



## **FLORIDA STATE USBC WBA NEWSLETTER** **DECEMBER 2009**

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***From the Desk of Your State Association Manager***      ***Katheryn Auton***

Greetings! It is hard to believe that we are already into the 5<sup>th</sup> month of this bowling season. Life here in the state office continues to be busy getting a new tournament started before finalizing another one. We are in the process of finalizing the 2009 Senior Doubles and Singles Tournament and also starting to process the 2010 State Championship Tournament entries. Some of you may have already received your 2010 Tournament confirmations.

The 2009 Senior Doubles and Singles Tournament was hosted by the Lake Triangle USBC Association in Tavares at Classique Lanes. Many thanks to Lake Triangle USBC President Harold Huffman and his crew, along with Classique Lanes Manager Jason Hutchenson and his crew; they did a superb job and made the tournament a success.

As the tournament progressed through the two weekends of bowling, we witnessed the bowlers having loads of fun and scoring big. Our high roller of the tournament was Nancy Wroe of Port Charlotte; she rolled the tournament's overall high scratch game of 279, and the tournament's overall high scratch series of 670. This was Nancy's second year in a row being our high roller of the tournament (2008: 279/673). Besides Nancy's high game and series, we had 94 ladies roll 200+ games and 13 ladies roll 600+ series.

The big winners of the handicapped tournament were:

*Doubles:* Pat Johnson and Judith Rowe of Wauchula (Orange Belt USBC) with a score of 1,344

*Singles Div. 1:* Sherry Woodhouse of Cocoa (Indian River USBC WBA) with a score of 725

Singles Div. 2: Ethel Smith of Orlando (Orlando USBC WBA) with a score of 743  
All Events Div. 1: Ona Wood of Rotonda West (Southwest Fla. USBC) with a score of 1,418  
All Events Div. 2: Ethel Smith of Orlando (Orlando USBC WBA) with a score of 1,375

Besides prize money, winners of the All Events Division 1 and 2 will receive from the FS-USBC-WBA paid entry into the 2010 USBC Senior Championships to be held in Reno on the 29<sup>th</sup> and 30<sup>th</sup> of June, along with a tournament shirt and 3-day \$50 per diem. I'm sure these two ladies, Ona Wood and Ethel Smith, will represent Florida with pride and make us all proud. Ona and Ethel have a great trip!

This is the time of year when everyone is thinking about the holidays, and not necessarily bowling, but following are some due dates which need to be remembered:

December 31<sup>st</sup>: Proposed Legislation for bylaws changes  
Nominations for the 2010 Hall of Fame  
Nominations for the 2010 Pilar Cohalla Award  
January 31<sup>st</sup>: Candidate resume forms for the state board  
February 1<sup>st</sup>: FS-USBC-WBA newsletter articles  
Delegate credentials  
Early state tournament entries

As I close, I would like to wish everyone a Blessed Holiday Season!

**SUNCOAST USBC WBA**

**GLORIA MURRO**

I have just a short note to share some news with the other associations. One thing I would like to say is never give up. When some of us were younger and just started bowling it was a great challenge. I made sure I cleaned my ball every week. One of the first things I learned was; what a real turkey is. That was and still is 3 strikes in a row. I also learned what a clean game is. Well, you learn something new everyday! I also remember when I could get a turkey quite regularly. Now...., if I could only remember how I did that!

It's called the circle of life. At one time I was a pretty good bowler with a 170-175 average. I've been there and did it. Now..., I tell the girls I have a 300 every week. *A 300 series that is....* You don't have to be a good bowler to enjoy the sport of bowling. It's the company you keep and the enjoyment you have. We all get mad at ourselves if we miss a spare or the ball doesn't do what we want it to do but at least we are out there doing it. As long as we can get up there and throw the ball it's better than being a couch potato. I know there are a lot of us who aren't able to bowl like we once did, but we remember the happy times and the many friends we've made throughout the years. They remember you just like you remember them. Don't lock the ball in the closet yet; unless you really have too!

Until next time, great friends and great bowling! Have a Great and Healthy 2010!!!

Wow has the time flown by. The economy has hit everyone. Leagues are down, open bowling is down and according to my collections, the BVL donations so far will be down. I have been the BVL Chairman for our Association for at least 30 years. The West Volusia Association is a medium size association and I have been proud to send over \$1000 to state for the last 7-8 years. This year I have collected from almost all the leagues and it looks like I may be down about \$500. I hope that isn't the case, and I hope that all the other associations are doing ok. This is such a worthy cause.

We went back to having a spaghetti dinner for the Ways & Means this year. It has been about 3-4 years since we had one and we have some new board members that didn't have a chance to work on it before. We put them to work this time. Ways & Means chairman Bob didn't know what to expect. We sold about 130 tickets and at the starting time 4:00, only 2 people showed up. He thought it was a dud. However, at 5:00 when we had people waiting and walk-ups showing up, his smile got bigger. The dinner is a good way to have some camaraderie with the troops and in a short time period. The restaurant ordered all the products, made the spaghetti, salad and garlic bread and the board supplied the dessert, serving and washing the dishes. It was determined that next time the younger members would help with the dishes as it is getting harder for some of us old timers. It was a successful day for all with Ways & Means making over \$500 in 5 hours.

Another unhappy situation is occurring. It is getting harder and harder to get people to sanction. They are always saying: "What do we get for it?" Our reply is a magazine and awards. The only thing is, to qualify for an award is very difficult. I have seen a lot of 300 games and 11 in a row, usually men, but those usually go to the high average people. Recently I saw a young woman bowl a 278 and 700 series. This was her first this year and she didn't get anything. She just happens to have over a 200 average. Then comes the USBC magnet. I have seen it being thrown away. I really don't know what the answer is. Maybe USBC should send out a survey to their members and ask what they would like to see. How do you all feel?

In a few short months West Volusia will be hosting the State Tournament. We would like to provide you with as much fun as possible. For recreation we have trips along the St. Johns, bingo, poker and dog track, Internet sweepstakes, golf and possibly some dancing for the younger ones. Oh yes, I forgot shopping. There are several places to go within 20 miles. We will be having a raffle for a cruise for two during the tournament. So bring your address stickers so you don't have to write so much. If you have time, send me any suggestions or questions and we will work on it. [jmero1@cfl.rr.com](mailto:jmero1@cfl.rr.com)

It's time to go and wrap some packages. Everyone have a safe and Happy Holiday Season and let's hope things get better in 2010.

Greetings to everyone! Our association (like yours) is getting ready for the big tournaments of the year to begin. We have brainstormed to come up with ideas for increasing the number of bowlers that will compete and ways to increase their fun as well. Hopefully these will work and then we can share our ideas with you.

Lately, we have documented many good scores, with numerous people accomplishing their goals of elevating their games to the next level. I think the reasons behind this are improved house conditions as well as the fact that many of our members have been logging on to the Bowl.com website to take advantage of the bowling tips they are providing for all levels of bowlers. Whatever the reason, it is certainly good to hear that so many bowlers are improving their averages and enjoying themselves.

Recently, we collected money for BVL and Bowl for the Cure, all of which will be sent in to help with these great causes.

Having just celebrated another Thanksgiving, I would like to reflect a little bit about the holidays.... First of all, despite the fact that many people are out of work or struggling financially, there is so much to truly be thankful for. Personally, I am grateful to have been blessed with a wonderful son and a host of caring friends. Having just traveled to St. Pete to compete in the Classic Tournament, yet another year brought the idea of caring for others to the forefront. My team, once known as the Walking Wounded, changed its name because the previous moniker was all too close to the truth. It seems that for the last few years we always have someone that is sick, injured or awaiting surgery to repair parts of our bodies. The great thing is that we compete regardless of our maladies and support each other. We know that we can't always compete on an even keel that way, but it is still fun to just be together in the pursuit of doing the best we can under the circumstances.

Secondly, Thanksgiving seems to be the big reminder that the Holiday Season has started. It also is a time that makes us introspective about a lot of things. In these times, when people live in fear of all of the strife in the world, we need to have or begin to develop a greater sense of faith in our fellow man (again) and within ourselves. We need to look at a glass and see it as 1/2 full rather than 1/2 empty. It is also a time to forgive others and forgive ourselves for any transgressions we have been a part of. Let us all greet the New Year with a clean slate, a sense of newness, and a passion to make things better even if it is with only one person or day at a time.

May all of you have a joyous holiday and experience better things in the year ahead.

I would like to announce that we have a new Association Manager; her name is Charlotte Mateo and she has served as a director of our board since March 2008. She moved to our area in 2006 and bowls with the “Funtastics” league at Harbour Lanes Bowling Center. She has been bowling since 1973 in Hawaii, California, Georgia and Florida. She served as league secretary/treasurer for 15 years. She joined Oahu Women’s Bowling Association in Honolulu, Hawaii. During that time she was elected to serve as a director, vice president and president. She served as a director for 10 years for the Hawaii State Association representing Oahu. Married to Mat, they have blended a family of five children. She has 7 step-grandchildren, 4 grandsons and one on the way. She works part time as a hostess/cashier at The Tides Club on Patrick A.F.B.

On Saturday September 26<sup>th</sup>, we held our annual bowling clinic at Shore Lanes of Palm Bay. We had a good turnout. Many thanks go to Betsy Davis and Bette Stift who did a great job serving as our instructors and also to general manager Sandy Finkelstein for donating the use of the lanes.

Following the bowling clinic, the South Brevard 500 Club held a “no tap” tournament. There were 26 entries and the five prize money winners were: Flo Samoyedny-870, PJ Blomquist-813, Paulette Griger-793, Dorothy Adams-791 and Anne Wiggins-769. Flo also received a plaque.

On Saturday October 17<sup>th</sup>, we hosted a pizza party at Harbour Lanes Bowling Center for the volunteers who worked with us during the state tournament. We really appreciated the time and effort that they gave us.

The Silver Hair Classic was held on Saturday October 24<sup>th</sup> at Harbour Lanes. This tournament is for ladies 55 and over. Winners in Class A+ were: Flo Samoyedny-662 and Claudia Estes-630. Class A: Becky Purl-621, Lyn Cavanaugh-599 and tied for third place were Ruth Barry and Shirley Mattley with a 590. Winners in Class B: Paulette Griger-643 and Sharon Depuy-641. First place winners in all divisions will receive a plaque. Door prize was won by PJ Rider and she was thrilled with the large ceramic shell made by Joyce Cecrie, one of our bowlers.

Shore Lanes of Palm Bay had a grand re-opening and ribbon cutting ceremony on Sunday November 8<sup>th</sup>. I attended along with the association manager; Charlotte Mateo and director Shirley Mattley. We had the opportunity to meet and have photos taken with Norm Duke and Randy Pederson who were there for a bowling exhibition. The bowling center looks great and the place was packed with bowlers and spectators.

On behalf of our association, I wish everyone a very “Merry Christmas” and a healthy and “Happy New Year!”

Happy holidays to all as we are ending our 2009 season and going into 2010, you wonder where the time has gone; the holidays are here again with a lot of things happening; working shopping and bowling. Don't think that because I listed bowling last that I think of it that way; quite the contrary, it's most important for some of us. I get tired just thinking about it, and I get tired easy in December; however we all get through it and look at the great times we have together.

Our junior directors and coaches are running the city junior tournament now and with some good scores. These junior bowlers are really going to give us some competition as they come into our adult leagues. Thanks to all the dedicated coaches who are out there helping them along the way.

Thanks go to Pat Watkins and her BVL committee. They did a great job going to all the centers and collecting for BVL. At our bowling center, the women and the men challenged each other. The men did slightly better, however they have more teams. One of our bowling centers had some military people who came in and bowled with the bowlers. A lot of fun to be had and the money raised will be for a good cause.

Shirley Bullock and her committee are gearing up for next years Hall of Fame inductees. Forms are out in all the bowling centers. This year the board has decided to try something new. They are putting numbers on the entries instead of names. These entries will be sent to the committee.

Dalia Keyes and Sue Harris are planning our Christmas party. Each board member brings a toy for "Toys for Tots."

The Tampa 600 Club had its annual tournament. The club raises extra money for their prize fund by having sponsors for the tournament. Each sponsor pays \$50 and we have 22 sponsors.

**Winners:**

Open Division  
Division A  
Division B  
Division C

**Singles:**

Trudy Lavoie 720  
Anna Lampinen 645  
Shirley Bruggeman 594  
Cheryl A. Smith 469

**Doubles:**

Division I Lucy Sandelin/Jean Cheshier 1288  
Division II Lavay Roberson/Tracy Holmes 1168  
Division III Barbara Elkins/Elizabeth Wilkerson 1081

Thanks to all the bowlers who participated in our annual tournament and we hope to see all of you next year.

We would like to wish our president of the Greater Tampa USBC board a speedy recovery on her surgery. Sue is having a total knee replacement this month and we wish her well. No cooking Christmas dinner this year Sue. (Maybe...)

We wish everyone Happy Holidays. Be Safe, Be Merry & God Bless until we meet again.

## **BROWARD COUNTY USBC**

**BOB FOREMAN**

This quarter has been very busy for the Broward County USBC. Of course, the Winter League starts are now underway, and despite the slow economy, our membership numbers were only slightly down from the previous season. The good news is that although the USBC membership is down, all of our leagues are reporting good numbers, and spirits are high as the economy is finally making the recovery that we are all expecting. Many of the bowling centers are offering a special "Ladies Night" where all ladies can bowl for free and in some centers a "Gentlemen's Night" have also been added.

Tis' the season for tournaments. In November, our youth bowlers were busy with the USBC Juniors County Tournament held at Sawgrass Lanes on November 7-8 and 14-15. Check out our Broward Youth bowling site at: [www.browardbowlingyouthleaders.com](http://www.browardbowlingyouthleaders.com) for some great scores.

This January, we will be honored to have the Super Bowl again in South Florida. Last year, NFL Charities held a special celebrity bowling event in Tampa. I visited their web site and did not see a scheduled event for this year. I am in contact with them now and hopefully the Broward USBC can be available if needed in this charity event.

Plans for the County Women and Open tournaments are well underway, and with a few changes to entice more bowlers to enter, we are expecting better numbers of bowlers in both venues.

Finally, from the Broward County USBC, Happy Holidays and wishes for a prosperous 2010 for you and your leagues and organizations.

“Service from the Heart”

How many times have you known people who spend many hours at local bowling centers coaching children, others as well as their own? From their attitude you would think that the sport of bowling was all that was important to them, until their child suddenly lost all interest in bowling and wanted to participate in another activity. Perhaps you might think I am not being fair to the parent but the point I am trying to make is that if a person really loves to bowl he or she will try to instill the sense of pride and accomplishment that can grow in a child who learns to be a skilled bowler. When my turn came to be a coach years ago I had the pleasure of becoming acquainted with one of the most devoted women I have yet to meet. What impressed me so much was that she gave 110% of her time and attention to teaching the young people how to bowl regardless of their age and skills. It seemed to me her reason to coach was to make them feel good about themselves. Scores were important but not so much as self-confidence for the kids. She knew most by name and always spoke to them using their name as they entered the center.

Jenny Taylor became involved in bowling over 40 years ago, first at Brunswick Medallion Bowling Center in Maitland, Fl. in 1968 and stayed there until 1975. She became the youth director while at Medallion. After a short span of absence from bowling she joined Semoran Bowling and was there from 1976 until 1979. Time off through 1981, brought her back to bowling when she was employed by Indian Hills AMF Fairlanes Center in Casselberry, Fl. It was only natural that Jenny also took over the job of the youth program. After years under the previous name, the center was changed to AMF Casselberry. From 1995 until 1997 Jenny was in Sanford at Bowl America. When the center was closed for remodeling by a new owner in 1998, she returned to Casselberry. Even now Jenny works with the young people who bowl there.

A member of the YABA board for many years Jenny served as the secretary for the Seminole County YABA. She is currently serving as the Vice President of Seminole County USBC YABA as well as being a member of the USBC WBA. Her devotion to the youth of all the centers in which she was employed has always been outstanding, giving twice as much as she was asked.

One thing about our youth directors is that they all set good examples for youth bowlers. They all have something to donate to the young bowlers of USBC YABA. Longwood bowling Center of Longwood, Fl. has a director that has done just that. Lisa Edwards bowls on the Wednesday women’s league known as, “Morning Madness.” September 2, 2009, Lisa was routinely working toward a normal finish on her first game. As the score climbed higher and higher with each ball she delivered, she said “I began to feel more and more nervous.” The tenth frame showed Lisa’s ability as a bowler. She had a total of 298 for her game. Although it may not happen again right away it will happen again someday. Maybe even a 300 is in her future. We congratulate you Lisa.

Lisa was telling me about the amount of non-perishable food that her league collected for a local charity food drive. They celebrated Halloween by dressing in costumes and feasting on home-made baked goodies. This league has participated many times in “Bowl for the Cure” tournaments. As the saying goes, “More power to them.”

The Christmas season is approaching rapidly as anyone can tell if you have had the opportunity to go into any supermarket, shopping mall or even look at the light poles on many city streets. The decorations are up and displayed in some of our local centers. If you have the good fortune to bowl for “Toys for Tots” instead of one toy take two or even more if you can this year. The need is greater than it has been for many years. More children will be without a gift because some parents are sadly feeling the loss of jobs and their homes. The USBC is working to create the greatest bowling organization in the world. Let’s show the world that the American bowler also has the most generous heart in the best sport organization in this country. Our success and scores mean nothing when you look into the eyes of a child who yearns to share what bowling has to offer but who can’t afford to do so. Let’s make Christmas be forgiving for our self-seeking attitudes and earn the glory that came with the birth that Christmas represents by giving more of our “presents” and selves.

**PALM BEACH COUNTY USBC**

**GAY ESTEVES**

### It’s the Holidays!

The time has come for all children to pay attention to their behavior and straighten up at school and church, it’s a Santa thing. Somebody is watching me and I have to be good or else no Christmas presents for me! All the little children that believe in Christmas and Santa are all paying attention and minding their P’s and Q’s! You know the song, “You better watch out you better not cry...”

Have you noticed that all employees all over the country are also minding their P’s and Q’s? Its’ kind of crazy that as adults it has taken a weak economy, the threat of layoffs and foreclosure to get us to all pay attention too! And you ask what this has to do with the great sport of bowling? Well, how we stressed out straight-laced employees, yes siree, “do whatever it takes to survive working every day, even on the weekends” do it? We need to go bowling!

My first knee jerk reaction to the stress of possible budget cuts, lay off warnings, and general how can I afford a teenagers X-mas list is to go home and hide! Put my head into the preverbal sand and forget the bad stuff! Okay crying sounds good too some days! But the reality is can grownups afford to go home and hide? Some can...I can’t.

No way! We need to go out and bowl to be with our bowling families and throw the ball down the alley! We need the recreation the athleticism of bowling to help us blue, white and pink collar folk get the weight of the world off our shoulders if for only one or two nights a week. I’ve got the entire bowling night worked out down to the dollar! Eat dinner before you leave for the alley, order ice water for the duration, play only one to

five dollars worth of 50/50 tickets (no more than five) and have someone on the team bring snacks every week; pretzels, candy, cashews or pistachios. My allotted fees aren't really that huge compared to the amount I could spend if I drank and be merry while I bowl, so I'm saving the drinking and the merry making for the bowling night before Christmas or when I can afford it!!

So forget the mortgage and child support fees, the babysitter and the cost of Christmas stamps, go bowling and relax!!!

## **ORLANDO USBC**

## **BERNIE SOBOTTA**

It seems like the bowling season just started and already the holiday season is here. How time flies!

Since the beginning of the new season we've had some great scores here in Orlando. Pam Featherman had a 290 game and received the newly improved 11 in a row plaque from USBC. Belinda Garrett, who is a 200+ average bowler, has been trying for a long time to reach the plateau of perfection. In early September she accomplished her goal and rolled her first 300 game. Then, remember in my last article I talked about the up and coming bowlers at UCF. Well they are living up to my expectations. On September 30<sup>th</sup>, Kaidee Sutphin, a member of the UCF Striking Knights, shot games of 246, 256 and 300, for a whopping 802 series. Congrats to all of them.

Carole Jones, who bowled in the Orlando area for many years and now resides in Lakewood, Colorado, has been named as this year's inductee into the Orlando USBC WBA Hall of Fame for Superior Performance. She is well deserving of this award.

On a sad note, Irma Cortes, a past director on our board, lost her battle with lung cancer on September 28<sup>th</sup>. She will be missed by all.

October is Cancer Awareness Month. The Sky Lark Ladies, who bowl on Wednesday night at AMF Sky Bowl in Orlando, had their annual "Pink Night". Everyone wears a pink shirt and they raffle baskets filled with goodies that are made by members of their league. Fun is had by all, and the proceeds from the raffles are donated to the Cancer Society.

We held our 22<sup>nd</sup> Annual Mixed Doubles Tournament at Colonial Lanes on Sunday, November 22<sup>nd</sup>. We had 67 doubles entries and everyone seemed to have a good time. The winners were Cassie Carpenter and Nick Lawrence with a handicap score of 1431. Congratulations to all the winners.

The Florida State USBC WBA Senior tournament has come to an end and we are very proud of one of our senior members. Ethel Smith won the singles (743) and the all events (1375) in Division 2.

While giving should be year round, Thanksgiving and Christmas seem to bring out our most compassionate emotions for giving to those less fortunate. For the past 13 years Helen Myers, a director on our board, has taken this to heart and given of herself, at perhaps the busiest time of the year. She is the organizer of one of our most successful and fun events. In partnership with the U.S. Marine Corp Reserves, we will host our Toys for Tots event at Colonial Lanes on December 5<sup>th</sup>. Bowlers from around our city will join in on the fun. The entry fee is a new, unwrapped toy. In addition to the toys collected at the event, we reach out to bowlers who care about the needs of children. We will collect toys from the drop boxes in each Center in our area. The Edgewater High School Marines Jr. ROTC will present the colors and as our tradition continues, we will present the plaques to the Women, Men and Youth All City Teams. In appreciation of all our supporters we offer cookies and punch to everyone.

While this year we are grateful for a lackluster hurricane season, we are especially thankful for all the military service personnel that are away from their families, especially at this time of the year, to protect our country so that we may continue to experience freedom at home.

Well, it is approaching that time of the year to wind down 2009 and look forward to an adventuresome and successful New Year. We wish a MERRY CHRISTMAS AND HAPPY CHANUKAH TO ALL!!!

**OCALA USBC WBA**

**DEBBIE WHITTEN**

December WOW!! Where has the time gone? Seems like only yesterday we were getting ready for summer leagues; kids going on summer break, etc.. Now we are getting ready for Christmas and the beginning of another New Year.

October was a very sad month in Ocala. We lost 2 board members to that dreadful disease cancer. Barbara Cook who had served on the Women's Board for approximately 15 years and Phyllis Woodring who had served for approximately 5 years. Some of our board members lost family members and we also lost a male bowler, Rick Allen, (cancer). Hopefully 2010 will be a better year health wise and on the lanes.

High School bowler, Kim Reynolds, finished second in the state at the FHSAA State Tournament held at Boardwalk Bowl in Orlando, Florida. Kim's ability and skill on the lanes may land her a scholarship to bowl at UCF under the direction of Pat Costello. We wish Kim the best in her future endeavors. We have 7 seniors in our Youth Leagues that will be graduating in 2010 and moving on to college, jobs, or whatever path they take. We wish them the best as they move up to the Adult Leagues (thanks to the Olympic Committee and USBC) and hope to keep them interested in bowling for many years to come.

It has been a busy time in Ocala; we recently finished our Mixed City Tournament (2 weekends); Senior Open Tournament (1 weekend) and our Youth/Adult Bob Spear Memorial Tournament (1 day). After the holidays we will gear up for our Youth City Tournament, the Open City Tournament and the Women's City Tournament. Then it will be annual meeting time, summer leagues, and then back to fall/winter leagues. It's a never ending circle of activity.

Say an extra prayer for our troops serving overseas and for their speedy, safe return to family and friends. Hope all have a wonderful holiday season celebrating in whatever fashion you desire.

Here's to good health and a prosperous New Year. May 2010 be all that you hope for.

### **Do Not Stress Over The Competition When You Bowl Stan Popvich**

Many bowlers sometimes get anxious when they play against a tough opponent. They get nervous on whom they are playing and they get so worked up that they lose focus on playing their game. In the end, they make mistakes and end up beating themselves up if they do not win. As a result, here is a list of techniques that a bowler can use to help manage the stress of playing against the competition.

The first step is to learn as much as you can on your opponent. Although this may seem obvious some bowlers may think they already know what they need to know. Remember there is always something to learn about your competition. Read the stats and reports about your opponent and watch him or her play. Try to figure out an angle on how you can beat your competition. The more you know about your competition the better your chances are you will win the game.

Do not assume anything about your competition whether they are stronger or weaker than you. Every bowler has his good and bad games and just because you may be facing a stronger opponent does not mean that you will lose. Remember that before you start playing, you and your opponent both have an equal chance of winning. You are both starting from scratch. This should help you to give you confidence going into your next game.

Focus on how you can best strive for perfection in your own game instead of worrying about your opponent. For instance, let's say you are playing the number one player in the tournament and you are nervous. Instead of focusing on how good your competition is, focus on how you can play your best game.

Realize that you cannot win all of your games and that also includes your competition. You may be the best player in the world; however you will still lose eventually. No one player can win all of their games. Yes, they may have some winning streaks or win ninety percent of their games, but they will still lose some games.

When facing a tough competitor, use this fact to your advantage. Even the best players will make some mistakes and lose.

View a particular game as a learning experience when things do not work out. For example, you are making many mistakes and the game is out of reach. Instead of beating yourself up, try to figure out what you are doing wrong. The best time to improve on your game is when you deal with adversity.

It is not uncommon to get nervous when you play a better opponent. Remember that some games will be easy to play and some games will be more difficult. All you can do is to focus on your game and play the best you can. This will help you in the long run and will help you to stop worrying whether you will win or lose.

***Editor's Note:***

***Andrea McCarraher***

As always, our writer's (new and old) did a wonderful job reporting news, scores and stories from their association. I'm lucky to be able to read each article as it comes in; I hope each of you enjoy reading the articles as much as I do!

Wishing you all a healthy and happy holiday season and a Happy New Year!