

# Oregon Handball Newsletter – September 2020

## Upcoming Tournaments:

Eugene Fun Doubles  
CANCELLED  
Springfield, OR

Boxer Invitational Singles  
CANCELLED  
Forest Grove, OR

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

Oregon Handball Players,

We're a bit late in reporting this, but Scott Miller of Beaverton passed away on May 2<sup>nd</sup> at the age of 75. A detailed obituary has been posted on OregonLive.com which you can read by [clicking here](#). Our condolences to Scott's family.

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 first article in the series is titled **Welcome** and addresses the question "For a highly competitive and skilled player, how do you accept defeat but still have fun and feel fulfilled playing?" You can read this article by [clicking here](#).

The second article is titled **Overcoming Intimidation** and addresses the question "How can you best cope with an opponent who has an intimidating game, or who you feel intimidated by? Maybe he's won a lot of tournaments and beaten you in the past, or maybe he has great skills?" You can read this article by [clicking here](#).

The third article is titled **Closing with Confidence** and addresses the question "Over the years I've noticed a trend where I lose too many close games and matches. I'll often get into good position, ahead in most of the games and I feel like I have chances, but most of the time I seem to 'steal defeat from the hands of victory' ... suggestions?" You can read this article by [clicking here](#).

The fourth article is titled **Handball, Sports, & Health** and addresses the question "I'm a pretty average 4-wall player and I really don't travel to tournaments, so I'm curious about the current state of the game around the country and world. My group, mostly older guys, ahs shrunk over the years... is this happening all over? Also, what can and is being done to support future growth?" You can read this article by [clicking here](#).

Nick Flores

State Chair

Oregon Handball

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