

## SPRING MEETING

BY JIM HAUPT

The WHPA will continue to sponsor a top team for the TEAM-WORLD tournament. Player selection for that team, it was decided, should include the two state champions, mens and ladies, and then the next two high percentage pitchers from the annual list ranking all pitchers.

Dick Harriman, president of the Marshfield club, suggested the word, "Open", when used in referring to a tournament, means open to all without restriction. It was further suggested that sanctioned tournaments should qualify the term, "Open", when used in the Title.

With all the preliminary rounds scheduled for this year's State, John Secord offered the option of scoring ringers only and marking the scoreboards the same way so that spectators would know the running ringer count.

Curt Bestul tried to plant a seed of willingness. In the Fall, he reminded us, we will be looking for a willing host for the 1993 State Tournament.

Regional Director, Jim Haupt, congratulated tournament directors for their early registration of State Scheduled tournaments. The surge of NHPA sanctioned tournaments continues. Seventeen Sanction Certificates were on hand for distribution. He offered to distribute tournament registration forms prior to the State Tournament; an attempt for a new schedule before the calander year is over.

The NHPA is willing to sanction courts. Some clubs picked up the Court Sanctioning Requirements at the meeting : Others will receive theirs in the mail. Haupt asked for a timley response.

The outstanding part of this meeting was when the Secretary read the recorded minutes from last Fall at Eau Claire. Secord did a major job in merely reporting all the changes we had made. That meeting may have been the last WHPA general meeting to convene during a State Tournament.

You may expect to find the announcement of the next meeting in this Newsletter.

The Fond du Lac club reminded us again that the fairgrounds and the entire city will be a busy place on Labor Day. Early hotel-motel reservations are a necessity.

Fourty-four people, mostly members sat in on the WHPA Spring meeting at the Royal Wood Sport Center in February. That's four more than voted at the Fall meeting at Eau Claire. There's something to be said for tying a tournament in with the meeting date.

On the other hand, those present voted in acclamation to divorce the Fall meeting from the State Tournament. It was left to the executive board to determine a time and place. Fond du Lac will have an easier time scheduling this year's State. Could be another tournament-meeting in October at Royal Wood.

The good news is we have a four-thousand dollar bank account. The bad news is we need a two-thousand dollar computer update but maybe that's better than \$3500 for a new computer. John Secord, this time, passed a written financial report; perhaps responding to a members request.

As promised, Jane Smith made the "State Tournament - Team Champion" awards. All the clubs entered (5) received a participation certificate. Eau Claire claimed the unique trophy, received individual badges, and a check. It's a Jane Smith creation but after an informal survey vote it appeared she may choose to to use an average of placement points to determine next years contest. The Fond du Lac club with minimum entries had the best average. Of course they voted for the new method.

Lorraine Sternberg reported another \$800 increase for the Scholarship Fund. Coupled with the Fall report of \$849 makes this the best year ever for total increase. The \$1649 yearly pot grew through active efforts of a few, promoting things like 50-50 raffles. Eau Claire's \$450± gift from their State Tournament program book proceeds added to the grand amount.

**WHPA OFFICERS**

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**SPRING MEETING CONTINUED**

Ann Opsteen, chairwoman of the Hall of Fame selection committee was able to announce that this year's honors will go to Charles Christophlis of Sheboygan and both Wally and Cy Srenaski of Green Bay.

The ladies "A" class which had been increased to 12 at the Fall meeting, now will be 16. The first day will be a preliminary qualification round. "A" and "B" finals will follow. It will have the time effect of two more classes for the State Tournament.

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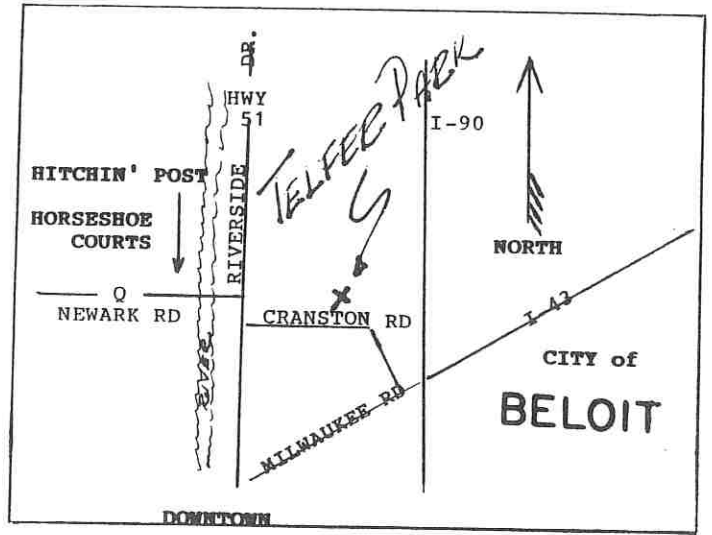
'91 TEAM WORLD - BELOIT - APRIL 26, 27 & 28

'91 Team World has 16 entries so far. Indiana, defending champs, are entered, the Seibold family, Curly, Bonnie and Mark with Sue Snyder has added Karl VanSant to their team. Other teams entered, Wisconsin (4), Minnesota (2), Missouri (2), Illinois (3), Iowa (2) and from Canada, Saskatchewan (1) and Ontario (1).

A program is being put together by Earl Paulson, secretary of the Beloit Horseshoe Club. If you would like to place an ad for your business or club, the rates are: full page - \$100, 1/2 page - \$50, 1/4 page - \$25, 1/8 page - \$15 and 1/16 page - \$10. The program is 8 1/2" by 11". Earl's address, 7105 So. County Hwy. H, Beloit, WI 53511, Phone, 608-879-2304.

Nine \$200 team sponsorships have been obtained as of now. On the Team World committee: Tom Roanhouse, Jim Haupt, Susie Pritzlaff, Earl Paulson, Norm "Mouse" Beckius, John & Sandy Secord and a new member taking over as announcer, Howard Voiles with Ralph Dykes as statistician and our grand host, the BELOIT HORSESHOE CLUB.

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## LETTER

Dear Mr. Haupt,

In response to your "Down & Back" and "Agenda-Items of Business" article.

What an insult to be told that the women's Class A are a "truly non-competitive class". That all we want is to quote, "pitch two days like the Men's class".

In your article you also state "...the first game of Ladies A wherein the number eight seed beat the defending champion.", this sounds more like a contradiction. This does not show anyone that this is a "truly non-competitive class", but does indeed show how truly competitive this class is capable of being.

You also stated that the spread in points for women went from 20 to 24, where the men's spread is 13 points. I am assuming that you went on the 3 high tournament average. I did a little reserch myself using the results from the 1990 State Tournament.

Champ-Men	Champ-Women	Champ -70+ Men
12 in class	8 in class	6 in class
point spread	point spread	point spread
23.81	22.85	15.71

Really amazing to see the breakdown of the point spread for all the A classes. The point spread is very close between men and women. Not even 1 point muchless the 13 point spread mentioned earlier.

If you recall that when it was discussed at the Fall meeting that the ladies class A should be increased from a field of 8 to a field of 12 one of the reasons being that the averages have increased 50% or better for at least 12 women. This average is from the 3 high.

The Championship Men's division has voted on a new format to qualify for Championship A - top 24 to qualify. You have a field of 147 men pitchers. Women have a field of 34 pitchers. This is a difference of 113 pitchers.

It was voted to leave the ladies Championship class as a 12 person class. It was not a hasty decision. This was a very big step for our class, also a very welcome change in our format of play to help increase the competitiveness in our class. The increase of 4 more capable players should help us to achieve this goal. The 12 in class A seems more feasible for we have 34 women pitchers. This format helps to include more 50% pitchers to make this class truly competitive and all of us, men, women and Juniors are capable of pitching a 70% or 80% game.

The mens division is trying a new format of play, quote, "a trial basis". I am sure they are looking forward to this change. Let's see how it works for them. All we are asking for is the same chance to see how it will work for us.

From some in the watered down class,

Joan Guetzke  
Lorraine Sternberg  
Gerri Meistad  
Debby Bestul  
Cy Srenaski  
Edi McKinney

P.S. All the membership did not vote for the ladies class A change. A gentleman pointed out that this change should be voted on by the women in class A for this is their class.

### DOWN AND BACK WITH JIM HAUPT

We keep seeing the same people at Royal Wood and not just the same pitchers.

Michelle Repinski, Number One scorekeeper, could retire if there was any money in it. Doug Berry, owner, has better things to do but thereis always an empty chair. Jim Jaekel is out there much of the time. Bud Berry, Doug's dad, has been forced to learn the X's and O's. Kevin Brekke is a welcome sight at the wheel. Gene Budelier and wife, Pat, have to leave town to find peace on horseshoe weekends. Ronnie, Doug's Uncle, has been drafted as a board and stat-man.

These and other regulars are the bulwark of the scorekeeping corps at Royal Wood. When we pitch at Royal Wood we have to offer to lend a hand. If we would mark only three games each we could put these good people out of a job. Horseshoes should pull its own weight and not be considered as freight.



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## RESISTANCE

## TRAINING

## for HORSESHOE PITCHING

by Greg Renfro



The need for resistance training in achieving optimal athletic performance is a realism for athletes of all sports. During one game of horseshoes a person throws a two and a half pound shoe approximately fifty times. This equates to throwing one hundred and twenty-five pounds, two thousand feet in the course of a single game. This fact helps in understanding the need for resistance exercise in reaching optimal performance in horseshoe pitching. The purpose of this paper is to explain why and how resistance training will aid you in reaching your full potential as a horseshoe pitcher. All the exercises prescribed in this article can be done at home. The only equipment needed is two empty 1 gallon milk jugs, with reusable lids, and one tennis ball. The major muscle groups to be strengthened in reaching ones full potential in the game of horseshoes are as follows: lower back, abdominals, wrist, finger, shoulder, leg, and hip. The remainder of this article will deal with the exercises used in strengthening the primary movers involved in pitching horseshoes.

**Exercise:** Squat

**Major muscle group(s) strengthened:** Legs and Hips

**Importance to the pitcher:** Strong leg and hip musculature will help stabilize the body throughout the step and release. The increased leg and hip endurance gained through resistance training will allow the last pitch of the tournament to be just as easy as the first.

**Starting position:** Stand with feet parallel to each other and about shoulder width apart. The toes are pointing straight ahead or slightly to the side. Place the hands on a table or chair to stabilize oneself during execution of the squat.

**Execution:** Lower the buttocks, keeping the back as erect as possible.

\*When performing two sets of twenty repetitions becomes easy, hold a gallon milk container in each hand. Fill the containers one quarter full with water. This will be an addition of 5.0 pounds, which will bring the repetitions back to fifteen.

**\*\*Warning:** Before using the milk containers in the squat, you will be able to complete two sets of twenty repetitions without holding anything to help you balance.

**\*\*\*When using the milk containers;** hold them with straight arms so the milk containers are positioned down each side of the body. As you descend, allow the containers to slide along the outer side of each leg. Be sure to keep the back straight throughout the entire exercise. **Never let the back become rounded.** Once you can complete two sets of twenty repetitions with the milk containers one quarter full, fill the containers to one half and do fifteen repetitions.

**Exercise:** Limited range back hyperextension  
**Major muscle group(s) strengthened:** Upper and lower back .

**Importance to the pitcher:** Local muscular endurance in the upper and lower back musculature is crucial in maintaining good posture when standing for extended periods of time. Strong back muscles are important in the prevention of lower back pain.

**Starting position:** Lie on the stomach with arms and legs fully extended. The feet are two feet apart, and the arms are extended above shoulder level. The hands are slightly above the shoulders and on the floor, palms down.

**Execution:** Raise the left arm and right leg simultaneously; between three to six inches and hold for a two count (one thousand one, one thousand two). Be sure to keep the knee and elbow angles constant while elevating the leg and arm. then repeat the motion with the right arm and left leg.

**Exercise:** Crunches

**Major muscle group strengthened:** abdominals

**Importance to he pitcher:** Prevention of lower back pain and maintaining good posture throughout the step and release.

**Starting Position:** Lying flat on the back, with the knees elevated. Rest the feet on a bench so the feet are the same height as the knees. Cross the arms on the chest, do not use the arms to help throw yourself upward.

**Execution:** In a controlled manner, raise the shoulder blades off the floor as high as possible; while keeping the lower back in contact with the floor at all times. Then slowly return to the starting position.

**Exercise:** Tennis Ball Grippers

**Major muscle group(s) strengthened:** Finger and Wrist Flexors.

**Importance to the pitcher:** Local muscular endurance in the wrist and finger musculature is vital in maintaining control of the horse-shoe in the latter rounds of a tournament.

**Starting position:** Hold a tennis ball with the thumb, forefinger, and middle finger of the exercising hand.

\*Squeeze the ball thirty times and rest for thirty seconds, then repeat this process two more times before switching hands.

**Exercise:** Anterior Shoulder Raise

**Major muscle group(s) strengthened:** Deltoids (shoulder)

**Importance to the pitcher:** Local muscular endurance of the shoulder is essential to the competitive pitcher. The shoulder musculature is responsible for elevating the arm during the throw and release.

**Starting Position:** Stand, holding a milk jug one quarter of the way full in each hand, while the arms are straight down to each side of the body.

**Execution:** Aternately raise the milk jugs straight to the front of the body, keeping the arm slightly bent at the elbow, until the entire arm is parallel to the floor. Then return to the starting position, without changing the elbow angle, in a slow and controlled manner. Do not swing the weight up from the starting position.

The exercises prescribed in this article should be performed in the following fashion:

**Off-season**

Rest periods between sets and exercises= 2.0 to 2.5 minutes

\*Exercise any three days per week, as long as there is one day of rest between each workout session.

**Exercises:**

Squat 2x15

Limited range Back hyperextensions 2x15

Crunches 2x20

Front shoulder raise 2x15

Tennis ball grippers 3x30, each hand, rest between sets= 30 seconds.

\*Set= group of repetitions; repetition= performing a given exercise one time.

\*\*2x15= two sets of fifteen repetitions.

**Pre-season**

Rest periods between sets and exercises= 1.0 to 1.5 minutes.

Use the same exercises as in the off season. \*The per-season phase should end one week prior to his/her first competition. During the week prior to competition one should refrain from all weight training and keep the intensity of all exercise to a minimum.

**In-season**

Rest periods between sets and exercise = 1.5 to 2.0 minutes.

\*Do the same exercises as in the off season phase except for the tennis ball grippers and the front shoulder raise. These two exercises should be excluded from all in-season training.

\*\*Be sure to stop weight training; minimum of two days prior to a competition. If you have too many tournaments for a given week and it is impossible to get two days rest prior to each competition, then cut the weight training to only one day for that week.

For questions concerning this article, feel free to contact Gregory John Renfro at the following address:

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Pro bowler and horseshoe pitching champion, Walter Ray Williams Jr. made his third telecast appearance for 1991 on the Pro Bowlers Winter Tour at Erie, Pa. Starting from the fifth position, moved up the ladder with games of 224, 236 and 257, he lost to Jess Stayrook 207-256 for the championship. In 1990, Walter Ray had the second highest average, 216, of all touring players. Currently he is #1 with a 220 tournament average and has cashed every tournament except one which he did not enter. The words of PBA telecast host, Chris Schenkel, "Walter Ray, he's a great ambassador for the sport of horseshoe pitching."

**'91 STATE TOURNAMENT**

BY JOHN SECORD

This is how players will be divided in equal sections for the mens and ladies championship preliminaries in the 1991 State Tournament according to the top three averages.

24 PLAYERS	16 PLAYERS
4 SECTIONS	2 SECTIONS
1   2   3   4	1   2
6   7   8   5	4   3
11   12   9   10	5   6
16   13   14   15	8   7
17   18   19   20	9   10
24   23   22   21	12   11
	13   14
	16   15

Eight person classes in both mens and ladies will be determined by preliminary percentages.

**NOTES:** 1991 Club Team Tournament deadline - March 30th, Jim Haupt, 414-964-2735.

\*\*\*\*\*

World Tournament deadline - May 15 - W.T. forms, contact Jim Haupt.

\*\*\*\*\*

Indoor horseshoe tournament at the Sports Arena in Arena, WI on April 6th & 7th. - Men, Women, Juniors - SINGLES - \$15 entry, juniors free - entry deadline, MARCH 22 Send entries to: Norm Mauthe, 865 Eastman St., Platteville, WI 53818 608-348-9697.

\*\*\*\*\*

Don't forget your NHPA/State card, State card (after May 31, \$2.00 ADDITIONAL).

Application was in last issue of newsletter.

\*\*\*\*\*

Sid Anderson of Janesville had a heart attach recently. We wish him well and a speedy recovery.

**ROYAL WOOD SPRING MEETING OPEN**

#28-91-002

It was February and a far cry from Spring We did have a meeting but we were told it was not really an 'Open'.

Good thing we had the right address - Royal Wood. And about sixty members knew enough to show up with an NHPA card.


Some interested pitchers made it a two day trip.

- Class "A" results: 1. Don Kangas, 69.2  
 2. Randy Rein, 59.2 3. John Udelhofen, 57.8  
 4. Brian Repinski, 52.3 5. Edie McKinney, 49.1  
 6. Norm Mauthe, 49.0

The top three are pitching for the WHPA at the Team-World along with Jane Smith. She said she was protecting her recent surgical scar from the rigors of February horseshoes. Kangas started with the usual, "First shoe since Fall", excuse which he apparently did not need. Edie McKinney, who will also pitch the Team-World, was probably thinking about her house in Luck, (WI). It was on fire when she left for the tournament. Norm Mauthe may be saving himself for his April tournament in Arena, (WI).

Next tournament at the Wood is March 9-10; another in the POINT All-American series, #3.

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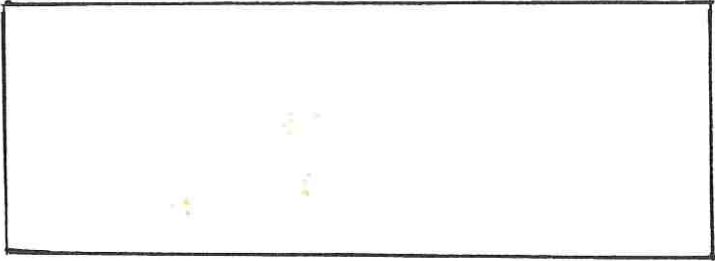
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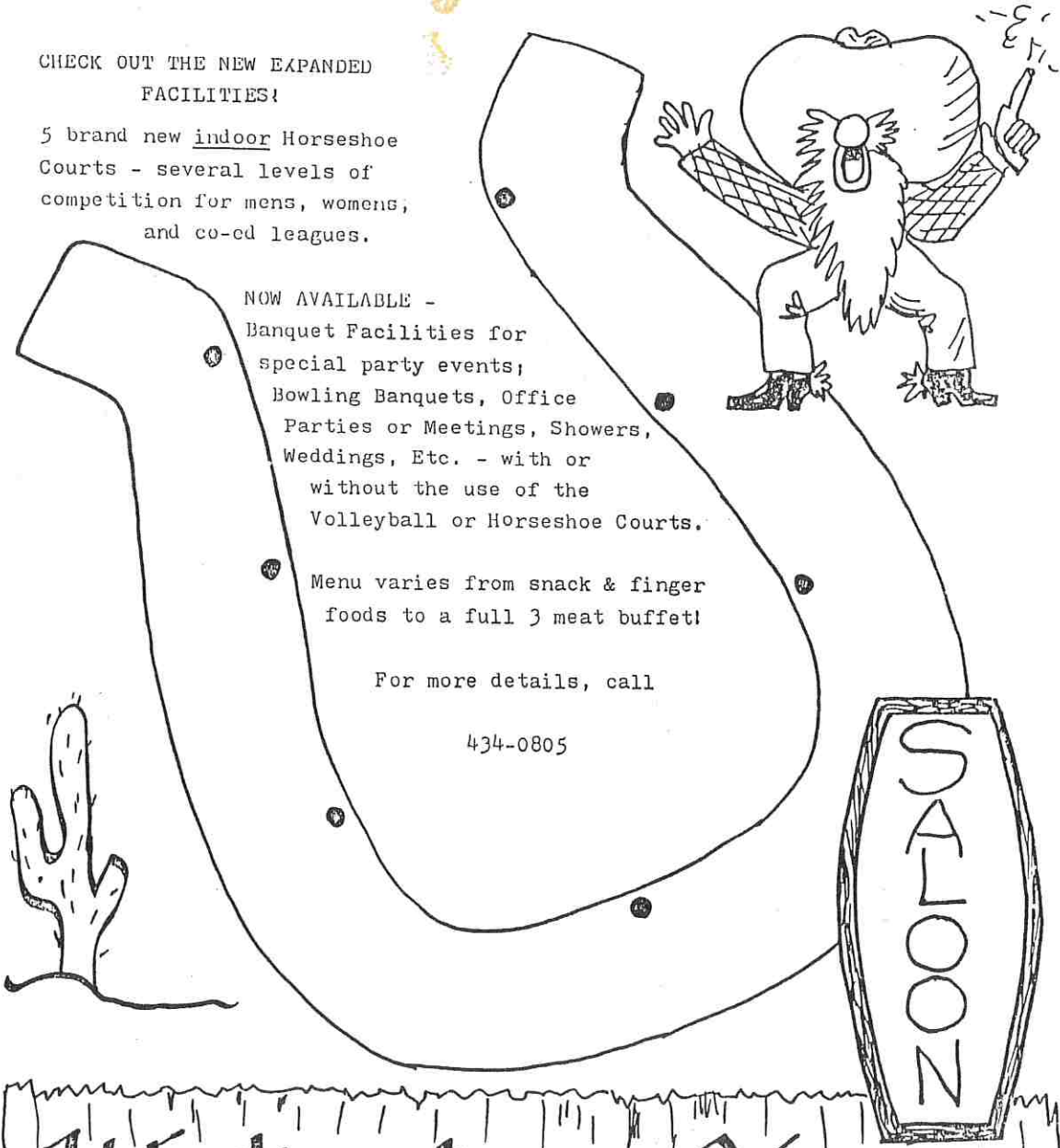
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