

Oregon Handball Newsletter – April 2021

Upcoming Tournaments:

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

Boxer Invitational Singles
TBD
Forest Grove, OR

End of February Weekender
TBD
Springfield, OR

Oregon Handball Players,

Unfortunately, this month the handball community lost Van Holstad of Independence, Oregon to a heart attack. Van was 51 years old. Condolences to the Holstad family, especially Van's father Vern. You can read about Van Holstad and his impact on the community in the Polk County Itemizer-Observer by [clicking here](#).

As some counties move into lower risk levels, some handball venues are opening up around the state. This means handball players are able to start playing handball again in some cases. This month we are going to focus on David Fink's **Workout Wednesday** articles in order to help us all get back in handball shape again!

Many of us have been sitting on our rear ends for various reasons. Perhaps we have been stuck working from home for almost a year, or maybe our gyms are closed and it is too cold to workout outside. Here is an article titled **How to Combat the Effects of Sitting**, which you can read by [clicking here](#).

Perhaps you are looking to develop a fitness routine again. Or maybe you have never had much of a fitness routine besides playing handball, and would benefit from beginning a fitness routine for the first time. Everything you need is included in this article titled **Develop a Fitness Routine**, which you can read by [clicking here](#).

For those who already have a fitness routine in place, but want to mix it up and take it to the next level, cross-training could be for you. David Fink discusses cross-training in an article titled **The Benefits of Cross-Training**, which you can read by [clicking here](#).

Sometimes getting back into handball after a long layoff can be so fun and exciting that we over-do it. This can lead to exhaustion, or even injury and more time away from handball. Incorporating rest into the fitness routine is crucial, as David Fink details in this article titled **The Importance of Rest for Athletes**, which you can read by [clicking here](#).

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