

USHA Mission Statement: To Organize, Promote and Spread the Joy of HANDBALL: The Perfect Game



Portland rolls out red carpet: Worlds about to kick off

Well, you believed the run-up to the event, you got your airline tickets and your hotel, and you invested heavily and happily in attending the best World Handball Championships ever hosted.

Now it's time to come and see us rule the world beginning Oct. 4!

More than 900 of you will be in Portland, Ore., to take part. For daily results, be sure to check the USHA Web site at www.usahandball.org.

Also, check the USHA site for Webcast updates to stay abreast of the excitement in Portland, center of the handball universe for a few days.

Thank you to all who have made this very real, and thank you to the host committee, the hard workers at the venues and the USHA administrators who have assembled this event with great care and plenty of awe at your unprecedented support and participation.

We're glad you are ready to *play here!*

And for those who are already looking ahead, mark your calendars for the next worlds: April 6-15, 2012, in Ireland!

October features

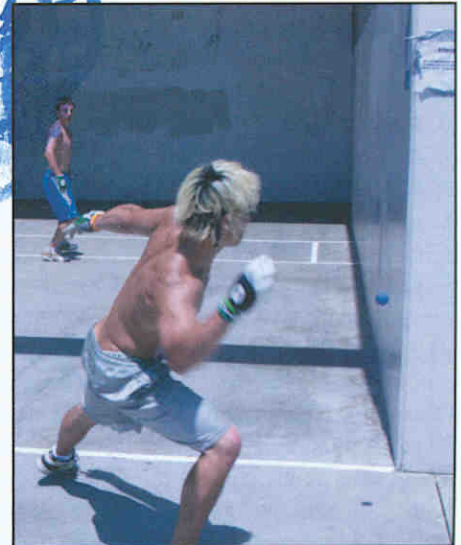
8. National one-wall runner-up Cesar Sala grows as player and person.
20. Do nerves get the best of you before a match? You're not alone.
23. Keith Thode gets Porter Award; donors play big role in Toledo.
28. A new release of urban-flavored video games includes handball.
28. California squads schedule Ryder Cup-style handball event.
36. Some slightly off-center musings on players and right-handedness.
52. Gary Cruz says it's now or never for pushing player development.
69. The USHA mourns the death of a Hall of Famer, Dr. John Aronen.
72. Lesson in anger management keeps you in control on the court.

Departments

2. USHA president Mike Steele on facing up to challenging issues.
12. One-wall commissioner Howie Eisenberg on the nationals.
28. Carom shots.
40. USHA contributors.
51. International report.
53. Women's commissioner LeaAnn Martin on motivating for the season.
53. State membership list.
61. USHA collegiate rules.
61. Sabo Scholarship application.
68. Mailbag.
70. Obituaries.

Instructional/health

38. Reprinting the late Dr. Aronen's advice about sprained ankles.
72. Fluid intake is important before and during your workouts.



54. Tyree Bastidas slams again, this time at the three-wall juniors in Venice Beach.

Tournament results

24. National three-wall.
29. National one-wall big ball.
44. Regional Report.
62. National one-wall juniors.

Entries

43. National Masters Doubles.
60. National collegiates.
67. National juniors four-wall.

On the cover

Satish Jagnandan returns to the top of the one-wall world, regaining the singles title for his fifth championship overall. Nationals coverage begins on Page 4.

Next issue

Material for the December issue of Handball should be submitted by Oct. 15.

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