

Oregon Handball Newsletter – November 2020

Upcoming Tournaments:

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

Portland Classic
10/22 – 10/24
Portland, OR

Oregon Handball Players,

Some clubs have received the green light to begin playing doubles again, or in some cases only singles, with varying stipulations. However, with gatherings still limited and social distancing measures still in place, tournaments are still not feasible in Oregon until sometime in 2021. As a result, handball news is still pretty quiet at the moment, so if you have any suggested topics for future editions of the Oregon Handball Newsletter, please send them to 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 ninth article in the series is titled **Understanding Diverse Motivations in the Handball Community** and addresses the variety of reasons handball players participate in our great game. You can read this article by [clicking here](#).

The tenth article in the series is titled **Winning the Brain Game** and addresses the question "At the end of a close game I made a horrible decision. A friend of mine asked, "what were you thinking?!" What a great question! I have no idea what I was thinking... is that normal? It led me to think about other advice I've received. "Just relax!" or "get fired up!" Which is it? What am I supposed to be thinking about while I'm playing? And do I need to just relax, or get fired up? Now I'm more confused than ever..." You can read this article by [clicking here](#).

The eleventh article in the series is titled **Practice?** and addresses the question "I've been playing the game for decades and confess that I've never practiced, unless you can call 'warming up my hands' practicing. I feel like playing is pretty much the same thing... but I'm curious to know whether practice is worth it." You can read this article by [clicking here](#).

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