

# Oregon Handball Newsletter – October 2020

## Upcoming Tournaments:

Portland Classic  
CANCELLED  
Portland, OR

Irv Alten Holiday Classic  
CANCELLED  
Portland, OR

Hugh Hinman Memorial  
TBD  
Hood River, OR

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

Oregon Handball Players,

We have a few belated obituaries to report. Bob Gill passed away on July 3<sup>rd</sup> at age 83, and Herb Black passed away on July 23<sup>rd</sup> at age 94. You can read Bob Gill's obituary by [clicking here](#), and you can read Herb Black's obituary by [clicking here](#).

If you have suggested topics for future editions of the Oregon Handball Newsletter, please send them to [oregonhandball@yahoo.com](mailto:oregonhandball@yahoo.com)!

This month we'll continue sharing articles from psychologist, sports consultant, and Grand Master handballer Dr. Dan Zimet. His second series of WPH articles is called **The Wrap Around** and answers questions on handball psychology from other handball players.

The fifth article in the series is titled **State of the Game II: Sport Development** and addresses the topic of sport development as it relates to growing handball. You can read this article by [clicking here](#).

The sixth article is titled **Gamesmanship/Trash-Talk** and addresses the question "A few years back I lost a match and I'm positive the annoying behavior of my opponent impacted the outcome. He would showboat after good – or lucky – shots, point to the heavens and whoop it up for his fans between rallies. I also hate playing guys who talk trash during a match. Suggestions on how to cope with this?" You can read this article by [clicking here](#).

The seventh article is titled **Coping with Pre-Tournament Nerves** and addresses the question "Whenever I have a tournament coming up, I can feel super wound up, sometimes for days of even weeks before the event... it affects my sleep, my appetite. Any advice on how to calm these obsessive nerves?" You can read this article by [clicking here](#).

The eighth article is titled **The 'Aging' Top-Pro Athlete** and addresses the question "If you continue to play as an aging pro athlete, why still do it? What drives you now? Competition? Camaraderie? More to prove? Sustained notoriety?" You can read this article by [clicking here](#).

Nick Flores  
State Chair  
Oregon Handball

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