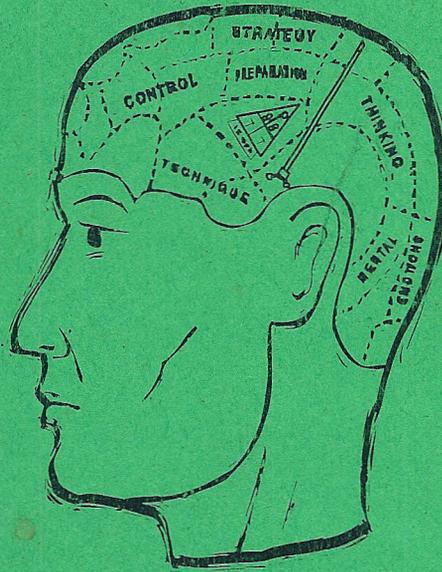


MIND OVER MATTER =

WINNING SHUFFLEBOARD



THE FIRST BOOK EVER WRITTEN FOR  
SHUFFLERS EVERYWHERE, ON THE MENTAL  
AND EMOTIONAL SIDE OF THE GAME

By "Shuffleboard Bob" Zaletel

10/20/2007

PROPERTY OF THE  
US NATIONAL SHUFFLEBOARD ASSOC.  
HALL OF FAME

CONTRIBUTED BY:

"SHUFFLEBOARD BOB" ZALETEL

## Dedication

- The mediocre teacher.....tells
- The good teacher.....explains
- The superior teacher.....demonstrates
- The great teacher.....inspires

(Mikki Williams)

There are so many people to thank for bringing me this far in my "Shuffleboard Life". I've narrowed the list to what I call the "Big 6". These people have truly *inspired* me!

- Louis Zaletel – In 1955, my dad got me started in this great game. He hand-painted a shuffleboard court in the basement of our home in Lorain, Ohio, (it was about 15'x 3'). My sister, Barb, and I played many a game on this court as did my neighborhood friends. Thanks, Dad.
- Mary Zaletel – In 1988, I officially became involved in the game on a yearly basis in Las Vegas, Nevada. My wife, Mary, has been there for me from that first championship at our Las Vegas Corporate Challenge, to this very day. Thanks, Mary.
- Russ Jacobson – In 1991, I began to really learn how to play this great game from Russ, a 4-time Texas State Champion. He came to Las Vegas and shared many of his secrets with myself and other players at a Corporate Challenge Weekend. He also invited me to Mesa, AZ that fall, to see the I.S.A. (International Shuffleboard Association) event at Venture Out. It was my first contact with what I call – "real shuffleboard". Thanks, Russ.
- Harold Edmondson – In the fall of 1991, I met Harold in Mesa, AZ at the I.S.A. tourney held at Venture Out. He was President of the U.S. National at the time. I was impressed with his friendliness and sincerity. He took me under his wing and introduced me to many of the players. He also gave me the inspiration and confidence to pursue my dreams. Thanks, Harold.

- Bud Walrath – In 1993, the I.S.A. came to the Sands Hotel in Las Vegas, Nevada. I met Bud and we proceeded to do a lot of work readying the courts. I was very impressed with his work ethic. We also spent a lot of time discussing the shuffleboard community from the I.S.A. to the National to the States and Districts that play the game. I sure learned a lot. Thanks, Bud.
- Don Kleckner – In 1993 in Las Vegas, NV, I had the privilege of meeting Don, who was the President of the I.S.A. Those of you, who know me, know about my enthusiasm and love of the game. Believe me it pales in comparison to what I saw from Don! He was one of the most positive and energetic people I had ever met when it came to shuffleboard. Thanks, Don.

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## Introduction

"The books that help you the most are those which make you think the most."

(Theodore Parker)

I truly hope that the book you are about to read will emulate the above quote. My first book, Keep On Shufflin, was aimed at shufflers mainly in Arizona and California. It, like the many shuffle books that preceded it, was aimed at physical shot-making and game strategy. Out West, in those two states, the courts are lightning-quick (12 - 20+ seconds); from the disc release to the disc reaching the kitchen area. My aim in that book was to do something never done before; that is, write a book on how to play these conditions.

The book you are about to read (I hope you will find) is like *no other* shuffle book you have ever read. *There will be no court diagrams and very few shot-making tips from the physical standpoint.* It is my sincere hope that shufflers everywhere can use this material, irregardless of conditions (Indoor Courts, Florida Courts, or Western Courts).

The question that prompted me to consider such a book as this was simply, "After a player peaks on the physical/shot-making side, then what?" I realize all shufflers feel their shot-making efforts will never achieve perfection, but I also strongly feel that somewhere in a shuffler's career, he/she will peak on the physical end and, as much as we all hate to admit it, the shots we used to make will get harder. Don't get me wrong, I'm not trying to be negative here, rather, just realistic. Another factor to consider is that quite often in our matches we will come across opponents who are playing equal, if not superior to, our efforts for this match.

The question then is, "If either of the above conditions comes about, how can we win the match?" *It is well documented that most, if not all sports champions say that mental and emotional approaches used separate the champions from the rest of the pack.*

Let's look at a shuffleboard game from a realistic/practical standpoint. Shirley Bilderback, a top Arizona woman shuffler, said in one of her strategy sessions that in a two-hour match (that's 120 minutes) the *actual* shot-making taking place by a player is only about 15-25 minutes, indeed; that may be a high estimate. The question to consider then is, "What does the player do with the other 90-100 minutes?" I'm sure that many of you have had the above pointed out to you. This is indeed something to really think about! Are we, can we, be mentally and emotionally strong all through a game. *This* is the essence of the

book you are about to read. This could be, possibly is, the missing element of your game. Enjoy the reading.

"Shuffleboard Bob" Zaletel

10/20/2007

## Acknowledgements

“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.”

(Voltaire)

A book of this scope cannot be written in isolation. I am very appreciative to the following businesses and individuals for their input and feedback on the material you are about to read. My special thanks to:

- Allen R. Shuffleboard – Sam and Jim Allen
- Polyglide – Kathy Cullop
- M & S – John Rosenkrans and Judy Martinez
- Dura-Dress – Mike Walker

Besides the above four businesses, thanks go to the following ‘Web-Persons’: Stan McCormack, Larry Bell, Pat Lane and Charlie Rennaker.

Finally, thanks to the following individuals for their efforts on this manuscript: Steph Gorsuch, Sabra Fagetan, Bill Greenberg (cover-sheet ‘brain’ concept), Bill Corbin, and Shirley Bilderback.

## About the Author

I would like to spend a couple of paragraphs telling you about myself and how this book came to be. In 1988, almost by accident, I played my first matches at the Sands Hotel (12 courts) in Las Vegas, Nevada for the Clark County School District, in the City's Corporate Challenge. I was still playing some basketball at the time and when I went to the Captain's Meeting the District needed some shuffleboard players. I said to myself, "I can do that" and so it began. Thanks to a miracle shot by my partner, Bruce Miller, we won our first game 94 – 93 and went on to win the gold medal. Shuffleboard play for me was an annual play through 1992 – 5 Gold Medals with three different partners. In 1993, I played in my first of six International Shuffleboard events. The Sands Hotel hosted it in 1993 with the U.S. Men winning the World Championship. I'm proud to say that I went 8 – 3 in this event.

I wanted more, so in 1994 I went to Mesa, Arizona and played in Towerpoint's Sports Days. Gust Reinsch took me under his wing and our other five Las Vegas players started to play *real* shuffleboard. In the fall of 1994, I played in the I.S.A. in Edmonton, Alberta and started a project with Sam Allen to make a beginner's video for shuffleboard entitled "Shuffleboard – The Game of Your Future". It came to fruition in January of 1997. Brazil and some of the newer nations have used this video for their new players.

In 1997, I retired from 30 years of teaching and my wife, Mary, and I headed to Mesa, Arizona in the fall. I met Kathy Cullop at that time and we collaborated on an Internet venture. In early 2000, Shuffleboard Segments appeared on her website polyglide.com This project continues to be a work-in-progress.

In the fall of 2002 I began teaching strategy lessons at East Mesa Parks with "Shuffleboard Bill" Visser. Starting in the 2003 season, I expanded our territory to the entire valley with "Shufflin Ward" Dowell at my side. I had, and continue to have, sign in sheets to track attendees – I always visit shufflers parks. I'm proud to say that of this writing (four seasons), I have worked with 1,062 shufflers!

In the summer of 2003 it occurred to me to write a book for Western Courts – it had never been done before! The book Keep on Shufflin officially came out in the fall of 2005. I'm proud to say that as of this writing, over 250 copies have been sold. Even as this first book was being finalized I was eager to write another one – a first on the mental/emotional side of the game. *I believe, with all my heart, that this book will help the world-wide shuffle community! You will be the judge of this – enjoy the text; my hope is that it will enlighten, inform, and excite every level of shuffler.*