

Minnesota Amateur

SPORTS REVIEW

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Softball Season Underway

Despite another uncooperative spring the 2014 NSF♦MSF softball season is well underway with national qualifiers, state and national tournaments on the docket.

National Qualifiers for men's slowpitch will be held on June 7th in Faribault and July 12-13 in Cambridge, Minnesota. These two tournaments will qualify teams early for the 2014 National Softball Federation North American Championships on August 29-31 in Cambridge. Please find the flyer/entry form at msf1.org.

The NSF Men's and Women's Slow Pitch Nationals will be held August 29-31 in Cambridge and women's slow pitch teams may enter direct. Please find the flyer at nfssoftball.org.

New this year under the National Softball Federation banner, is the first North American Men's Fastpitch Championships on August 22-24 at Caswell Park in North Mankato. The tournament will be held in conjunction with the Men's Masters 40 and 50-over Fastpitch Tournaments which are also open to teams from throughout the U.S.A.

Winter State Tournaments a Big Success

Winter State Tournaments for adult and youth basketball, volleyball and broomball teams were recently completed with 64 teams playing in the final girls volleyball state championship of the season in Monticello. A sincere thank you to all the teams that participated and the tournament hosts who made it all possible. Tournament hosts included

Augsburg College (Dave St. Aubin), Becker High School (Jason Baune), St. Cloud State University (Ron Seibring and Erik Halverson), Hutchinson Parks & Recreation (John McRaith and Raquel Bushman), Roseville High School/Twin Cities Officials (Don Bowman), Austin Parks & Recreation (Kim Underwood, Val Pitzen and Helen Jahr), Monticello Community Education (Jeremiah Mack and Brendan LaBau) and Buffalo Youth Basketball Association (Tim Speckel).

Girls High School All-Star Series on Tap

The first special event of the year was the 26th Annual Minnesota High School Girls Fastpitch All-Star Series which featured the top 72 senior players in Minnesota. Competition took place on Sunday, June 8th at Caswell Park in North Mankato.



28th Minnesota Softball Hall of Fame Banquet Set for November 1st



The 28th Minnesota Softball Hall of Fame Banquet is set for November 1st. Nomination deadline for deserving players, sponsors, umpires, organizers/promoters and media is June 25th. Nomination criteria and forms are available at msf1.org.

IN THIS ISSUE...

Adult Softball Postseason Schedule.....	2	Obesity Myths.....	14
Youth Softball Postseason Schedule...	3	Youth Volleyball State Championships.....	16
Remembering Mike Gibeau.....	5	Adult Volleyball State Championships.....	21
High School Girls All-Star Series.....	6	Broomball State Championships.....	24
MSF Youth Baseball.....	7	Broomball National Championships....	26
Safeguarding against embezzlement..	9	Men's Basketball State Championships.....	28
Youth State Basketball Results.....	11		

NSF ♦ MSF SOFTBALL MINNESOTA SPORTS FEDERATION



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**2014 ADULT
SOFTBALL SCHEDULE**



☆☆ **State/National Tournament Qualifiers** ☆☆

Division	Date	Site
Men's Slowpitch	June 7	Faribault
Men's Slowpitch	July 12-13	Cambridge

☆☆ **State Tournaments** ☆☆

Tournament	Date	Site	Tournament	Date	Site
Tier I & II Church Slow	July 26-27	Sauk Rapids	EE Men's Slowpitch-S	August 8-10	Faribault
Men's Masters (35 & 45) SP	July 26-27	Sauk Rapids	D Men's Slowpitch-N	August 15-17	Detroit Lakes
A/B/C/D Co-Rec Slowpitch	August 2-3	Rogers	E Men's Slowpitch	August 15-17	Bemidji
B Men's Fastpitch	August 2-3	North Mankato	Men's Modified Pitch	August 15-17	Hollywood
C/D Men's Fastpitch	August 8-10	North Mankato	C Women's Slow	August 16-17	Stacy
C Men's Slowpitch	August 8-10	Faribault	DD Women's Slow	August 16-17	Stacy
DD Men's Slowpitch	August 8-10	Sauk Rapids	D Women's Slow	August 16-17	Cambridge
D Men's Slowpitch-S	August 8-10	Faribault	EE Women's Slow	August 16-17	Cambridge
EE Men's Slowpitch-N	August 8-10	Thief River Falls	Men's Masters (40 & 50) FP	August 23	North Mankato

☆☆ **NSF North American Championships** ☆☆

Division	Date	Site
Men's Fastpitch	August 22-24	North Mankato
Men's Slowpitch	August 29-September 1	Cambridge
Women's Slowpitch	August 29-September 1	Cambridge

☆☆ **Fall State Tournaments** ☆☆

Division	Date	Site
Co-Rec Slowpitch	September 20-21	Hutchinson
Men's Slowpitch	September 26-28	Faribault



☆☆ Special Events ☆☆

<i>Event</i>	<i>Date</i>	<i>Site</i>
Minnesota High School All-Star Series	June 8	North Mankato

☆☆ State Tournaments ☆☆

<i>Tournament</i>	<i>Date</i>	<i>Site</i>
A/B 18 Girls Fastpitch	July 11-13	Metro Area
A/B 16 Girls Fastpitch	July 11-13	Metro Area
A/B 14 Girls Fastpitch	July 11-13	Metro Area
A/B 12 Girls Fastpitch	July 11-13	Metro Area
A/B 10 Girls Fastpitch	July 11-13	Metro Area
C 18 Girls Fastpitch	July 18-20	St. Cloud
C 16 Girls Fastpitch	July 18-20	St. Cloud
C 14 Girls Fastpitch	July 18-20	Austin
C 12 Girls Fastpitch	July 18-20	Austin
D 16 Girls Fastpitch	July 25-27	Monticello
D 14 Girls Fastpitch	July 25-27	Monticello
REC 14 Girls Fastpitch	July 25-27	Monticello
REC 12 Girls Fastpitch	July 25-27	Monticello



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Clearbrook, Minn., remembers Mayor Mike Gibeau as the spirit of the community

By Crystal Dey | March 2, 2014

CLEARBROOK, Minn. -- The American Dream is still alive in Smalltown USA.

In Clearbrook, that dream is alive because of one man who was celebrated, remembered and mourned on Saturday.

Cars and pickup trucks lined the blocks surrounding the Clearbrook Community Center on a crisp March afternoon under a sunny, blue sky.

Mayor Mike Gibeau was surely familiar and happy with such a scene in days past.

But on Saturday, family, friends, classmates and colleagues turned out to honor Gibeau's life and the livelihood he gave back to his community.

"Mike was the tie that bound Clearbrook together," said Gibeau's niece Carla Harrold during his service. She repeated throughout her speech -- "Be like Mike."

Gibeau died unexpectedly of a heart attack while shoveling snow on Feb. 17. He was 61.

City councilman George Postier has taken over as de facto mayor until November elections. When asked if Gibeau would want him to run for mayor, he smiled and said "probably."

Postier said he had known Gibeau for many years. He expected at least the population of Clearbrook, around 550 people, to attend Gibeau's celebration of life service and some people from the Red Lake area. Saturday's crowd total easily soared past 500.

"He was community first, that was him, that was his thing," Postier said.



Gibeau began his career in city government in 1975 when he was elected to the City Council. Always a fixture in the community, he was elected mayor in 2003. One of Gibeau's capstone accomplishments was creating the city's baseball and softball field, Kloster Park. Baseballs,

peanuts and boxes of Cracker Jack's adorned tables at his celebration of life service Saturday. A banner and T-shirts of Gibeau with the words "Clearbrook's #1 Fan" tied in to the sports-themed memorial.

Toes tapped as Carrie Underwood's "See You Again" and Luke Bryan's "Drink a Beer" songs played during the program. Fifteen people stood to share "Giberisms" and stories of how Gibeau, a man once referred to as the Godfather of Clearbrook and an ambassador for the community, influenced their lives.

After the laughter and tear-filled recounts of Gibeau's legacy, Danny Lindom reined in the crowd for a final send-off. The crowd stood, raised their right hands and toasted to the spirit of Mike Gibeau, the spirit of Clearbrook.

Reprinted from Grand Forks Herald

Editor's Note: Mike Gibeau served as the Clearbrook Softball League Director for over 30 years.

Minnesota High School Girls All-Star Softball Series



**26th Annual
June 8, 2014
Caswell Park
North Mankato
12:00PM & 2:00PM**



The All-Star Series: A Showcase of Talent!

The All-Star Softball Series is co-sponsored by the Minnesota Sports Federation and the Minnesota High School Fastpitch Softball Coaches Association to highlight and promote girls' athletics.

The All-Star Series features 72 of the state's best senior softball players and twelve outstanding high school coaches.

The 72 All-Stars are selected from over 15,000 girls who play high school softball in Minnesota. The selections are made by the Minnesota High School Fastpitch Softball Coaches Association.

The All-Stars are selected to represent all graduating seniors and are recognized as Minnesota's premier softball players.

The All-Star Series includes a breakfast banquet for the players, coaches, umpires, staff, Hall of Fame inductees and volunteers as well as opening ceremonies, six games and closing ceremonies.

The six teams (Blizzard, Breeze, Ice, Thunder, Heat, Lightning) play a total of six games at Caswell Park in Mankato the first Sunday following the high school state tournament.

The MSF and MFCA awards three \$500 scholarships during the All-Star Series. A scholarship is awarded to one 3A All-Star, one 2A All-Star and one 1A All-Star.

The Minnesota Sports Federation is a nonprofit organization conducting amateur sports activities in the state of Minnesota. The MSF serves as the local affiliate of the National Softball Federation. The MSF conducts summer and fall softball programs.

The All-Star Series has been approved by the National Collegiate Athletic Association. The All-Star rules require all participants to be high school seniors and the All-Stars retain their eligibility for participation in college athletics.

The All-Star Series would not be possible without assistance from MSF, the Minnesota High School Fastpitch Softball Coaches Association and the Minnesota business community.

Thank you to all who have contributed their resources to make the All-Star Series a success!

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MSF Youth Baseball Preview

2014 MSF State Championships set for July 25-27

Each year thousands of participants benefit from the Minnesota Sports Federation Baseball Program and learn valuable life skills including goal setting, teamwork, discipline, and good sportsmanship. The MSF State Championships have grown steadily over this time period. Hundreds of teams also compete at MSF State Qualifiers any given weekend in May and June with hopes of advancing to the state tournament. The success of our tournaments can be attributed to the quality facilities, umpires, and tournament staff utilized by the MSF.

How to enter the MSF State Championships

Teams can enter the MSF State Championships by earning a bid at a state qualifier tournament or by being accepted as an at-large team. State qualifier tournaments are held throughout the state in May and June. First and second place teams will qualify for state tournament berths. See msf1.org for a complete list of qualifiers and qualifier details. Teams can also apply for one of the limited number of at-large berths by submitting an at-large berth application found in the MSF Baseball Guidebook or online.



Age/Class	Site
10-Under AAA	Rosemount
10-Under AA	Rosemount
11-Under AAA	Mankato
11-Under AA	Mankato
12-Under AAA	Sartell
12-Under AA	Sartell
13-Under AAA	St. Cloud
13-Under AA	Marshall
14-Under AAA	Big Lake
14-Under AA	Austin
15-Under AAA	Farmington
15-Under AA	Farmington



Austin Riverland Baseball Complex (site of 14AA MSF State Tournament)

Important Dates to Remember	
May - June	Weekend Qualifier Tournaments
June 1st	1st day to apply for at-large berth
July 1st	Deadline to enter MSF State Championships
July 1st	Last day to apply for at-large berth
July 25-27	MSF State Championships

Questions? Contact Steve at steve@msf1.org or 952-405-6936



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Safeguarding Youth Sports Programs Against Embezzlement

By Emily Attwood, AthleticBusiness.com | November 2013

On a sunny Saturday morning, as parents gather along the sidelines and chatter idly while their children warm up for a morning of soccer practice, the last thing on anyone's mind or lips are questions about the financial records of the organization. "People think youth sports, what could possibly go wrong?" says John Engh, chief operating officer for the National Alliance for Youth Sports. "It's a mentality that we all have."

It's a mentality that has allowed embezzlement to remain an ongoing issue among youth sports organizations, even more so as of late, as well-meaning parents and volunteers step into leadership roles. "Probably the biggest trend in youth sports is that recreation departments have less resources to oversee the youth sports going on in their communities," says Engh.



(Image © nycshooter/istockphoto.com)

A 2011 NAYS study found that 84 percent of parks and recreation organizations were leasing their facilities to outside groups. "Fifteen years ago, that would have been under 50 percent," says Engh. "Recreation departments would have been running those programs themselves."

Parks and recreation departments typically benefit from being under the umbrella of a city or county government, which brings with it a wealth of organizational resources and a system of checks and balances. But as parks and recreation departments cede more control, a variety of largely untested entities are stepping in to fill the void. Says Engh, "Whether they're big organizations overseeing multiple sports or smaller organizations overseeing just one sport, people don't understand that these aren't regulated businesses with qualified individuals overseeing finances. These are moms and dads appointed to be treasurers of volunteer-based boards, and who are literally, in some cases, overseeing millions of dollars. And that's really scary."

TEAM TRUST

The growing number of private organizations, coupled with the recently uncovered theft of \$40,000 from two local youth sports organizations, prompted the offices of the district attorney and controller in Montgomery County, Pa., to develop a presentation to educate its youth organizations on fraud and financial oversight. "It's not just youth sports groups, it's all kinds of nonprofit organizations," says controller Stewart Greenleaf, Jr. "A volunteer fire company took a \$200,000 hit. These groups can't have financial professionals as treasurers and presidents all the time. They're scrounging for volunteers and the expertise just might not be there, even though these are hardworking and dedicated volunteers. But we can share that knowledge and expertise that is well known among auditing and accounting circles."

CAUGHT STEALING

Amount: \$100,000

From: Escondido Pop Warner League, Escondido, California

By: Treasurer

After the allegations came to light, registration plummeted from 330 football players to 100, and from 100 cheerleaders to 5.

Amount: \$75,000

From: Terrace Brier Soccer Club, Everett, Wash.

By: Treasurer

The fall 2010 season was nearly cancelled after the treasurer issued 106 checks to herself, but the season was saved by donations and fundraisers.

Amount: \$60,000

From: Orange County Youth Football Association, Orange County, Fla.

By: Treasurer

According to police reports, the treasurer underreported the number of participants in the program to its insurance carrier between 2008 and 2012, pocketing the difference in fees.

Amount: \$45,000

From: Orange Recreation Association, Orange, Mass.

By: Director

Among the alleged unauthorized purchases made by the accused since he opened an account for the organization in his name in 2009 was a \$3,000 down payment for a Humvee.

Amount: \$23,000

From: Little League, Ashland, Va.

By: President

The accused was sentenced in September to 12 months in jail, despite the ex-president's insistence that she would repay her money.

It's a greater problem among smaller or newly formed organizations that don't yet have the resources in place to monitor the books properly. "The more volunteers, the wider scope of experiences you have — auditors, accountants, financial professionals, business owners," says Greenleaf. "The more money an organization has, the more it can afford to go out and hire an external auditor to go through books and help set up proper controls."

It's not a hard rule, of course, as organizational structure varies from group to group and community to community. The real issue is that it's too easy for organizations to take a casual approach to organizational management and instill too much trust in one individual. "These are people whose kids go to school together; they socialize with each other, and they can't imagine that this person that they know so well would take money," says Greenleaf. "There are two problems with that. One, you don't know who's coming down the line. Organizations change. Kids age out and organizations move on. Two, circumstances for individuals change. People lose their jobs, or there's an illness in the family. This can put tremendous financial pressure on people and make them start thinking about doing things they normally wouldn't do."

Continued on next page ►

Safeguarding Youth Sports Programs Against Embezzlement (continued)

According to the Montgomery, Pa., Controller's Office...

43% of fraud is detected through tips

22% by accident

14% by internal audits

12% by external audits

OUNCE OF PREVENTION

Safeguarding an organization from financial fraud is a two-fold process, says Greenleaf, relying on transparency and internal controls. "There is no one silver bullet, but there are a lot of small, inexpensive measures organizations can take to protect themselves," he says. "Find a bank that will require two signatures on every check. Make sure there's a separation of duties — one person who orders equipment, another who takes it in, another who reviews the invoice and pays for it. You have three people looking at the process. Not only does it break up the work, but it creates obstacles. You have other people watching who can raise the red flag." Even in smaller organizations where there aren't enough volunteers to make such a separation feasible, volunteers should make their records as transparent as possible so that anyone who is interested can account for each dollar spent.

Paying for services of a financial professional is one of the most effective ways to uncover fraud, though not always an option for organizations short on funds to begin with. Even in such cases, Greenleaf says, it doesn't hurt to ask for a little guidance. "Reach out to an accountant in the community — one that's trained as a certified fraud examiner would be the best bet — and ask for his or her help to review how the organization's books are kept."

There are other resources that can help volunteer organizations get started down the right path; NAYS offers a low-cost online clinic and other resources for volunteer coaches and administrators. "We've always had a training program for professional youth sports administrators, people who are at recreation departments and responsible for the kids on those fields," Engh says. "But those are people who have gone to school and have gotten degrees to oversee these things. A basic program for volunteers who deal with these things is really important."

When the right controls are in place to catch discrepancies, would-be thieves are also deterred from acting in the first place, which is really the goal. Scandals, whether embezzlement-related or not, are damaging to an organization's reputation, and even in the event that lost dollars can be recouped after an embezzlement charge, the organization's future may be doomed. "The reality is that you have to operate like a business," says Engh. "If this kind of thing happened to a business, that business would have to go back to square one; start over, rename the business, clear out the board, to be able to regain that trust. In the end, even though it's nonprofit, it's still a business, and if it doesn't get supported, it's going to be gone."

DEPARTMENTAL OVERSIGHT

While the influx of private youth sports organizations has eased the burden on parks and recreation departments, recreation departments shouldn't view such partnerships as a complete handoff of duties, Engh stresses. "They need to be more proactive, not just wait for something to happen," he says. "If you're just overseeing permits, that's not enough. You have to go in there and make sure that the people using your fields understand about financial management, insurance, training volunteers."

Recreation departments have a duty to monitor the organizations providing services on their behalf and ensure that they are held to acceptable standards in all aspects of the programming. "It's not just embezzlement — a fight between parents, bad officials, bad coaching. It could be anything," Engh says. "In a lot of cases, the parks and recreation department will allow a program to operate until something bad happens, and then it has the decision to say the city is going to have to come in and take over that program, or a new group is going to be the official choice to run that program for our community."

Besides oversight of facilities and programs, recreation officials are in the unique position to act as an unbiased mediator when issues arise. "Typically all these families that have the run, they are all friends and no one wants to challenge anybody," Engh says.

In such instances, trust becomes a detriment to objective oversight, according to Engh, who recommends that recreation departments have a staff member representing the department on the board or at the meetings for their local youth sports organizations, both to monitor the organization's operations and act as a conduit for concerns.

"Internal controls are obstacles," says Greenleaf. "No one thing you're going to do is going to stop theft, but the more obstacles that you put into place, the higher the chance that someone is going to stumble over one of them and get caught."

Reprinted from AthleticBusiness.com



Youth Basketball State Championships

Youth Basketball Wrap-up

By Steve Ketter, Program Administrator

The 26th Annual MSF Youth Basketball State Championships featured another year of outstanding basketball. Several champions were crowned and thousands of participants from teams across the state were able to see how they measured up against a competitive field. Congratulations and thank you to all players, coaches, referees, and fans.

A special thanks to tournament hosts who made it all possible. State tournament hosts included: Buffalo, Tim Speckel; Monticello, Jeremiah Mack; and Roseville, Don Bowman. Another thanks to our Supervisors of Officials who provided our tournaments with qualified officials: Steve Fischer, Kelly Anlauf, Dave Maher and Don Bowman.

Enjoy your summer season and we will see you in 2015! Questions and comments can be directed to Steve Ketter at steve@msf1.org.



Boys 4th Grade State Championship



STMA 37 ST. JOSEPH'S 23

Boys 5 A/B State Championship



SHAKOPEE 46 MAHTOMEDI BLUE 26

Boys 5 B/C State Championship



BECKER 37 WBL ORANGE 18

Boys 6 A State Championship



SHAKOPEE BLACK 71 BUFFALO PURPLE 38



2015 Minnesota Youth Basketball Association State Tournaments

Girls' State: February 28-March 1
Boys' State: March 7-8



Youth Basketball State Championships

Boys 6 B State Championship



ZIMMERMAN 52 ST. ANTHONY 43

Boys 6 C State Championship



ST. JOSEPH 43 WOODBURY WHITE 28

Boys 7 A State Championship



STMA 54 CHASKA 40

Boys 7 B State Championship



SAUK RAPIDS 43 HOLY FAMILY 28

Boys 7 C State Championship



KENNEDY 41 MAHTOMEDI GOLD 32

Boys 8 A State Championship



SHAKOPEE BLACK 59 CHANHASSEN 54

Boys 8 B State Championship



JORDAN 47 ROSEVILLE BLACK 40

Boys 8 C State Championship



KENNEDY 41 APPLE VALLEY 33

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GO WOLVES!

FIVE MYTHS ABOUT OBESITY

Fixing the problem is a matter of regulation – and not the kind prefaced by ‘self’.

By Deborah Cohen | December 31, 2013

The obesity epidemic is among the most critical health issues facing the United States. Although it has generated a lot of attention and calls for solutions, it also has served up a supersized portion of myths and misunderstandings.

1) If you're obese, you can blame your genes.

As obesity rates have soared, some researchers have focused on individuals' genetic predisposition for gaining weight. Yet, between 1980 and 2000, the number of Americans who are obese has doubled — too quickly for genetic factors to be responsible.

So why do we eat more than we need? The simple answer: Because we can. At home and at restaurants, a dollar puts more calories on our plates than ever before. Before World War II, the average family spent as much as 25 percent of its total income on food; in 2011, it was 9.8 percent. And people eat out now more than in the past. In 1966, the average family spent 31 percent of its food budget dining away from home; in 2011, it was 49 percent. Because restaurant meals usually have more calories than what we prepare at home, people who eat out more frequently have higher rates of obesity than those who eat out less. Meanwhile, the food industry has developed tens of thousands of products with more calories per bite, as well as new, effective marketing strategies to encourage us to buy and consume more than necessary. We should blame these business practices, which are modifiable, for obesity rather than our genes, which are not.

2) If you're obese, you lack self-control.

According to a 2006 study, “research on restrained eating has proved that in most circumstances dieting is not a feasible strategy.” In other words: People won't lose weight by trying to eat less because they can't easily control themselves. Unfortunately, this puritanical view of personal resolve plays down how our surroundings and mental state determine what we eat.

Research shows that if we are overwhelmed with too much information or preoccupied, we have a tendency to surrender to poor dietary choices. In one study, for example, people asked to choose a snack after memorizing a seven-digit number were 50 percent more likely to choose chocolate cake over fruit salad than those who had to memorize a two-digit number. When adults in another study were asked to sample a variety of foods after watching a television show with junk-food commercials, they ate more and spent a longer time eating than did a similar group watching the same show without the junk-food ads. In the same study, children ate more goldfish crackers when watching junk-food commercials than did those who saw nonfood commercials.

Our world has become so rich in temptation that we can be led to consume too much in ways we can't understand. Even the most vigilant may not be up to the task of controlling their impulses.

3) Lack of access to fresh fruits and vegetables is responsible for the obesity epidemic.

The Obama administration's Healthy Food Financing Initiative is meant to help low-income communities that lack access to fresh food. Although the Department of Agriculture estimates that fewer than 5 percent of Americans live in these “food deserts,” about 65 percent of the nation's population is overweight or obese. For most of us, obesity is not related to access to more nutritious foods, but rather to the choices we make in convenience stores and supermarkets where junk-food marketing dominates. Since we are buying more calories than we need, eating healthfully could be made more affordable by eliminating unnecessary, cheaper, low-nutrient foods and substituting higher-quality foods that may be slightly more expensive.



Sophisticated marketing messages undermine our ability to limit how much we consume.

Obesity is usually the consequence of eating too much junk food and consuming portions that are too large. People may head to the produce section of their grocery store with the best intentions, only to be confronted by candy at the cash register and chips and soda at the end of aisles. Approximately 30 percent of all supermarket sales are from such end-of-aisle locations. Food retailers' impulse-marketing strategies contribute significantly to obesity across the population, not just for those who do not live near a greengrocer or can't afford sometimes pricier healthful choices.

4) The problem is not that we eat too much, but that we are too sedentary.

First Lady Michelle Obama's “Let's Move” campaign is based on the idea that if kids exercised more, childhood obesity rates would decline. But according to the Centers for Disease Control and Prevention, there was no significant decrease in physical activity levels as obesity rates climbed in the 1980s and 1990s. In fact, although a drop in work-related physical activity may account for up to 100 fewer calories burned, leisure physical activity appears to have increased, and Americans keep tipping the scales.

There is compelling evidence that the increase in calories consumed explains the rise in obesity. The National Health and Nutrition Examination found that people consume, on average, more than 500 more calories per day now than they did in the late 1970s, before obesity rates accelerated. That's like having a Christmas dinner twice a week or more. It wouldn't be a problem if we stuffed ourselves only once a year, but all-you-can-eat feasts are now available all the time. It's nearly impossible for most of us to exercise enough to burn off these excess calories.

5) We can conquer obesity through better education about diet and nutrition.

According to a physicians' health study, 44 percent of male doctors are overweight. A study by the University of Maryland School of Nursing found that 55 percent of nurses surveyed were overweight or obese. If people who provide health care cannot control their weight, why would nutrition education alone make a difference for others?

Even with more information about food, extra-large portions and sophisticated marketing messages undermine our ability to limit how much we consume. Consider Americans' alcohol consumption: Only licensed establishments can sell spirits to people older than 21, and no alcohol can be sold in vending machines. Yet there are very few standards or regulations to protect Americans from overeating.

In the 19th century, when there were no controls on the quality of drinking water, infectious disease was a major cause of death. Once standards were established, the number of these fatalities plummeted. Similarly, if Americans did not live in a world filled with buffets, cheap fast food, soft drinks with corn syrup, and too many foods with excess fat, salt and sugar, the incidence of obesity, heart disease, high blood pressure and diabetes probably would plummet. Education can help, but what's really needed is regulation — for example, limits on marketing that caters to our addiction to sugar and fat.


Deborah Cohen is a senior natural scientist at the Rand Corp. and the author of the forthcoming book “A Big Fat Crisis: The Hidden Forces Behind the Obesity Epidemic and How We Can End It.” She wrote this article for the Washington Post.

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Youth Volleyball State Championships

26th Season of MSF Volleyball comes to a conclusion

The first of Minnesota Girls Volleyball Association state tournaments began in Austin, MN on March 15-16 (Quad State). Thank you to the excellent staff in Austin for your efforts and a well-run tournament.

The second state tournament was held at Becker High School on April 5-6. The tournament crowned six champions over two days of action packed volleyball.

The Hutchinson State tournament was hosted by the Hutchinson Recreation Center on April 26-27. Thank you to the staff at the Recreation Center for their hard work in putting on a great first class MSF event.

The May 10-11 tournament was held at Monticello High School. The tournament capped off another great Minnesota Girls Volleyball Association season with seven teams in seven age divisions of play claiming championships.

A big thank you to our tourney site managers: Helen Jahr, Austin; Jason Baune, Becker; Jeremiah Mack and Brendan LaBau, Monticello; and Raquel Bushman, Hutchinson.

Thank you to all officials and hosts for providing your services throughout the season! And a special thank you to Tony Perez, Supervisor of Officials.



12-UNDER MARCH STATE TOURNAMENT, AUSTIN	
CHAMPION	RUNNER-UP
HAYFIELD SUNDOGS 6	BLOOMING PRAIRIE 6



13-UNDER MARCH STATE TOURNAMENT, AUSTIN	
CHAMPION	RUNNER-UP
SIZZLERS, ST. CHARLES	AUSTIN (LK)



14-UNDER MARCH STATE TOURNAMENT, AUSTIN	
CHAMPION	RUNNER-UP
HAYFIELD SUNDOGS	HAWKS 14, FARMINGTON



15-UNDER MARCH STATE TOURNAMENT, AUSTIN	
CHAMPION	RUNNER-UP
WAVES, DETROIT LAKES	BLUE EARTH BUGS 15'S



Youth Volleyball State Championships



17-UNDER MARCH STATE TOURNAMENT, AUSTIN	
CHAMPION	RUNNER-UP
AUSTIN AREA 17'S	NORTHWOOD WILD, IOWA



18-UNDER MARCH STATE TOURNAMENT, AUSTIN	
CHAMPION	RUNNER-UP
SAINTS, ST. PETER	JAGUARS, NRHEG



12-UNDER APRIL I STATE TOURNAMENT, BECKER	
CHAMPION	RUNNER-UP
MELROSE SMASH GREEN	AVON SLAMMERS KM



13-UNDER APRIL I STATE TOURNAMENT, BECKER	
CHAMPION	RUNNER-UP
MELROSE SMASH	HIBBING JUNIORS



14-UNDER APRIL I STATE TOURNAMENT, BECKER	
CHAMPION	RUNNER-UP
AVON SLAMMERS AS	OSAKIS I



15-UNDER APRIL I STATE TOURNAMENT, BECKER	
CHAMPION	RUNNER-UP
MELROSE SMASH	BEA BUGS



Youth Volleyball State Championships



16-UNDER APRIL I STATE TOURNAMENT, BECKER	
CHAMPION	RUNNER-UP
WOODBURY JUNIORS	MELROSE SMASH



17-UNDER APRIL I STATE TOURNAMENT, BECKER	
CHAMPION	RUNNER-UP
MELROSE SMASH	BECKER INFERNO



12-UNDER APRIL II STATE TOURNAMENT, HUTCHINSON	
CHAMPION	RUNNER-UP
WATERTOWN PURPLE	AVON SLAMMERS KM



13-UNDER APRIL II STATE TOURNAMENT, HUTCHINSON	
CHAMPION	RUNNER-UP
SHARP SLAMMERS, WATERTOWN	AVON SLAMMERS KB



14-UNDER APRIL II STATE TOURNAMENT, HUTCHINSON	
CHAMPION	RUNNER-UP
AVON SLAMMERS AS	FARMINGTON HAWKS



15-UNDER APRIL II STATE TOURNAMENT, HUTCHINSON	
CHAMPION	RUNNER-UP
WOODBURY JUNIORS	BEA BUGS



Youth Volleyball State Championships



12-UNDER MAY STATE TOURNAMENT, MONTICELLO	
CHAMPION	RUNNER-UP
MELROSE SMASH GREEN	DETROIT LAKES WAVE RED



13-UNDER MAY STATE TOURNAMENT, MONTICELLO	
CHAMPION	RUNNER-UP
HAYFIELD SUNDOGS	MELROSE SMASH



14-UNDER MAY STATE TOURNAMENT, MONTICELLO	
CHAMPION	RUNNER-UP
WADENA-DEER CREEK	AVON SLAMMERS KB



15-UNDER MAY STATE TOURNAMENT, MONTICELLO	
CHAMPION	RUNNER-UP
MELROSE SMASH	OSAKIS STARZ



16-UNDER MAY STATE TOURNAMENT, MONTICELLO	
CHAMPION: MELROSE SMASH	
RUNNER-UP: SWANVILLE PANTHERS	



17-UNDER MAY STATE TOURNAMENT, MONTICELLO	
CHAMPION: MELROSE SMASH	
RUNNER-UP: WADENA-DEER CREEK	



18-UNDER MAY STATE TOURNAMENT, MONTICELLO	
CHAMPION: FRONTIER	
RUNNER-UP: NRHEG JAGUARS	

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Minneapolis/Brooklyn Center • Mankato

Hospitality Inn & Suites Locations

Bloomington



Adult Volleyball State Championships



WOMEN'S CLASS A STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
THAT'S WHAT SHE SET, ST. CLOUD	LEAP FROGS, HUTCHINSON	ALLIANZ LIFE, HOPKINS	ACES, HUTCHINSON

Kristen Hille
Kendall Jones
Katie Busse
Wendy Van Loy

Alexa Nelson
Kristin Songig
Kris Lawrence

WOMEN'S CLASS BB STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
SPUNKY SPIKERS, ROCHESTER	YAHTZEE, ST. CLOUD	SERVES YOU RIGHT, HUTCHINSON	COOPERS, EAGAN

Danielle Vlazny
Tara Hogenson
Susie Woell

Jesse Hefner
Marcy Byers
Kirtley Hitt



WOMEN'S CLASS B STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
THOLE DENTAL, ST. CLOUD	SOL FIRE, BROOKLYN CENTER	HOFFMANN TRANSMISSION, PAYNESVILLE	CREDIT UNION, SAUK CENTRE

Jennifer Rice
Sheri Staney
Holly Riggs

Nicole Olson
Maria Lahr
Tiffany Larke

WOMEN'S CLASS CC STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
LAKES/IWG, MANKATO	BRADSHAW & BRYANT, ST. CLOUD	SPARE TIME, AUSTIN	B&L BAR, NEW ULM

Kari Davis
Kari Warling
Nicole Skarphel

Roxy Roth
Kristi Wempen
Rachel Hollerich

Callie Nelson
Shauna Brockman
Amber Hohenstein





Adult Volleyball State Championships



WOMEN'S CLASS C STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
SCRAPPERS, MARSHALL	GLEN TOWING, FARIBAULT	HOY'S RESORT, FARIBAULT	GINNY'S DRIVE-IN, OWATONNA

Shelby McDonald
Summer Alsaker
Vicki St. Aubin
Teri Schreurs

Andrea Ellingson
Shelly Hasch
Amy DeVos

MEN'S CLASS A STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
SHERMAN'S, MARSHALL	DUCK'S, ST. CLOUD	RAPID RICK'S, SMVB	RAPID RICK'S ORIGINALS, SMVB

Jody Gladis
Erik Sweker
Zach Bruns

John Mader
Tyler Boddy
Mike Dalager

Aaron Wayne
Nathan Cox
Andy Silvers



MEN'S CLASS B STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
GRANDPA AL'S, FARIBAULT	DO YOU KASASA?, SMVB	SPINILATORS, SMVB	JRA CONSTRUCTION, SMVB

Chris Willock
Mike Jarvis
Adam Schultz

Drew Matthews
Brian Bloomer
Andrew Baehr

Colby Ordal
Eric Opegard
Willie Clapp

CO-REC CLASS AA STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
SNAP IT, EDEN PRAIRIE	DAHLMAN SEEDS, HUTCHINSON	GABRIALSON EXCAVATING, HUTCHINSON	KRAMER, ROCOR

Amy Murphy
Laura Gintant
Greg Heilman

Aaron Lange
Renee Lange
Paul Woma





Adult Volleyball State Championships



CO-REC CLASS BB STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
KRILLAN, CLEARWATER	COLLINS BROS., ST. CLOUD	WHATEVER, ANOKA-HENNEPIN	KLIMEK BROS., ALEXANDRIA

Trey Swanson	Brent Simon	Sean Roquette
Nikki Reiland	Amanda Karskey	Alyssa Roquette
Jenae Swanson	Emily Wenner	Mike Kalzer
Tron Sawnsen		

CO-REC CLASS B STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
CONTACT HIGH, SMVB	SWANY'S PUB, NEW ULM	MOORE FARMS, HUTCHINSON	GRAY INC., OWATONNA

Broden Saulsbury	Jolene Hanson
Joe Bluhm	Josh Hanson
Taylor Meurer	Bryan Wolle
Laura Girard	Jake Witt



CO-REC CLASS CC STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
BALL & CHAIN, WADENA	CPS, SAUK CENTRE	SAUK RAPIDS VFW, ST. CLOUD	ENEMARK SEEDS, MARSHALL

Ben Bestland	Mitchell White
Melanie Bestland	Jessica White
Cy Bestland	Amanda Aslakson
Gretchen Bestland	

CO-REC CLASS C STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
MISFITS, MILACA	PREMIER L&S, SMVB	LOU-RICH, AUSTIN	BOTTOMS UP, LITTLE FALLS

Kim Stassen	Jeremiah Johnson	Megan Imholte
Nikki Berg	Reggie Malikowski	Matt Imholte
Bret Woolhouse	Molly Malikowski	Scott Marlow





Broomball State Championships



CO-REC CLASS A STATE TOURNAMENT

CHAMPION	RUNNER-UP
BREWERS, BLOOMINGTON	PHOENIX, BRECK

Steve Doubouty	Jeff Kittelson	Cory Schmitt	Darla Corcoran
Ben Shellett	Jonathan Jaunty	Dave Toering	Lindsay M.
Mike Rohde	Quinn Schmitt	Jess Peter	Jenna
Mike Huber	Kurt Nelson	Julie Brucky	

CO-REC CLASS B STATE TOURNAMENT

CHAMPION	RUNNER-UP
COLD CHALUPAS, ROCHESTER	GADABOUTS, ST. LOUIS PARK

Adam Stallman	Sharon Su	Nathan Rabe
Jacob Chapman	Chelsee Bernston	Ryan Cradick
Justin Mackey	Rachel Gagliasso	Jeff Claude
Jesse Smith	Rallie Halverton	Tricia Saponari
Walter Kennebeck	Mike Burman	



CO-REC CLASS C STATE TOURNAMENT

CHAMPION	RUNNER-UP
REAGLE BEAGLE, ST. LOUIS PARK	CHAMPPS, MAPLEWOOD

Jon Blood	Dave Martin	Charlie Mackry	Sarah Hearn
Chris Weglinski	Joel Elle	Eric Mackry	Tim Zimmer
Kait Ziemer	Amber Kuhn	Brian Grivna	Ali Keller
Susan Smith			



MEN'S CLASS A STATE TOURNAMENT

CHAMPION	RUNNER-UP
INFERNO, AUGSBURG	BARRIES, AUGSBURG

Mack Backlund	Justin Patterson	Andy Heminway	Jason Revels
Jamie Johnson	Trevor Kelsey	Mike Kizmo	Kevin Broadbeat
Rod Bodnar	Mike Rohde	Corey Swanson	Tom Anderson
Tom Van de Waller	Mike Huber	Eric Wickbury	Jeff Kittelson





Broomball State Championships

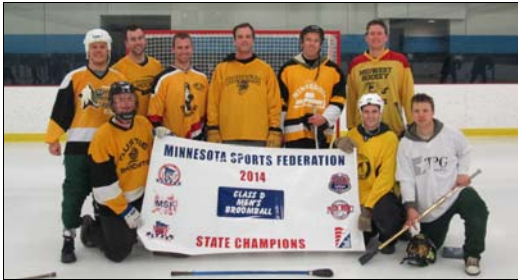


MEN'S CLASS B STATE TOURNAMENT

CHAMPION		RUNNER-UP	
FARGO WARRIORS		MN WARRIORS, AUGSBURG	
Kyle Jandro	Brent Plantz	Justus Foss	Tom Conlin
James Botnen	Luke Pagel	Mike Nokelby	Bryan Delaney
Nick Taralson	Mitch Taralson	Jonathan Foss	Austin Nyhof
Dan Vrlask	Mike Veit		

MEN'S CLASS C STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
STICKS & STONES, BLOOMINGTON	SLOPPY WAFFLES, ROCHESTER	WRANGLERS, MPLS	MUSKRATS, AUGSBURG
Joe Beckman John Each Dan Lipken Nick Reichert Dan Brosnan	Mark Woell Colin Archerhall Nick Johnson Nathan Laughran Jesse Kellem	Matt Doughty Troy Beckman Pat Delahunt Justin Pille Chris Barrett	



MEN'S CLASS D STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	
SLIPPERY WHEN WET, HOPKINS	BRINE'S BOMBERS, BLAINE	TAVERN GRILL, BLAINE	BLAZERS, PAYNESVILLE
Ted Bickel Jeff Budich Joe Owen Thor Josefson	David Berglund Jake Busch Greg Olsen Josh Budisch	Brent Therrien Sean O'Hagen Barret Simons Erik Johnson	

WOMEN'S CLASS A STATE TOURNAMENT

CHAMPION		RUNNER-UP	
TRACY'S SALOON, AUGSBURG		STORM, AUGSBURG	
Jen Revels Ann Miller Jessica Peter Sandi Petersen	Jenna Veenis Becky Hauge Darla Corcoran	Sarah Holbrook Kelly Uesset Gabi Martin	Michelle Brickley Lindsey McConnell Lisa Headson



WOMEN'S CLASS B STATE TOURNAMENT

CHAMPION		RUNNER-UP	
FARGO CONNECTION		FROZEN ASSETS	
Lindsay Dean Carmen Nordlund Jen Stone Arianne Smith	Sheila Cheng Sarah Radosvich Renda Baird Alicia Mellertson	Evonne Smith Brie Cauffman Anna Foss Mary Crompton	Rachel Gatz Jennifer Eser Kelli Swanson



USA Broomball National Championships

USA Broomball Nationals Wrap-up

By Dave St. Aubin & Kevin Denesen

60 teams and over 900 athletes competed in USA Broomball's recently completed National Championships. The tournament used a new record 19 different game officials.

A new National Tournament record was set for most total goals scored in a single game, as Kelly Lake and the MN Warriors combined for 18 goals in an 11-7 Kelly Lake victory.

The Washington DC/Baltimore area set a record for most Non-Minnesota teams to travel to an out-state site from 1 region, as they brought a combined 7 teams to this year's tournament (Minnesota holds the overall record, having brought 9 to Oxford OH in 2013). The Bipartisans broke Minnesota's stranglehold on this year's Championships, winning the Co-Rec Tier II National title (Minnesota teams won the other 6 divisions). The Nomadic Horde became the first non-Minnesota Men's Class A team to ever appear in consecutive Class "A" Semi-Finals. Inferno appeared in the Men's Class A Final for the 4th time in 5 years. USA Broomball would like to congratulate all of this year's national champions and participants on another great tournament. Next year's Nationals will be held in Fargo North Dakota. For more information, please visit usabroomball.com.



Class A Men's Broomball

Champions: Barries Tavern - MN/NY
Runner-up: Inferno - Minneapolis, MN

Class B Men's Broomball

Champions: Geez - Albertville, MN
Runner-up: Nordic Stars - Minneapolis, MN

Class C Men's Broomball

Champions: Sticks and Stones - Bloomington, MN
Runner-up: Muskrats - Blaine, MN

Class D Men's Broomball

Champions: Brines Bombers - Blaine, MN
Runner-up: Legislators - Washington, DC

Co-Rec Tier I Broomball

Champions: Lake Effect - Arden Hills, MN
Runner-up: Polar Vortex - Minneapolis, MN

Co-Rec Tier II Broomball

Champions: Bi-partisans - Washington, DC
Runner-up: Columbus Kutters - Indianapolis, IN

Collegiate Men's Broomball

Champions: Bethel University - Arden Hills, MN
Runner-up: NDSU - Fargo, ND

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Men's Basketball State Championships

MEN'S BASKETBALL CLASS B STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	CO-THIRD PLACE
BROWER CONST., WILLMAR	X-RATED, STMA	J&J ATHLETICS, STMA	NFT, PLYMOUTH

Mike Brower
Chris Anderson
Adam Schumacher
Aaron Burtzel

Brent Lurken
Ben Flavin
Jonas Grossman
Chris Tengwall



BROWER CONST. 74  **X-RATED** 64



MEN'S BASKETBALL CLASS C STATE TOURNAMENT

CHAMPION	RUNNER-UP	THIRD PLACE	FOURTH PLACE
1ST AVE HAIR CARE, NORTHFIELD	ELECTRIC MOTOR, REDWOOD FALLS	GARDONVILLE, SAUK CENTRE	AUM, WILLMAR

William Sietsema
Jay Schweisthal
Brady Hansen

Jared Breitenfeldt
Brandon Weber
Jake Gippert

Lance Gonzalez
Drew Mathews
Adam Schultz

1st AVE HAIR CARE 81  **ELECTRIC MOTOR** 68

MEN'S BASKETBALL CLASS D STATE TOURNAMENT

CHAMPION	RUNNER-UP	CO-THIRD PLACE	CO-THIRD PLACE
MCO, BRainerd	JIM'S CLOTHING, DAWSON	CMPC, PIERZ	RANDY'S DRUG, SLEEPY EYE

Brian Kvamme
Kyle Bartels
Josh Oehrlein

Jesse Peterson
Derek Joyner
Leo Chough

Moorin Hoge
Connor Leagjeld
Michael Hoge



MCO 46  **JIM'S CLOTHING** 44



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The Minnesota Sports Federation serves as the local association of the National Softball Federation of America and administers the local National Youth Basketball Council.

