

Oregon Handball Newsletter – August 2020

Upcoming Tournaments:

One-Wall Big Ball Doubles
CANCELLED
Portland, OR

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

Oregon Handball Players,

Unfortunately, the upcoming Portland Classic has been cancelled due to the Coronavirus pandemic. It was scheduled for October 16th – 18th, but the Multnomah Athletic Club has suspended athletic gatherings until at least January 2021. This means the Irv Alten Holiday Classic also won't take place this December, and it's unlikely that any other locations in Oregon will be able to hold a tournament for the rest of the year. Of course, we will update you if anything changes.

The current lack of handball tournaments and related news is taking a toll on my ability to produce interesting newsletters, so if you have any suggestions for future topics please send them to me at oregonhandball@yahoo.com!

This month I would like to highlight a series of five instructional articles by sports psychologist, USHA Grand Master, and WPH Senior Tour Pro, Dr. Dan Zimet. The series is called **The Mental Game**, and it addresses various psychological concepts and exercises in relation to the sport of handball.

The first article is called **Intro to Sports Psychology**, which you can read by [clicking here](#).

The second article is called **Building the Pyramid**, which you can read by [clicking here](#).

The third article is called **Preparatory/Pre-competition Skills**, which you can read by [clicking here](#).

The fourth article is called **Visualization**, which you can read by [clicking here](#).

The fifth article in the series is called **Breathing Exercises**, which you can read by [clicking here](#).

Even though we don't all have access to handball matches at this time, we can all take steps right now to improve the mental aspects of our handball game!

Nick Flores
State Chair
Oregon Handball

Contact Oregon Handball:
OregonHandball@yahoo.com

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