

# Oregon Handball Newsletter – February 2021

## Upcoming Tournaments:

Boxer Invitational Singles  
TBD  
Forest Grove, OR

End of February Weekender  
TBD  
Springfield, OR

Oregon State Championships  
TBD  
TBD

Pacific Northwest Regionals  
TBD  
TBD

Hood River Invitational  
TBD  
Hood River, OR

One-Wall Big Ball Doubles  
TBD  
Portland, OR

Eugene Fun Doubles  
TBD  
Springfield, OR

Boxer Invitational Singles  
TBD  
Forest Grove, OR

Portland Classic  
10/22 – 10/24  
Portland, OR

Irv Alten Holiday Classic  
TBD  
Portland, OR

Hugh Hinman Memorial  
TBD  
Hood River, OR

Oregon Handball Players,

Despite the shutdowns and cold weather, one-wall handball is happening in Portland this winter! Players are meeting at various times at both Roseway Heights School and Marysville Elementary School. Contact David McGarry at [davidamcgarry@gmail.com](mailto:davidamcgarry@gmail.com) if you're interested in joining the group.

With no other handball news to report this month, we are going to share a selection of skill instruction articles by both all-time great David Chapman, and one of his former coaches, Boak Ferris.

In the first article, **Ten Steps to Heaven: How Athletes Move Up a Competition Level**, which you can read by [clicking here](#), Boak Ferris provides ten tips for shots and concepts you can add to your game to take it to the next level.

The next article, **Anticipation Keeps Handball Simple**, was written by David Chapman shortly before he passed away in 2017. As the title suggests, this article discusses anticipation, and you can read the article by [clicking here](#).

Back in September 2020, the WPH published a trio of instructional articles by Boak Ferris called **The Coaching Center**. The first of the three articles answers the question, "What is missing in professional coaching?" and you can read this article by [clicking here](#).

The second of the three articles is titled **The Chapman Matrix** and answers the question, "What did David's team teach him as a 10-15 year-old that enabled him to become the youngest national champion and youngest to reach number one in history?" You can read this article by [clicking here](#).

The third article in the series is titled **The Most Important Shot** and answers the question "A lot of handball players are focused on the kill shot, the ace serve, the back wall kill, or the hop. What is the most important shot in handball?" You can read this article by [clicking here](#).

Nick Flores  
State Chair  
Oregon Handball

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