

Oregon Handball Newsletter – March 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,

The [2020 Volunteer of the Year](#) award has been awarded to Charlie Ikard! Charlie has been recognized for his efforts to promote outdoor handball in Salem, helping players transition from the Salem YMCA to Courthouse Club Fitness, and working with club management to keep indoor handball going during the pandemic. Charlie also serves dutifully on the Oregon Handball Committee. Congratulations Charlie!

With no other handball news to report this month, we are going to continue sharing skill instruction articles by Boak Ferris, former coach of nine-time national champion David Chapman.

The first article is called **Know Your Time! Know Your Place!** and provides a lesson on how David Chapman would define his shot selection based on whether or not he was serving, and where he was positioned on the court. You can read this article by [clicking here](#).

The diet can be an overlooked part of the handball player's training regimen, so the WPH asked Boak Ferris to contribute an in-depth article about diet. The article is called **The Coaching Center: The Diet**, which you can read by [clicking here](#).

Paul Brady has separated himself from the rest of the pack since he burst onto the handball scene in the early 2000s, establishing himself as possibly the greatest handball player of all time, winning 5 world championships and 11 national championships, among other accomplishments. Boak Ferris examines how Paul Brady's biomechanics and shot selection give him the edge over his opponents, in an article called **The Coaching Center: What Separates Paul Brady**, which you can read by [clicking here](#).

Have you ever played someone who hits the ball so hard you can barely see it, let alone return it? Boak Ferris breaks down how he coached David Chapman to handle opponents with superior power in an article called **How to See a Fast-Ball**, which you can read by [clicking here](#).

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