



TOC Shines in Florida

Jewel of Softball Attracts Teams
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The Guam Seniors celebrate winning the 50AA Division Title in Polk County.



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Creates Musical Masterpiece



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Inducted in Hall
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Collage of all the worldwide artists who contributed to Moja over the years.

Softball Player Creates a Musical Masterpiece

Softball News Report

Softball Hall of Famer Carl Gustafson has stepped off the field to create a musical masterpiece: Moja: A Musical Saga.

Gustafson helped develop

Senior Softball in Southern California for almost 20 years – all the while hitting booming home runs and pursuing a music career that earned him a Grammy nomination.

In the past five years,

Carl; has been tracing the roots of much of America's music. The project took him not only to musical capitals from America and the Caribbean to Africa – but has been a journey through history.

“The Moja Saga is an eight-part volume music and storytelling listening experience that begins with the gruesome business of slavery, and how it led to the African-American music we

Continued on Next Page



Moja: The Roots of American Music

Continued From Previous Page

now enjoy all over the world,” Said Gustafson.

“Told in the style of a Broadway musical, MOJA: a Music Saga is an immersive journey through time. Historically authentic, the music was recorded on location in Africa, Cuba, New Orleans, and many more places. There are about 500 musicians, singers, producers, engineers and voice actors, and the production began in 2017,” he said.

The namesake of Moja centers around the great-great-great-grandmother of a modern day rapper, who was enslaved at the age of 19 and found music her saving grace. Gustafson uses the journey of music in this one family to help illustrate the way African music blossomed into so



Cover art for Volume 2 of Moja: A Music Saga

much of our modern music.

To really capture the extent of Gustafson’s journey, it helps to look at a snapshot of some of his musical adventure:

■ In two trips to Bamako, Mali, he captured African drummers, singers and a flutist.

■ In Dakar, Senegal, he recorded the authentic rhythms of local drummers

that can be heard throughout the Maja Saga.

■ In three excursions to Havana, he recorded Weedie, Pedrito, drummers – including sessions in the Areito Studios, famous for The Bueno Vista Social Club.

■ It was a choir in Tanzania that inspired the Moja Music Saga.

■ The journey continued to Ollerton, England recording session.

■ And in America, Carl hit several high spots of musical magic, including New Orleans, Jackson, Mississippi, Chicago, Nashville, Boulder, Colorado, Silver Springs, Maryland, Manhattan, and, of course, Los Angeles.

To start your Musical journey, click here: mojasaga.com

After leaving his home in Laramie, Wy., at an early age, Gustafson has played in scores of countries around the world, earning Carl and his band, Blinddog Smokin’, a Grammy nomination for “Decisions” Greatest Blues Recording in 2014.

In the Senior Softball world, Carl will be inducted into the SSUSA Hall of Fame for Lifetime Achievement at the SSUSA National Convention in Ft. Myers, Florida in December. Carl is recognized on multiple fronts: Developing Senior Softball in Southern California, a longtime Director, a Manager and a Player. This is just the second lifetime award bestowed.

Joe Yacono Retires After 30 Years of Softball

Softball News Report

After more than 30 years in every level of Senior Softball, National Director Joe Yacono, 83, decided to call it a game.

Yacono started the Chicago Classics in the 1990s, helped bring the World Championships to Chicago in 1998 and the Eastern Nationals there a few years later.

Along the way, Yacono managed and played on Classic teams that brought home titles in the World Championships and the World Series in 2003, the LVSSA



Betty and Joe Yacono

Masters in 2007 and the SPA National Championships in 2007.

His 50s team won the Triple Grand Slam: the Eastern Nationals, US Nationals and the World

Championships.

“Joe has been an inspiration in the sport and helped develop not only teams and leagues in Chicago, but was an excellent player and even better National Director for the sport,” said Terry Hennessy, SSUSA’s chief executive officer. “And his wife Betty has been helping every step of the way.”

Joe and Betty have been married for 60 years and look forward to spending more time with their three children, nine grandchildren and eight great-grandchildren.

The bottom line for Joe

wasn’t the awards, it was the memories:

“With all of the memories I have, there is one that stands out. My team had just won a championship and afterward I met the manager of a team getting ready to play,” said Yacono. “I asked him how many championship rings his team had won, and he said, ‘Not a one and I wouldn’t change the memories of the players I played ball with for any of them.’”

“I guess that says it all – me too!”

Hitting Out of Order Can Cause Chaos

At least six times in the last six months, a player not in his team's lineup batted anyway during a major Senior Softball USA tournament.

Two cases happened at the Tournament of Champions in Florida in February.

Another caused a 45-minute delay during a World Championship game in September in Las Vegas, as the teams and umpires and directors debated what constituted the correct remedy.

Usually, the defensive team wants an out called. Sometimes, that happens. Sometimes, it does not. The key is for the defense to correctly appeal the offensive team's mistake.

Consider the World Championship case. A manager listed 10 players in the official batting order but sent 11 batters to the plate. The defense did not notice the mistake the first time the unlisted 11th batter hit. Instead, the team notified the umpire before the 11th batter took his second at-bat.

Since the player wasn't listed on the official lineup card – not even as a substitute – he could not play. The umpire ejected him, as SSUSA rules dictate.

Then things got contentious.

Umpire's Corner

By Donna McGuire

The defense also wanted an out called at that moment -- and every time the 11th spot would have come up again in the batting order. The defense insisted that this was how the offense needed to be penalized for batting an ineligible player in a spot not listed on the lineup card. No amount of arguing swayed their thinking.

But the defense was wrong.

For starters, the ejected player's spot in the batting order did not exist. Think about that a minute. The official batting order contained only 10 spots. There was no 11th spot. Therefore, the 11th spot would not be "coming up again," as the defense contended.

In addition, the defense did not appeal at the proper time to achieve the only out available to them for the offensive team's infraction.

Anytime an incorrect batter hits, Rule 7.1 covering batting-out-of-order situations comes into play. It doesn't matter whether the team skipped a batter, inserted an extra batter, or messed up the official batting order in another

way. What matters is whether the player who batted is the player listed on the official lineup as following the previous batter.

So when this "phantom" 11th batter showed up at the plate, he actually was batting in the lead-off hitter's spot. This made him an incorrect batter. Challenging an incorrect batter is an appeal play.

By rule, if a defense appeals an incorrect batter before he hits, the correct batter simply replaces the incorrect batter. If a defense appeals during an at-bat, after at least one pitch has been thrown, the correct batter enters the batter's box and assumes the ball-strike count. No out is called in either situation.

But if the defense appeals after the incorrect batter finishes his at-bat, and before a pitch has been thrown to the next batter, the batter who failed to bat is out, all outs that occurred on the play stand, and all other runners return to the base occupied at the time of the pitch. The next batter is the one who follows the batter called out for failing to bat.

Here's a Major League example from 2005 that might help SSUSA players keep the rule straight. The Angels were play-

ing in Kansas City when Royals outfielder David DeJesus singled leading off the bottom of the first. After DeJesus reached first base, Angels Manager Mike Scioscia appealed batting out of order.

The Royals' official lineup had Angel Berrora hitting first and DeJesus hitting second. Scioscia correctly timed his appeal, which meant DeJesus' at-bat did not count and Berrora was out for failing to bat.

If you've paid attention to the rules explained in this column, you know who batted next. Yes, it was DeJesus, the second batter in the official lineup. This time, he flew out to centerfield.

In the SSUSA World Championships game, the defense should have waited until the 11th batter finished batting before appealing. Then the lead-off batter – the person who should have hit but didn't – should have been called out for not batting.

And who should have batted next?

If you have been following along, you know the answer.

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

Heard From The Dugout

"If you don't set goals, you'll never reach them. ... Take any player in the major leagues: I'd say just about every one of them had a dream -- a goal -- to be a big-leaguer when they were kids. It wasn't an easy goal, but it was a reachable one, and that's important."

Yogi Berra



SSUSA Restarts International Play With Successful Caribbean Classic

By Tournament

Co-Director Jim Goff

After a Covid-necessitated absence of just over two years on the international stage, Senior Softball USA was pleased to return overseas with the second playing of the Caribbean Classic recreational tournament in beautiful Punta Cana, Dominican Republic.

The February tournament featured two American teams, TeamUSA-White and TeamUSA-Blue, facing off against two local Dominican teams, PuntaCana-White and PuntaCana-Grey, on a private resort ball field located just steps from world famous Bávaro Beach.

The American teams were composed of players from all over the United States, ranging in age from 57 to 72 and in skill level from AA to Major+.

Activities began with a Wednesday informal buffet dinner and meet-and-greet for players and their significant others at the host resort Barcelo Bávaro Palace, followed the next day by the first practice session. Returning manager and Pennsylvanian Bill Franciscus of the champion 2020 TeamUSA would be challenged by Caribbean Classic rookie manager Terry Cloutier of Kansas, and after separate Thursday practices, the managers agreed to play

a scrimmage game on Friday before the Dominicans arrived for the actual tournament over the weekend. Cloutier's TeamUSA-Blue dominated this practice contest, making them seemingly the ones to beat, at least of the two American teams.

Saturday round-robin pool play commenced with a rematch between the two TeamUSAs. While TeamUSA-Blue "gelled immediately, like we'd been playing together for years" as manager Cloutier observed, for TeamUSA-White it would be a case of gradual improvement each game. Defense seemed to be the difference in this first tournament game, and TeamUSA-Blue's lack of any weaknesses among its 10 fielders resulted in a 16-13 decision.

Defense would again be the key in the first matchup between an American and Dominican team, as TeamUSA-Blue came to bat in the bottom of the 7th in a low scoring game tied 8-8 with PuntaCana-Grey. Manager Cloutier would end this one himself with a towering walk-off homer for a 10-8 victory.

Next it was TeamUSA-White's turn to see how they would fare against the much younger but slow-pitch-inexperienced Dominicans. TeamUSA-White seemed poised for victory as they led PuntaCana-White 17-8 going



Senior Softball USA and players donated sports and medical supplies to children in the Dominican Republic.

into the unlimited inning, yet co-managers Manny Hernandez and Jose Rosario's Dominicans staged a furious rally featuring a grand slam to tie the score. TeamUSA-White then failed to score in the top of the extra inning, stranding their baserunner at 2nd in the international rules extra-innings format. TeamUSA-White had a chance to blank the Dominicans and force a second extra inning when

infield miscues allowed PuntaCana-White to complete their comeback in a second consecutive walk-off game, winning 18-17 against the frustrated Americans.

The next pool play game had the two Dominican teams facing each other, and they took the opportunity to demonstrate the modified fast-pitch game they are used to

Continued on next page

Jump: Team USA-Blue Wins 2nd Caribbean Classic

Continued from previous page playing while the Americans watched and learned.

Saturday concluded with TeamUSA-White continuing their almost-but-not-quite trend in a 13-12 loss to PuntaCana-Grey, followed by TeamUSA-Blue cruising to a 19-14 win over PuntaCana-White. Thus the seeding was set for bracket play on Sunday, which would begin with the 2-and-3-seeded Dominicans playing each other, and the two American teams likewise meeting in the 1-vs.-4 game.

In the first bracket game, PuntaCana-Grey emerged victorious over PuntaCana-White in yet another close game decided by a walk off home run, propelling the Greys into the championship game. Then it was time for the two American teams to determine which would go for the gold. This would prove to be the most competitive game between these two, as the ever-improving TeamUSA-White kept pace with the Blues, the score being tied or changing hands every inning. This pattern resulted in TeamUSA-White trailing by just two runs entering the 7th, when TeamUSA-Blue's pitcher and eventual team MVP Steve Bryant of Illinois brought his best stuff, somehow getting the Whites to ground into three straight outs and sealing the 19-17 victory for the still-undefeated



Dominican team, PuntaCana-Grey, lining up to play.

Blues.

In the consolation 3rd-place game, TeamUSA-White would finally get over the hump, beating PuntaCana-White 15-11 to capture the bronze plaque.

The championship game was a story of the much older Americans playing a bit smarter and benefitting from better pitching than their Dominican hosts. Because of the smaller fast-pitch-sized field, the tournament employed a rule whereby each team was allowed five home runs, with any additional homers subject to 1-up-then-an-out. By the end of the second inning, the PuntaCana-Greys had used up their five, while TeamUSA-Blue smartly (or luckily?) hit four and then did not hit their fifth until the bottom of the sixth inning, thus flipping the long ball from an asset into a liability for the Dominicans for most of the game. Throughout the tournament, Dominican pitchers had been noticeably better at throwing strikes than in the inaugural Caribbean Classic of 2020, but in this final game, PuntaCana-

Grey's pitchers struggled, as evidenced by two pitching changes, while the Americans showed themselves willing to be team players in taking the walks that were available. The final blow for the Dominicans occurred in the unlimited inning when, instead of stopping at 3rd with his team down seven runs and one man already out, a Dominican baserunner tried to score and was thrown out at home. The end result was a 25-18 victory, an undefeated record, and the gold plaque for TeamUSA-Blue.

For TeamUSA-White, Washington state resident and 2020 Caribbean Classic veteran Dave Cook was named Best Defense, while fellow tournament returnee Lenny Guida of Florida batted .833 to take home the Best Offense award. The team MVP choice was a no-brainer: at 57 the youngest American at the tournament, Californian Eric Valentin showed great range in anchoring the outfield while going 13-for-13 plus five walks for a perfect 1.000 OBP.

It was a very tough

call for Best Defense on TeamUSA-Blue; Mike Hinkley from Hawaii and Oklahoman Russ Pironti were flawless in right field and at 3rd base, respectively, while 2nd baseman and SSUSA Northwest Regional Director Butch Jones partnered with shortstop Chet Lochman on numerous double plays; but ultimately, the team vote went to Lochman for his stellar performance while nursing a bad foot. Lochman's buddy and fellow upstate New Yorker Rich Ezell received the Best Offense medallion, while Illinoisan Steve Bryant's long ball hitting and nasty pitching earned him the team MVP award.

"This second Caribbean Classic tournament made a big splash in the Dominican Republic," remarked Tournament Co-Director Tulio Ontiveros of Caracas, Venezuela. "So much so," he added, "that within two days of its successful conclusion, Punta Cana softball organization head Anthony Acevedo held a meeting to organize a senior slow pitch league in this province of the country."

Coming out of the pandemic, Ontiveros intends to organize a league in Venezuela as well. Is there a "Latin America and the Caribbean" region in SSUSA's future? Time will tell, but one thing seems assured: the Americans will be coming back to Bávaro Beach in February 2023 for the third edition of a growing Caribbean Classic International Goodwill tournament.

Opinions & Letters

A Small Candle of Hope

From the cold depths of war, sometimes springs heroism that acts as inspiration for the world.

The fight against tyranny and the fight for freedom, especially against a much larger invader, has united countries that have not shown much concern for anything but their own borders.

The lesson here is that an ideal – and the willingness to defend it – can act as the glue for a fractured world.

How does sports fit in?

For 30 years, we have been taking senior players from throughout America to compete in international tournaments in more than 40 countries. Several other

leagues and people have been doing the same thing.

The purpose is – in a very small way – to build friendship by establishing a common bond through softball. Each time we play, from Cuba, to Europe, to China to New Zealand, players come to know that their opponents from other countries are the same as them.

Once people realize that those they are attacking are the same as them, it becomes very difficult to proceed.

So, it is that we offer a small candle of hope that, with luck and sportsmanship, spreads.

Terry Hennessy
Editor



Sue Ballenger

Softball Is Life, One Player's Story

By Dave Weinman

I recently watched the “Ted Lasso” series of shows about an American college football coach who gets hired to coach an English Premier soccer club. One of the players, a Mexican named Dani Rojas, is relentlessly upbeat, and his mantra is “Football is life.”

Even though he’s fictional, I’ll add him to my list of role models.

As many of you know, I retired from dentistry in September at age 68 and then I lost my wife about a month

Senior Moments

By Dave Weinman

later. She was 67. And now my life is suddenly very different.

That’s where softball comes in. I’m a baseball/softball lifer - by that I mean I’ve played ball in one way or another every year since I was 8, even the year my hip got replaced. Those who know me might comment that with all that practice I should be a lot better but there you go.

This game is not that easy

and mistakes will get made; and when we do err, I enjoy the good-natured ribbing that guys will often give one another. But make no mistake, I give as good as I get. This is part of the softball therapy that’s helping me through the loss of my wife of 40 years.

An example: one of my current teammates runs long distance races, but he’s a “trudger” - he can go a long way but has no gear above second. One day recently in a close game after he got subbed out for a pinch runner he complained to the manager,

“Why did you take me out? You know I can run all day.” And the manager replied, “Yes, and that’s how long it takes you to run from first to second.”

Then there are the nicknames some of my teammates have, often based on anatomical observations: “The Turtle,” “The Bissel Missile” (bissel means little in Yiddish - this nickname can be taken more than one way); the Squirrel; the Stork and the Senator.

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We're at Full Staff and Ready to Help

Finally, Senior Softball USA is nearing full staffing levels. That means we are better able to handle your calls and questions. In many cases, you will get a quicker response by emailing the person directly (the email addresses are included).

To help get you to the right person for your question, here is our directory:

Tournaments, Hotels, City inquiries, Sponsors, Overall Questions: Fran Dowell (fran@seniorsoftballs.com).

Ratings (both Team and Personal): Bobby Ellison, Bobby@seniorsoftball.com

Covering the Bases

By Terry Hennessy

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International: Terry Hennessy (Terry@seniorsoftball.com)

Other Questions: Info@seniorsoftball.com.

Our main office number is 916-326-5303 and we are open from 9 a.m. to 4 p.m., Monday-Friday Pacific Time.

Snail Mail and Entry Fees

A reminder that the US Postal Service has been experiencing delays in their deliveries, so please, please, let us know if you intend to play in a tournament. Team lists for tournaments are published on the tournament pages at the entry deadline. If your team is not listed, please call immediately. Teams are not officially entered until payment is received.

Senior Softball: Softball Is Life

Continued From Previous Page

I'm becoming a "snow-bird" as I've rented a house in Florida for a couple of months so I can dive into the local senior ball scene, and whatever else I can do to stay busy and in shape. I'll be going to the SSUSA trip in the Dominican Republic in late February and I've discovered two leagues I can play in locally.

Former ballplayer friends play a role in my life too. By our late 60s, many (most?) of our former teammates have given up the game for one reason or another, but in so many cases we have become long-time friends beyond the field. Last night I was at a Super Bowl party thrown by a



Ted Lasso, Apple TV+, promotes positive sportsmanship and good role models

friend and former teammate, and two other old softball friends were there too. Three of us dated back to our fast

pitch team we had back in the early 1980s when we were in our late 20s/early 30s. Bob was the catcher and manager

and he's now a retired labor lawyer. Mark was a power hitting first baseman and he's a retired pediatric dentist. I was the centerfielder (and leadoff hitter), roles I loved. Our primary pitcher didn't throw hard but he threw everything but straight, and my centerfield view was fantastic for observing his mastery. When he wasn't there, our backup, who did throw hard and straight, usually got hammered. It's a different game than slow pitch for sure. My strategy on offense was to slap the ball on the ground and hope for an infield hit or an error. My slow pitch friends would probably say, "What's changed?"

So remember friends, when you are told you are half fast, I'm sure it's said with love!



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Spending, Investing, and Saving... Oh My!

By this time of year, it's probably safe to say that you've already forgotten about your new year's resolution to improve your financial situation.

Millions of Americans start out each year promising that once and for all that they'd set up a financial plan and stick to it for the ensuing 12 months. But now we're two months into the year and most likely you find that you're back to Square One.

The good news is that you've still got a very large chunk of the year to do something about it.

There's essentially two ways to get a grip on your finances: Get a realistic look at all of your spending and take control of your investing/saving.

Certainly, those are two tall orders and not something you're likely to be able to conquer all at once, so I'd start with your spending.

When it comes to forking out money for your monthly bills and purchases, I like to think that everything's negotiable. But, of course, it isn't. You can't walk into your neighborhood Safeway and tell them you're only going to pay 49 cents for a pound of bananas when the going rate is more than double that.

But there are many bills that are negotiable.

For instance, in January I got my annual bill for the local daily newspaper. The tab was \$401 for a full year. I called them up and asked them what they would pay me to take the paper (That's always a good opening ploy that goes nowhere). But after some back and forth we settled on \$188 for the year.

I did the same thing a few days later with my satellite radio bill, get-



ting it for solid bargain as I told them do you want some money for the coming year or none as I really don't use it that much with our driving restricted.

Last year, a very nice lady at AT&T cut my internet bill significantly for six months when I told her that if she checked my records, she'd find that I was a very long-time customer.

It's always a hassle so I usually only try that on one or two bills at a time, hoping for the best. I didn't get anywhere earlier this month when I asked for a price cut on my propane bill (although I did get the senior discount last time around) as I wasn't willing to give them my credit card number so they could bill me automatically. I hate doing that.

This spring I'll be zeroing in on my insurance bills for my three vehi-

cles and the house. While it's unlikely that I'll get very far, I'm going to take a hard look at my deductibles and see if it makes sense to move them up a bit to save money.

I'm not a strong believer in having too many credit cards, but they can save you money at times. I know that we get 5 percent off our Target purchases when using their card and I once signed up for a Home Depot card and they gave me a \$50 credit which went a long way in buying some weed spray for our property.

The key to being able to negotiate any kind of price cut is to have alternatives if they say, "No."

In addition, it's a bit more fun if you like the whole bargaining process...which I clearly do.

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

Money Matters

By Jack Sirard

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49083: 34" / 27.5 oz

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Exercising, Physical Activity and Mortality

By Stan Reents, PharmD,
Health Coach
Senior Softball News
Contributor

**"Depending in your stride length,
it takes about 2,000 steps to walk a mile."**

You have probably heard the following recommendations for the key to good health:

- Get 30 minutes of moderately intense exercise five to seven days a week.

- Walk 10,000 steps a day.

Are these just two different ways of saying the same thing?

No...unless you can walk at a rate of 333 steps per minute and that certainly wouldn't be considered moderate intensity exercise.

The distinction lies in what exercise and physical activity represent. Exercise (specifically, aerobic exercise) is considered continuous effort that increases heart rate and keeps it elevated during those 30 minutes. Physical activity is better represented by daily tasks like yard work, washing the car, and going to the store.

But, these long-standing

guidelines aren't the only way to achieve health benefits:

EXERCISE

The 30-minute-per-day recommendation evolved in the 1970s and 1980s. It was determined that a person could obtain substantial health benefits by simply walking briskly for 30 minutes a day. However, if you exercise harder, you don't have to do it as long.

In 2014, the Aerobics Center Longitudinal Study revealed that roughly 8 minutes of running, even at a slow speed, provided the same protection against dying as did a 30-minute walk.

High-intensity interval training (HIIT) is another way to spend less time exercising. I covered this in my previous column. Briefly, HIIT involves several exercise bursts of 20 seconds to 4 minutes at relatively high effort alternating with

moderate intensity effort during an exercise session that can be as short as 10 to 15 minutes.

PHYSICAL ACTIVITY

Depending on your stride length, it takes about 2,000 steps to walk a mile. So, 10,000 steps equates to five miles. That's a lot of walking but the amount reflects activity throughout an entire day, not a dedicated exercise session.

Actually, 10,000 steps per day was never an official exercise guideline.

In 2019, exercise researcher Dr. I-Min Lee and colleagues at Harvard analyzed data from more than 16,000 older women. They found that mortality rates declined as number of daily steps increased. No surprise there.

But they also discovered that benefits leveled off at 7,500 steps per day. In

fact, 4,400 steps per day was probably enough. That amount reduced the risk of premature death by 41%; 7,500 steps was only slightly better.

So, are 4,400 steps and 30 minutes of brisk walking equivalent?

Again, no. Brisk walking (or slow jogging) will help maintain your aerobic fitness level, which provides powerful health benefits. But it's also been determined that if you walk for 30 minutes, and then sit for the rest of day, most of those health benefits will be lost. In other words, you should still try to be somewhat active throughout the day in addition to your daily exercise session.

ABOUT THE AUTHOR:

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

Keeping Your Eye on the Ball

By Art Eversole
Senior Softball News
Contributor

While holding a recent SeaTac Hitting Club session in Seattle, something a good hitter uttered under his breath struck me: “I didn’t keep my eye on the ball,” he said. I immediately realized that I don’t discuss keeping the batter’s eye on the ball as part of my mechanics instruction. I just considered keeping your eye on the ball to be a given.

Then I thought, do I actually need to tell a hitter to keep their eye on the ball? You don’t have to tell a student driver to keep their eyes open while operating a car. As I investigated the topic, I found that keeping your eye on the ball is more complex than I ever thought. It should not be overlooked or taken for granted during instruction.

Head movement is what we are trying to eliminate at contact, just as it is in other ball-striking sports. Limiting head movement is usually addressed early in a young player’s swing development. We were told many times as kids to keep our eye on the ball, or don’t move your head when you swing, but were seldom told exactly how to do it. Some seniors have forgotten how to keep their eye on the ball or were never provided with the proper instruction.

To address this problem,



I recommend a slightly open stance in the batter’s box to see the ball better. Seeing the ball with both eyes has an advantage over using just one eye, where half of your face is turned away from the pitcher. With an open stance, you use your binocular vision which helps with depth perception.

Your shoulders and trunk must turn independent of your head and neck region keeping the head from moving. You should practice swinging in front of a mirror keeping your head stationary. It’s as if you have an invisible axis that goes down through your head and neck area to the ground.

Your swing should rotate around your body like a tether ball around its post, the post being your head and neck region and the tether ball is your swinging motion.

Maintaining good posture during your swing will help limit head movement. Of course, during your stride forward toward the pitcher, your head will travel a bit as you stride and that’s okay, as long as you don’t pull your head off the incoming pitch when swinging. Make sure to follow the pitch from the pitcher’s release point all the way until it drops into your hitting zone. Those of you

with a prominent leg timing kick, make sure to train your kick movement so it does not interfere with your eye contact.

Not all miss-hit balls are the results of taking your eye off the ball. Some poorly struck balls can be the result of timing. In senior softball, not every ball is thrown at the same speed or height. Top of the line senior pitchers will deliver the ball while varying heights and speeds in the legal range, some even change distances between 50 and 60 feet. These pitching techniques affect timing as they are intended to do.

Summary list:

- Limit head movement during the swing by employing good swing mechanics,
- Develop independence of arms and shoulders from the neck and head area,
- Don’t pull off the ball if you are a dead-pull hitter by pulling away from the plate,
- Maintain swing tempo preventing over-swinging,
- Hitting the ball middle or off field will force your head to stay on the ball,
- Relaxing your body and eliminating muscle tension will help stop head movement,
- Have your vision checked to make sure you’re seeing the ball the best you can.

Happy hitting,
More hitting
articles: <https://www.bashman01nwseiorsoftball.com/hitting-articles>

2022 TOURNAMENT OF CHAMPIONS: POLK COUNTY, FLORIDA

TOC 2022 Returns Even Bigger After the Pandemic

By Donna McGuire
Senior Softball News

POLK COUNTY, Fla. – Senior Softball USA crowned two dozen champions among 103 entries in the 16th annual Tournament of Champions held here Feb. 11-13. Close games – including 66 decided by one run – highlighted much of the competition. “Every team here won a major championship to qualify for this prestigious event,” said Dave Dowell, the tournament director at Diamond Plex. “The high level of play and closely fought competitive games were no surprise.”

The highest scoring of 328 tournament games involved two 50+ AAA teams. Washington-based Smash It Sports and CaliGold combined to score 73 runs in a Saturday evening contest that lasted more than two hours at the Auburndale complex. Smash It plated 31 of those runs in the top of the open inning.

Overall, teams enjoyed mostly sunny and mild Florida weather, with only a few hours of light rain Sunday morning dampening the play. Before that rain, the tournament’s only water “problems” occurred at the Walker Road complex, where home run balls repeatedly splashed into moats beyond the outfield fences. So many landed there that a volunteer waded in to retrieve wayward balls. Players also participated in pre-tournament hitting clinics, various skills competitions, and the annual TOC All-Star game, which the National All-Stars won on a two-out, bottom-of-the-ninth single to left field. Here's the link to the TOC All-Star game results: <https://seniorsoftball.com/?news&story=1877>.



TOC American All Stars Team



TOC National All Stars Team

National All-Star Team Scores Late for the Win

POLK COUNTY, Fla. -- An eight-run top of the ninth set up an exciting finish to the annual Tournament of Champions All-Star Game on Feb. 9 at the Diamond Plex Softball Complex in Winter Haven, Fla. Each TOC team gets to send a representative to the All-Star game, which lasts nine innings so that players from all age groups can rotate through each team’s batting order and defensive alignment. The American All-Stars sprinted to an early 9-1 lead but fell behind in the middle innings and found themselves trailing the National All-Stars by six runs, 27-21, entering the ninth. At that point, the National All-Stars had scored the maximum five runs per inning for four innings in a row. Momentum resided in the first-base dug-out, where the Nationals were being managed by Mark Haupt of Scrap Iron Rocky Mountain Thunder

Continued on Page 18

TOC American All Stars 1/31/22 Co-Managers: Cindy Hall (Lew's Crew, MD) & Glenn Howard (Montana Cutthroats)		TOC National All Stars 1/31/22 Co-Managers: Terry Hennessy (SSUSA Calif.) & Mark Haupt (Scrap Iron/Colorado)	
ALL-STAR	TEAM	ALL-STAR	TEAM
Allardice, Kevin	55, Fencebrokers, FL	Adamson, Sid	55, KC Vintage, MO
Bathurst, John	60, Chicago Panthers	Ashley, Mike	40, Autism Pride, MD
Boespflug, Lane	60, Baker Boyz, CA	Booker, Carl	50, Smash It Sports NW
Brotherton, Hugh	85, Center for Sight, FL	Barghout, John	60, Diamond Dawgs, MA
Bryan, Rick	60, Big Daddy Donuts, MO	Byrtus, Joe	70, Lane Construction, FL
Cherry, David	60, Vegas Elite, NV	Cherry, Anthony	65, LI Jaguars, NY
DeJongh, Jerry	65, MP Components, MI	D'Amadio, Bob	85, Team Rehabilitation, MN
Gilbert, Bobby	50, Texas Aces	Daniels, Jeff	55, SMASH, CA
Givens, Ed	60, The Starboard/OTS, DE	Feinberg, Bert	60, TX Legends
Glasgow, Justin	65, Montana Cutthroats	Gifford, Duane	55, Demolition, TX
Guzzo, Al	65, Florida Mustangs	Hackett, Rick	60, Curtis Engine, MD
Harwood, Chris	50, Team LBK, TX	Hann, Casey	50, Elevated, UT
Jensen, Jeff	60, TriCity/Legends, WA	Hattig, Keith	50, Guam Seniors
Lansberry, Greg	55, NE Merchants	Haupt, Mark	60, SI Rky Mtn Thunder, CO
Lipcamon, Larry	60, Antiques of Iowa City	Hemberry, Scott	40, Hit-n-Solos, WA
Lloyd, Ed	80, Bucs & Bulls, FL	Hillhouse, Davis	50, All-Quip/SOWC, OR
Loiacono, Carmen	60, Olympian Athletics, PA	Kohn, Ken	75, LI Jaguars, NY
Mills, Mickey	80, Chicago Geezers	Krull, Steve	60, Suncoast MW, MO
Orth, Larry	75, Midwest Express	Light, Fred	80, Syracuse Cyclones, NY
Payne, Sara	W50, Kryptonite, FL	Marble, Wayne	75, Syracuse Cyclones, NY
Pruneda, Ramon	50, Manifest, TX	Miller, Jim	70, Syracuse Cyclones, NY
Rose, Ed/Gary Nicolay	75, Venom, FL	Nance, Bailey	65, TX Thunder
Sadler, Tim	55, Dugout/MidAtlantic/Dudley	Neiheisel, Gary	75, AMR South, FL
Salamone, Domic	40, Rough Ryders, MD	O'Gara, Jim	70, LI Jaguars, NY
Santiago, Nelson	50, Finance of America, NJ	Perillo, Dave	60, The Ockers Co, MA
Schoffstall, Rick	55, KSS-Taco Bell, AZ	Pierce, Glenn	60, LI Jaguars, NY
Stigliano, Gerard	65, Promotion, NJ	Reska, Doug	60, MI Merchants
Tanner, Craig	65, Talaga Construction, CT	Salverson, Al	75, MN Lumberjacks
Thompson, Gene	75, Minnesota Masters	Senten, Jeff	65, TAG, TN
Vaccaro, Michael	55, WinterHaven All-Stars	Stevens, Danny	50, Originals, TX
Wallace, Brad	50, S&S Exteriors	Stotts, Jerry	55, Rock N Legends 9, TX
Wesselink, Doug	55, Alliance/Scrap Iron, CO	Thompson, Lyman/Vic Johnson	60, Full Throttle, AZ
Wyllie, Richard	60, Bucks Run Farms, NE	Zubkoff, Bob	50, Crawford Contract, MI

All-Stars: American Team Loses Close Game

Continued From Previous Page

and Terry Hennessy, the chief executive officer of Senior Softball USA.

Then the Americans rallied. Runner after runner scored. When the third out of the ninth finally plopped into a Nationals glove, the Americans owned the lead for the first time since the top of the fifth. Now ahead 29-27, they had pulled the momentum to the third-base dugout, where Cindy Hall of Maryland-based Lew's Crew and Glenn Howard of the Montana Cutthroats were serving as team managers.

With one out in the bottom of the ninth, Keith Hattig of the 50+ AA Gaum Seniors came to bat with a runner on base. Though AA players normally hit few home runs, this was not a normal moment. Hattig sent the softball soaring over the left-field fence. Just like that, the game was tied.

When the next batter popped out, extra innings loomed possible. After all, the bases were empty with two out.

Sid Adamson of Missouri's KC Vintage 55s walked to the plate thinking about how youngsters dream of succeeding in big moments like this. Yet this was his first game since Vintage won the 55+ AAA World Championship in September. He hoped the rust wouldn't show.

It didn't. Adamson singled. So did the next batter, which pushed the potential winning run to second base.

Mike Ashley of the 40+ AAA Maryland team Autism Pride followed by lining a sharp single to left field. Spectators near the National bench whooped and hollered as the winning run rounded third and sprinted safely home.

"That last-inning rally, after they scored eight, that's probably what I will remember most," said Haupt, a first-time TOC All-Star manager. "That was pretty thrilling."

In most years, the winning TOC All-Star team returns Saturday night to play the Louisville Slugger Warriors. Because of the pandemic, the Warriors could not field a team this year, so that game did not take place.



Chi-Town Ballers (IL) 50 AAA, TOC Champs

2022 TOC All-Tournament Player Selection

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.

Women's 50 Major

Old Nasty Curves 50 (CA): Maria Peralta, Gina Araujo, Kelly Gollan, Sally Balanon.

Men's 40/50 Platinum

Suncoast/Adidas/Shades 50 (FL): Darryl Waddy, Johnny Dykes, George Evagelista, Rick Sills, Kenneth Kilbilo.

Men's 50+ AAA

Crawford Contracting (MI): Aaron Young, Mike Miller, Mike Cudworth,

Shannon O'Neil.

Men's 50 AA

Team LBK (TX): Gary Swart, Bob Poe, Mike Cordes, Charles Cain.

Men's 55 Major

Rock N Legends 9 (TX): Murray Williams, Kurt Dorf, Charlie (Wind Mill) Hobbs, Jerry Stotts, Chuck Yaeger.

Phoenix Tube/REMAX (FL):

Donnie Hudson, Kenny Reid, Chris Rankin, Don De Bias.

Men's 55 AA

Longshoremen 55 (VA): Larry L. Kelley, Clarence Moone, Reggie Landers, Jim Williams.

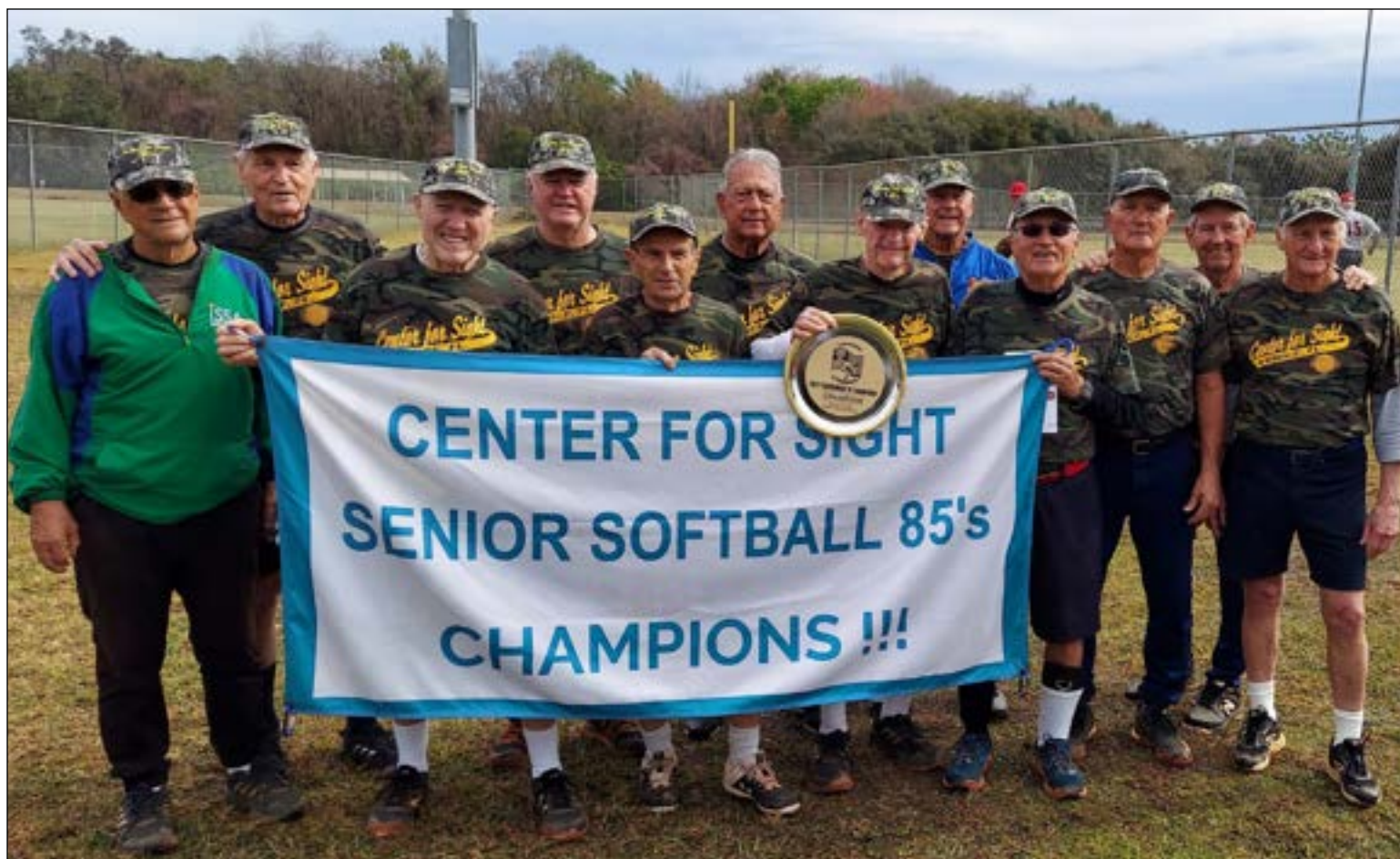
Men's 60 Major

Olympian Athletics 60 (PA): Kevin Hayes, David Tokenal, Keith Doleman, Doug Hartzok, Tim Mowery.

Scrap Iron/Rocky Mountain

Thunder 60 (CO): Dave Dix, Thomas

Continued on next page



Continued from previous page

Edwards, Mark Troxel, Dave Fortier.

Men's 60 AAA

The Ockers Company (MA): Bob Trabucco, Brad Feik, Joseph Guiducci, Dave Perillo.

Men's 65 Major

Via Citrus 65 (FL): Mark Falvo, Mike Monnier, Rich Meltz, George Roberts, Dave Motta.

North Idaho Softball Club (ID): Ron Geffre, Paul Cooley, Marlin Harris, Bob Hull.

Slug-A-Bug (FL): Anthony Nicometo, Stephen (Matt) Matson, Tony Russo.

Men's 65 AAA

FL. Mustangs (FL): Randy

Continued on Page 20



Top: Center for Sight (FL) 85 Major, TOC Champs, Above: Kryptonite (FL) Women's 50 Major, TOC Champs

Players: All-Tourney Teams

Continued From Previous Page

Sanney (MVP), Dean Ayscue, Bill Brown, John Davis, Ralph La Rue, Tod Niemuth.

Texas Thunder 65: Bailey Nance, Gary Kubenka, Paul Klooster, Harold (Butch) Warden.

Men's 65 AA

MP Components/Bomb Squad (MI): Robin Reed (MVP), Gary Williams, George Vander Hyde, Albert Russell, Jerry De Jongh, Larry Vitale.

Men's 70 Silver

South Florida Bulls (FL): Don Ingham (MVP), Sam Pampenella, Jimmy Rappoli, Frank Kishman, Dicky Greeno, Steve Kurman.

Syracuse Cyclones (NY): Jim Miller, Zbig Chrzescijanek, Dennis Naylor.

Men's 75 Major Plus

Venom 75s (FL): George Chance, Dana Kimmel, Jim Davidson, Clyde Smith, Phil Biedronski.

Men's 75/80 Platinum

AMR South 75s (FL): Tom Wiczerak, Ed Sparkman, Lou Lussi, Jay Paldin, Hank Giulian.

Men's 75/80 Gold

Midwest Express 75s (IA): Larry Orth (MVP), Duane Carolus, JK Kelly, Larry Stolte, Ed Rastovski, Ed Tworek.

Long Island Jaguars 75s (NY): Joe Gibney, Ken Kohn, Bob Crimboli

Men's 75/80 Silver

Chicago Geezers 80s: Dick Douglas, Paul Escamilla, Ralph Grotelueschen.

Men's 85 Major

Center For Sight (FL): Vinnie



Rimson (MVP), Robert Johnson, Duffie Stone, Joe Sykes, Ray Bosetti, Hansel Faulkner.

Team Habitation (MN): Robert (Bucky) Warble, Ken Chester, Norris Kruse, R.C. Brown, Bob Lenzmeier.

Again, if you don't see your team listed above and would like to, have your manager send us your All Tournament Players papers to us.



Top: Autism Pride (MD) 40 AAA, TOC Champs; Above: Syracuse Cyclones (NY) 80 AAA, TOC Champs; Left: Lew's Crew/ Exceeding Expectations (MD) Women's 50 AAA, TOC Champs

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2022 TOC Skills Contest Winners

POLK COUNTY, FL – More than 150 players competed in four skills contests here on Thursday, Feb. 10, at the Tournament of Champions. Contests included Speed (fastest around bases), Power Hitting (most home runs), Precision Hitting (accuracy hitting through cones) and Pitching (most balls in a bucket).

Power Hitting Contest

The object of the Power Hitting Contest was to hit as many balls over the fence as possible with 10 pitches. Men's 75 and Women's contestants hit from the Pitcher's Rubber.

Winners:

Men's 40-50:

Pat Doyle, 53, Texas Aces 50s (5 home runs in 10 pitches)

Men's 55-60:

Bobby Gilbert, 60, Texas Aces 50s (tied win 3 home runs, then won 3-way tiebreaker round with 1 home run against **Kim Oliverson**, 63, of the Scrap Iron Rocky Mountain Thunder of Colorado and **Ray Ward**, 64, of the Long Island Jaguars of New York)

Men's 65-70:

Gerard Stigliano, 69, of Syracuse Cyclones of New York (2 home runs)

Men's 75-85:

Gary Nicolay, 75, of Venom from Florida (tied win 2 home

runs, then won tiebreaker round with 3 home run against **Gene Thompson**, 76, of the Minnesota Masters)

Women's 50:

No home runs

Precision Hitting Contest

The object of the Precision Hitting Contest was to hit as many balls through 4 sets of cones and accurately call the last hit. A perfect score is 12 points.

Winners:

Men's 40-50:

Joel Magallanes, 52, All-Quip / SOWC of Oregon (6 points)

Men's 55-60:

Ron Hogan, 64, of the Michigan Merchants (tied win 7 points, then won 3-way tiebreaker round with 7 points against **Joe Ribeiro**, 60, of Alliance Scrap Iron 55s of Colorado and **Keith Doleman** of Olympian Athletics 60s of Pennsylvania).

Men's 65-70:

Jeff Toburen, 68, of the Michigan Merchants (9 points)

Men's 75-85:

Taz Salverson, 74, of the Minnesota Lumberjacks 75s (9 points)

Women's 50:

No winners

Pitching Contest

The object of the Pitching Contest was to get as many balls as possible to land in a 5-gallon bucket 50 feet away. Contestants threw 10 balls.

Winners:

Men's 40-50:

No Winner

Men's 55-60:

Peter Dziawura, 64, from Full Throttle of Arizona (2 balls in bucket)

Men's 65-70:

Jon Glazer, 70, Long Island Jaguars of New York (tied with 2 balls in bucket, and won pitch-off against **Allen Arnold** of Yeahoos 65s of Washington.

Men's 75-85:

No Winner

Women's 50:

Nancy Peterson, 55, Lew's Crew of Maryland (tied with 1 ball and won pitchoff against teammate **Alethea Bageant**)

Speed Contest

The fastest time around the bases – home plate to home plate. Bases are 70 feet and runners must touch each base.

Winners:

Men's 40-50:

Jessie Rodriguez, 52, of Elevated 50s of Utah (13.60 seconds)

Men's 55-60:

Glenn Pierce, 60, of the Long Island Jaguars of New York (13.66 seconds)

Men's 65-70:

Rich Bettley, 69, of Talaga Construction of Connecticut (13.61 seconds)

Men's 75-85:

Gene Thompson, 76, of the Minnesota Masters (14.73 seconds)

Women's 50:

Doloris Patterson, 54 of Unfazed from Virginia (16.62 seconds)

Continued on Next Page



Peter Dziawura, Pitching, 55/60



Jon Glazer, Pitching, 65/70



Nancy Peterson, Pitching, Women's

LEGENDARY SWINGS



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Skill: Contest Winners Collect Their Awards

Continued From Previous Page



Gary Nicolay, Power, 75



Pat Doyle, Power, 40/50



Bobby Gilbert, Power, 55/60



Gerard Stigliano, Power, 65/70



Norman Salaverson, Precision, 75



Joel Magallanes, Precision, 40/50



Ron Hogan, Precision, 55/60



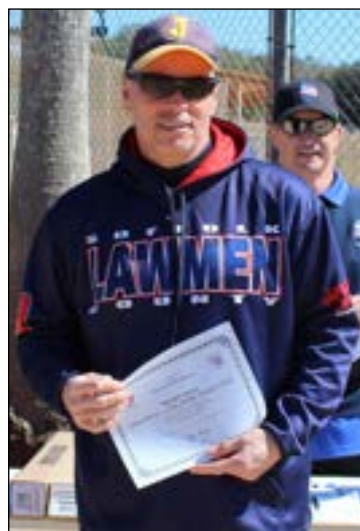
Jeff Toburen, Precision, 65/70



Debbie Brojevich, Precision, Women's



Gene Thompson, Speed, 75



Glenn Pierce, Speed, 55/60



Rich Bettley, Speed, 65/70



Larry Nelson and his wife, Sue, celebrate at TOC.

Minnesotan Larry Nelson Inducted in National HOF

Larry Nelson was inducted into the National Senior Softball Hall of Fame during the Tournament of Champions in February. Nelson earned 13 All-Tournament selections in the 18 World Championships he has competed with his team – the Minnesota Masters.

This isn't Nelson's first Hall of Fame: he was inducted into the Minnesota Senior Sports Hall of Fame in 2014. There is more to Larry than softball.

He played hockey until he was 55 years old, is a 200-average bowler and drag raced a 1968 Plymouth GTX for 10 years.

"Even more important is his character," said Terry Hennessy, who introduced Nelson. "Last year, Larry survived 2 cancer surgeries and went on to help win the 70 Major World Championships in Las Vegas – the largest tournament in America."



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Runner from Unfazed 50s Major (VA) heads to first base in action against Lew's Crew/Exceeding Expectations 50s AAA (MD).

Pathway to Vegas!

Upcoming TOC Tournaments

Senior Softball News

SACRAMENTO – The pathway to the [2022 World Championships](#) in Las Vegas is paved with hard work, fun, sportsmanship, and several upcoming TOC tournaments.

SSUSA Senior Officials confirmed that the 2022 World Championships will be returning to Las Vegas for the 9th year. SSUSA, which has run major tournaments in Las Vegas for the past two decades, has already lined up numerous fields, host hotels, and sponsorships for September 15 – October 2, 2022.

Last year's 2021 World Championships was record breaking with 650 teams representing 40 states, Guam, and two Canadian provinces. The championship took 15 days for 2,103 games across 35 divisions on 9 fields.

Our Officials are expecting an even bigger turnout for this year's World Championships as the country eases up Covid-19 restrictions and more people are ready to return from quarantine.

However, if you just can't wait to

play in Vegas, you should consider our next TOC tournament, the [Southwest Championships](#) in Las Vegas, April 19 – 24, 2022.

The Southwest Championships is one of many TOC tournaments that can help pave your way to the [World Championships](#) in Las Vegas later this year.

Here are our upcoming spring TOC tournaments:

■ [Southwest Championships](#) (Las Vegas),
April 19 – 24, 2022

■ [ISA Senior Spring Nationals](#) (Morristown, TN), April 22 – 24, 2022

■ [Texas State Championships](#) (Grapevine),
April 26 – May 1, 2022

■ [Atlantic Coast Championships](#) (Raleigh, NC),
May 10 – 15, 2022

■ [Rock 'N Reno Challenge Cup](#), May 27 – June 5, 2022

After these starts off our summer TOC tournaments with both the Northern and Southern California State Championships, shortly after the Rock 'N Reno Challenge Cup.

Between the spring TOC tournaments are numerous [qualifiers](#) being held across the states, including Iowa, Maryland, Indiana, Oklahoma, Arizona, California, Missouri, Florida, and Michigan.

Managers, if you haven't done so already, please be sure to log on your manager page on [seniorsoftball.com](#) to register your team for the 2022 season and build your 2022 annual roster. Please send all roster questions to info@seniorsoftball.com.

Players, if you need to renew your membership for 2022, you can do so online or by calling the SSUSA home office at (916) 326-5303. If you do not have your account set up to renew [online](#), please email SSUSA at info@seniorsoftball.com.



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Barrel Type: 13" Barrel, 1-Piece Design

Weighting: Balanced

Signatures: Mike Brock and Richard Clark

Weights: 34" / 25oz, 26oz, 27oz, 28oz, 30oz

Warranty: None



SMAASE / MELEE3 AUTISM AWARENESS END-LOADED

Barrel Type: 13" Barrel, 1-Piece Design

Weighting: End-Loaded

Signatures: George Evangelista and Kenny Kibilko

Weights: 34" / 25oz, 26oz, 27oz, 28oz, 30oz

Warranty: None

SMRAAE12 / MELEE RELOADED2 AUTISM AWARENESS 12" END-LOADED

Barrel Type: 12" Barrel, 1-Piece Design

Weighting: End-Loaded

Signatures: Johnny Dykes

Weights: 34" / 25.5oz, 26.5oz, 27.5oz, 28.5oz, 29.5oz

Warranty: None

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Travel the World with Senior Softball USA

Softball Report

The first Senior Softball USA International Tour went off smoothly in beautiful Bavao Barcelo Palace all-inclusive beachfront resort in Punta Cana, Dominican Republic.

The European Tour to Prague and Budapest is set to go **May 5-17**, and four more adventures are on the books:

■ The Pacific Rim Championships in Vancouver, Canada, on new dates: **Aug. 23-29, 2022.**

■ The Hawaiian tournament in Oahu and cruise to play in Maui, the Big Island and Kauai from **Nov. 2-12, 2022.**

■ The Caribbean Classic will return **Feb. 15-20, 2023.**

■ Discover the magic of New Zealand **March 16-28, 2023.**

The SSUSA tours offer players and their friends and families a chance to enjoy



A waterfront view of Vancouver, BC, host city for the Pacific Rim Championships

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 2022 and 2023 Travel:

August 23-29: Pacific Rim Championships in Vancouver, BC, Canada

Canada will be hosting the 8th 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.

For more information: https://seniorsoftball.com/multimedia/vancouver_itinerary.pdf

November 2-12 Play Ball in Paradise and Cruise the Hawaiian Islands!

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

With freestyle cruising and unique seven-day itineraries, there is plenty of time to play softball, shop and sightsee 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.

For more information: https://seniorsoftball.com/multimedia/hawaii_itinerary.pdf

February 15-20, 2023: 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 ... and you'll play in a beautiful ballfield just 50 yards from the beach!

For more information: https://seniorsoftball.com/multimedia/caribbean_itinerary.pdf

March 16-28, 2023: 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!

For more information: <https://seniorsoftball.com/?page=35>

For more information, please email info@seniorsoftball.com.

Co-ed international teams to play in WCC

International teams will once again compete in the World Championships in Las Vegas in October.

"Teams from Panama and Germany have already announced plans to compete," said Terry Hennessy, SSUSA's chief executive officer. "We will be sending out invitations to other teams around the world now that the world is opening again to travel."

SSUSA added the International Co-Ed Division back into the World Championships for the first time since 2019. In 2022, the Co-Ed teams will play Oct. 1-2.

Teams from Canada and the United States will be invited, as well, Hennessy said.

"We expect a strong turnout because International teams are anxious to get back on the field," he said.

For more information: <https://seniorsoftball.com/?event=1690>

Don't miss the opportunities of a lifetime

Join us on the Senior Softball USA Tours:



ALOHA

Greetings from
NEW ZEALAND

2022

Pacific Rim Championships in Vancouver, British Columbia, Canada,

August 23-29

Play in Paradise and Cruise the Hawaiian Island, **November 2-12**

2023

Third Annual Caribbean Classic in the Dominican Republic,

February 15-20

Discover the Magic of New Zealand, **March 16-28**



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For Details on these Adventures: <https://seniorsoftball.com/?page=35>

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Bat Attitude: The Soul of a Senior Softball Team

By Nic Francois
Senior Softball News

Bat Attitude: The Soul of a Senior Softball Team captures the power of senior softball both on and off the field.

The book, by Massachusetts senior softball player Rob Mitchell, follows the tale of fourteen aging softball players who “become a harmonious and competitive softball team.” This story, according to Mitchell, goes “beyond the feel of the glove and the crack of the bat, it’s late-in-life friendship and community that draws the men to the softball field.”

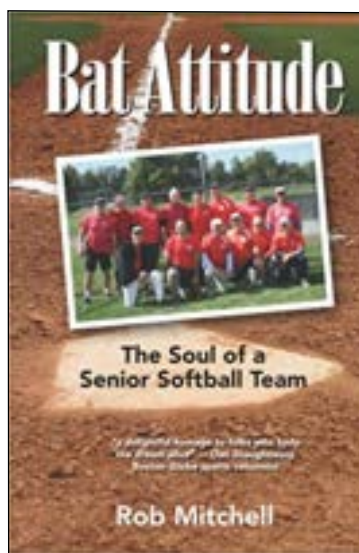
“Rob Mitchell’s *Bat Attitude* is a delightful homage to folks who keep the dream alive and play the



Rob Mitchell

game they love long past their athletic prime”, says Dan Shaughnessy, Boston Globe sports columnist.

“Rob’s insight,” said Terry Hennessy, SSUSA’s chief executive officer, “is refreshingly clear in the book – and emphasizes the power of our sport in players’ lives.”



Mitchell wanted to write a book for a while. He found a team that helped him write “about the games—the hits and misses, the wins and losses—but more importantly explore the camaraderie,

friendships, and personal stories of aging athletes” says Mitchell.

It’s his hope the readers will learn “a greater appreciation for the softball skills of aging athletes [and the] benefits they derive from still playing”.

In addition to being an author, Rob is the former commissioner of the EMASS Senior Softball Association, founder of the Concord Festival of Authors, radio host of “Pages to People” and a book reviewer for the Boston Herald.

You can read a sample of *Bat Attitude: The Soul of a Senior Softball Team* and purchase it on [Amazon](https://www.amazon.com).

2022 SSUSA Convention Heads to Ft. Myers

Senior Softball News Senior Softball USA (SSUSA) will be heading to the sunny shores of Florida for its Annual National Convention this year from Dec. 6-9.

The Convention, on Florida’s Gulf Coast at the Embassy Suites in Ft. Myers, will draw SSUSA’s leaders from around the country to chart the course for the sport 2023.

One of the main functions of the Convention is to discuss new and old rules during the National Rules Committee meetings during the convention. Players and managers are invited to join the discus-



Beautiful beaches of Fort Myers, Florida.

sions.

“We warmly invite players and managers to participate in the discussions of

rules,” said Terry Hennessy, SSUSA’s chief executive officer. “This is a unique opportunity for senior softball

players and managers to help influence the course of the sport for 2023.”

One of the highlights of the Convention, is the Hall of Fame Banquet on Friday. Four people were elected to the SSUSA Hall of Fame:

- Carl Gustafson, Lifetime Achievement Award
- Doug Robbins, Special Category.
- John Fournier, Player
- Rocco Cambareri, Manager

For more information email info@seniorsoftball.com.

[Click here](#) for details and registration forms.



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