEW 2020 **CUZ**  
NOW AT [SLUGGER.COM](https://www.sluggers.com)

# 2020-2021

## WOMEN'S WORLD CUP SERIES



Play in any three of the following tournaments and receive a FREE entry to the Women's World Cup Championships in Valdosta, Georgia Oct. 29-31, 2021.

The pandemic pushed the 2020 Women's World Cup to 2021 - so even more teams can play SSUSA for free entry to the World Cup!

Don't Miss the Halloween Costume Contest and Party on Saturday night! Watch for more details on the Halloween Costume Contest and Party soon!



Play in any three of these 2020 or 2021 tournaments and receive FREE entry into the Women's World Cup Championships:

- ★ Winter Worlds in Phoenix, Arizona\*
- ★ Spring Nationals in Polk County, Florida
- ★ Southern Championships in Nashville, Tennessee
- ★ Atlantic Coast Championships in Raleigh, North Carolina
- ★ Reno Challenge Cup in Reno, Nevada
- ★ Southwest Championships in Las Vegas, Nevada
- ★ Southern California Championships in Hemet, California
- ★ Eastern Nationals in Loudoun County, Virginia
- ★ Western Nationals in Sacramento, California
- ★ Midwest Championships in Rogers, Arkansas
- ★ Crabtown Classic in Glen Burnie, Maryland
- ★ World Championships in Las Vegas, Nevada



\*NOTE: The 2019 AND 2020 Winter Worlds count for all women's teams that competed.