

3/26/2012

ONTARIO
HANDBALL
ASSOCIATION

KILLSHOT



Editorial

When I originally took over as Editor of **Killshot**, I was envisioning that 3 magazines a year was a realistic goal – January, June and September issues. The timing was chosen to maximize promotion of upcoming tournaments, as well as provide quick results of events as they occur. Well, here it is March and we are putting out another issue. This is a really good thing – it means Ontario Handball is busy. This issue covers the great handball that was played at the doubles in February, as well as the Bargy. John Audet was the big winner as he won both tourneys (with Ryan Bowler at the Doubles and mentor Ivan Elliot at the Bargy). It is great to see John playing so well, despite the fact he is still junior eligible.

Speaking of Juniors, more great news from Wally O, OHA junior Development Coordinator as he continues his success introducing kids to the game. Check out the Grimsby junior tournament results. This is great stuff, and a huge leap in the right direction.

Also in this issue, entry for the OHA singles, Canadian Nationals and tournament results from Edmonton.

In sad news, Former OHA President Harry Weston passed away. He was 84. Mr. Weston was a class act, and a gentleman in the truest sense of the word. He will always be respected for his leadership of the OHA, and remembered most for the memories that he has left behind.

This edition is in memory of Harry Weston.

Yours in Handball,

Scott Wilson

OHA Board of Directors

President – Brad Warren – bwarren@goodlifefitness.com

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Ontario Handball Association

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Burlington Ontario

L7L 5M4

For more information, please visit us on the web at:

www.ontariohandball.ca or on Facebook at:

<http://www.facebook.com/groups/211355182221489/#!/pages/Ontario-Handball-Association/247002671977117>

Ontario Handball Association (OHA) Junior 4-Wall Handball Tournament and Clinic

Saturday, March 24th from 11AM to 4PM at the St. Catharine's YMCA

A singles "fun" tournament for existing junior players, and clinic at 1PM for kids that would like to try the game for the first time.

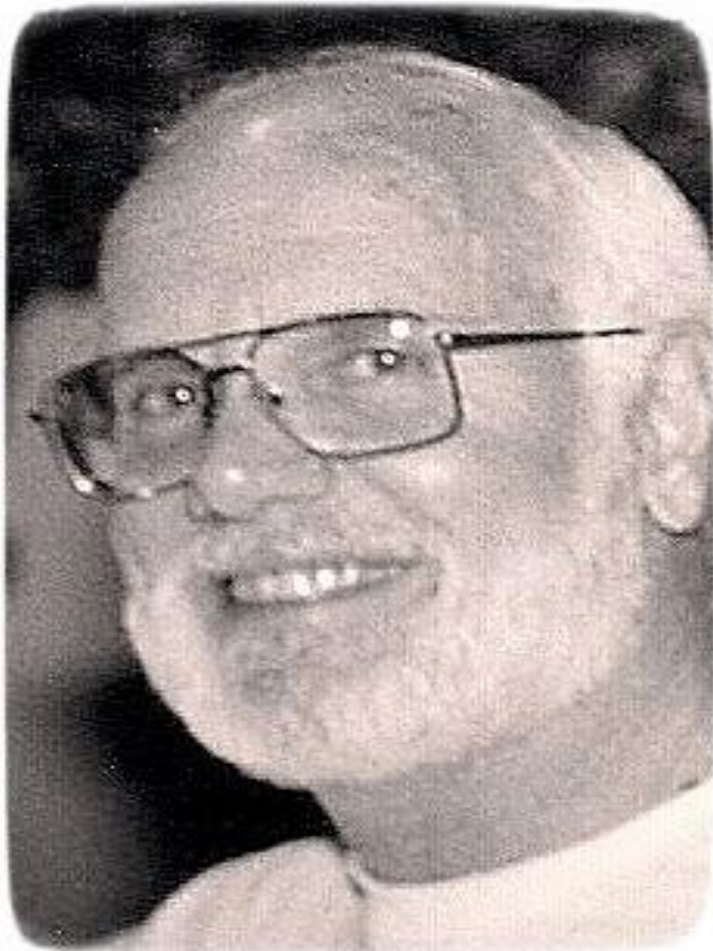
Every new player will receive a free handball. Juniors, bring a Friend!!!
All senior handballers are invited to help with "coaching" during the day.
For more information, or to volunteer that day, please contact Wally Oprzedek,
OHA Junior Co-ordinator.

Obituary

Weston, Harold Herbert (Harry)

Peacefully on March 7 at Sunnybrook Holland Centre in his 84th year. Predeceased by his parents Fred and Martha Weston, and siblings Margaret (Charles) Campion, Gertrude (Douglas) Simpson, Fred (Gwen) Weston, and Ivy (John) Stephen. Survived by his loving wife Phyllis (nee Robinson); children Martha Weston and Jason (Elizabeth) Weston; grandchildren Willy and Melanie and many nieces and nephews. Many thanks to the staff at Sunnybrook Holland Centre for their excellent care.

In lieu of flowers memorial donations may be made to Parkinson Society Canada or Alzheimer Society. Condolences – www.etch.ca



Harry Weston

IN MEMORY OF HAROLD WESTON

BY John McPhail

Today is a memorial and celebration of a life – Harold Herbert Weston.

I would like to share some of my memories of Harold Herbert – a kind and faithful friend I have known for close to 75 years.

We grew up in the same neighborhood – northern Cabbagetown. Most of our parents knew each other, so it wasn't wise to get into trouble. The news would get back to your house before you did – no phones or e-mails needed.

Harry was a hero of mine from Day 1 and he was a member of a group of guys I admired. They played all the games. Nobody bothered them. They were tough.

We all lived close to the Riverdale Park (before the DVP) – a ready made recreation center. The valley was great for hiking, swimming, hockey, pleasure skating, baseball, football (both kinds), cricket, gambling, camping like hobos and freight trains to the north. I longed to be part of that gang. They were members of the Kiwanis Boys Club – the “K” Club- whose leaders took care of us winter and summer. I joined too, following Harry and the gang everywhere – later to the Central “Y” and Central Tech High School.

Harry lived on Gifford Street with his Mother, Father, Brother Fred and 3 Sisters, Ivy Gert and Margaret. Fred joined the Royal Canadian Navy very young and was away a long time. I had 3 Sisters too, so I knew what Harry was going through. His Sisters made sure Harry did his share of the housework, dishes, vacuuming, dusting and, more important, helping in the care of their bed-ridden Mother.

I finally made it into the gang. We went to the Friday night dances at the Central Y. Harry was a great dancer – although I never danced with him. We also went to Y Camp at Torrance (Muskoka) – sailing, canoeing, swimming, singing and crafts. Later to Dunns Pavilion in Bala – big bands, beer and, of course, singing and dancing. In between all these activities, Harry always worked and always tried to improve himself.

Harry was a caring individual, intelligent, honest, with a sense of humor. He was a no-nonsense sort of guy – no BS- but so very kind.

Harry was also a great dresser. He worked in the clothing business for a while. He was so good looking – silver hair, well built and 6 feet tall. He even modeled on the side. I was **so** jealous.

As I mentioned, Harry liked to dance and he was very, very good. He signed up at Arthur Murray Dance School for lessons in ballroom dancing. The side benefit was the girls he dated from the school. He brought them to our parties. I hung around pretty close, hoping to get one of his rejects. Never happened! He had spoiled them.

I had to sit with him through some of his love life troubles and heartaches and just listen. I let him tell me that he couldn't understand why they dumped him. Join the club – still no cast-offs. Once there was a beautiful Italian girl from the West End who was a twin. Oh good, I thought, maybe a chance for a double. However, it didn't work out and another broken heart – mine!

Harry joined the Probus Business Club. I did too. He joined the Valentine Health Club. I followed him. Harry took the Dale Carnegie course "How to Win Friends and Influence People". I took the course too.

Obviously, Harry's experience with his ailing Mother motivated him to want to help others who were physically challenged. His move to the Variety Club came as no surprise. He helped to raise millions of dollars for the disabled. In 1985, Harry was awarded the prestigious Heart Award for his service. 600-700 people gathered at the Sheraton Hotel Ballroom to honor him. There were politicians, the police chief, Phyllis Diller, but no one outshone Harry in his acceptance speech. He told of how much the Variety Club meant to him and how important the work they were doing was.

What a Friend to have had all these years! Right to the end, he was always interested and concerned about everyone else – their life, their health, their problems. Could he help?

These are some of the memories of Harry that we have to keep and enjoy forever.

I have two footnotes:

I remember at the Heart Award ceremony, the Police Chief left early, seemingly in a hurry. Did he realize that it was the same Harry Weston who ran card games at his house on Gifford St on Sunday nights and sold beer and sandwiches to the players – anything to make a buck to keep his car on the road.

Harry's love life troubles and heartaches ended when he met and married the love of his life – Phyllis. For once, I didn't follow him. He left me to wander in the wilderness for another 12 years until I got lucky like he did.



ONTARIO HANDBALL ASSOCIATION
2012 ONTARIO OPEN
SINGLES CHAMPIONSHIPS

APRIL 20-22, 2012

Cedar Springs Health, Racquet and Sportclub
Burlington, Ontario

ENTRY FEES:

- \$50.00 per player. \$20.00 per junior (junior event).
- Players may enter one doubles event only
- Make cheques payable to Mark Polgrabia and mail entries to:

+

Mark Polgrabia

228 - 73 McCaul St.,
Toronto, ON M5T 2X2

Email: treasurer@ontariohandball.ca

AWARDS:

- First and Second in each category

RULES:

- Current USHA/OHA rules will apply. Eyeguards are mandatory. Losers referee next match.

HOSPITALITY:

- Morning Coffee and muffins. Afternoon lunch. Dinner at 7-7:30 p.m.
- 6 viewing courts, souvenir, prizes, and more!

BALL:

- Red Ace, with White Ace for Women's and 15 and Under divisions

DEADLINE:

- April 15th, 2012.

START TIMES:

- check your email (please provide) as start times will be sent out

PLAY STARTS:

- Saturday, 09.00 a.m.

ELEGIBILITY:

- All divisions as of December, 2012.
- Ontario residents must be O.H.A. members

NOTE:

- OHA Annual General Meeting Saturday afternoon.

HOTEL INFORMATION

Comfort Inn: 905-639-1700

Across from Cedar Springs

Quote Cedar Springs when making reservations.



ONTARIO HANDBALL ASSOCIATION
2012 ONTARIO OPEN
SINGLES CHAMPIONSHIPS

Event Categories

Singles Events

Open: _____ B: _____ C: _____

40 + _____ 50 + : _____ 60 +: _____ 70 + _____

Womens Open _____ Novice 'A' _____ (-6 months) Junior: _____

If there are insufficient numbers in divisions, some may be combined.
Consolation divisions may be combined under the discretion of tournament director.

In consideration of this entry being accepted, I hereby for myself, waive and release any and all rights and claims for damage I may have against the organization holding this event as well as the facility which is hosting the same.

NAME: _____

ADDRESS: _____

PHONE: H: _____ B: _____

E-MAIL: _____

PARTNER: _____

SIGNATURE: _____

18)

(parent or guardian if under

Cedar Springs Health, Racquet and Sportclub
960 Cumberland Ave.
Burlington, Ontario
(905) 632 - 4800

The Québec Handball Association and Nautilus Plus
Brossard are proud to present:

Canadian National 4-Wall Handball Championships

May 30, 31, June 1 & 2, 2012 Montréal, Québec



ENTRY FORM

Name _____

Date of birth _____ Phone () _____

Address _____

City _____ Prov. / State _____ Postal / Zip _____

Partner _____

Date of birth _____ Phone () _____

Make check payable to: "2012 Canadian Handball Championships"

Entry Fee(s) \$ _____

Extra Tickets – Banquet \$ _____

Total Enclosed: \$ _____

Mail to: 2012 Canadian Handball Championships
1705A, Henri-Bourassa East
Montréal, QC
H2C 1J5

Open Events

- | | |
|---|---|
| <input type="checkbox"/> Open Singles | <input type="checkbox"/> Veteran Master Doubles (45 plus) |
| <input type="checkbox"/> Open Doubles | <input type="checkbox"/> Golden Singles (50 plus) |
| <input type="checkbox"/> B Singles | <input type="checkbox"/> Golden Doubles (50 plus) |
| <input type="checkbox"/> B Doubles | <input type="checkbox"/> Veteran Golden Singles (55 plus) |
| <input type="checkbox"/> C Singles | <input type="checkbox"/> Veteran Golden Doubles (55 plus) |
| <input type="checkbox"/> C Doubles | <input type="checkbox"/> Super Singles (60 plus) |
| <input type="checkbox"/> Senior Singles (35 plus) | <input type="checkbox"/> Super Doubles (60 plus) |
| <input type="checkbox"/> Senior Doubles (35 plus) | <input type="checkbox"/> Veteran Super Singles (65 plus) |
| <input type="checkbox"/> Master Singles (40 plus) | <input type="checkbox"/> Veteran Super Doubles (65 plus) |
| <input type="checkbox"/> Master Doubles (40 plus) | <input type="checkbox"/> Diamond Singles (70 plus) |
| <input type="checkbox"/> Veteran Master Singles (45 plus) | <input type="checkbox"/> Diamond Doubles (70 plus) |

Women's Events

- | | |
|--|---|
| <input type="checkbox"/> Open Singles (drop down to "B") | <input type="checkbox"/> Senior Singles (35 plus) |
| <input type="checkbox"/> Open Doubles (drop down to "B") | <input type="checkbox"/> Senior Doubles (35 plus) |
| <input type="checkbox"/> C Singles | |

Junior's Events

- | | |
|---|---|
| <input type="checkbox"/> 19 & under Singles | <input type="checkbox"/> 15 & under Singles |
| <input type="checkbox"/> 19 & under Doubles | <input type="checkbox"/> 15 & under Doubles |
| <input type="checkbox"/> 17 & under Singles | <input type="checkbox"/> 13 & under Singles |
| <input type="checkbox"/> 17 & under Doubles | <input type="checkbox"/> 13 & under Doubles |
| <input type="checkbox"/> 11 & under Singles | <input type="checkbox"/> 11 & under Doubles |

I hereby for myself, executors and administrators, waive and release any and all claims and rights for damages I may have against the Canadian Handball Association, The Québec Handball Association, Nautilus Plus and the 2012 Canadian Handball Championships Committee or their respective agents, representatives, successors and assigns for any and all injuries which may be suffered by me in connection with my competition in the 2012 Canadian National Handball Championships.

DATE: _____ SIGNED _____

(Parent or guardian if under 18)

HANDBALL "THE PERFECT GAME"

TOURNAMENT FEE

All amounts in Canadian Dollars

4 Wall Events

\$100.00 - 1st event and \$50.00 - 2nd event. Juniors \$75.00 - 1st event and \$25.00 - 2nd event.

NO TELEPHONE ENTRIES ACCEPTED.

CATEGORIES

Organizing committee reserves the right to reclassify individuals where necessary, and combine divisions in the event of insufficient entries. A player is allowed to participate in only one single and one double event for both the one wall and four wall events.

ENTRY DEADLINE

All entries must be postmarked no later than May 1st, 2012. Any entries that arrive after will be returned unopened. All entries MUST have a cheque or money order attached and payable to "2012 Canadian Handball Championships. Mail entry form to Bernard Pélissier.

REGISTRATION

Registration will be Tuesday, May 29th from 6 p.m. to 9 p.m. and Wednesday from 8 a.m. at the Nautilus Plus: 1870 Panama Street. Play may be required to start Wednesday after 12:00 pm. Start times to be posted on [www.http://chc-ccbam-2012.com](http://chc-ccbam-2012.com).

OFFICIAL BALL

The USHA 21 will be used for all Men's divisions. The USHA White 21 will be used for all Women's divisions, Junior 15 and under. Men's event over 50 unless both parties agree to use the 21. Eyeguards are mandatory and must be worn properly at all times during the match.

ELIGIBILITY

All age categories are based upon the player's age as of December 31, 2012. Their entry will not be processed without proof of age. All others must be registered CHA or USHA members.

REFEREES

Loser must referee next available match.

VENUE

Nautilus Plus, 1870 Panama Street, Brossard QC, Canada J4W 3C6

AWARDS

1st and 2nd in each category. 1st in consolation.

HOSPITALITY – COMPLIMENTARY FOR PARTICIPANTS Nautilus Plus Daily.
Breakfast, Lunch, Snacks, Fruits, Juice, Water, Pop and Refreshments.
Saturday: Banquet. Extra tickets \$45.00

ACCOMMODATION Quality Inn & Suites

6680 Taschereau Blvd Brossard QC, Canada J4W 1M8 Canadian Handball
promotional code: LEQUIP Phone: (450) 671-7213 E-mail:
guest.services@ualberta.ca Website: <http://www.choicehotels.ca/en/quality-hotel-cn044>

BEST WESTERN PLUS Brossard

7746 Taschereau Boulevard Brossard QC Canada J4X 1C2 Phone: (450) 466-6756
Website: <http://bestwesternquebec.com/brossard-hotels>

ALT Hotel Quartier DIX30

6500 blvd. de Rome, Brossard, QC, Canada J4Y 0B6 Toll free: 1.877.343.1030
reservations.dix30@althotels.ca

Hôtel Brossard

7365, blvd. Marie-Victorin Brossard, QC, Canada J4W 1A6 Toll free:
1.877.890.1008 info@hotelbrossard.com

INFORMATION

Bernard Pélissier (514) 381-8652 E-mail: bernardpelissier13@gmail.com Alain
Pélissier (514) 235-3001 E-mail: Pelissier.Alain@csq.qc.net Website: www.chc-ccbam-2012.com Facebook:

Junior Handball makes a return to the 2012 Ontario 4-Wall Doubles Championships

The viewing gallery at the Cedar Springs Racquet Club was recently filled with applause in response to several jaw-dropping shots by John Audet. Watching the matches that ultimately led to John's first Open Doubles Ontario Championship, it's hard to believe that "Lil Johnny" is still technically a junior player. In contrast, the loudest cheers in the gallery came from Ontario's newest juniors, 8-players from Fort Erie and Smithville, Ontario.

The Junior division was a welcome addition to the Ontario 4-Wall Doubles Tournament. Each of the 4-teams played 3-matches in a round-robin format, and then a 4th match in their Championship or Consolation final. Apparently that wasn't enough handball for some of the kids. They also played pick-up games on a 1-Wall court that was taped-up on a doubles-squash court for them.

In addition, the kids participated in a 1-wall clinic put on by young guns John Audet and partner Ryan Bowler. Joining the junior handballers, were a dozen junior squash and tennis players that were attending lessons at Cedar Springs that day. Each of the clinic participants received a Big Blue handball, and directions to the "ontariohandball.ca" website and "Canada 1 Wall Handball" Facebook page for information on upcoming OHA junior clinics and tournaments.

The Junior 4-Wall round-robin format, made for some interesting match-ups during the day:

- Older brothers Jacob Tuck & Aaron Shrum narrowly defeated younger brothers Nathan Tuck & Matt Shrum. In the end, Matt & Nathan's strong serving was not quite enough to overcome the athleticism of the senior Tuck/Shrum tandem.



- The match-up of Cody Speller & Dan Macaro vs. Ivan & Alam Burgos definitely had a “David and Goliath” feel to it (see picture). No sooner had the comparison been made, then Cody got hit directly between the eyes by a mis-hit ball. Unlike the parable, Cody managed to stay standing, and after a brief timeout, the match continued. Ultimately, Ivan and Alam’s strong serving and 4-wall experience, was not enough to topple the physical presence of Speller/Macaro.
- In the Consolation final, the junior pairing of Tuck/Shrum defeated Ivan & Alam Burgos 2-straight. Ivan & Alam should be commended for their strong performance playing against older kids, using the 21-ball. Both Tuck & Shrum demonstrated strong left-hands and effective serving during the tournament.

- In the Championship final held on the “show court”, the confident senior Tuck/Shrum pairing defeated Speller/Macaro 2-straight. Having played 4-matches that day, conditioning may have played a factor in the match. Speller/Macaro vowed revenge however, at the Ontario Junior 1-Wall Championships, to be held on May 5th, 2012 at Brant Hills Public School in Burlington, ON (see ontariohandball.ca for details).

Hoping that each of the Juniors brings a friend to the next Ontario Junior Handball event!!!

Wally Oprzedek.

OHA Junior Development Co-ordinator

2012 Ontario Doubles



The Ontario doubles Championships took place Feb 5th at Cedar Springs. It was a great day of handball with 50 plus players 10 being juniors from Wally's 1 wall program. The big success was exposing these juniors to 4 wall and letting them see some great Ontario players. The day was full of exciting Handball games. You could not have asked for a better scenario with 2 of the 3 finals ending in tie-breakers. We had Hamilton Tiger Cat Cheerleaders and we raised some funds for our Junior program. Thanks to GoodLife Fitness and some of the Handball players for donating the Gym bags and some of the prizing.









Action is furious in the junior division.....wait, those aren't juniors! What are they doing? The scent of the ointment must have gone to their brains!!

Open: Ryan Bowler/John Audet

Men's 50 plus/C Brian Goto and Jim Lowe.

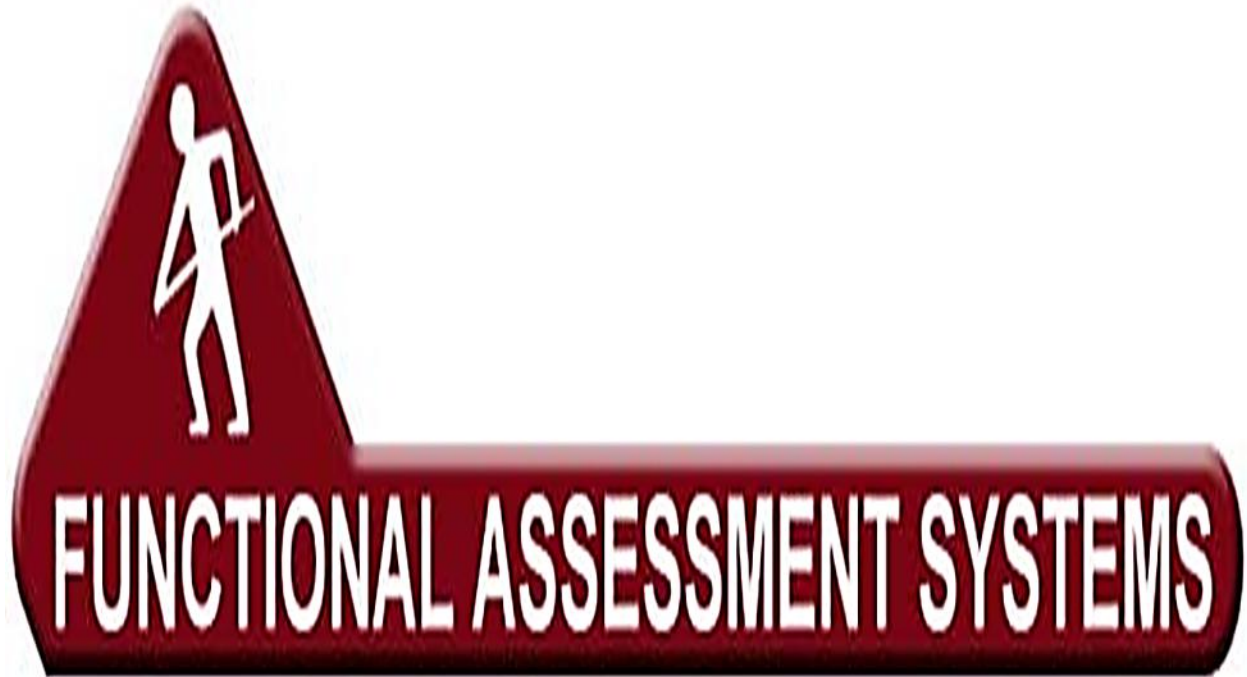
Men's 40/B Art Avalos and Curtis Crocker

Thanks to all for a great day and I look forward to see you at the Ontario Singles (entry included)

Brad Warren

Editors Note; many thanks to Brad Warren for taking the time to run a great tournament!

Rob Pearce is a loyal and lifetime supporter of the OHA.



“Huge congratulations to the OHA (Wally, Brad) for resurrecting the junior program and promoting 1 wall! I look forward to seeing everyone at the Montreal Nationals.....you will not be granted with another strip tease (circa 25 years ago!)”

Cheers

Rob Pearce

My Happy Place

Wally Oprzedek

Once or twice a week, I get in the court by myself, and hit the ball around. I started doing it to rehab my knees and other broken parts. Initially I'd throw the ball back and forth, which progressed to hitting the ball, and now to a routine of various drills. I guess I'd call it practice, but in reality, it's still probably a form of therapy.

When I shut the door behind me, it's suddenly very quiet. The ball can make some pretty cool sounds in the court when it's quiet...along with the chirping of my shoes on the wood floor. *I really need to pick up my feet when I setup for a shot.*

I used to listen to really loud aggressive music in the court, until I dove for a ball, landed on my mp3 player, and cracked the screen. *I know I shouldn't dive for balls at my age.* So now, I don't listen to music in the court...no music, phone calls, texts, e-mails, small-talk...I just shut the door, and turn off the world for an hour.

Periodically looking back through the glass wall, it's like watching the world from the outside-in. I try not to make eye contact with anyone. That could lead to the door being opened, and the resulting 10-minute conversation. Looking at all the people working out on the bikes and treadmills, like hamsters on their exercise wheels... *I hated getting on those stationary bikes to rehab my knees...even if they have TV's attached.*

Sometimes I get in the court to think, and re-think. I've designed some pretty cool stuff in my head. Mentally building it, and rebuilding it, step-by-step. I've made some pretty big life changing decisions in the court, methodically weighing the pros and cons between shots. *Although, I'm pretty sure for most of them, I wasn't really alone in there.*

More often, I'll get in the court to turn off my brain when I'm overwhelmed...see ball, get ball, like a dog in the backyard playing fetch, often until I'm panting with my tongue hanging out. Sometimes, just to hit the crap out of the ball, which is

probably better than the more obvious alternatives at the time.... *maybe that's why I tend to over-hit the ball in my matches...*

Too often, I'll re-live my greatest losses, and what I should have done differently, remembering all the advice from behind the glass. The game is so simple from behind the glass. *I really need to bend my knees more, and let the ball drop lower.*

And sometimes the white walls blur, and I'm a kid at the old Y with my Dad...the flickering lights...paint peeling from the plaster walls...the musty smell of tiger balm linament combined with years of sweat absorbed by the curled wood floor... *and I swear I can smell it...and it smells good...really good.*



Ontario Handball Association
4325 Harvester Road, Unit # 12
Burlington, Ontario
L7L 5M4

ONTARIO HANDBALL ASSOCIATION
MEMBERSHIP APPLICATION REGISTRATION

SPORT I.D.		MEMBERSHIP NO.	
<input type="text"/>		<input type="text"/>	
<hr/>			
LAST NAME	FIRST NAME	INITIAL	SEX
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STREET ADDRESS		APT #	
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CITY	PROVINCE	POSTAL CODE	
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HOME PHONE		BUSINESS PHONE	
<hr/>			
OCCUPATION		CLUB OR SCHOOL	
D M Y		D M Y	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
BIRTHDATE	NEW	RENEWAL	EXPIRY

If you would like to contribute to the Ontario Handball Association's junior development program please fill in the contribution along with your name and forward it to:

OHA JUNIOR DEVELOPMENT
4325 HARVESTER ROAD, UNIT # 12
BURLINGTON, ONTARIO, L7L 5M4

Contribution: \$ _____ On behalf of: _____

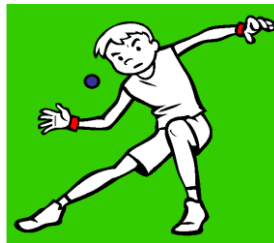
FOR OFFICE USE ONLY	ANNUAL FEES : SENIOR JUNIOR
FEE RECEIVED \$ _____	1 YEAR \$25. \$15.
CASH _____ CHEQUE _____	
RECEIVED BY _____	DATE _____
PROCESSED BY _____	DATE _____
MAKE ALL CHEQUES PAYABLE TO:	THE ONTARIO HANDBALL ASSOCIATION

Air Miles for Juniors

Hi Everyone,

This year, I am pleased to announce that there are **2 winners** of the **JUNIOR AIR MILES Contest!!**

CONGRATULATIONS Aaron Shrum from Ontario and Jeremy Tripp from Alberta!! Both of these individuals wrote outstanding essays for the contest and are worthy recipients. I am sure everyone will enjoy reading their work in the Nationals Program as well as the Ontario Handball magazine 'Killshot'.



Thank you to everyone who entered the contest, as always it was pleasure to read each and every essay. We are publishing the winning essays – enjoy!

See everyone in Montreal!
Jenine Wilson

Ms. Wilson,

Handball to me is a great and simple game that takes nothing more than a bouncy ball and a wall. Handball is an awesome way to stay in shape without, spending hours at the gym and is so much fun when you get in a competitive game or tournament with friends.

I remember the first day Mr. O walked into our gym class with a bag of bouncy balls and told our class to start throwing them against a wall, at first I thought to myself what a waste of time, can we please just play some basketball or something. After 15 minutes or so of balls flying by everyone's heads and people running around everywhere, he began to explain the rules and the object of the game. I was quick to point out that the rules were almost identical to those of racquet ball and Mr. O quickly responded with 'Racquet ball was just a bad 80's invention, Handball is for real athletes'. Ever since then I looked at the game as a challenge to prove I didn't need a racquet to excel. After the gym class he asked me and a few of my friends if we would be interested in starting a club where we could meet to play handball after school for fun. We had a blast hitting the ball back and forth, even though the rallies were quiet short to start. The first 2 weeks of playing were rough and my hand was covered in bruises. I often got frustrated while playing when making a bad shot or missing the ball completely but another one of Mr. O's favorite quotes kept me going, 'Just keep swinging'. I gradually got better with each week that passed, and the games just kept getting better. Even though Mr. O no longer teaches at my school, our group of ballers still bugs every member of the staff to stay after school hours so we can hit the ball around.

In conclusion I guess what I'm trying to say is that handball is more than a league sport like hockey or soccer, it's a game anyone can play as long as you have a ball and a wall. When I was first introduced to the game it was something I thought only a select few people played but hearing Mr. O's stories about the people he has met and the places he has gone over the years pushes our group to be better and play harder. I am very proud of myself and all of the friends who I play with that have come this far in a sport we didn't even know existed a year ago. It gets me up off the couch and out of the house, keeps me active and fit, and is something I look forward to playing in all of my future years!

Aaron Shrum - Ontario

Dear Ms. Wilson,

This letter is to enter me into the Air Miles For Juniors competition for the Handball Nationals in Montreal this year.

The first question is why I love Handball. I am 15 years old and have been playing handball for five years. In the beginning there were only three of us, but now we have eight players my age and eight younger players. **I love handball because it is the best times I have with my friends.**

We meet on Saturdays then afterwards hangout together. We all look forward to tournaments because not only do we meet our friends from other clubs, we can hangout together for the whole weekend. For us it does not matter who are doubles partner is because we all support each other and cheer for each other. Win or lose we just have a fun time together. I can see us playing this sport for years to come.

How do I contribute to our community handball program? I have asked my friends to join our club. A lot of my friends play elite baseball. The hand eye coordination that handball gives us have increased our batting averages. Also our baseball skills have helped our handball skills. We all work together to help each other. I have helped the younger players but mostly coach works with them.

My positive attitude is my strongest quality. While watching team-mates play I will talk to them during the timeouts telling them the good job that they're doing. In doubles, my partner and I high five all the time, we will laugh when we lose the point and we will congratulate each other for the for good shots. I will also tell my opponent that was a good shot. Win or lose, to me having fun is more important.

Why do I want to go to Montreal? I have not been to Montreal. The parents are researching Montreal to determine the tourist sights for us to see. One of our players is studying French at school, he is looking forward to using his French when we are there. I am also looking forward to playing the juniors from Ontario and Newfoundland. We only see these players once per year and it will be nice to see how they are doing.

At present we have six players coming to Montreal. Winning the Air Miles For Junior competition will help reduce the cost of this tournament for my parents. This is a terrific program and I hope you can continue it next year.

Thank you

Jeremy Tripp - Alberta

Stan Bargman Memorial

It has been a while since the last Bargy tourney was run. The Valentines club welcomed its return, as did all the players and guests in attendance. Held yearly on the first Saturday in March, it had skipped a couple years, making this the fourth year it has run.

We had players ranging in age from 19 to 88, which is what Stan used to tell me was his range for dating!! Having all the guys together at this type of venue, is what handball is all about. The draw started out with a few more players than we ended with, so Ted Pritchard had to spin his magic early and often. We had three draws, the open, the B's and a seniors division. One game to 25 and alternate serves. I did hear some grumbling about the alternate serve rule in conjunction with a Z serve. What would a Bargy tourney be without some kind of controversy? Next time Uncle Mike Wilson, I will strictly enforce the rules, but I did have to fill my Jack Daniels up and that takes time.

The Tourney got rolling with the seniors and big Ed Marshall, teaming up with long time Valentines member, Lou Adamo. Leapin' Lou or Jumpin' Lou, no one is sure anymore! They seemed to click as they ran through the draw like a wounded gazelle and picked off their opponents two by two. The home court advantage was too great and Lou and Ed won the division. Zolton Motoz made his first appearance at the Bargy and we welcome him to the fold.

In the B division, we had a round robin for this dance...Adam Johnson and Selwyn Newton drew the right straws and were looking strong... They took out the likes of Stan Fromstein and his new to the country partner, Barry O'Connor as well as Freddy, what time is it Bowler and Jenine Wilson. John Phillips and Ted Pritchard would like to thank Barry for his generous contributions during the poker game. I have been told to make sure you are a fixture at the Bargy



The open draw saw teacher and student team up for the first time in tournament play. Ivan Elliot and John Audet got the chance to make it count and they certainly did. They first ousted Ryan Bowler and Art " KOKO " Avalos, then fell Nasim Bajwa and Mark Polgrabia. In the finals, they faced a strong team in Gerard Caya and Chris Reynolds. Chris was on fire all tourney long and Gerards savvy and Z serve were a challenge for the pair from the Falls, but they prevailed when the count was at 25.

Through out the day, we were treated to Indy's cooking. Like at every Bargy, she cooks everything on her own and makes this an even more special day for us all. I want to thank her for all her hard work and effort.

It has been some time since Ontario had more than one or two juniors. Wally Oprzedek has made those numbers jump big time. We will have 8 juniors going to Montreal and that would have made Stan smile. It made us all smile to know we raised 450 dollars towards that group of juniors. A 50/50 draw was held and the winner, Gerard Caya, donated all his winnings to the kids. It is in that type of spirit that this tourney is held.



Grimsby Arena Family Day Junior 4-Wall Handball Clinic

Monday, February 20, 2012

As part of the Peach King Center Family Day Open House, the Ontario Handball Association (OHA) conducted a Junior Handball Clinic at the Grimsby Arena.

Approximately 10-Junior players were joined by several Senior players for an afternoon of handball and instruction.

Thanks to the staff at the Peach King Center Fitness Club, and all that participated and volunteered in a great day of handball.







Edmonton Open 2012 Results

Please note the following results from this tournament held at the Mayfield Athletic Club, Edmonton. This Championship has been played annually since 1933 and the current field had 48 entries from Edmonton, Calgary, Sherwood Park, and Prince George, BC. 14 Junior players under the age of 19 also competed. This is the prelude to the Alberta Open 4-Wall Handball Championships that will be played in Edmonton at the Mayfield Athletic Club March 23,24,25, 2011.

OPEN SINGLES EVENT: Shane Vigen, Edmonton, def Pat Shearer, Edmonton 21-10; 21-11. Consolation: John Jenkins, Calgary def David Doucette, Sherwood Park.

OPEN DOUBLES EVENT: Shane Vigen, Jeff Yeo, Edmonton def Angus Jenkins, John Jenkins, Calgary, 19-21, 21-7, 11-0. Consolation: David Jenkins, John Hanki, Edmonton.

MASTER SINGLES EVENT: Rob Rakochey, Calgary def Bruce Wyley, Edmonton 21-14, 21-18. Consolation: Herb Martin, Sherwood Park def Skip Smiley, Edmonton.

MASTER DOUBLES EVENT: Russ Glasgow, Howard Strettle, Sherwood Park def Marty Tascona, Bill Mcgrath, Calgary 21-19, 21-17. Consolation: Bruce Wyley, Edmonton, Herb Martin, Sherwood Park.

JUNIOR OPEN EVENT: Parker Dorothy, Sherwood Park 1st place; Yuan Zhou, Calgary 2nd place.

JUNIOR NOVICE EVENT: Erin Lovie, Sherwood Park 1st place

JUNIOR 17 UNDER DOUBLES EVENT; Parker Dorothy, Dean Danyluk, Sherwood Park, 1st place.

Regards.

Skip Smiley

Edmonton Handball Association

