



PREVIEW OF THE WORLDS

PAGES 16-17

- Record number of teams return to Las Vegas
- Teams winning free entry
- Hall of Fame Induction Ceremonies
- Beasts of the East vs Best of the West

Photo by Jack Eberhard
Over 60 Women's teams will be taking the field at the 2021 World Champs

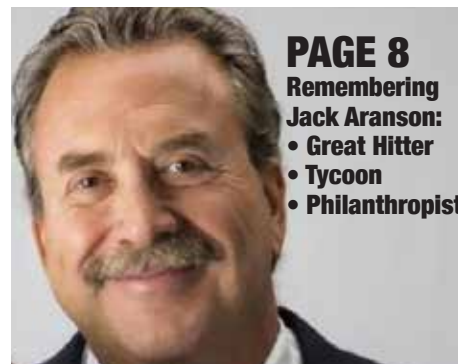
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Pete Cecchini
celebrates 90th
birthday with a
jump of a lifetime



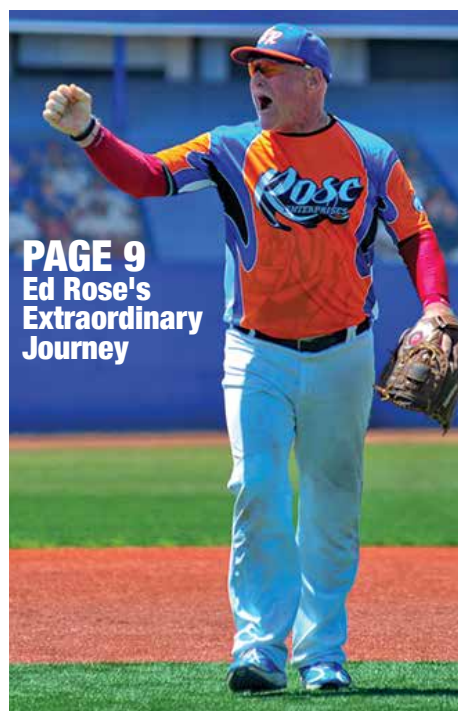
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Remembering
Jack Aranson:

- Great Hitter
- Tycoon
- Philanthropist



PAGE 9
Ed Rose's
Extraordinary
Journey





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NSSHOF Announces Class of 2021

Senior Softball News

Some of the best known pioneers, players, managers, as well as a longtime sponsor and director were elected into the National Senior Softball Hall of Fame (NSSHOF) for 2021.

The joint Senior Hall of Fame is unique because it represents all of the national Slowpitch Softball organizations.

The Class of 2021 includes 11 players, 3 managers, and 4 pioneers.

The sponsor, Jack Spicer, has sponsored teams that have won 87 National and World titles and the director, Lonnie O'Haver, has already been inducted into four other Hall of Fames.

The inductees are from the length and breadth of America, representing 14 states.

Pioneer Players

BRENDA PHELPS



Brenda has been playing softball since she was 6 years old, at a time when there were no organized leagues. Her

senior softball career began when at 54 years old, she started in the National Senior Olympics. The past 22 years her home team was the Dream Team, but in 1997 the name was changed to the Chattanooga Chargers. She also played with the Tennessee Thunder, Tennessee Stars, Thoroughbreds and Ohio Tri Stars. She has played out-

field, short stop, first base and pitched. "I love to pitch and have held that position for over 40 years. I am also grateful that I can still do what I have always loved to do, play softball," she says.

JAMES J. NUGENT



He started playing senior softball with the New York Statesmen in 1993 and later played with the Jersey Jaguars from 1995 to 2004. He's a USSSA Hall of Fame inductee in 2006 in the Executive Category. From 1993 to 2003 he had nine All Tournament selections (1 with NY Statesmen; 8 with Jaguars). In addition to playing, he also has umpired for ASA and USSSA. He has played on six World Championship teams.

JAMES "DUFFIE" STONE



His current team is the Florida Investment Properties 80s, but has been involved with senior softball for more than 22 years. He started with Georgia teams, including Georgia Peaches Red. Later joined Joseph Chevrolet at age 75, and is now with Florida Investment Properties. He started playing senior softball in 1997 and now plays on Major and Major Plus teams. He's been the MVP in multiple tournaments "Duffie hits with authority and many of his hits come at a crucial time in the game; his line drives are just 'blisters' going through the infield. Bot-

tom line, his marvelous job of pitching is a blessing but his hitting is even greater in the pinch," said Ted Battistone.

THOMAS LADD



He's been involved with senior softball for more than 25 years after starting with the Melbourne (FL) Astros in 1990 and the New York Statesmen. "It is his manner and decorum on and off the field that sets him apart from all the rest. He is the epitome of a senior softball player. A true sportsman in every sense of the word," says Dick Clarke. "Tom and I have been playing together for 12 years. Before that, I had the misfortune of having to play against him! He is an outstanding power hitter...and an accomplished outfielder and first baseman." says Jack Westbrook.

Pioneer Managers

THOMAS STANKUS



He's been involved with senior softball for 19 years, first in 2001 as a player with The Villages of Florida and then as manager in 2003. He moved to North Carolina in 2005 and coached the Carolina Cobras with Butch Arnold. They won the ASA National Championship in 2006. When Butch aged up a bracket, Tom took over the young guys (50+). Tom's teams have won National or

World championships in the 50+, 55+, 60+ and 65+ age divisions in AAA, Major and Major Plus classifications. Tom was selected "Manager of the Year" in 2013 in SPA and "Outstanding Manager of the Year" in USA in 2019. William Cameron, a player on Chuck's teams states Tom is a great representative and salesman for the game of Senior Softball.

CAROL PHILLIPS



She's been a player for seven years and a manager for 11 years with senior softball. Carol joined the Long Beach recreation softball league in 1984. Then in 1997 Carol joined the newly formed California Spirit woman's softball 50's team. Carol played until 2004 when a back injury put her out of commission. She then teamed up with Karen Honey (coach) as the manager of the team. Carol organized and ran a golf tournament to raise money to pay for all the entry fees for the year. Carol helped manage the California Spirits 50 and 55 teams. Cathy Moon says that "Carol is one of two cornerstones that helped hold the California Spirit 50 and 55 teams together."

DARRELL PINKERTON (Deceased 2021)



He was heavily involved in senior softball for 23 years, including serving as

Continued on Next Page

NSSHOF: 11 Players Elected into Hall

Continued From Previous Page

president of the OKC Senior Softball Association since 2002. He was inducted into the Oklahoma Senior Softball Hall of Fame in 2017. "He was a manager's manager... spending the much needed time off the field to make sure his team is a success on the field. As well as the manager duties he had to perform during tournaments, he also spent the un-ending year around time making calls to players and tournament directors, sending entry fees, keeping stats, arranging travel plans, reserving rooms, and obtaining uniforms," said Randy Fithian

Players

LYDIA CRANDALL



She's a current member of the Dreamgirlz VA years and has been participating in

Senior Softball for 25 years. She's been the MVP in four Qualifier Tournaments 2009-2010 and she's won two All State awards as well as eight All Tournament Qualifier awards. "Great person, great teammate, great ambassador for the Women's softball program. She's an excellent outfielder and very dangerous at the plate," says Hall of Famer Ron Daniel. "She's been an outstanding player on and off the field." Freda Jones. "The bottom line is, whether on the field or off, Lydia looks to find the best outcome for all involved and truly exemplifies the core values of a Hall of

Famer," says Tina Saunders.

SHIRLEY SNELL



She's also a member of the Dreamgirlz who in her 10 years of senior softball has been elected

to the ASA Hall of Fame and won five straight World Masters Championships with Dreamgirlz, along with five straight Triple Grand Slam titles (2013-2017). In addition, she won two batting titles in the Tournament of Champions. "She is a key impact player on the Dreamgirlz first 50 Women's Major Plus team. She has played the hot corner at 3rd base and played down in age group for the past five years, which is a clear indication of the depth of her talent as a fielder and hitter," says Terry Hennessy, chief executive officer of SSUSA.

MURRAY WILLIAMS



He began his Senior Softball career in 2004 when he turned 50 and has been playing for 17 years. Murray

also has played with Rock-n-Legend in 55 Major, and BEAT/Powerhouse in the 50 Major category in addition to the 65 Major-Plus Timberworks and Texas Crush. Steve Imlay says of Murray, "He is one of the most proficient pure power hitters in Senior Softball and a true class act on the field." Doug Robbins, manager of the Timberworks team says of Murray, "He is one of the best hitters I've played with or against, and

in the 2020 World Master Championships, he led Timberworks Construction in hits, homeruns and batting average, and helped them win their fifth straight World Championship".

Williams held his official NSSHOF induction ceremony during the recent 2021 Western National Championships in Sacramento.

SCOTT A. LOGAN



Scott A. Logan moved from Pennsylvania to Florida in 2000 and started his Senior Softball career. His primary team has been Premium Seats, formally Dixie Gas, and also a member of the Florida Crush National Champion team. NSSHOF member Warren Watson stated that "Scott has superior skills both offensively and defensively. Scott has been a gentleman both on and off the field. You never hear him argue or belittle other players. He is a sportsman to the highest degree. He is a teammate anyone would desire."

WILLIAM SCALES



He began softball career in 2001 in the Midwest and has played with the Indiana Legends, Winchell

Chiropractic, Riverside Paving, Direct Hire, Travelodge, Windy City, LS/WB, and now with Kinnco Services. He's known for his quiet and unassuming personality off the field, but is a fierce competitor

on the field. Has played on the AAA, Major and Major Plus levels throughout his softball career, with a batting average between .700 and .800. "It is a rare situation that you find someone who can play tough hard nose defense and add the high potent offense that a team needs to win consistently," said Steve Imlay.

FRANK SHOTWELL



Shotwell began playing with the Carolina Cardinals in 1998 as an outstanding pitcher

while maintaining over an .800 batting average. Mike Zindorf, manager of the VACAR Stars, stated Frank is the epitome of what a team player should be—clutch in every way. Sherwood Driver, HOF member 2001, commented that Frank is an outstanding competitor and one of the best pitchers in his age group. One of Frank's teammates, Dan Borgmeyer, says that "of all the ball players that he has had the enjoyment to play with or against during my ongoing Senior Softball years, Frank is definitely one that has my vote for the National Senior Softball Hall of Fame."

JOSE L. MORENO



Jose began his Senior Softball career playing with The Perfect Game in 1999. In

2000 he joined the California Rebels, and was an immediate impact player. After five years

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NSSHOF: Sponsor, Director Get Call

Continued From Previous Page

with the Rebels, he played with the 55 Old A's softball team. Jose works for the Legal Center for the Elderly and Disabled, as a receptionist/interpreter. Larry Campbell, past manager of the Old A's, says that "Jose has played Senior Softball for seven seasons with the Calif. Rebels as a 50, and with the Ca Old A's as a 55. He has consistently led his teams in power hitting and average while playing superb infield and outfield."

GARY SPRINGER



Gary attended the University of Oklahoma on a baseball scholarship. Two years later he

signed a professional contract with the Detroit Tigers and spent six years in the minors, working his way up to AAA. Mike Trusty says of Gary, "In my opinion, Gary is the best leadoff hitter in Senior Softball, hitting consistently in the .800s, and is well deserving to be inducted into the SSHOF." Jon "Bully" Kramer says of Gary, "Gary has a very competitive attitude and great desire to win. He is incredibly talented both offensively and defensively and always displays great sportsmanship, never argues with opposing players, and stays positive".

LUD NORDAHL



Nordahl began wintering in Arizona in 2010

where softball can be played year-round. Don Bowman says of Nordahl, "Lud is truly respected by his peers, after playing for such senior World Champions as the Wisconsin Masters and the Minnesota Masters. During his illustrious career, Lud has been a contributing member of 15 World Championship teams, and in doing so, was named to the All World team 11 times.

KEVIN P. NAYLOR



Naylor started his senior softball career in 2000. Kevin has played on powerhouse senior teams

which included THERMCO, Connecticut Sportsplex, NJ Hitmen and NE ELITE either at the Major or Major Plus level. Don Clatterbough, HOF class of 1996, stated that he played against Kevin for years and found Kevin to be an outstanding offensive and defensive player. Steve Barkan states that in Kevin's 20 years of playing Senior Softball he has played in 34 National or Regional Senior Championship tournaments and was selected to 16 All-Tournament teams. Included in those 16 All-Tournament selections are four MVP Awards and one Defensive MVP Award.

VANCE GUDMUNDSEN



Gudmundsen has been playing senior softball for 10 years, dating back to 2010

when he started playing for the Northern Virginia Force

"AAA" and Major and Superior Softball at the Major Plus level. Don Clatterbough stated "not only is Vance a dedicated and competitive player, he exhibits sportsmanship, character and class on and off the field in all aspects of his life." John Davide, said Vance has made the most of his years playing Senior Softball. "He works very hard on improving his skills. He has become a high average hitter and his success on the field has culminated into many offensive and defensive awards."

Sponsor

JOHN (JACK) SPICER



In his 38 years with senior softball, he has sponsored teams that have won 87 National or World

Championships. He loves to win, but not at all costs. He genuinely cares about his players and their families," says Tommy Dommel. "He is a generous and motivating leader," says Ron Collins. "His sponsorship has enabled many players to fulfill their desires to play softball both at a local and national level," says Phil Biedronski. "It is not just his knowledge of the mechanics and rules of softball that impress me, but his positive attitude...on and off the field," added John (JR) Knot.

Director

LONNIE O'HAYER



With 20 years in senior softball, he won the 2002 NSA Prestigious 110% Award and in 2004 was

elected to the NSA Hall of Fame in the director category as well as in 2006 to the SPA Hall of Fame, director category. In 2018 he was named to the Texas Senior Softball Hall of Fame. "Lonnie is and has been a tremendous asset, and vital executive for SPA for many years," said Bobby Graham. "He has consistently shown a desire to ensure a great experience for the participating players and fans. He gives out his mobile number to managers, and actually answers it! He spends a great deal of time behind the scenes planning and finding ways to enhance the game," said Mike Rose.

The National Senior Softball Hall of Fame (NSSHOF) was founded in 1995 in Chattanooga, Tennessee, and is now Headquartered in Mustang, Oklahoma. Its' purpose is to recognize players, managers, umpires, directors, and sponsors, who have achieved the highest honors in Senior Softball.

For more information on the NSSHOF, including nomination requirements and forms, please visit <http://www.sshof.org>.

Aronson: A Legend On and Off the Field

By Jack Sirard
Senior Softball News

Jack Aronson, whose extraordinary talents on the softball diamond were equally matched by his generosity off the field, has died of cancer at age 68.

Affectionately known as “Salsa Jack,” Aronson was the founder of Garden Fresh Gourmet, Michigan-based company launched in 1997 when he was struggling just to make ends meet. Eighteen years later, Aronson would sell the company for \$231 million.

Aronson is a long-time member of Senior Softball USA who played with the top teams in Michigan and Florida, also became a hitting legend internationally on SSUSA teams in Spain and Cuba.

“I remember him hitting a ball out of the park in Cuba that went over a volley ball court, where guys were playing on to the beach. It was close to 400 feet and the Cubans went nuts. He was a great guy, hell of a hitter,” says John Fournier of Florida.

Back home, Aronson started out in senior softball in 2009, playing with Gekle Builders, a Michigan 50 Major Plus team. He also played sparingly with DLB (MI) 55 Major Plus, Vernon's/Salsa Bombers (IN) 55 Major Plus, Line Drive/Salsa Bombers (OH) 50 & 60 Major Plus, Michigan Express 60 Major, OKI Players (OH) 55 Major Plus, and Magellan Investment Group 55 Major.

He last played in 2018 with Team Florida 65 and Hollis Appraisals 60, a team

he joined in 2014. He's earned multiple All-Tournament selections at the Winter National Championships and at the original Tournament of Champions, held each year in Florida.

At the onset of the Covid pandemic, Salsa Jack stepped up to the plate big time to help out his community wherever he could. In fact, the pandemic convinced him to launch Aronson's Clean Planet Foods Mindful Meals two months earlier than expected.

Looking at what was happening as the nation took cover, Aronson saw the need to provide free meals to the needy.

“There are so many people who are unable to go to the grocery store or even cook right now, that we moved the launch date of our quick heat-and-enjoy meals forward by several months out of a sense of urgency,” he said at the time.

In the end, he donated several thousand of free nutritious meals to Ferndale senior centers, Gilda's Club of Metro Detroit, Food Bank of Oakland County, and Mitch Albom's SAY Detroit group of charities.

Both Aronson and his wife, Annette, were well known on the SSUSA international tours. The tour to Spain in 2011 included exhibition goodwill games in Madrid where he was named best offensive player on the Team USA Red. The following year, Aronson would again earn Best Offense, this time playing on Team USA White in the SSUSA Hawaiian Tour.

Needless to say, fellow

players and friends recall Aronson fondly.

Dave Weinman, who's a Senior Softball News columnist living in New York, recalls that he “met Jack in Barcelona on my first overseas trip. I think he got assigned to my team.

“I recall Jack hit one of his home runs in Barcelona not just over the outfield fence, but over the street behind the fence.”

It was on that trip that Weinman (a dentist) fixed a temporary crown on one of Annette's front teeth, otherwise they were flying back to Detroit right then.

“As a thank you Aronson reached into his bag of 10 bats (‘I break one almost every day,’ he said) and handed me a Miken Ultra II.”

“He gave us a tour of his factory near Detroit at one point, not long before he sold the company. He loved his company and his employees and it was a pretty interesting operation to see.”

Senior Softball USA Chief Executive Officer Terry Hennessy notes that “Jack was not only an exceptional power hitter, but much more important, he was a good man. His generosity and kindness were legendary. Jack became extremely wealthy, and shared that wealth with those who most needed it. He is an inspiration to all of us.”

Aronson's generosity no doubt evolved from the time when he was deeply in debt and struggling to pay the bills at the barbecue restaurant he owned in Ferndale, Mich.

In an effort to generate more income, he quickly pro-

duced his own brand of salsa which later became known as the Garden Fresh Gourmet brand. It was so popular that people came to his restaurant just for the salsa. As a result, he started selling it to gourmet grocery shops.

His timing in the market couldn't have been better as more and more people were looking for freshness and natural ingredients in their salsa and the price wasn't a barrier to increased sales.

It didn't take long for consumers to catch on to the salsa which in turn led to a diversified line of products including hummus, tortilla chips and dips. After resisting several takeover offers from Corporate America, Aronson finally opted to sell his company to Campbell Soup Co. for \$231 million in 2015.

Aronson, who reportedly once traded a case of salsa for a batting lesson, set off to pursue other food ventures and philanthropic projects, including the Aronson family's new salsa brand, Missy & Mel's.

Aronson was born in 1953 in Michigan and enrolled at Arkansas State University on a basketball scholarship but dropped out. He soon began working in restaurants, including stuffing snail shells and deveining shrimp. In his early years in business, he owned a pizzeria, a deli, a shop selling hot sauces and a window-washing service.

In the end, Aronson left an amazing legacy of goodwill and softball stories that will inspire players for a long, long time.

Extra Innings: Life Is About the Journey

By Jack Sirard
Senior Softball News

When Ed Rose sits back in his Melbourne, Fla., home and talks about his recent production of "Extra Innings," the first thing he makes crystal clear is that the documentary isn't about old guys playing softball.

Rather, it's a high-quality film that points to life lessons learned on and off the softball diamond though the eyes of competitive players attempting to stay young at heart in a game they love. And like life, it has its share of ups and downs.

In a nutshell, the film tracks Team Hollis as it seeks to win its third straight World softball championship in Las Vegas in 2014.

Extra Innings zeroes in on the total preparation and sacrifices required to compete at the highest level of softball... as well as life itself.

In his production, Rose takes viewers on terrific

journey to meet the players as they share moments of joy and tears of sorrow as they move along in their lives. In fact, several players share their personal struggles and successes, putting a very human face on the film.

Included in the documentary are appearances by radio talk host Jack Krasula and two-time Mr. Universe, Peter Nielsen, as they share their concept that life is a series of chapters while at the same time discovering the secret of staying young is to realize that age is just a number and the most important thing in our life's journey is not the destination, but the journey.

The four-episode production of Extra Innings was originally intended to serve as a pilot for a reality series, but with too many roadblocks in the way, they decided to release the documentary on YouTube.

By separating the film into four parts, viewers are able to

watch it as time permits, he says. While there are a few other movies with the title Extra Innings, this one is easily recognizable and significant to those in the world of senior softball.

"The whole thing really started out as a concept that Audie Hollis and I had about our senior softball team back in 2012.

"We had a unique group of guys who were real characters. I think it was on our second softball trip to the Dominican Republic that we had some video shot of what we were doing there," Rose recalls.

What they were doing was something a lot more than playing some softball games.

Incredibly on their list was not only donating 20,000 pieces of equipment for the children there, but also buying wheel chairs and building a well to provide one community with fresh water.

Rose, who over the years

personally brought three Dominican boys to Florida to get a solid education and a fresh start on life, says a key part of the film then shifted to Las Vegas where his Major Plus team was preparing to defend its title for the third straight year.

While the reality show never came to life, an upstate Florida religious TV station is now showing interest in following some of the cast of characters and filming could begin as early as the end of this year.

"Our message is really about having goals and dreams and even though I'm now 75, we have to keep moving and trying," he adds.

While the film ends with Team Hollis coming up a bit short on the scorecard, Rose says "it's really about the journey, not the destination."

As a footnote, Team Hollis came back to win it all again in 2016, snagging three world titles in five years.



Ed Rose and Jack Aronson, holding certificates, recognized for their goodwill efforts in the Dominican Republic. The group helped bring two wells that provide water to over 1,500 people in remote areas in the Dominican. Rose on Aronson, "an angel on earth and now one in heaven."



Hollis Appraisals (FL), 60 Major Plus, taking home its third title (2012, 2013, 2016) in five seasons. The 2016 edition completed the Triple Grand Slam.

2021 Convention

SACRAMENTO – Senior Softball USA welcomes players, directors, umpires, and sponsors to its hometown here from Nov. 29- Dec. 2 for the 2021 National Convention.

The annual National Convention is the major planning session for the sport, attracting the top directors and officials to set rules and policy for Senior Softball for 2022.

“We look forward to welcoming not only the directors and officials, but also interested players, sponsors and cities,” said Terry Hennessy, SSUSA’s chief executive officer.

“In addition to the planning and rule sessions, manufacturers will be displaying their latest softball products for 2022, there will be a gala banquet to induct a new class of Hall of Fame players and directors and everyone will be invited to an Open House at our Senior Softball USA headquarters.”

Because the convention was cancelled in 2020 due to the pandemic, Hall of Fame players and directors for both



California's capitol is set to play host the 2021 SSUSA Convention.

2020 and 2021 will be inducted during the gala Hall of Fame Banquet on Thursday night, Dec. 2.

The inductees for 2020 include: Tom Amundson, player; Don Brooks, director, and Dave Sommerville, sponsor.

The inductees for 2021 include: Mike Smith, player; Richard Yarbrough, sponsor, and Shane Verley (deceased), director.

For more information, please see: <https://seniorsoftball.com/?page=30>



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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.

For more information, please visit our website:
<https://seniorsoftball.com/?page=30>



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Opinions & Letters

It Takes a Village

Many of us have lost friends and loved ones over the past year and a half. Just when it looks like the worst is behind us, it seems like nature throws us another curve ball.

Pandemic mutations, hurricanes, wildfires, floods – never, it seems, is it easy.

And, just as we went to press, we received word of my very good friend SSUSA President Bill Ruth's death. Bill died a few days after suffering a major stroke. We will have a tribute to Bill Ruth in our next edition.

The best tonic for these depressing times often comes from inside a dugout.

Good-natured ribbing from friends, a simple pat on the back, or just stepping onto the ballfield with our friends remind us that even simple pleasures like these can lift our spirits and bring us hope.

That hope, that friendship will see us through these times.

Together.

Terry Hennessy
Editor



Sue Ballenger

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49075: 34" / 27 oz

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MSRP: \$199.99



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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



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49078: 34" / 26 oz

49079: 34" / 27 oz

49080: 34" / 28 oz

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EACH BAT... NO ONE IS THE SAME!

Cecchini: Vertical Pete Celebrates 90th B-Day

Senior Softball News

FORT MYERS, FLA.

– Like many people who make it to age 90, Pete Cecchini wanted a little bit more excitement than normal so he celebrated by jumping out of an airplane on Aug. 10.

Cecchini, who has pitched and caught on SSUSA International Tours for several years and still plays league ball here, made the jump from the skies over Southwest Florida with an instructor and his son, Chuck.

Both father and son landed safely. In fact, the instructor, Roy Tremper, said Pete Cecchini made a perfect

landing “with his feet out in front of him.”

In the past two decades, Cecchini has joined Senior Softball USA teams for international adventures – and tournaments – in several countries, including Japan, Italy, Ireland, Scotland, France and Spain.

“Pete has been one of the most senior players on the tours for many years, but you would never know it to see him on the field,” said Terry Hennessy, Senior Softball USA’s chief executive officer.

“He is a great ambassador for the sport – and an inspiration to younger players

everywhere he plays,” Hennessy said.

Cecchini is actually known as “Vertical Pete” to many players on the International Tours.

The reason is that on his first International trip to Japan, Pete looked out the window of the train passing through the countryside and saw a Japanese graveyard and noticed the grave stones were very close together.

He asked why and was told that there was a shortage of space in Japan so they buried people standing up. Pete’s answer was simply, “Oh.”

After the trip, one of



Pete Cecchini sticks the landing on his 90th birthday jump

the players designed a short comic book on the incident and labeled it “Vertical Pete’s Adventures.”

“Pete took it all in stride,” said Hennessy.

Pete ended his 90th birthday with a trip to his favorite restaurant: Mel’s Diner

Expected COLA Increase Highest Since 1983

By Jack Sirard

Senior Softball News

Finally, there’s some good news coming from the government and it’s in the form of more money for thousands and thousands of Senior Softball players.

In the coming months, the Social Security Administration is likely to announce what could be as much as a 6 percent increase in the cost-of-living adjustment which will kick in during January 2022.

Social Security watchers say that a 6 percent increase should result in about an \$80 monthly boost for recipients.

If so, that would be the largest pay boost since 1983 and is even higher than previous estimates of 5.3 percent.

The reason for the higher estimate is that the Consumer Price Index increased a whopping 5.4 percent in June, year

over year which was the highest gain since the summer of 2008.

Not too surprising, much higher food and energy (particularly filling up your car’s gas tank) costs have been sparking the dramatic rise in the cost of living in recent months.

But, of course as the experts say, the cost-of-living adjustment or COLA as they like to call it, is always subject to change as there are still three months of data to report until the Social Security Administration determines the official number for next year. The rate hike decision is typically made in October and becomes effective in January.

This year, the COLA was a paltry 1.3 percent or about \$20 for most seniors, or barely enough for a fast-food meal for two.

As many seniors continue

to feel the loss of buying power each and every year, legislation has been introduced in the Congress to alter the way the cost-of-living adjustment are based to zero in on the true cost that seniors pay as a group.

On July 8, Congressman John Garamendi (D-CA) introduced what he calls the “Fair COLA for Seniors Act of 2021.” He notes that this bill would require Social Security to use the Consumer Price Index for the Elderly (CPI-E) “to calculate a fairer COLA for seniors. This bill would increase benefits and ensure that cost of living adjustments in Social Security reflect the real rising costs for seniors and disabled Americans. He points out the from 1982 to 2011, CPI-E rose at an annual average rate of 3.1 percent, compared with 2.9 percent for the methods that

are currently used.”

Garamendi says that seniors and disabled citizens “rely on Social Security for a large portion of their income, and it’s about time for Social Security benefits to reflect their lifestyles.”

He adds that “using a COLA that actually reflects how retirees spend their money – especially in health care – is a no-brainer that will increase benefits and make Social Security work better for the people it serves.”

While many can’t wait for the likely announcement that’s to come out in October, even more will be a bit relieved to see the actual increase when they received their payments in January 2022.

Jack Sirard is a senior editor for Senior Softball News and a retired nationally syndicated business and finance columnist.

Questions Abound on Ratings and Rosters

If you like controversy, rumors and assorted misunderstandings, you will love Senior Softball Team Ratings.

At every tournament, 80 percent of the questions I field have to do with Team Ratings.

Some West Coast teams think they are unfairly rated because SSUSA is based in the West and we see them play more than the East Coast teams. Some East Coast teams think they are unfairly treated because we see the West Coast teams play more often.

Go figure.

So, here is a simplified (as much as it can be simplified) explanation of how the ratings work.

Each time a team plays in a qualifier, the scores are entered into our Ratings Database. We enter not only the scores, but the ages and skill levels of each team they play.

Twice a year, once after the Worlds and once in June, we produce a report of all teams that played, every game they played. (This year because SSUSA was so short of staff, we did not complete Ratings until August).

The Report flags if a team is winning or losing by an average of 5 runs per game. Over the past two decades we have found that this is an ex-

Covering the Bases

By Terry Hennessy

cellent indication of whether a team is too strong or too weak for their skill division.

Our staff also reviews all team rating appeals.

After the review by the staff is complete, it is sent to 18 Rating Advisors across the nation to review. We ask these advisers for their feedback on the report and if we have missed any teams that should be moved up or down.

All of those recommendations are reviewed and a final list is created, managers are notified and the Rating changes are posted.

We tend to move many more teams after the Worlds. The reason is simple: We have a whole season to watch the teams and make sure they are in the correct division.

While the system is not perfect, we believe it works to help maintain fair competition in each division – which, after all, is the goal of Team Ratings in the first place.

Rosters, Rosters

Close behind Ratings in the number of questions we receive comes Rosters.

The most common ques-

tion is why a team cannot simply just add a player to a roster. The answer is simple: fairness.

Our goal is to apply the rules fairly to all teams – meaning they all need to follow the same requirements.

We do try to help teams – especially in cases where they lose players right before a tournament – as much as possible. During the pandemic in both 2020 and 2021, we relaxed the requirements for adding players to teams.

Rosters can be especially confusing because there are really two types of rosters.

The first type of roster is used for Qualifiers. These are pretty simple in that teams can have twice as many players on the roster as they field defensively (20 players for 40-65 divisions, 21 players for 70-85 men's / 50+ women's divisions, 22 players for 85 divisions).

As long as the players are the correct age and skill level and from the appropriate region, they are OK.

For the major tournaments that require teams use a Qualifying Roster – the Eastern and Western Nationals, Worlds and TOC – it gets more complicated.

Teams pick the qualifier that they want to use as a base

roster. If there are players who played on the just that team all year, but could not make the tournament, they are almost always added.

Otherwise, it is simply a question of numbers.

If a team falls below 12 players (13 for 70+ divisions), they may be allowed to add a higher skill level player, but the roster will be capped at 12 (13 for 70+ divisions).

Teams can add players in the same age and skill level to get to 15 players (16 for 70+ divisions).

Players who have medical issues and wish to be re-rated to a lower skill level must submit a note explaining when the injury/illness happened, that it is permanent and it significantly impairs their playing ability. If those are granted, there is a 45-day waiting period before the re-rating goes into effect – they can't suddenly apply right before a tournament and expect to play in it.)

The SSUSA staff is there to help, so please email if you have a question:

info@seniorsoftball.com.

Terry Hennessy is CEO of SSUSA and can be reached at terryh@seniorsoftball.com.



JOIN THE SSUSA LEAGUE FAMILY!

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

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2021 WORLD CHAMPIONSHIPS: LAS VEGAS, NEVADA

The Worlds Shatters Record: Largest Tournament in US

Softball News Report

LAS VEGAS – The largest slowpitch softball tournament in the world – the SSUSA Worlds – returns to Sin City after a year's hiatus bigger than ever.

Already more than 650 teams have entered the tournament, and two divisions have not hit their deadlines.

"We expect 650 teams to play this year in The Worlds," said Fran Dowell, SSUSA's executive director. "The previous record was 621 teams."

Last year, Las Vegas fields were closed because of the COVID-19 pandemic and The Worlds were moved to Utah and Arizona.

Not only will teams be playing in the largest divisions of the year, but the Worlds features six Hall of Fame inductions, 21 US National Games, two deaf teams and a record 21 teams in the 80-85 divisions.

The Men's 55 and 60 age divisions will play Thursday-Sunday, Sept. 16-19, while the Men's 65 through 85 age divisions continue Monday-Thursday, Sept. 20-23. The Men's and Women's 40 age divisions play Friday-Sunday, Sept. 24 - 26; while the Men's and Women's 50 age division play Thursday-Sunday, Sept. 30 - Oct. 3.

The 650-plus teams in the

Worlds translate to more than 20,000 people, who will infuse more than \$30 million into the local economy.

Las Vegas Events, the Title Sponsor of the 2021 Worlds, has been instrumental in providing the necessary support to create the largest senior softball tournament in the world.

Games and a chance for teams in 36 divisions to win free top-quality rings in the largest senior tournament ever.

In addition, the top award given by SSUSA annually, the Steve Simmons Memorial Sportsmanship Award will be presented to Florida Investment properties, an 80 Major-Plus team.

The award is named after SSUSA National Director Steve Simmons, who died in a boating accident in 2012.

Steve had been instrumental in every facet of senior softball and was a major force in the National Senior Softball Summit, helped create the SSUSA Clubs and Leagues program, created the very popular Recreational Tournament Circuits, was an exceptional tournament director, a member of the National Rules Committee – and, most important – he loved to play softball.

"This award (Steve Sim-

Continued on Page 18



Photo by Jack Eberhard

Teams will be playing in the largest divisions of the year at The Worlds.

6 Teams Win Free Entry

Six lucky teams received free entry into the Senior Softball World Championships in Las Vegas. The entry fee for the Worlds is \$795.

Each time a team played in one of the 20 TOC Qualifiers for 2021, their name went into the drawing. One men's and one women's team from each of the sessions was chosen in the drawing (SSUSA employees and their teams were not eligible).

HERE ARE THE WINNERS:

Session 1: 55-60 Men:
Vegas Elite 60 Major

Session 2: 65-85 Men:
Mountain Mike's Pizza
65 AAA

Session 3: 40 Men:
Cody Staffing 40 Major

Session 3: 40 Women:
B Squared 40 AAA

Session 4: 50 Men:
Xtreme Heat 50 AAA

Session 4: 50 Women:
Lady Vipers 50 AAA

For a calendar of
Las Vegas events go to:
<https://www.lasvegasevents.com/events>

2021 WORLD CHAMPIONSHIPS: LAS VEGAS, NEVADA



Hall of Fame Inductions at the Worlds

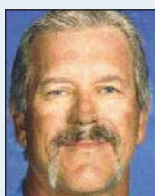
There will be six inductions into the National Senior Softball Hall of Fame during the 2021 World Championships in Las Vegas:

Session 1:

**Thursday, September 16
5 pm at Arroyo Grande**



Gary Springer,
Cornerstone
55 Major Plus



Paul Salow,
LCP Dudley
60 Major-Plus

Session 2:

**Monday, September 20
12:30 pm at Big League Dreams**



Dave Dowell,
SSUSA
National
Director



Lud Nordahl,
Minnesota
Masters 65
Major-plus

**Session 4: Thursday,
September 30 TBA**



Shirley Simmons
Snell,
Dreamgirlz 50
Major



Lydia Crandall,
Dreamgirlz 50
Major

2021 World Championships

The Eastern National Championships (Loudoun County, VA) and the Western National Championships (Sacramento, CA) took place simultaneously, July 27 - August 1. Division winners took the first step towards the Triple Grand Slam (TGS). The winners of the Eastern Nationals will play the winners of the Western Nationals in the one-game, winner-takeall, U.S. National Championship Game, during seeding play in the 2021 World Championships in Las Vegas. These games are the second leg of the coveted Triple Grand Slam, as teams winning the U.S. National Game and their division in the World Champs, along with their victory in the Eastern/Western National, complete the feat. Additionally, teams winning the U.S. National Game are seeded first in their bracket for the Worlds, while the teams losing the U.S. National Game are placed second in their bracket. Singleton teams are seeded second. (only in divisions of five or more teams).

2021 US National Teams

EASTERN CHAMPIONS			WESTERN CHAMPIONS	
MEN				
40 M+	Spirits West/SMC		vs	LCP/DTA
40M	DDA Nation		vs	Hustle
40AAA	Autism Pride		vs	GTR
50M+				JK Inc./GTL vs Bay Equity
50M*	Hard Hat Café/Latella & Freehold Buick/Juno		x3	G.O. Junkies
50AAA				Cali Gold
50AA	Goats			
55M+	BPA 55		vs	Sommerville Softball
55M	Dugout/Mid Atlantic/Dudley		vs	L.A.F. 55
55AAA	N.E. Merchants		vs	Wilsons
55AA	Longshoremen		vs	Spin Tees
60M+	Omega IT Services, LLC		vs	Legacy Sports
60M	Hamel Builders		vs	Vandals
60AAA	Crossfit/Great Clips		vs	Yeahoos
60AA				Pastimers
65M+				Texas Crush Sixty Fives
65M	Via Citrus		vs	Bulldogs
65AAA*	Pill & Pill		x3	Yeahoos & Cascade Thunder
65AA	<div><div></div><div>US National Game</div></div> <div><div></div><div>Singleton Team - no game</div></div> <div><div></div><div>Three-way seeding to US</div></div> <div><div></div><div>National Champs</div></div>			
70M				Timberworks/Suncoast
70M				Oregon Crabs
70AAA				NorCal 70
70AA				
75M+	Venom		vs	OMEN
75M	AMR South		vs	State Roofing Systems
75AAA				Sacramento Buds
75AA				Triple Play
80M+	Florida Investment Properties		vs	Top Gun Gold
80M	New York Statesmen		vs	Git-R-Done Gold
80AAA				Gold Rush
80AA				
85M				Top Gun Blue Angels

WOMEN

40M			Utah Relics
40AAA	Cherry Bomb	vs	Still Grubbin (CA)
40AA			
50M	Unfazed	vs	Old School (CA)
50AAA	Lew's Crew/Exceeding Expectations	vs	Northwest Lady Warriors

* In the 50 Major and 65 AAA Men's Divisions, there are three teams playing because one of the teams that won the East or West titles in a lower division was moved up. In those two divisions, each of the three teams play each other in round robin play to determine the 1,2 and 3 seeds in the division.

WORLDS: Sportsmanship Takes Center Stage

Continued From Page 16

mons Sportsmanship) transcends the game itself," said Terry Hennessy, SSUSA chief executive officer. "It stands for all that is good in the sport: passionate competition played with good humor and good fellowship - that is the formula for good sportsmanship. The beauty of good sportsmanship is that it incites a love of the game for all who witness it."

Steve Simmons Sportsmanship Award Winners

2005

Conklin Brothers, CA 40
(West) / Sweet Construction,
NJ 50 (East)

2006

River Hawks, CA 80

2007

Roberts Construction, WI 50

2008

Sportaculars of Canada 65

2009

Scrap Iron Club of Colorado

2010

NM High Desert Roadrunners
65

2011

Georgia/Alabama Masters 60

2012

Minnesota Prize 65's

2013

Hannington's 55's, MA

2014

50 Caliber St. Louis Softball
Club, MO

2015

Git-R-Done Softball Club, CA



Florida Investment Properties 80 at the 2020 TOC

2016

San Antonio Silver Streaks
70, TX

2017

Guam Senior Softball (Seven
Men's and Women's Teams)

2018

No Dice/Bay Photo Lab, CA,
65

2019

Colorado Ohana, Women's 40

2020

Donnie Hudson, Stadium 50
(CA)

Wendy Smith (Spectator)

2021

Florida Investment Properties,
80

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on your next
international
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SSUSA International Tours on the Horizon

Senior Softball News

The COVID pandemic continues to create questions about international travel in the short term.

Fortunately, the Senior Softball USA International Tours do not start until next year and the long-term projections are much better for world travelers.

As of this month, New Zealand has closed to visitors and others require 10- to 14-day quarantines. Most – and probably all countries in the near future – require proof of vaccinations and negative COVID test results within a few days of travel.

Travel experts in the countries SSUSA is targeting for International Tours in 2022 believe the quarantines will loosen considerably next year. However, they all agree that vaccination requirements and COVID tests will still be in place.

For 2022, SSUSA is planning a series of international adventures stretching from Eastern Europe to New Zealand, with separate 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 2022 calendars for

these exciting trips:

Caribbean Classic

Feb. 23-28, 2022: Caribbean Classic on the Island of Hispaniola!

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, DR...and they'll play in a beautiful ballfield just 50 yards from the beach!

[CLICK HERE](#) for more information.

Discover the Magic of New Zealand

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

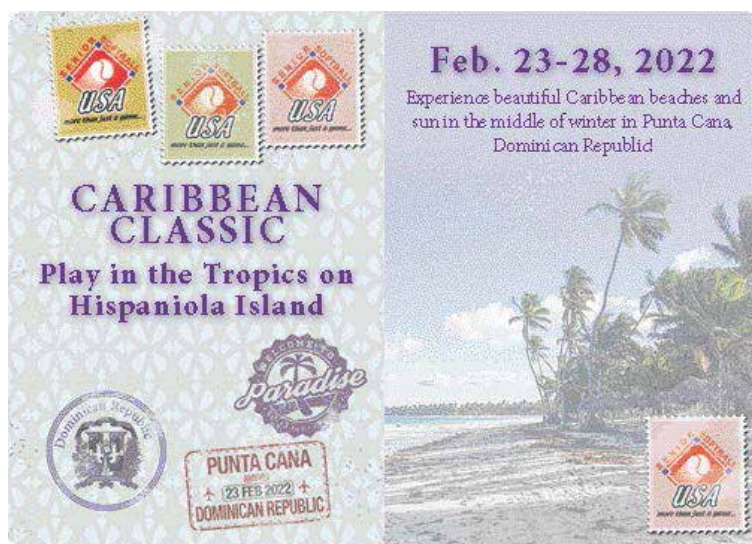
Journey Down Under to New Zealand and experience the scenic magic captured the imagination of millions in the "Lord of the Rings," which was filmed on New Zealand's South Island. And there is much, much more to see and experience on both the North and South Islands – including playing softball against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

[CLICK HERE](#) for more information.

Jewels of Eastern Europe

May 5-17, 2022: 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.

There are 2 spots left in the Tour!

[CLICK HERE](#) for more information.

8th Annual Pacific Rim Championships

Aug. 30 – Sept. 4, 2022: Pacific Rim Championships in Vancouver, BC, Canada!

Canada will be hosting the eighth annual Pacific Rim Championships in beautiful Vancouver in 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.

[CLICK HERE](#) for more information.

Hawaiian Cruise - Play Ball in Paradise

Nov. 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 more information.



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Deflected Ball - Is There Interference?

Sometimes the most simply worded rules are not as simple as they seem.

Consider collisions on the basepaths. Defensive coaches usually want umpires to enforce the interference rule and call the runner out. Offensive coaches argue for obstruction and awarding the runner the next base.

Sometimes, both coaches insist they are correct. Naturally, both cannot be.

Getting the call right involves more than simply reading the definition portion of the rule book, however.

Consider a play that unfolded in the bottom of the seventh inning in the 50+ AAA championship "if" game at the Spring Nationals in Polk County, Florida.

Runners were on first and third bases with one out when the Crawford Contracting batter hit a sharp grounder toward Woodlawn Hitting's second baseman. The ball took a bad bounce, smacked the defender in the chest and ricocheted 5 to 15 feet away, depending on the witness telling the story. As the fielder gave chase, he and the runner collided.

The base umpire called the runner out for interference. He also called the batter-runner out because, in the umpire's judgment, a double play could have been turned.

A double play would have ended the game and earned Woodlawn the championship.

After an umpire conference, and some discussion with managers, the plate umpire ruled that only one out should be called, not two, as no double play was possible.

Umpire's Corner By Donna McGuire

More discussion ensued. Because managers were challenging a rule interpretation, the umpires called for the tournament director.

The director, who had watched the play unfold, ruled that the defender had obstructed the runner because the defender was chasing a deflected ball. In such cases, the runner has the right of way. The fielder must avoid the runner.

After the director awarded the obstructed runner second base, and placed the batter-runner on first base, Crawford came from behind to win the championship 30-29.

Ever weeks after the game, Woodlawn manager Joey Quiroz still argued that interference and one out should have been called.

He cited our rulebook definition of interference, which says: "The act of an offensive player or team member that impedes or confuses a defensive player attempting to execute a play. A base runner must avoid a fielder making a play."

Yes, a base runner must

avoid a fielder making a play. But by examining other rules, it becomes clear that the "making a play" language means the fielder has the ball or is trying to field the batted ball. When chasing a deflected ball, the fielder is trying to get to the ball so he can make a play.

SSUSA staff directed Quiroz to read our obstruction rules. We define obstruction, in part, as the act of "a fielder who is not in possession of the ball, or in the act of fielding a batted ball, who impedes the progress of a runner or batter-runner who is legally running the bases."

Another rule, 8.4(10), elaborates on obstruction through several paragraphs of rules language. It makes clear that a runner can be obstructed by a fielder who lacks possession of the ball or who is not fielding a batted ball.

Remember that our rules originally were drawn from ASA Softball, now USA Softball. USA's rule 8-4-E(2) says that runners are entitled to advance with liability to be put out "when a fair batted ball has been touched by a fielder... and the runner did not intentionally interfere with

the batted ball or the fielder attempting to field the batted ball. The ball remains live."

That helps explain even better how to handle such situations. "Touched by a fielder" is another way of describing the ball as a "deflected ball," as opposed to a batted ball.

In summary, here's the best way to remember all of this:

A runner must avoid a defender trying to field a batted ball.

But once the ball has deflected off a fielder, and the fielder has to chase it, the fielder must give the runner the right-of-way on the basepath.

Of course, the runner still cannot intentionally interfere with a fielder chasing a deflected ball. For example, if the runner veers from his path to get in the way of the fielder, interference should be called – if the umpire believes this was an intentional act.

Kudos to the Florida tournament director for knowing the nuances of this not-so-simple rule.

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



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Underage Rule Change Tabled for 2022

Softball News Report

SACRAMENTO – The National Rules Committee voted to continue to monitor the 65 and older age groups for at least one more season before considering any changes in allowing underage players in those groups.

A survey of 65, 70, 75, 80 and 85 managers was inconclusive earlier in the year.

Here are the results of the survey:

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 review the issue at the National Convention in Sacramento in December.

Be a Better Hitter, Uppercut the Ball

By Art Eversole Senior Softball News Contributor

As kids learning baseball from adult coaches, we heard many times to “swing level, don’t upper cut at the ball and drop your back shoulder; doing so will result in easy fly outs”.

That’s called the A-C (Address to Contact) hitting technique, and it has been imparted for decades to little leaguers on up. The A-C method is executed with the hitter moving their hands from a stationary batting position directly down to the ball and extending the arms at contact.

Wrists are cocked and fully loaded while taking the knob directly at the ball. During the A-C swing, bat lag is created by having the barrel trail behind the hands, contact is made at an extremely narrow intersection where the barrel meets the incoming pitch.

This straight line down to the ball hitting technique

was also a way to satisfy a baseball maxim, “quick to the ball and smooth on the follow-through”, which is still valid today.

Note that A-C does have shortcomings. This technique:

- Sends the knob to the ball first rather than the barrel, reducing bat speed.

- Does not create early bat acceleration during the swing.

- Limits the area in which to make solid contact with the ball.

- Does not allow the ball to travel deep in the zone to hit the other way.

- Results in arms being fully extend at contact and not after.

A more efficient way to get the bat to the ball, in my opinion, is to use a hitting technique called “Turning the Barrel”. Turning the barrel abbreviated TB, allows for a larger area in which to contact the ball and accelerate the bat.

The TB swing is like a coach lofting fly balls with a fungo bat to the outfield,

which requires a slight uppercut and striking the belly of the ball at its center of mass. The barrel is swung directly at the ball, there is no leading with the knob in this action.

This TB swing initially sends the bat back toward the catcher and around the rear shoulder deep into the path of the ball.

The TB swing whips the barrel around and close to your back shoulder picking up bat speed as it enters the path of the incoming pitch. When the bat and ball collision take place both arms will be slightly bent at contact, the rear shoulder is now lower than the front shoulder creating a slight uppercutting action. The arms don’t fully extend until after the ball leaves the bat. Using this TB method, more batted balls will be elevated keeping the ball off the ground, resulting in more line drives that reach the outfield fence for extra base hits.

The concept of turning the barrel technique makes the bat handle spin around your hands in a pendulum motion that moves the barrel quickly to the pitch. The role of your arms with the TB swing creates a supporting scaffolding for the bat, allowing the hands to swivel the barrel faster by not depending on arms to generate bat speed.

Admittedly, there are many hitting techniques that work some of the time, but for consistency and proficiency as a hitter, I recommend the TB to an A-C swing. Give it a try and see what you think.

Click on the links below for TB instructional videos:

1. <https://www.youtube.com/watch?v=DEAwd8LCBXE>
2. <https://www.youtube.com/watch?v=uQwbe2V80EI>

Happy hitting,
Art Eversole has played on Major and Major Plus teams in the Northwest. Eversole can be reached via email at rtmyboy01@gmail.com.





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Anti-Inflammatory Drugs for Sports Injuries

By Stan Reents, PharmD
Senior Softball News
Contributor

A wide variety of drugs possess anti-inflammatory actions. Here's a look at salicylates and "non-steroidal" anti-inflammatory drugs (NSAID's), focusing on products that can be purchased without a prescription.

Salicylates

All salicylates are anti-inflammatory. The most widely-known salicylate is of course aspirin. Even though it's effective, aspirin is rarely used for sports injuries. Aspirin and sodium salicylate are corrosive when applied to the skin. For this reason, sodium salicylate is a component of wart removers, but aspirin is never used topically. Aspercreme does not contain aspirin.

Two topically applied salicylates are:

• Methyl salicylate:

Methyl salicylate (oil of wintergreen) is a common ingredient in many brands of OTC sports creams. It's been used for decades and is very effective. I routinely recommend it and sometimes use it myself.

BenGay Ultra Strength

contains 30% methyl salicylate, however most sports creams contain 10-20%.

Methyl salicylate is very toxic if ingested, so, it is never administered orally. However, in rare cases, excessive application to the skin also has led to salicylate toxicity:

In 2007, a 17 year-old cross-country runner died after using too much sports cream. She applied it to both legs, and may have increased the absorption by wrapping her legs.

• **Trolamine salicylate (Aspercreme Original, Myoflex):** Trolamine salicylate is another topical salicylate, though it is found less often in sports creams than methyl salicylate. Trolamine salicylate appears to be less effective than methyl salicylate.

For an anti-inflammatory effect, choose sports creams that contain methyl salicylate. Do not over-apply it. In addition to salicylates, sports creams often contain camphor, menthol, and/or capsaicin. Each has documented efficacy though they are not anti-inflammatory. Be wary of other ingredients.

NSAID's

Quite a few drugs are in the NSAID group. The non-prescription ones are:

- Oral and topical: diclofenac, ibuprofen, ketoprofen
- Oral only: naproxen

Anti-inflammatory drugs in this category are similar in action and effectiveness, though their dosing frequency differs. However, dosing frequency may not affect how well a NSAID works: ibuprofen 600 mg twice a day was equivalent to 300 mg four times a day in one study.

All NSAID's have the potential to cause stomach erosions after oral use.

Recommendations

Always review the ingredients section of the label for any OTC drug. For example, products sold under the Aleve brand name have different ingredients: Aleve gel contains diclofenac, Aleve spray contains camphor and menthol, while Aleve tablets contain naproxen.

Selecting one anti-inflammatory drug over another is less important than how it is used. Inflammation is part of the healing process. Thus, taking these drugs for a

prolonged time after an injury could be counterproductive. No OTC anti-inflammatory drug should be used daily for weeks and weeks. If you still have a painful joint or muscle after five days, seek medical attention.

Taking a NSAID for a day prior to competition or working out can be effective and can minimize the need to take it for several days afterwards.

FOR MORE INFORMATION:

"Pain Medications and the Athlete" <https://www.athleteinme.com/ArticleView.aspx?id=306>

"Sports Creams and Topical Analgesics"

<https://www.athleteinme.com/ArticleView.aspx?id=712>

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



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Inagural Women's World Cup Set to Take Place

VALDOSTA, GA. – The party is about to start. The First Annual Women's World Cup and Halloween Costume Party will be held here Oct. 29-31 and 29 teams already have earned a free entry!

Women's teams that played in three selected SSUSA tournaments punched their ticket into the Women's World Cup Championships here at Freedom Park (2018 SSUSA Complex of the Year).

Valdosta is also planning a Halloween Costume contest and party!

Teams that played in two tournaments receive \$100 off the entry.

[CLICK HERE](#) for a list



of teams that have earned free entries already.

Teams receiving Free Entries will be required to post a \$100 deposit to enter, which will be refunded at the tournament.

2020 Tournaments:

- 2019 Winter World Championships (2020 roster event)
- Spring National Championships

- Eastern National Championships
- Western National Championships
- World Championships

2021 Tournaments:

- 2020 Winter World Championships (2021 roster event)
- Spring National Championships
- Spring World Championships
- Southwest Championships
- Rock 'n' Reno Challenge Cup
- Southern California State Championships
- Midwest Championships
- Southern Championships
- Crabtown Classic

- Eastern National Championships
- Western National Championships

Entry deadline for the tournament is Friday, October 15.

Entry fee is \$500 for teams that have not earned a free entry, or the discount of \$100.

Managers, to enter your team, please call the SSUSA office (916-326-5303) or email the office (info@senior-softball.com).

SSUSA Player Injured in Print Shop Explosion

Senior Softball News

By Dave Hawkins

KSS- Taco Bell 55 AAA

Manager

CHANDLER, AZ. – Glenn Jordan, longtime KSS-Taco Bell player, was severely injured in an explosion August 26 at a print shop here.

Jordan, of Tempe, was working two suites from the shop that exploded at 9:23 a.m. sending the All American Eye Glass repair owner and three other severely injured men to the Arizona Burn Center in serious and critical condition, said KSS co-manager Roy Heisner.

Family members were told by doctors that Jordan suffered 3rd-degree burns over 40 per cent of his body. His wife Cyndi said she's been told that it will take some time to determine the extent of his injuries and that Jordan will be hospitalized for at least two

months.

News of Jordan's involvement in the blast spread quickly to Kingman where he broadcast high school sports for local radio stations in the late 1980's and early 1990's and played zealously in the regional softball community.

Jordan relocated to the Phoenix area long ago but maintained an abundance of friends and family connections in Kingman and has been a member of the Kingman Senior Softball (KSS) traveling tournament team for nearly a decade.

"It's devastating news. We're in shock," said Heisner, Co-Manager of the KSS squad said. "He's as tough as nails. If anybody can survive this, it's Glenn."

Jordan is known for his aggressive approach on the basepaths and his blazing speed. He finished first five



Glenn Jordan (right) with teammate Curtis Cutshaw.

years ago in a fastest man skills competition when KSS took second place at the Tournament of Champions in Florida.

Jordan always slid head first and always had the dirtiest uniform on the team.

"We're all pulling for them," Heisner said of Jordan, his wife, daughter Katelyn and extended family. "Our KSS family is tight and we're hoping for the best outcome

possible."

Heisner said KSS will play the World Championship tournament in Sept. in Las Vegas in honor of their fallen teammate.

A Go Fund Me account has been established to help the family meet insurance deductibles and establish savings given career uncertainty. <https://gofund.me/49743d9d>.



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Don Clatterbough

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Finding Paradise on the Diamond

The MOGS 2021 Reunion Game

The MOGS are a softball team from Buffalo, N.Y., that began in the 1980s and this summer we held a reunion game.

MOGS stands for "Mostly Old Guys," a name that we actually had the gall to think we deserved back when we were mostly in our 30s.

We have played in local leagues every year since around 1981 and every year since 1991 we have gone to South Florida in late winter for a week of tournament softball.

We're in our 60s and 70s now, so these days some say the M stands for "Moldy." We managed to get 36 guys who have disgraced themselves over the years by wearing the MOGS uniform to show up to play, and another couple dozen to watch, umpire, heckle, etc.

Some of us still play softball regularly as MOGS or for other teams in senior leagues and tournaments, but most have moved on to less rigor-

Senior Moments

By Dave Weinman

ous activities.

The response to our endeavor to play a reunion game was overwhelmingly positive.

For one thing, having emerged from this pandemic mostly unscathed, we were eager to get together with old friends. Also, in my opinion, team sports create a bond that exceeds typical friendship.

One of our players drove in from Detroit; another three flew in that morning from New Jersey on a private plane, now known as "MOG Force One."

All kinds of wonderful memories flooded back at the reunion game. A few guys who hadn't touched a bat in years just came up and effortlessly stroked basehits. Others showed a bit more rust but no less enthusiasm. We had volunteer umpires, and when it was pointed out after the game that there had been no disputed calls, they explained that it's easier when every-

thing's in slow motion.

One of the running jokes from our Florida trips was to guess how long it would take before someone got injured.

Retired attorney Bob Doren holds the record for fastest, getting a broken thumb on a hard ground ball on the very first play of the week one year. Honorable mention goes to our late friend Hank Sontag, who injured a knee warming up to pitch in the bottom of the first inning of the first game on another trip.

We've lost a few players over the years, from accidents or illness; those of us who can still play can look around and see how lucky we are, because there are so many who can't or are no longer with us. There are many of us playing still, and running quite well, on replaced knees, hips and the like.

Fifty years ago people with our issues would have been on the sidelines, with walkers and canes.

With 36 guys, we divided into three teams- MOGS Red,

White and Blue; one team hits, one fields, one sits, and after three outs, rotate. We had a "3 Team Circus" and I was the ringmaster, but it was a blast.

Blue won 15 to 12 to 1.

In this case though it truly was the journey that mattered, not the destination. The score was irrelevant to the fun.

I was in a tournament a few years ago in Hawaii, where there was a food stand selling a "Hamburger" and a "Cheeseburger in Paradise." Someone asked what was on the Cheeseburger in Paradise and the cook responded, "Cheese. You're in paradise."

We were in Williamsville, N.Y., and there were no burgers, but I think we found a little bit of paradise by stepping on that field together that day.

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

Get Ready for the Holidays and 2022

Senior Softball News

Two new tournaments on each side of the country will be celebrating Holidays in 2021.

The first, the Oktoberfest Classic, borrows a theme from the famous Munich, Germany, beer party. Senior Softball's Oktoberfest is a bit closer in Polk County, Florida from Oct. 23-24.

Polk County is the home of the Original Tournament

of Champions, as well as the Spring Nationals.

2021 will be the second edition of the tournament, as the inaugural event was held in 2020.

For more information, please visit the Oktoberfest Classic tournament page: <https://seniorsoftball.com/?event=1663>

The second is the Holiday Classic, celebrating the Holiday season in December

in beautiful St. George, Utah on Dec. 12-13.

St. George plays host to the annual Spring World Championships, and also hosted part of the World Championships in 2020.

For more information, please visit the Holiday Classic tournament page: <https://seniorsoftball.com/?event=1557>

Teams will use their 2022 rosters in both tournaments

and kick off their seasons in style – and fun!

Also, don't forget about the Winter National Championships and Winter World Championships in November.

Managers, please be sure to contact the SSUSA office (916-326-5303/info@seniorsoftball.com) to enter your team in these fast approaching 2022 events.



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SSUSA China Takes Shape with New Field

Senior Softball News

SHANDONG, CHINA – The new, bright green softball field smack in the middle of 40 drab factories here marks the culmination of three years of work and vision to build a softball program where no one knew what a softball even looked like.

The vision of Zhaoli Chen, Senior Softball USA/China's chief executive officer, was to build a program that allowed a healthy and fun outlet for the 20,000 factory workers.

Along the way, Chen invited Steve Imlay, founder of the Slow-Pitch Softball Hitting Academy, to come to Shandong to help introduce the sport. Imlay did just that in 2019, helping to spark interest in the sport and construction of the field.

Now Chen is expanding the program – using the new field as a training center for elementary school students.

“The factory workers use the field during the week and on weekends we are able to hold classes for students to

learn the game,” said Chen.

Chen also has established an SSUSA/China office next to the field and brought in instructors to help launch the fledgling sport with training, practices and games.

“Eventually we hope to have regular games and even tournaments for both the factory workers and the elementary school students,” said Chen, who has developed the teaching aids and supplies.

In a humorous turn of events, Chen discovered that the baseball helmets she

provided for the students were becoming popular for other reasons.

“Some people came by the office after they saw the students with the helmets and asked to buy them,” she said. “I was excited and asked if they wanted to learn to play. They said, ‘No, we need a helmet for our bikes.’”

Chen said she sold several and they were very popular on the streets of Shandong.



Top Photo: View of the field from behind the plate.



Top Right Photo: Aerial view of the field.



Bottom Right: SSUSA office in China.



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