

Canadian Handball Press

Edition 04 Oct 2019



We hear tell About a Heaven in Alberta

What is the future of Handball

Since returning to the sport four years ago, one question surrounds most the courtside banter. What is the future of Handball?

If life's lessons have taught me anything, the future will likely not look like the past. When I joined the sport in the late 1980's, we were still running high on the surge of court sports from the 60s and 70s. Local and national business dominated our marketplace and many athletic clubs were built to support sport, not just exercise.

Sure many new players preferred the ease of starting with a racket, but there would always be those that prefer the pursuit of the perfect game. After all, who plays checkers after they learn chess. Look forward 30 years and quite a bit has changed. Between Fitbits, personal trainers and diets for your blood type, exercise has

become so technical many have turned from sport. Our global economy has removed many local sponsorship opportunities. Also, some think the parents of today are only interested in the mega sports, or in those that can offer a million dollar career opportunity. Even the Federal Government's approach to "own the podium" means that non Olympic or Paralympic sports are now unfunded.

What's a Handballer to do? Well simply, we need to adapt, to sit still and lament that the world around us has changed is a fruitless endeavour. Let's put our energy into the work that brings success. What does Handball have to offer this new market. Well to be honest handball is perfect for the new world that we find ourselves in. But how do we let this new world know? See page 5..

2019 4 WALL & 1 WALL NATIONALS are headed to Alberta

- **Sherwood Park will host the Canadian 4 wall National**
- May 13 to 16th
- Host Club: Glen Allan Recreation Center.
- **Calgary will host the Canadian 1 Wall Nationals**
- April 24 – 26
- Host Club: Clear Water Academy

Edition Highlights

• **Editorial –What is the future of Handball?**

• **Nationals Announcement**
We are Alberta bound for both our 1 wall and 4 wall nationals

• **CHA Fundraising Update**
Cash is available for your club, get those applications in

• **Handball Thrives**
Update on Handball programs country wide

• **Coaching tips – Tiny Hands -**
an exercise to building great players

“ The CHA would like to thank the Alberta Handball Association and the host committee from Sherwood Park and Calgary for hosting this year's National Events”





Fundraising Launch Raises near \$8000

During 2018 your CHA developed and launched 3 separate funds that are designed to support the main goals of the association. The funds & current balances are described here.

If you were lucky enough to be at the banquet for last year's nationals in Montreal, you felt the energy and excitement as Handballers coast to coast, took control of the future of their sport. Together we made the choice to support this exciting new program and ultimately each other.

The CHA Donations Program provides a structure to facilitate the movement of donations in an organized process, ultimately matching donors with the Handball goals of their choice. People can donate and have confidence that the money will do the work they want to see across the country, and now with funds in hand we are eager to make an impact.

At this point we need 2 things. We need the clubs to apply for funding support and we would like to continue with our efforts to find people willing to make donations. Your CHA does not want this money sitting in our account. Come get some.

If you need info on the application or donation process please reach out to any member of the CHA or your provincial association lead.

Application update

- The **Calgary club** has been **approved** for funds under Jr. Development and Handball Awareness
- **Ontario** is **approved** for funds from the Jr Development fund
- **Newfoundland** makes application under Facilities Development and Handball awareness

WE HAVE RESOURCES, NOW WE NEED YOUR PROJECT

Fundraising Program Success

Handball Awareness Fund

To increase the awareness of handball in the community as a whole, and showcase the game to new players and supporters

Current Funds : \$1,666.67

Jr Development Fund

To increase the availability of lessons, instruction or organized coaching sessions to a wide range of youth players, with the goal of increasing the number of youth with access to the sport.

Current Funds :\$4,256.21

Facilities Development Fund

The addition of new facilities, or to assist with renovation programs that will return a pre-existing facility to a usable handball space

Current Funds: \$1666.67

Please find attached to this Edition, a copy of the presentation from our launch in Montreal

Hand Ball Thrives from Coast to Coast

In this Edition the Court House will take a pause in tournament highlights to both share and salute the handball success happening right across our county, we are taking a sample of some of the great handball opportunities our players are

Playing 7 Days a week on the

Rock- NL is experiencing a big boom in new players with programs offered at the YMCA, and St. John's Mews Center and a new one wall program at the Paul Reynolds center, Boasting new adult and as many as 50 Jrs across the programs. Coaching sessions are available 7 days a week with 20 new players on the one wall court alone



New players feeding the proud traditions of BC handball

Some new players namely Shauna Hilley and Michael Frolick are adding to the great history of handball in Vancouver, where the tradition of play with the fireman of Port Coquitlam is generations strong. Last year's 38th annual John Graham Memorial had 58 players who put on quite a show of talented play. In 2018 Vancouver had a great showing for the 4 wall nationals and we are told they are just getting started

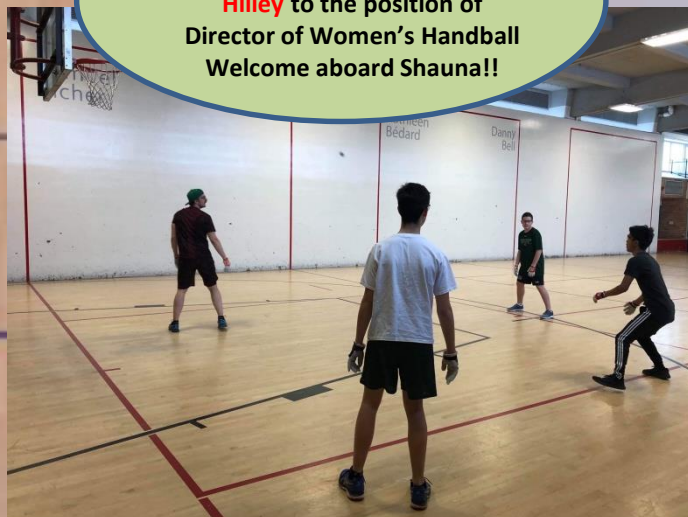
UPDATE UPDATE UPDATE

The CHA welcomes **Shauna Hilley** to the position of Director of Women's Handball
Welcome aboard Shauna!!

A Tale of Two Cities, (and now one wall)

For anyone that has played our great sport they know the contribution and the achievements of many of our great Quebec players. At last year's Nationals Danny Bell added to his dominant lead in the most Canadian 4 wall Open titles and with this year's title, his span between wins might be forever unchallenged.

Today many Quebec Jrs are learning the game of 1 wall both in the City of Quebec and Montreal. Games are being organized in local schools and parks. While 4 Wall players are still strong in numbers, tournaments like the Honey Martin and these Jr Programs are driving the one wall scene



The Court House

Tournament news and player updates

Ontario Saves A Handball Community

This picture celebrates far more than a great day of Handball with friends and competition....it celebrates a community that came together to save the courts we played on. Ontario Handball lost count of the number of city hall meetings, committees and strategy groups that it took, but it is by far one of their biggest accomplishments. Determination, dedication and commitment from players near and far are what have kept these courts from being turned into golf simulators. Today, they have 1 annual tournament at the facility, free family day clinics, and Wednesday League nights that draw up to 12 players. They brought in new players, and welcomed back former ones. Ontario will continue to build on this and introduce junior clinics in the New Year



Handball's strong hold in Alberta

When we look across the country we see many great pockets of handball thriving but few provinces are as well rounded and positioned for growth as Alberta Handball. How many Provincial Organizations can boast multiple health clubs, with juniors and adult players spread across 4 wall and both indoor and outdoor one wall play. Alberta's strength shines though this year as Sherwood Park hosts their first 4 Wall Nationals, and Calgary will host the 1 Wall Nationals. The rest of the Canada is looking forward to these events. Junior players are especially pumped, to meet and challenge Alberta strong youth team. Special Congrats to the Calgary Club who have been approved for funding from the CHA for a new 1 Wall Program.



Coaching Tips - Tiny Hands is a Big Solutions

If you're a handball coach you will have encounter the challenge of small players. The distances in the full court leave the smallest player swinging wildly with no form and when they make contact they can't reach the wall, of course short court works for 10 year plus, what about the younger players? Well Tiny Hands is a perfect option. Take your player and have them stand out side of a squash serving square. With an under hand stroke, the players softly drop and then tap the ball to the wall. A successful stroke should hit the wall and bounce in the square, and then be returned with the under hand stroke. Tiny hands can be played with a single player and players score them selves by increasing the number of strokes they can make before bouncing out of the square or losing control of the ball. The small area and soft stroke quickly develop control and basic coordination. Later you can add foot work , get the player's opposite leg forward. Another option is to require alternate use of right and left hands. Even in larger Jrs, Tiny Hands helps develop control for paddle kills. With such a small area required this can be an at home drill or help you accommodate large groups of new players. Give Tiny Hands a try in your program.



Do you have updates for the court house email us canadianhandballpress@outlook.com

The CHA thanks Alberta Handball, for hosting both the National 4 Wall and 1 wall National Events this year

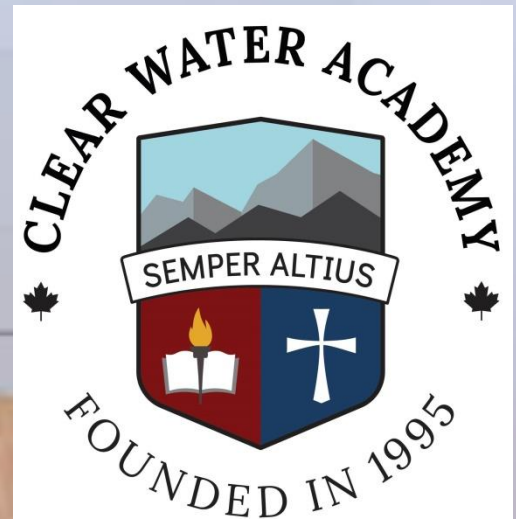


Sherwood Park – Hosts the 4 Wall Nationals

- Sherwood will host the 4 Wall Nationals May 13th - 16th
- Glen Allan Recreation Center
- The CHA thanks Cindy Loveless Tournament Chair for taking on this important event
- More details will follow as the National Committee advances their program. Book flights now

Calgary Club– Hosts the 1 Wall Nationals

- Tournament to be played April 24 – 26, starting Friday with all play to be concluded by Sunday
- Clear Water Academy (indoor courts)
- The CHA thanks Rob Rakochey Tournament Chair for taking on this important event
- More details will follow as the National Committee advances their program. Book flights now



Continued... Handball is and will always be; the most inclusive sport across genders, age, across any cultural measure, and across skill levels; a sport with the lowest barriers to enter; indoor and outdoor play; free access with low maintenance infrastructure. I challenge anyone to find another sport where the world tournament invites wider categories, players between 11 to 85 plus, across gender, and where pros share the same court space as weekend hackers. Show me a sport that better develops strength, endurance and strategy with such an ambidextrous requirement from the body. A sport with so many variations world wide, call it Fronton, Pelota, Jai Alai, or Handball across various court styles. We are the gifted to know the joy of chasing the ball. But every gift comes with responsibility, we have the responsibility of spreading that joy, in a new world.

In the 1970's and 80's when we needed sponsorship funds we simply asked players to get their employers to chip in on a local tournament. Today, large companies still have money, but they want to support strategic initiatives that build communities. They want to be engaged in successful projects that promote their brand or image. Your CHA believes that the core strengths of handball are well aligned with many large multinational companies and we are going to prove it. Today we are working on a project with a global mining company and some of its suppliers to bring Handball to some of our indigenous communities in the far north, with a test project for Nain Labrador this winter. We will likely be playing the most northern game in history! The company has a goal to promote healthy life styles in the communities in which they do business.

We know handball can fill that mandate while adding new markets for our sport to grow. Today's sponsorship dollar is not as interested to hand dollars to a local tournaments, but they are interested to improve the lives of people in their markets, they want to promote opportunity for the less financially privileged. They want so support sport equally across gender and to provide inclusive opportunities. I think we all know handball is the answer. Sure, we will need to work a little smarter, we will need to reach new markets and with commitment, as success never comes overnight. But again from my life's lessons, nothing worth having comes without work, commitment nor can it be achieved without a strategy. The future of handball will not look like the past, but the future I see is so bright and exciting, new markets, new friends and amazing opportunity, come help your CHA on this journey you will be impressed. Andrew Short CHA VP