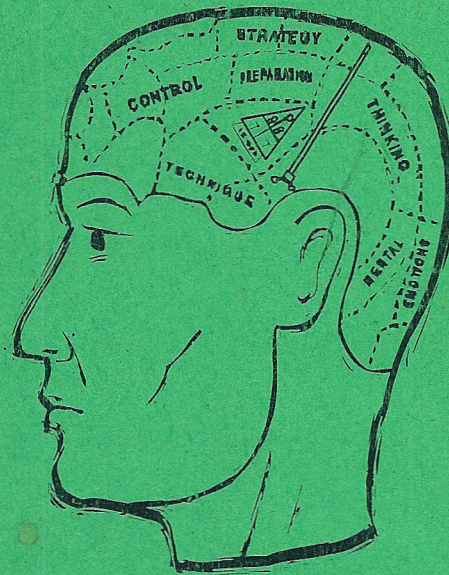


MIND OVER MATTER =

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.*

## Part I – The Fun/Hands-on Section

“Blessed are the flexible, because they shall not get bent out of shape.”

(College of Marin)

We all need to become more flexible – are you? We’ll soon find out. This first section is designed to have *you* put the pencil to the paper - *Have Some Fun!* Everyone I talk to or play against, seem to echo the same sentiment, “Shuffleboard needs to bring back fun/enjoyment into the game!” Well, that’s what I aim to try and do in this section. Obviously, I thought to put it at the end of the text. I then thought better of it and felt that this is where it belongs! I sincerely hope that your flexibility will allow this to happen! Give it a close look and *enjoy!* (All answers will appear on the last page of this text – NO PEEKING! (A, B and C are *Mental* – D, E and F are *Emotional*)

### A. How much do you know about the game?

1. What is the maximum length of a shuffleboard cue?  
Answer: \_\_\_\_\_
2. What is the length of the shuffleboard court – baseline to baseline?  
Answer: \_\_\_\_\_
3. How many discs will fit into the 10 area?  
Answer: \_\_\_\_\_
4. How many discs will fit into the -10/kitchen area?  
Answer: \_\_\_\_\_
5. How many matches do you need to win in a 64 player field to win the Main Event/Championship?  
Answer: \_\_\_\_\_
6. In what year was the first International (I.S.A.) held?  
Answer: \_\_\_\_\_  
Extra Credit: Where?  
Answer: \_\_\_\_\_

### B. Unscramble these common shuffle terms:

Example: \_ \_ \_ euc (Answer: c u e)

1. \_ \_ \_ \_ \_ eusho

2. \_ \_ \_ \_ \_ cinte~~h~~k
3. \_ \_ \_ \_ \_ mheram
4. \_ \_ \_ \_ \_ rcgitahn
5. \_ \_ \_ \_ \_ paatm
6. \_ \_ \_ \_ \_ engls~~g~~u

### C. Shuffleboard Word Search

Find and circle all the shuffleboard terms listed at the left. They may be in an up, down, forward, backward, or diagonal position. Unscramble the letters not used in the WORD SEARCH to find the answer to the SHUFFLEBOARD NEMESSES. Enjoy!

Aim Apex Arc Backstop Bait Baseline Beads Black Bump Carom Cease Cue Deep Degree Delivery Disc Double Duel End Fast Foul Gasp Guard Hats Head Hero Hidden Hit Kitchen	Lag Lead Leaner Lost Match Math Miss Nick Opponent Partner Penalty Pigeon Play Risk Roll Score Seven Shot Side St. Pete Strategy Suicide Alley Tampa Tap Team Ten Wax Win Yellow	X	W	Y	T	L	A	N	E	P	N	E	V	E	S	A	
		A	H	O	E	T	I	H	A	N	M	A	E	T	P	E	
		W	P	A	L	C	O	R	E	H	I	D	D	E	N	M	
		Y	D	O	K	L	T	I	A	B	A	L	X	P	A	G	
		C	E	A	T	N	E	N	O	P	P	O	E	T	A	P	
		S	L	L	E	S	I	Y	I	K	M	N	C	S	E	M	
		I	B	R	L	H	K	G	T	C	A	H	P	E	A	U	
		D	U	E	S	A	E	C	S	A	T	L	D	E	K	B	
		F	O	U	L	O	E	K	A	L	R	E	L	I	S	H	
		G	D	E	N	C	T	D	F	B	L	E	T	O	I	T	
		E	U	S	D	A	E	B	I	I	T	C	N	N	R	A	
		D	P	A	C	G	A	L	V	C	H	O	A	A	I	M	
		I	D	L	R	O	I	E	U	E	I	A	H	R	E	W	
S	N	E	A	D	R	E	N	L	S	U	T	S	O	L			
N	E	T	N	Y	G	E	T	A	R	T	S	S	I	M			

SHUFFLEBOARD NEMESSES: ○○○○○○○○ And ○○○○○○

D. How to Plant a Shuffleboard Garden  
(Chris Hoekstra – District 8, CA)

Plant 4 Rows of Peas

- Personality
- Perseverance
- Promptness
- Preparation

Plant 4 Rows of Squash

- Squash negative thinking
- Squash gossip
- Squash criticism
- Squash indifference

Plant 4 Rows of Lettuce

- Let us use information sincerely
- Let us respect our association and staff
- Let us show sincere enthusiasm
- Let us be an example

Plant 4 Rows of Turnips

- Turn up for meetings
- Turn up with a friendly smile
- Turn up with ideas to share
- Turn up with new players so they, too, may enjoy the fruits of the garden

E. What Makes 100%  
(Dwain Johanson – Mesa, AZ – Dist. 4)

Ever wonder about those people who say they are giving *more* than 100%?  
Here's a little math that might prove helpful:

If:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 1 4 15 16 17 18 19 20 21 22 23 24 25 26

Then:

H A R D W O R K  
8 1 18 4 23 15 18 11 = 98%

K N O W L E D G E  
11 14 15 23 12 5 4 7 5 = 96%

But,

A T T I T U D E  
1 20 20 9 20 21 4 5 = 100%

And,

B U L L S H I T  
2 21 12 12 19 8 9 20 = 103%

So, it stands to reason that hard work and knowledge will get you close, attitude will get you there, but bullshit will put you over the top.

- F. Finally, a little song for the musically inclined.  
(Shirley Bilderback - Mesa, AZ - Dist. 1)

Mamas, Don't Let Your Babies Grow Up To Be Shufflers

Verse: Mamas, Don't let your babies  
Grow up to be shufflers  
Let 'em pitch horseshoes  
Or hit tennis balls  
Ride in golf carts,  
Or shop in the malls  
Mamas, don't let your babies  
Grow up to be shufflers  
'Cause they're never at home  
And you're always alone  
They're trying to figure out the game

Verse: Shufflers ain't easy to love  
And they're harder to hold  
They'd rather play you a game  
Than give diamonds or gold  
Beat up o' trophies are  
Their prized possessions  
Each game is a challenge, they say  
You'll never understand why

They never give up  
They won't cook - - but  
They're in the kitchen all day

## Part 2 – The Mental Game

“The more you say, the less people remember. The fewer the words, the greater the profit.”

(Fe'nelon)

Well, here we go! I will do my very best to keep my writing as clear and succinct as possible in order to adhere to the above quote. As the title of Part 2 indicates, this section will deal with the mental elements of the game of shuffleboard. I realize that, many times, the mental and emotional elements are closely intertwined – I've taken the writer's liberty of doing my best to keep them separate.

### A. Defining the Word

I would like to begin with a clear and concise definition of the word - *mental*. Webster's, and other dictionaries, describes the word as “something relating to or of the mind.” Clearly, the mental aspect of the game indicates game strategy – our decisions on shot selection – but as I'm sure most of you agree, it's *much more* than that. The much more part is what this section will deal with. Think about it – of the physical, emotional, and mental sides to each and every game (even each and every shot we take), the mental side of our play is the only one that is *hidden*. (Our opponent can see our shot and our reaction to it, but not our thinking). *Later in this book I'll have each of you access your physical, emotional, and mental skills*. The successful shuffler, I feel, is the one who can achieve *balance*. I contend that the most important element of the three is the mental. By the time you get to your personal survey, I hope you will also see this.

### B. Three Mental Elements to Master

In every game you play, there are 3 items you must control on the mental end. *The first is Yourself*. By that I mean, developing mental toughness – sometimes things don't go our way and sometimes our play for this day is not up to par. If we cannot keep our head (mental), our match is probably doomed. I, like you, *after* the completion of a match in which we've struggled, question our mental approach to the events. We say such



things as: Why did I do that? Why didn't I stick to my game plan? Why did I lose patience? These and any other affirmations tell us that our mental approach needs to be strengthened. Let me put it another way – nobody likes to lose. I, like you, have lost matches; yet I am at peace with myself. Why? I believe that in those matches my mental game stayed strong – I played well, but, it just wasn't my day.

*The second element* is to be able to analyze your *Opponent's Play*. I feel that very few players give this enough consideration. I've always contended that shuffleboard is like a game of chess. (Am I making the moves, or am I always reacting to my opponent's play?) During a match, your mind must be clear and on the task at hand. (We'll talk about types of players a bit later).

Thirdly especially in Arizona and California we must be able to master *the Court*. This involves the type of shots the courts allow us to make along with assessing, as quickly as possible, how our play for the day seems to be. Haven't you said this a time or two, "I can usually make that shot" or "I didn't think the court would play that way for that shot." Shooting positions and choices of shots to be taken come into play here. Again, *if* mentally we respond appropriately, there are many times a game can be salvaged. In every game a thinking (mentally strong) shuffler determines what they *can* do (shot-making) and what they *should* do (mental strength). We all need to be much stronger on the latter.

### C. The Different Types of Shufflers

Please read and study this section very carefully. Look at each type profiled from two standpoints – 1. which of these categories do I fit into, and, 2. which of these categories does my opponent fit into?

1. The Novice - I know many times upon a loss or poor play for the day, we may feel this way. For our study here, however, we are talking about the newer shuffler or one that's played for a good amount of time but for some reason just doesn't get it. You will note two main characteristics of this type of shuffler. The first is that you never know what they're going to do. This unpredictability can drive you crazy if you let it. *Don't let it!* Keep your strategy intact and just let the game happen. The second trait that is really in evidence is that the novice seems to have no conscience. This is a tough one from this standpoint – as I tell shufflers in my strategy sessions, anytime a shuffler takes a shot, any shot, they have a 50 – 50 chance that it will succeed – no matter how crazy it seems to us. The point here to remember, again, is to stay patient and continue to play the percentages. Sooner or later the game should come back your way. One final point here. Every

year I lose a game or two to the novice, because for an entire game things just go their way (luck?) and maybe my play for that day is off from the physical side. Believe me, it happens (more on this a bit later).

2. The Shooters – Simply put, many shufflers who are quite adept/skilled on the shot-making end simply try to outshoot you. Their strategy or mental toughness may not be what it should be, but boy can they make the shots! I see two traits from this type of shuffler. One is that they want to/seem to play very fast when it's their shot. My suggestion to you is to slow down your play when it comes to be your shot. I realize this is a bit of gamesmanship, but, hey, you're trying to win the match. There is no clock in the game, make your opponent wait – challenge a disc, call for wax, jockey your disc a bit more – whatever works. The other trait I see with the shooter is that they portray an air about them, almost one of invincibility. If you let this affect you (emotional), you might be in for a long match. You need good mental toughness here – like the ad says “never let ‘em see you sweat”. A bit of playacting might be necessary here – you need to portray that same sense of invincibility!
3. The Talker – Shuffleboard, from Pot Luck play, to In-Park Play, to League Play, to Tournament Play – is supposed to be a competitive game with social implications. Some shufflers, the talkers, take it to an extreme. I see two traits with these types of players. The obvious one is that they like to talk about - anything. At the risk of being called anti-social, the obvious thing to do is to politely ask them to tone it down. I choose to just not respond to their queries – I've even considered earplugs (hah!). The other trait the talker possesses is that, as long as they are ahead or close in a game, they keep talking. However, once they get behind, 98% of the chatter seems to stop. Obviously, stay mentally strong and get ahead early in a match – it will stop the chatter!
4. The Easy-Going – This one is a little tougher to analyze; in other words, is this type of shuffler really this way, or are they playing head games with you? There are two traits to look for with this type of shuffler. One is that they laugh or make comments about their shot selection, strategy, or seemingly bad luck. If this is not a ploy, then many times, you will truly end up with a fairly easy win. I suggest that you play the sympathy card with them – “Gee, that's a tough break” or “Wow, I thought you'd make that shot, too.” The other trait this player seems to have is they really don't seem to care whether they

win or lose. If they are on the up-and-up, I really respect this type of player. I do realize in closing this section, that the easy-going shuffler is emotionally well-balanced. They win a lot of games.

5. Head Games – again, this is a tactic aimed at challenging our emotional game. Yet, I mention it here because mentally, you need to spot this in a player *and* you need to deal with it. I truly believe that the player using this approach is doing it to try and rattle you. There are two traits to look for here. One is they challenge everything - these are lousy courts, the charting stinks; these discs are terrible, etc. You get the picture here – they are trying to fill your head with negative thoughts. Don't let them – either ignore their statements or turn them into positives - these courts are fine, the charting seems fine to me, and I like these discs – again, gamesmanship on your part. Oh well. The second trait is much more sinister. Yes, there are shufflers who will do anything to win! *Don't let them!* Calmly challenge them. If they are crowding you (in your line of vision, making noises with their cue, etc.), ask them calmly to stop. *If they ignore you/refuse to stop, call the Head Referee or even the Tournament Director to explain the situation. Shuffleboard has rules and they need to be adhered to.* I'm sure most of you reading this would do what I have done on a number of occasions, and that is to correct a 1 point scoring error you shouldn't have - we all want to win, but not at the expense of cheating. Much more on this later in the *sportsmanship* section.
6. The Competitor – This brings us to our last category of shufflers – players who want badly/expect to win. I believe there are actually *two* groups of shufflers that fit this group. The *first* type of shuffler has competition in his/her blood. They will try to win at everything – whether it be a friendly game of cards, in every bingo game, etc. There are two traits that this group possesses. One is that they have it in their being that winning is everything; hence, they tend to show their emotions on any bumps in the road. The other thing is they seem to have two personalities – one *on* and the other *off* the court. For some reason as soon as any event begins, their personality swings into the competitive mode. Generally, just continue to play your game and let this first type of competitor (emotional), self-destruct. This brings us to the Champion Shuffler – the competitive man or woman who tends to win more times than the average shuffler! You can see two definite traits in this type of player. The *first* is that they are mentally strong – they are the tacticians. Once the match begins, they have their *plan* and they *stick to it*. Of course, if they fall behind or get near games end, they have a plan for that, too.

If two equally physically capable shufflers play each other and they're both on their game, the game may hinge on one shot. If you're lucky enough to be watching a game like this, you're in for a treat. The other trait most players in this category possess is that, they handle adversity / their emotions quite well. In watching them play, they look unflustered in all situations. If you win against such players, you know you've been in a match. Obviously, this last shuffler is the one we *all* strive to become.

### Closing Comments

In concluding the first part of this section on Mental Toughness, I would like to share some final ideas with you. As my strategy teaching co-partner, Ward Dowell of Mesa, AZ states, "It's the mental toughness that determines winners, when two players of equal ability meet." More specifically, the winning player generally remembers better (mental) and thinks more clearly (more mental) in crucial game situations. We can all become this way, but many times we need to develop techniques that work for us. For now, two immediate ones come to mind. Most of you have heard of the first in one way or another – to read positive affirmations while waiting on play from the other end. Some common ones (written down to read) can be ones such as, "I can make this upcoming hammer" or "I can score on both sides from this (#4) shooting position." The other idea most top shufflers employ is to chart the course and refer to notes (illegal in CA and the ISA) as the game unfolds. There are many others. The aim of all of this is simple – you need to be able to stay *focused* – *the shot-making may be a bit off for the day, but never the mental!* This last idea will enable you to win on those off days. As we all know, most players can win when they are *on* – the trick of it all is to win, or at least be competitive, on your *off* days. Again, the mental should always be on!

## Part 2A – Review of Literature

*This section on the mental side of shuffleboard focuses on what learned men in the field think about how our mind operates.* Excerpts from six golf books will follow – a complete bibliography of books used can be found in the back of this book. Remember, I've used golf books as there are no shuffle books (until this one) that address this issue. I highly recommend reading any or all of them; the ideas put forth have helped me immensely.

### A. Thoughts of Dr. Gio Valiente from his book: Conquering the Mental Game

As Cicero said many, many years ago, "Man is his own worst enemy." Dr. Valiente addresses the age-old question of any sport, "Why do we play?" He uses the term, Mastery Golf, which I feel can be transferred over to Mastery Shuffleboard. Very simply put, it's a test of you and the court! He also talks of continual, measured improvement in one's game regardless of performance. The key idea to keep focus on is, "What's my target?" This keeps the mind focused on the task at hand.

Finally, Dr. Valiente focuses on four key elements to self-efficacy/self realization.

1. The first is what he calls the Mastery Experience - This addresses the concept that winners know what it takes to win. He is a big believer of "framing". In essence, when faced with any given situation, it is imperative to look at it in a positive light.
2. The second concept is Vicarious Learning; in other words, continue to improve regardless of the outcome. A fact to keep in mind is that even the best players actually win tournaments less than 5% of the time. (Tournament players, please look at this stat carefully!) Remember, we have no control on how others will play on a given day.
3. The third concept is a very interesting one – he calls it the Verbal and Social Persuasions. Simply put, we tend to become what we think other people think we are. If you agree with that statement, then be around positive people.
4. Finally, he points to the Physiological/Emotional states we need to and must deal with in our competition. It is *how* we cope with problems/obstacles that determines winners.

B. Thoughts of B.J. Tomasi from his book: The 30-Second Golf Swing

“I just have 2 goals in life – My *short-term* goal is to get through today. My *long-term* goal is to get through tomorrow.”

(Joe Zaletel)

B. J. Tomasi talks about four key ideas to foster strong mental play.

1. He is a great believer in practice – he stresses the need to polish your strengths and to identify and upgrade your weaknesses. (You will be able to do this with your game after you take your player survey later in the book.)
2. His next key idea is very interesting. He lists, then explains, a very simple equation – Excellence = Talent + P. S. O.
  - P = PLAN (Mental) after a shot is taken – was it a good plan or a poor plan? (Either way – accept it)
  - S = SHOT (Physical) was it a good or a poor shot? (Either way – accept it)
  - O = OUTCOME (Emotional) was it a good outcome or a poor outcome? (Either way – accept it)

I would like to insert a score sheet I devised and actually used; it was part of my first book. Look at it as a way of tracking a game. The idea came to me from baseball – where people in the stands fill out a score sheet on the plays of the game. I realize the bottom half of the page has its shortcomings in that, if someone in the stands is tracking your game, they can't be sure if some of your shots made were what you intended to do. The only foolproof way I know of is to have someone videotape one of your games, so you can then review it (just another tool for you to possibly use). This tracking form appears on the next page – feel free to adopt/adapt it for your game.

Singles/Doubles

Game#

Date

Park/Court

Opponent

Cue Length \_\_\_\_\_

Game Score

1/2 Bob \_\_\_\_\_ Opp. \_\_\_\_\_

"Bob" 3-Strong      1/2    1/2  
                           \_\_\_ / \_\_\_ Reading Court                      Bob \_\_\_\_\_ Opp. \_\_\_\_\_  
                           2-Average    \_\_\_ / \_\_\_ Shot Strategy  
                           1-Poor            \_\_\_ / \_\_\_ Hammer Count    Kitchen \_\_\_ Me \_\_\_ They \_\_\_

_____ Tally Person		
<u>Shot Taken</u>	<u>Successful</u>	<u>Unsuccessful</u>
1. <u>Block</u> _____	/	_____
2. <u>Hide</u> _____	/	_____
3. <u>Take-out</u> _____	/	_____
4. <u>Take-out w/stick</u> _____	/	_____
5. <u>Score</u> _____	/	_____
6. <u>Shoot thru</u> _____	/	_____
Total _____ + _____ = 64		

3. Think about his next statement very carefully as most of us are probably guilty of this. Tomasi says that in competition we generally *overestimate* our opponent's strengths, and *underestimate* ours (Mental, again).
4. Lastly, he details what I've mentioned earlier in the text. He aptly points out that the shot is in reality, only a 20-30 second event. It includes:
  - Our thoughts (mental) prior to the shot
  - Our pre-shot routine (mental/physical)
  - The actual shot (physical)
  - The shot result (should be mental, *not* emotional)

Think about all of the above in your next match.

C. Thoughts of Dr. Parent in his book: Zen Golf

"Self acceptance is the beginning of confidence"

(Maxwell Maltz)

Dr. Parent notes three ideas to foster strong mental play:

1. He states that we *limit* ourselves by our assumptions. How very true this statement is! The next, I believe, is a powerful message for us seasoned/veteran shufflers. That is, the big positive of the beginner's mind is that there are many possibilities. Put in another way, they are more open to learning. On the other side of the coin Dr. Parent feels, and I wholeheartedly concur, that the big negative of the expert's mind is they see few possibilities. We all need to be more open-minded and continue to learn.
2. Dr. Parent feels that the body/mind are synchronized (in harmony) when we are in the present. We need to be focused on the here and now in a match, not on what last happened or what will happen in the next part of a match. We especially don't need to be thinking of non-shuffle information.
3. Finally, Dr. Parent suggests a terrific idea I'd like to share with you. It is to simply count what we want to change – clearly a mental strategy – (maybe to put on that little notepad you're using). I've been doing this now for over two seasons. I've used this in two areas of my game needing work. I'm working for an 'O' in each category for a match;- the first is to control my



emotions after the shot and the other is to be clean on take-outs. I'm happy to say that because of this technique, progress is being made!

D. Thoughts of Bob Rotella in his book: Golf is Not a Game of Perfect

"Many people succeed when others do not believe in them. Rarely does a person succeed when he does not believe in himself."

(Herb True)

1. Mr. Rotella feels that in golf, the mental side is 90% of the margin between winners and losers. I strongly believe the same holds true for shuffleboard. In both cases the physical/shot-making ability of the top players are very close; hence, the mental side generally decides who will be victorious.
2. Secondly he feels that players need to shed their expectations and just go out and play the game. In shuffleboard, even for the exceptional player, over the course of a season a player falls short of the "Final 4" more often than not – let alone winning the entire event. Mr. Rotella uses a very appropriate quote from Mark Twain – "The inability to forget is more devastating than the inability to remember." Boy, how true that is!
3. That leads to Mr. Rotella's third thought on staying mentally strong and that is, staying focused on each and every shot. As we all know just one bad shot can cost.

E. Thoughts of Cohn and Winters in their book entitled: The Mental Art of Putting

"Most people don't plan to fail, they fail to plan"

(John L. Beckley)

I equate the putt in golf to shuffleboard's hammer shot. Cohn and Winters feel that the putt is 2% mechanical, 98% confidence and touch. Think about that one! They secondly think/believe that *speed* is more important than line, in that proper speed actually determines the line. We all do it in shuffleboard, especially out West - after missing a hammer we can score 99% of the time on that first shot out in the next frame. In golf the player practices the stroke before making the actual shot. That has implications for shuffleboard, in that I have never seen a shuffler practice the stroke before the shot or at least, the hammer. Think about *that* one!

Finally, Cohn and Winters give a mental prescription for improved play which goes like this:

Believe in yourself...Practice effectively...

...Develop your competence...Make your shot...

...Build your confidence...Develop a Positive Feeling

Please read the above as it pertains to your game.

F. Thoughts by Graham and Stabler in their book: The 8 Traits of Champion Golfers

“The greatest test of courage on earth is to bear defeat without losing heart”

(Robert Ingersoll)

Graham and Stabler identify three keys to fostering strong mental play. The first is to create a Fail Forward Journal. Obviously the basic premise of this idea is to *look ahead* and not dwell on the past. The other purpose of the journal is to focus on change/improvement in the next match. They feel that failure isn't failure *unless* it's failure to change. How true that is! Their second point is one of definition: an *optimist* sees failure within one's control, whereas a *pessimist* sees failure outside of one's control. This is crucial – which one describes you? Is a loss something you didn't do, a poor court, weather conditions, bad discs, bad luck, etc? Think about that one. Lastly, Graham and Stabler suggest that if you are superstitious you should develop positive superstitions. I tend to be very superstitious. In the 04-05 shuffle season, I had Becky Mclure and Margaret Robinson (wives of Jack and Rob – two very fine shufflers) make me a shuffle hat – a red, white and blue hat with a western boot on it. I had a magical season, going 84-20 and making the Final 4 a ridiculous 12 of 18 tourneys. Was it the hat?

Conclusions – This concludes this section of the book focusing on the *mental* side of the game, I strongly urge the reader to reread it! And don't be afraid to mark up items of importance to you – remember; it's *your* book.

## Part 3 – The Emotional Game

“We all need therapy”

(Shuffle board Bob)

I would be first in line for the above – the emotional part of this great game has been my nemesis. Is it yours, too? If so, I think this part of the book will be very helpful. You see, I probably started reading all of those golf books and gravitated to writing this book trying to improve this part of my game. Those of you, who know me, know about my passion to win and at times, my body language, which as I tell my strategy pupils, is *not* necessarily a positive attribute. So here we go. Please read this entire section carefully because most of us, to one degree or another, have this malady.

### A. Defining the Word

Again, the best way to approach any word is to carefully define it so that we are all on the same page. Webster, and other dictionaries, defines it simply as a strong surge of feeling experienced by an individual. As I pointed out in the last section on the mental aspect of the game, the definition of any word is just a starting point. The same can be said of our emotional definition. This entire section will be devoted to going beyond that definition. Point number one (which will be repeated in many different ways in this section), is that no play of any sport can eliminate emotion; rather, the player needs to be able to control/manage the many feelings that sweep over us during the course of a match. Again, being able to balance the emotion with the physical and mental parts is a key component of the top flight player. Point number two is that our court demeanor needs to be carefully managed. This section will talk about it being used as a tool to improve play and even how it can be used as a strategy, if needed. Isn't it curious that even in a 5¢ jackpot game in your park changes how we feel about that game? For many, it goes from a relaxing time to one of increased tension – for a lousy five cents. We will explore the foregoing phenomenon and much more in the pages that follow.

## B. Why We Play the Game?

"I was lost in the shuffle – now I shuffle with the lost!"

(Bob Van Horne)

In this section I'd like to focus on *motives* for taking part in this great game. I can identify five of them I'd like to share with you – I'm sure there are more.

1. An activity – many, many people get into this game simply because of the trying new things philosophy. They bowl on this day, golf on those two days...you see my point. Their feelings/motives may be two-fold. One is that it gives them something to do on their free days and the other is that they are curious to see if this game suits them - possibly leading to something more. This like all groups is an important group in that, if the game is presented to them properly, they might keep playing it. However, as most of you are aware, we lose most of these folks because of the treatment they receive down at the courts. Generally once we lose them, for whatever reason, they seldom return.
2. A social activity – many of our shufflers, 99% seniors over 50, come to the game simply because they like to be around other people. In many ways I envy these people because they are out to *enjoy* the game - winning is not why they are there. Obviously as time goes on they may embrace the game, but initially they truly are there to have fun. In Mesa's District 4, we have a 2-Board League playing singles (5 on a team) and there are over 100 people playing every season. They don't want to move up (?) to our 4-board play because they just want to play and have a good time. I applaud them! In fact, for years now I've felt we should have what I call Recreational Shuffleboard for players of this ilk. Hey, they're playing the game! They're telling their friends! (I'm going to get a little political here, please forgive me). The problem I see in the game of shuffleboard in general, is that we have the highly competitive/tournament players running things. Don't get me wrong – someone has to do it, but many times the leadership forgets about the first two types of players I've described and we *lose shufflers* because of this. Not all players, I repeat, not all players play our game to be/become champions. If you agree with the above, *please* talk to your leaders. Well, down off the

soapbox for now, but I did feel the above needed airing. *Everywhere* I look our membership is declining! Give the above some serious thought.

3. The Whiner/Bellyacher – Have you ever noticed that there are some people who complain about almost everything? Yes, these people exist in our game, too, and you know who they are in your play group. To me this type of shuffler is a tough one to figure out. I say this because they constantly complain about game conditions, the court/discs – you name it. However most of this group continues to shuffle, which leads to the \$64.00 question, why? I'm convinced some of them do it as a ploy – a form of strategy, they are trying to move us from the mental game to the emotional game. Really! You *cannot* let them do this to your game. I am constantly amazed at statements I hear like, "No more play at this park" or "Well, this is my last tourney" or "Why does my luck all seem to be bad" etc. On the one hand, these statements are not good for the game, yet their play continues. I guess that this type of individual just has it built into their personality!
4. The Quitter – Let's face it, some people just don't care to play after a time. The reasons for stopping are many and varied. It can be as simple as "I just don't care for the game" to "I'm competitive, but I give up – I just can't seem to do/master the things that I need to do to have more success". I believe strongly there is more to it than just not winning games. Sometimes we lose people who become disenchanted with the politics of the game, sometimes with doing all the work at their park and they're just plain tired of doing it. And sometimes it is exclusion from the group, in other words, their requests to help are turned down. Lastly, sometimes there are those shufflers who don't take to instruction; hence, they don't improve and just give up. The above is a real challenge to the entire shuffle community because *most* people in this group want to play, yet something derails them. What a pity this is!
5. The Competitor – The last group of shufflers are those, like myself, who are in it for the competition. Until someone shows me otherwise, I still consider myself the most competitive shuffler on the planet! I truly wish this weren't so because I continue to fight those demons that haunt my, and maybe your, game. I try to tell myself three things every time I go out. The first is that it's just a game. Secondly, I'm only playing for a trophy or a cash prize, not a million dollars. Lastly, the "glory" of the game is really only of importance to me. I, like many of

you, am trying to achieve “emotional balance” in every match I play. Because of these continued efforts to be top notch, I have tried to do a couple of other things. One is I’ve tried to continually learn about the game. I love to talk with shufflers more accomplished than I about how they view/handle their game. I also love to practice, probably from my basketball days. As you know by now, I continue to read to foster improvement. Being an ex-teacher I love teaching the game to others – from beginners to improving one’s strategy. Finally, I’m writing this book, my second, to promote the game. I’ve written this section from a personal standpoint to offer a prescription for ideas you might use. Also, I realize that many of you do many of the things listed above. Put in a nutshell, I’ve tried to make the *game* much bigger than me. Emotionally, my match is only a small part of what shuffleboard means to me.

### C. Sportsmanship

“If you can meet with triumph and disaster and treat those two *imposters* just the same... you’ll be a man my son.”

(Rudyard Kipling)

Regarding competition, the above quote is one of the most powerful thoughts I have ever read! My brother Joe, once an avid tennis player-instructor, told me that the complete poem is displayed in the walkway leading to center court at Wimbledon – one of the world’s most prestigious sporting events. Please reread the above quote again before any further reading. I guess the word that jumped out at me the most was “imposters”. What is winning or losing anyway? In the total scheme of things, whether we win or lose a competitive event, lest a given game, really means very little. Why then does any competitor place such great importance on winning? Chi Chi Rodriguez, one of the all-time golfing greats once said, “I never worry how I react after a great shot, rather I am more worried how I’ll react after a bad one!” Some real food for thought here. You’d be surprised to hear that many shufflers I play, (and maybe you hear this same thing as you play), feel that *if* they don’t win the championship of a tourney they’ve failed or not had a good tourney. How sad! I’ve said many times that I’ll take second or making the Final 4 pairing any day of the week. Sure, I want to win every time I step onto the court but as we all know, nobody wins them all. Is this

negative thinking? I think not; I like to think it's a reality in competition.

Having said all of the above, I continually am amazed at how many times I continue to see evidences of poor sportsmanship, (time for me to get on that soapbox again)! Folks, most shufflers today are way past 60 years of age, if we had anything to prove in our lives, it should have already happened. In fact, someday I wish a poll would be taken to see how many of our Tourney players actually played highly competitive sports in their younger years. From what I continue to see, I'd be surprised to see that number anywhere near 50 percent. The reason I am belaboring this is because I feel many of our players never learned how to win or lose! How many times have you sat in the stands and watched a top player make a great shot or a terrific strategy move without one hand clap? How often have you made a nice play only to have your opponent stay still or possibly mutter, "Lucky shot"? I could go on and on, but I won't. The point I'm continuing to try and make in this section is that true sportsmanship applauds excellence! Okay, I'm off the soapbox again. If you've carefully followed the narrative you'll note that I'm trying to say the *true competitor* is a *true sportsman*. If he/she is not, another word or two come to mind – *envy/jealousy*. Enough said!

One final thought on *how* everything we talked about in this section can help your emotional game. By truly giving credit where credit is due, it releases tension and anxiety in your being. We all need to set better examples of true sportsmanship.

#### D. Acceptance

"Be careful for what you wish for"

("Shuffleboard Bob")

Emotionally, we all go through our lives wishing for things. The trouble with this is that seldom are we satisfied if the wish comes to fruition – it's a lot like money, how much is actually enough? In the game of shuffleboard the same applies. Once into the competitive arena our wishes seem to increase the more success we have. Remember those early days of play, when many of us flew under the radar – no one knew us or was even concerned about us. As our winning ways developed, all of a sudden we began to get noticed because we became a threat to the top players. The point to be made here is that if our wish was to get into the upper echelon of players and this happens, then what? External pressures mount if you let it, as

players expect you to always win *and* everyone wants a piece of you. This external pressure can do a number on you if you let it. *Don't*. Just accept the results of you play. Another wish I hear many shufflers air (and I'm sure many shufflers secretly think) is, "Gee, I sure don't want to play a certain player". Again acceptance is the key here – we have no control over the draw in tourney play, sometimes it works in our favor and sometimes we have a tougher road. Emotionally, we can get caught up in this.

Let's look at another scenario we all face in tournament play:

1. Playing a Top Player – I relish this opportunity and you should too. This is a wonderful test of being in sync in your mental, physical, and emotional game. If you too are an expert player, what more could you ask? Way too many of us, myself included, worry needlessly about the outcome. I'm trying rapidly to move to *acceptance* regarding the games' outcome. As many of you already know, there are players that are terrific who you have little trouble with, whereas there are others who give you all you can handle. Yep, it drives me crazy too!
2. Playing a Newer Player – If many of you are like me you probably have mixed feelings about this one. On one hand this should be an easy match. However, on the other hand, you can put undue pressure on yourself because you're expected to win. Couple that with the fact that because the novice is playing *you* they tend to elevate their game. I don't know about you, but I find many players in this category normally play *career* against me. Does this seem to happen to you? I am going to say something now that I hope you'll think carefully about – many times that newer player will roll-over or struggle playing the top player. In my strategy sessions I try to get them to see they have no pressure – *they're not expected to win*. I let them know the *top player* is the one with all the pressure – they *are* expected to win. So all of this comes down to the fact that every time two players step onto the court, they're both facing their own demons. Conquer yours – play the game at hand *and* accept the outcome.



#### E. The Perfect Game

“Mistakes are a fact of life – it is the response to error that counts.”

(Nikki Giovanni)

Remember, the perfect game includes more than our shot-making – it also takes into account our mental processing and emotional responses to the first two. We are literally talking about Mission Impossible here! The last statement is not a negative one – rather it is a reality. We all know the only perfect games played are by those folks in the stands watching the players! I think by now you see my point – we all make mistakes in our play. The handling of adversity is usually what separates two players of equal shot-making ability. As we all know, it’s pretty easy to win a match when things are going our way. I see two key components to focus on when things start to fall apart. The first is the role of patience as the game progresses – put another way – don’t panic! So often I watch games in which if player B had just *stayed patient* and stayed with their game plan, the game would have stayed competitive. Instead, player B starts playing recklessly hoping something dramatic will happen. Usually it doesn’t. The second thing to keep in mind is to always analyze (mental) what is going on and not react (emotional) to it and let it influence your play. Granted, there are times when we all deviate from our game plan, but always remember, these need to also be calculated.

#### F. Focus –

“Think clearly *before* every shot – then *accept* the results!”

(Bob Rotella)

You will notice the order of the above quote – thinking, clear thinking - should precede any shot. More importantly, once the shot has been executed the results should quickly be accepted, and then you look forward. This is imperative to controlling the emotions. So often I hear a shuffler get miffed after a shot, beating himself up over his mental lapse. We cannot let this erode our thinking because if we do, focus is lost. As was mentioned in the last section, anyone’s chances for a perfect game, at one time or another, are impeded one way or another. To keep emotional balance, some shufflers actually *expect* certain things to happen every game, hence when they do,

they're able to accept it a little easier and refocus. My friend, Ed Tallboom (who I won my first National with in Hemet, CA), says that if he ends up in the kitchen he says to himself. "Well, there's my kitchen for this game." The same set can be used for take-outs and hammers. Think about it, nobody's perfect. If you set a reasonable quota for your play, it will enable you to keep your focus better.

## Part 3A – Review of Literature

This section on the emotional side of shuffleboard focuses on what learned men in the field think about how to control emotions. Excerpts from four golf books will follow, along with a newspaper article on relieving stress in your game. Please read this section carefully – the ideas put forth have helped me immensely.

- A. Thoughts of Dr. Valiente as he talks about playing fearlessly in his book: Conquering the Mental Game

“Most worries are reruns”

(Claude McDonald)

I strongly feel that the section you are about to read is as important as any found in the entire text! Dr. Valiente’s basic premise in this section is that *fear* (a powerful emotion) limits one’s true potential. He stated emphatically that the greatest players play fearlessly – note he doesn’t say *recklessly*. He is quick to point out that confidence doesn’t try to ignore fear, rather it overcomes it. Whether it is the fear of losing, embarrassment, poor shot-making, etc., fear can cripple us. He also feels that these fears and others which we all experience, is usually perceived as more threatening to us than it really is. How to cope with the above? He feels we need to ask ourselves the right questions for three reasons: One - our mind will respond to our questions, two – the proper questions will help keep us in focus, and three – our answers to our questions will help us better to visualize what we’re trying to do.

According to Dr. Valiente fear causes four problems for us physiologically:

1. Our Hands – Even without knowing it, when we are nervous or fearful our grip changes; usually we’re holding the cue too tightly. (Check your grip the next time you feel anxious).
2. Our Tempo – Most shufflers realize this one, that’s why it’s so important to have a pre-shot routine – so that you can rely on it during times of stress.
3. Deceleration – Generally this involves quitting on the stroke and coming up short – whether it be a hide or a hammer.

4. A Jerk or Flinch – This involves coming out of the shot too early – accentuate that follow-through even more.

Dr. Valiente feels that way too many players allow the ego to interfere with play. Many players continue to want to look good for others - *that* becomes their focus. He feels you should have your focus on playing the course – in our case, the court. I couldn't agree more with this – *if* you cannot play the court properly, you're generally doomed in your match.

Dr. Valiente urges every player to develop self-efficacy (self-realization). We hear so much being said about developing confidence. He feels that every player must have an innate (built-in) belief in his/her ability to succeed – *that* is the essence of confidence. A healthy, hearty and resilient belief serves as a *buffer* between failure and eventual success. Please reread that last sentence again. He states, as do many experts, that players of equal ability must draw on this inner strength – whomever is most successful is usually the victor. Put another way, a player's self-realization provides the effort, perseverance, and adaptive thought patterns required to continue further skill development. Gary Player, one of the all-time golfing greats, felt that his confidence in tourney play was always 105%. Folks we're talking real confidence here, not false boasting by some we often hear. We all need adversity to cultivate mental toughness; furthermore, we must admit our faults. The latter must be correctly identified so we can improve upon them. (Hopefully the survey, which you'll take near the end of this writing, will be helpful with that identification.)

Lastly, Dr. Valiente talks about the identification process – the tri-pod – as he calls it. It basically calls for an accurate judgment on our physical, mental, and emotional skills. Every player should strive to realize which factors are within a player's control and which are uncontrollable such as: weather, court variances, discs, etc. Acceptance of the uncontrollable factors is paramount in keeping emotional balance.

- B. Thoughts of Talane Miedaner in the book: Coach Yourself to Success

“Patience is really a minor form of despair disguised as a virtue”

(Ambrose Bierce)

Wow, that's really something to think about. In all sporting events we can see evidence of patience, probably in none more than

golf. I'll be honest with you I don't see how 95% or so of the players do it – especially playing for the big money that's their livelihood. As my friend Bill Greenberg, a school counselor in Las Vegas says, "That's why those particular players are out there!" Something to really think about.

I love this particular book by Miedaner. She gives three great ideas on improving one's emotional game. You've probably heard of the first one, but I'll talk about it anyway. *Basically, it states that trying – or saying you tried – to do something, is a waste of time.* For years I urged educators here in Las Vegas to look at this concept. (You'll notice I didn't say I tried to convince them.) Simply put, when any student is learning anything, they either *can do it* or *they can't*. Trying really means that the student, or anyone learning a skill, either does it or they don't. Grades earned by a student, in reality just means they have learned the skill or concept better than someone else. Well, enough of that – suffice to say I was unsuccessful in bringing about this change. I tried (hah) – just wanted to see if you were paying attention. *I could not, was unsuccessful, in making this happen!* Getting back to shuffleboard – in a match, a shot, or in a strategy we are either successful or unsuccessful. Period. This author points to *fear* many times impeding our efforts at success. Two examples – many times in practice we can do things we're unable to in a match. Another thing I see many times in Frame Games is that a player has the game in hand and can virtually do nothing wrong. Why, in both cases you may ask, are they successful? Easy, no pressure or fear exists. Following closely with this first concept, is the idea that the secret of getting what you want, is *not* wanting it. A personal example here: I, like many of you reading this, cannot do enough for shuffleboard. As I pen this book I've spent nine full shuffle seasons in Arizona trying to promote the game. I've been on local TV four different times and in 2003 I was on the front page of our local paper, The Mesa Tribune. What's the point? The point is that I've attempted, and continue to do so, to get shuffleboard out there to the public. That was and still is my motive – yet this notoriety keeps coming my way. I realize many of you have examples of this in your life, too. I believe the same thing happens in our games. If your motives are pure good things just seem to happen. In essence, don't want something so much that you emotionally become your own worst enemy. The last idea in Miedaner's book should come as no surprise – doing what you love gives one enormous energy. Here's hoping many of you will take that first step, if you haven't already, to do something positive. Take it from me; it will definitely improve your game.

- C. A compilation of thoughts from Tim Gallwey's book: The Inner Game of Golf and Bob Rotella's book: Golf is Not a Game of Perfect

"Times will change for the better, when you change."

(Maxwell Maltz)

Education and a willingness *can* bring about desired changes in all of us! Gallwey gives three terrific ideas on how to affect change. The first is a doozy. He feels that all of us have two selves. In Self 1 we experience pressure because we are trying to prove something to someone else - he calls this false competition. Now there is Self 2. It strives for excellence - this is true competition. *The successful shuffler is the player who can quiet Self 1 and let Self 2 learn and play without interference.* This is his second key component to solid play. Doubt is our fundamental cause of error - it causes tightness and fear. He also stresses what we talked about earlier: that is; don't *try* at all, just do it. We need to clearly visualize and see our result *before* the shot. We need to have much better awareness, it is the main faculty we have for learning. It's non-judgmental and focuses on what's happening. Remember, Self 2 relies on balance, rhythm, and tempo. Lastly, Gallwey strongly feels that slumps don't really exist - we create them in our minds (mental again). If you accept this premise/idea then you probably must accept the other; that *streaks* don't exist either. As you have heard before in this writing - just play and accept the results. I know, I know - this is easy to say yet hard to do. Remember, don't *try*, just do it.

Bob Rotella cites three components to successful emotional balance. First off, he believes in streaks that players have. In fact, he goes a bit further. He believes that a hot streak really represents a player's true capability! Very interesting... His second concept revolves around the idea that a player's attitude is a key component. It is what can make a good player, great! A good attitude (acceptance) enables a player to be free of fear and decisive in his/her decisions. Rotella has a nice formula to remember, (possibly this could be written in your notes). It is: acceptance = patience = success. His last point is something I continually struggle with, (maybe you do to). It is that *we should not demand perfection in our game* - according to Rotella, by expecting this on every play we're setting ourselves up for tension and anxiety. He even states it a bit stronger - "it's deadly". Again, as with

so much that has been said, easy to say but harder to do. But, now you know – remember, Knowledge is Power!

- D. A compilation of ideas from B.J. Tomasi in his book: The 30-Second Golf Swing and Cohn and Winters in their book: The Mental Art of Putting

“If good luck comes rarely, bad luck is just as rare”

(Maxwell Maltz)

I’m probably in the minority because I think very little luck is involved in a pure game of shuffleboard. I realize that unexpected things happen in any given game, but they happen to my opponent, also. Tomasi, however, strongly underlines the need to *never, never* get down on ourselves no matter what the circumstance. We cannot/ should not look back on what has just happened because we constantly need to be in the moment. Emotionally, to keep on an even keel, we need to *over-emotionalize* on the good shots that happen, not the bad ones. He feels the more we emotionalize an event, the faster and more vividly we’ll remember it; hence, remember the good ones!

Cohn and Winters contend that our emotional balance will be more stable if we remember one simple fact. They strongly suggest the player keep in mind that missing on any shot – whether a take-out, hide, or hammer – simply means we were unsuccessful, not a failure. All too often even the most successful shuffler misses a shot they don’t expect to. It’s imperative to *forget about it* and *focus on that next shot*. Think about some of the ideas above the next time you feel like you’ve failed.

- E. Thoughts of Dr. Callahan to be found at:  
[www.breakthroughperformance.net](http://www.breakthroughperformance.net) (from an article in the Mesa Tribune on 01/13/05)

“A man can succeed at almost anything for which he has unlimited enthusiasm.”

(Talane Miedaner)

Ok, in this last installment of looking at emotional balance, we’re going to “push the envelope” a bit. Dr. Callahan is working on stress reduction with a technique called the Emotional Freedom Technique (EFT) or “tapping”. Very simply, he describes this

technique as acupuncture without needles. It's a method of releasing energy by physically tapping on certain of the body's pressure points. Using the index and middle finger, he recommends tapping each of the eight pressure points seven to ten times and recite out-loud three times, the challenge or problem you're facing. He states in the article that his job is not to teach you your sport (shuffleboard), but to get you to neutral, so you can play with much more clarity! Like a lot of you, I'll try anything to improve my game. Some examples of positive affirmations include the following - I accept myself on the following hammer or, I can still turn this game around. The tapping points are below:

1. Eyebrow: Where the eyebrow begins near bridge of nose (Affects bladder)
2. Eye corner: Outside corner of the eye at the temple (Affects gall bladder)
3. Under eye: Lower edge of eye socket, in the middle of the eye (Affects stomach)
4. Under nose: Midway between the upper lip and the base of the nose (Affects governing vessels)
5. Chin: Midway between the lower lip and the point of the chin (Affects controlling vessels)
6. Collarbone: About one inch below the depression where the clavicles meet in the upper chest (Affects kidney)
7. Under arm: About four inches under armpit on the bra line or on a line just below male nipple (Affects spleen)
8. Karate chop point: Middle of the fleshy side of either hand (Affects small intestine)



## Part 4 – What Shufflers Have to Say

“The value of a book is not determined by its cost, but by its use.”

(Jerry Walker)

I personally hope that you wear this book out, especially in the material you are about to read. I'm so very excited to write this next section in your first installment you'll hear from the shufflers themselves – from everywhere in the world that the game is played. At the 25<sup>th</sup> ISA Tourney in Lakeside, Ohio in August of 2006, I interviewed over twenty players. I've tried to get a good cross-section as regards to men/women and experts/amateurs. I asked the following interview questions to all respondents:

### Name –

- Nickname
- Work, before shuffleboard
- Hometown

### Playing status –

- Years playing
- Three top achievements
  - 
  - 
  -

1. What is the most difficult part of the game to you?  
Mental, Emotional, Physical  
Explain –
2. What part of your game needs the most improvement?  
Explain –
3. Generally, how would you rate the following (Low = 1 to High = 5)
  - Mental Skills -
  - Emotional Skills -
  - Physical Skills -
4. Can you give a 'top' - tip to newer/novice players?  
Response –

5. Your ideas on how to improve shuffleboard:

Response –

What follows in the upcoming pages will give you a glimpse into how players think. I hope you enjoy it.

Introducing the Respondents

I was able to interview 17 players at the ISA at Lakeside, Ohio in 2006 representing players from all countries that currently play the game. I've added 3 very fine players from Mesa, AZ to bring the representative tally to 20; whereas, I realize this is a very small sample; it still serves as an indicator. As you read their responses, please think to yourself how you would have answered. In fact, if you wish - go back to the questions and answer them *before* reading any further. Let me introduce the 20 respondents now and where they come from:

- Australia                    - Marjorie Govett
- Germany                    - Dieter Hussman
- Brazil                        - Rose de Lima  
                                     - George Hoche'
- Japan                        - (Yoshiko Saito/Kyoko Hada – Interpreters)  
                                     - Nobuo Kitamura  
                                     - Sachiyo Takada Sacchan
- Canada                      - Irene Sereda  
                                     - Max Tate  
                                     - Stan McCormack
- United States                - Sue Krynak  
                                     - Cecile Messier  
                                     - Barbara Irigoyen  
                                     - Ann Wedel  
                                     - Sandi Quinn  
                                     - Bob Sudomir  
                                     - Reverend John L. Brown  
                                     - Shuffleboard Bob

- Mesa, AZ (U.S.A.) - Shirley Bilderback
- Chuck Crouse
- Clem Parker

### What the Survey Revealed

I promised all respondents I would introduce them to you only. The remarks that follow is a composite/consensus of what the *group* reflected. Please use the following for informational purposes only, in fact compare your thoughts/responses to what the survey group thought.

Question 1: What is the most difficult part of the game to you?

Interestingly enough, 10 respondents (50%) said that the *mental* part was the toughest; followed by 7 (35%) saying it was the *emotional* part and 3 (15%) saying that it was the *physical* part. How did you respond?

Let's look a little further at the above. Of the 10 citing *mental* considerations, 7 said the toughest part was focus/concentration, while the other 3 looked at game strategy. Of the 7 responses to *emotional* considerations 5 respondents (71%) cited the need for better self-control/ calmness – while the other 2 (29%) said they had a tough time accepting losses. Of the 3 who named *physical* considerations all 3 (100%) cited execution of the desired shot as their problem.

Interestingly enough, 13 of the 20 interviewees (65%) felt that Question 2 (What part of your game need the most improvement?) was exactly the same answer as Question 1; while 7 (35%) felt another area of their game needed more improvement. How would you have answered Question 2?

Now answers to Question 3, where players rated their own play from the mental, emotional, and physical standpoint proved very interesting.

- |              |     |
|--------------|-----|
| 1. Mental    | 3.6 |
| 2. Emotional | 3.9 |
| 3. Physical  | 3.8 |

In other words, the above averages for the 20 shufflers showed their lowest rating on the mental side – with the emotional/physical being fairly close. There were 13 (65%) who rated their *most difficult part of the game* as their lowest skill; while 7 (35%) actually rated another skill lower. I attribute that to the oral interview process.

## Unique Thoughts

In this section I'd like to share the ideas given by respondents regarding tips to the newer players.

- 7 players (35%) Develop a good stroke/use proper delivery
- 4 players (20%) Enjoy the game/have fun
- 3 players (15%) Be open-minded to ideas
- 3 players (15%) Develop your self-control
- 3 players (15%) Develop an understanding of strategy

Put another way, the first 7 gave physical tips, while the other 13 gave mental and emotional tips. In this section, try to see where *you* stand on tips given to the newer player. *Remember* there are no right or wrong answers!

## Conclusion

As I stated at the beginning of this section I realize this poll is a very small sample of shufflers who play our game. There were 10 women and 10 men interviewed ranging in age from the late 20's to the mid 80's. All but 3 have played in an International Tournament with players ranging in playing time from 6 months to 60 years. Finally respondents' achievements ranged from playing in their first International to 8 of the players winning a total of 17 National Tournaments. It is my hope that this section has been informative and has gotten you to think about a variety of things.

## Part 5 – Now it's Your Turn!

“Shuffleboard is not a matter of Life and Death, it's more important than that!”

(Charlie Griffin)

Isn't that a great quote! Many times those of you who are passionate about our sport probably feel that way – I know I do. In the pages that follow you will get:

- A – The Why of the Worksheet
- B – An Explanation of the Rating Scale
- C, D, E – (Separate pages) for Your Physical, Mental, and Emotional Game
- F, G, H – (Separate pages) on Looking at Your Physical, Mental and Emotional Game a second time

## A. Self-Profile Worksheet Explanation

The following is an attempt to help you look at your game from 3 angles:

- Physical
- Mental
- Emotional

*You* will probably be the only one to look at, study, and analyze the following information, so I strongly urge you to be *brutally honest* yet fair, to yourself as you rate yourself regarding your shuffleboard play.

A thought: two complete profiles are provided to you – with the second you might have a fellow shuffler rate you or do a before/after on yourself as you work on improving some things.

Enjoy, and remember that you are rating yourself on how you typically play.

B. How the Rating Scale Works

For all of the questions and statements that follow, rate yourself using the following scale:

1. Poor

- Way too many losses and mistakes
- Very inconsistent play and results

2. Below Average

- Losing many games I should win
- Somewhat inconsistent in my play and results

3. Average

- A 50-50 player (wins/losses about equal)
- Some unbeatable play to very poor play

4. Above Average

- A 50-70 winning percentage in League and Tourney play
- A few crucial decisions and shots cost me at times

5. Excellent

- A 70%+ player in League and Tourney play
- Overall – consistent play – nobody wins 'em all

C. My Physical Game

(My general overall game from the shot-making standpoint)

- \_\_\_ 1. My general overall ability to repeat pre-shot and post-shot routines
- \_\_\_ 2. My general overall ability to read a court for speed
- \_\_\_ 3. My general overall ability to read a court for drift
- \_\_\_ 4. My general overall ability to take-out/clear
- \_\_\_ 5. My general overall ability to stick, when needed
- \_\_\_ 6. My general overall ability to set blocks
- \_\_\_ 7. My general overall ability to hide behind blocks
- \_\_\_ 8. My general overall ability to make hammers
- \_\_\_ 9. My general overall ability to get my opponent (when needed) into the kitchen
- \_\_\_ 10. My general overall ability to play strong at the beginning, middle, and end of the game
  
- \_\_\_ Your total score (add your numbers)
  
- \_\_\_ Your average score (divide your total score by 10 to find your overall game score from the shot-making standpoint)



D. My Mental Game

(My general overall game from the thinking standpoint)

- \_\_\_ 1. My general overall game strategy for charting / remembering a court
- \_\_\_ 2. My general overall ability to remember shooting positions as they relate to court speed
- \_\_\_ 3. My general overall ability to remember shooting positions as they relate to court drift
- \_\_\_ 4. My general overall ability to correctly analyze any given game situation
- \_\_\_ 5. My general overall ability to use proper strategy at the proper time
- \_\_\_ 6. My general overall ability to remember and repeat pre-shot, shooting, and post-shot routines
- \_\_\_ 7. My general overall ability to stay focused in the present
- \_\_\_ 8. My general overall ability to quickly forget poor shots
- \_\_\_ 9. My general overall ability to quickly forget poor strategy
- \_\_\_ 10. My general overall ability to be mentally strong at the beginning, middle, and end of the game
  
- \_\_\_ Your total score (add your numbers)
  
- \_\_\_ Your average score (divide your total score by 10 to find your overall game score from the mental standpoint)

E. My Emotional Game

(My general overall game from the emotional standpoint)

- \_\_\_ 1. My general overall ability to stay positive regarding any given situation
- \_\_\_ 2. My general overall ability to stay calm/relaxed regarding any given situation
- \_\_\_ 3. My general overall ability to stay patient as the game unfolds
- \_\_\_ 4. My general overall ability to use techniques to stay calm and relaxed
- \_\_\_ 5. My general overall ability to repeat pre-shot, shot, and post-shot routines under pressure
- \_\_\_ 6. My general overall ability to accept my imperfections in a given match
- \_\_\_ 7. My general overall ability to not let my opponent upset me
- \_\_\_ 8. My general overall ability to not let the court condition upset me
- \_\_\_ 9. My general overall ability to play until the games last shot and not give up
- \_\_\_ 10. My general overall ability to stay emotionally strong at the beginning, middle, and end of the game

\_\_\_ Your total score (add your numbers)

\_\_\_ Your average score (divide your total score by 10 to find your overall game score from the emotional standpoint)

### Rate Yourself as a Player

Add your three total scores and divide by 3 to see your overall ability at this point

\_\_\_ Physical total

\_\_\_ Mental total

\_\_\_ Emotional total

\_\_\_  $\div 3 =$  \_\_\_  $=$  \_\_\_ your current status

(Example) 99  $\div 3 =$  33  $=$  3.3

F. My Physical Game

(My general overall game from the shot-making standpoint)

- \_\_\_ 1. My general overall ability to repeat pre-shot and post-shot routines
- \_\_\_ 2. My overall ability to read a court for speed
- \_\_\_ 3. My general overall ability to read a court for drift
- \_\_\_ 4. My general overall ability to take-out/clear
- \_\_\_ 5. My general overall ability to stick, when needed
- \_\_\_ 6. My general overall ability to set blocks
- \_\_\_ 7. My general overall ability to hide behind blocks
- \_\_\_ 8. My general overall ability to make hammers
- \_\_\_ 9. My general overall ability to get my opponent (when needed) into the kitchen
- \_\_\_ 10. My general overall ability to play strong at the beginning, middle, and end of the game

\_\_\_ Your total score (add your numbers)

\_\_\_ Your average score (divide your total score by 10 to find your overall game score from the shot-making standpoint)

G. My Mental Game

(My general overall game from the thinking standpoint)

- \_\_\_ 1. My general overall game strategy for charting /remembering a court
- \_\_\_ 2. My general overall ability to remember shooting positions as they relate to court speed
- \_\_\_ 3. My general overall ability to remember shooting positions as they relate to court drift
- \_\_\_ 4. My general overall ability to correctly analyze any given game situation
- \_\_\_ 5. My general overall ability to use proper strategy at the proper time
- \_\_\_ 6. My general overall ability to remember and repeat pre-shot, shooting, and post-shot routines
- \_\_\_ 7. My general overall ability to stay focused in the present
- \_\_\_ 8. My general overall ability to quickly forget poor shots
- \_\_\_ 9. My general overall ability to quickly forget poor strategy
- \_\_\_ 10. My general overall ability to be mentally strong at the beginning, middle, and end of the game

\_\_\_ Your total score (add your numbers)

\_\_\_ Your average score (divide your total score by 10 to find your overall game score from the mental standpoint)

## H. My Emotional Game

(My general overall game from the emotional standpoint)

- \_\_\_ 1. My general overall ability to stay positive regarding any given situation
- \_\_\_ 2. My general overall ability to stay calm/relaxed regarding any given situation
- \_\_\_ 3. My general overall ability to stay patient as the game unfolds
- \_\_\_ 4. My general overall ability to use techniques to stay calm and relaxed
- \_\_\_ 5. My general overall ability to repeat pre-shot, shot, and post-shot routines under pressure
- \_\_\_ 6. My general overall ability to accept my imperfections in a given match
- \_\_\_ 7. My general overall ability to not let my opponent upset me
- \_\_\_ 8. My general overall ability to not let the court condition upset me
- \_\_\_ 9. My general overall ability to play until the games last shot and not give up
- \_\_\_ 10. My general overall ability to stay emotionally strong at the beginning, middle, and end of the game

\_\_\_ Your total score (add your numbers)

\_\_\_ Your average score (divide your total score by 10 to find your overall game score from the emotional standpoint)

### Rate Yourself as a Player

Add your three total scores and divide by 3 to see your overall ability at this point

\_\_\_ Physical total

\_\_\_ Mental total

\_\_\_ Emotional total

\_\_\_  $\div 3 =$  \_\_\_  $=$  \_\_\_ your current status

(Example) 99  $\div 3 =$  33  $=$  3.3

## Part 6 – Concluding Remarks

“It ain’t over ‘til it’s over!”

(Yogi Berra)

- A. Seeing the Light – My wife, Mary, and I have been doing 1,000 piece jigsaw puzzles for over ten years. I have learned much in doing them, namely; you need to have patience and more patience – and - there are many times it looks like the puzzle is impossible to complete. Yet with persistence the pieces eventually fit together forming a beautiful scene. You know, the above is analogous (the same) to a game of shuffleboard. With good patience and a willingness to continue to learn, *you can* become the player you want to be. I sincerely hope this book you have just read will add to your *continued* learning.
- B. The “Art” of Winning – Those of you who have read my first book, Keep on Shufflin, will recognize the following three or four sections. I felt them important enough to include in this writing, too. Now the age-old question – why do some players male or female, win so much more than others? I contend that four factors come into play:
- Confidence – All top players have this trait. It is not boastfulness, but an inner feeling. Practice and more practice, play and more play are the key ingredients to boost one’s confidence.
  - Reading the Court – I still contend that being able to read the court quickly in a match pays big dividends.
  - Minimize the Mistakes – Let your opponents make the mistakes. Do this by smart strategy choices. Granted we all make poor shots and poor choices, but these should be few and far between.
  - Patience – Calmness and concentration seem to mark the top players. Remember you should not panic and rush the game.
- C. Learning from Others – In the game of shuffleboard just as in the game of life, nobody knows it all! There are some, however, who know more than others. If we are to improve our game we need to continue to learn. I always start



with my *opponent*, after I lose a match. I give that opponent the congratulations due, and then encourage suggestions/thoughts on what *I* could have done better in the match. You'd be surprised the pointers you can pick up! Also, I suggest talking to *top players* as to their thoughts on their winning ways. By and large, most players will share their thoughts. Finally, continue to read. The bibliography provided in Part 8 will list the ten books from golf that I've referred to throughout this text along with the sixteen shuffleboard books I've been able to find.

C. Teaching Others – Just like we all can learn - if we choose to - we can teach. I believe the sharing of one's knowledge is a validation to the teacher that the thoughts and ideas are worthy. Simply put, if someone accepts some of my thoughts and says, "Hey that works for me too!" that gives me a good feeling; that what I'm saying has value! Forgive me for saying this but there are people (yes, even shufflers) who don't think this way. They *don't* want to share what they know - this is sad! Players often say to me, "Bob, you're giving away your secrets." I always retort back, "I'm proud to share what I know, and if someone embraces some of what I say and uses it to beat me – I'm proud of that too!" To a person all shufflers agree: we need to get more/new players into the game. Folks, we all need to be teachers for the game to grow. My final thought is very simple – we all need to be 'ambassadors' of the game we love. Become a teacher!

## Part 7 – Shuffleboard's Future

A. The Game's Perception – 99 ½ percent of this booklet has been positive and I hope, uplifting. This section will not be! Shuffleboard has a *real perception problem*. It has been an organized entity since 1931 and yet:

- Very few people under 50 play it
- Most of the public think you have to be over 80 before you play it
- It's a game for people who are unable to play any other sport
- You get little or no exercise playing it

*I just don't understand this!* Many of you may be unaware that in 1962 two years after *Del Webb* opened the Sun City Retirement Community northwest of Phoenix, AZ; he *was on the cover of Time Magazine* and behind him *was a shuffleboard triangle and cue*. What has happened since then? I'll admit, I don't know. But I do know that a concerted effort to change the game's current image *needs to happen!*

I've said for over ten years now that shuffleboard badly needs the following:

- A high-profile spokesperson
- Business support/sponsorship
- A national (hard copy) newsletter
- A national registry of clubs/tourneys
- National (even local) television exposure

I'm sure you can think of others. I realize Stan McCormack and Alf Primeau have done yeomen's work for items 3 and 4 above with the Internet site: [theshuffler.org](http://theshuffler.org) but folks, we need a lot more to happen for our game to survive and grow. Give it some thought on how you might be able to help!

B. Leadership Issues – Before I say anything about leadership, I'd like to salute each and every leader shuffleboard has ever had from the Local, State, National, and International level. As every person who has ever held a position of leadership knows, many times it's a thankless, nerve-wracking job – and the pay isn't that great either (ha!). That being said, I'd like to focus on a really important issue, and that is, why many shufflers who love the game *don't step up to the lead*. I realize not everyone is cut out to be a leader, but

please remember we're not talking about rocket science here. I'm not innocent either! I served as President of our Hopi League in Mesa from 1997-1999 and was the Arizona Shuffleboard President from 1999-2001. Having said that I must now say this - *my game suffered* because of it. This is a possible reason why so many avoid such positions! Another aspect of leadership (as those of you in it can attest), is that *change* to an existing structure comes *very* slowly – if at all. I liken it to being an umpire in baseball – no matter what call you make, it displeases somebody. Again, I want the reader to realize that I'm not trying to make excuses; rather, I'm trying to bring some understanding to this issue. In your heart, I'd like you to determine where you stand on the issue of leadership. Please, If you don't think the above statements apply to you, consider moving into this arena.

- C. A Business Directory – This section brings me to the end of my writings (for now), on the game of shuffleboard. I urge the reader to carefully check out the following information. I've done my best to focus on the four main businesses for our game in the United States. All of them are to be applauded and supported by every shuffler as they are a lifeline for what we need to play our game. Because of their efforts our Mind Over Matter has a chance to succeed.

They are:

1. Allen R. Shuffleboard Co., Inc. (Sam Allen/Jim Allen)  
6595 Seminole Blvd.  
Seminole, FL 33772

Phone: 1-800-260-3834

Web: [www.shuffleboard-1.com](http://www.shuffleboard-1.com)

E-mail: [mrshuffle@aol.com](mailto:mrshuffle@aol.com)

2. Polyglide, Inc. (Kathy Cullop)  
3081 La Jolla St. Unit D  
Anaheim, CA 92806

Phone: 1-800-921-1722

Web: [www.polyglide.com](http://www.polyglide.com)

Email: [kcullop@polyglide.com](mailto:kcullop@polyglide.com)

3. M & S Sporting Goods (John Rosenkrans/Judy Martinez)  
5540 E. Broadway Rd. Suite 4  
Mesa, AZ 85206

Phone: 1-888-969-2209

Web: [www.MSawards.com](http://www.MSawards.com)

Email: [MSshuffle@quest.net](mailto:MSshuffle@quest.net)

4. Dura Dress Shuffleboard (Mike Walker)  
2836 Merrywood Dr.  
Sacramento, CA 95825

Phone: 916-485-7802

Email: [duradress@yahoo.com](mailto:duradress@yahoo.com)

## Part 8 – Bibliography and Fun Stuff Answers

### A. The Mental and Emotional Part of Shuffleboard

(Material used from these golf books)

- Cohn & Winters      Mental Art of Putting, 1995
- Freeman              Golfers Book of Wisdom, 1995
- Gallwey              Inner Game of Golf, 1998
- Graham & Stabler    Traits of Champion Golfers, 2000
- Miedaner             Coach Yourself to Success, 2000
- Parent                Zen Golf, 2000
- Rotella                Golf is not a Game of Perfect, 1995
- Steinberg             Mental Rules for Golf, 2003
- Tomasi (Excellent)   30 Second Golf Swing, 2001
- Valiente (Excellent) Fearless Golf – Conquering the Mental Game,  
2004

B. The Physical/Shot-Making Part of Shuffleboard  
(Reference material for more knowledge)

- Bullard, Col. How to Play Shuffleboard, 1958
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- Johnson, Andy Shuffleboard 101, 1980
- Kamp, Dip Improve Your Shuffleboard, 1989
- McKenzie, Paul How to Win at Shuffleboard, 1989
- Peltier, Glen Shuffleboard Strategy, 2006
- Peterson, Ken ABC's of Shuffleboard, 1984
- Swem, Floyd Those Capricious Discs, 1980
- Von Schuler, Karl Beginners Digest of Shuffleboard, 1974
- Zaletel, "Shuffleboard Bob" Keep On Shufflin, 2005

C. Answers to Fun Stuff

(I hope you have enjoyed the reading as much as I've enjoyed the writing!)

A.

1. 75" or 6' 3"
2. 39'
3. 8
4. 30
5. 6
6. 1981      Extra: Muskegon, MI

B.

1. House
2. Kitchen
3. Hammer
4. Charting
5. Tampa
6. Snuggle

D. This Word Search was graciously contributed by Shirley Bilderback of District 1 in Mesa, AZ.

Aim	Lag	X	W	Y	T	L	A	N	E	P	N	E	V	E	S	A
Apex	Lead	A	H	O	E	T	I	H	A	N	M	A	E	T	P	E
Arc	Leaner	W	P	A	L	C	O	R	E	H	I	D	D	E	N	M
Backstop	Lost	Y	D	O	K	L	T	I	A	B	A	L	X	P	A	G
Bait	Match	C	E	A	T	N	E	N	O	P	P	O	E	T	A	P
Baseline	Math	S	L	L	E	S	I	Y	I	K	M	N	C	S	E	M
Beads	Miss	I	B	R	L	H	K	G	T	C	A	H	P	E	A	U
Black	Nick	D	U	E	S	A	E	C	S	A	T	L	D	E	K	B
Bump	Opponent	F	O	U	L	O	E	K	A	L	R	E	L	I	S	H
Carom	Partner	G	D	E	N	C	T	D	F	B	L	E	T	O	I	T
Cease	Penalty	E	U	S	D	A	E	B	I	I	T	C	N	N	R	A
Cue	Pigeon	D	P	A	C	G	A	L	V	C	H	O	A	A	I	M
Deep	Play	I	D	L	R	O	I	E	U	E	I	A	H	R	E	W
Degree	Risk	S	N	E	A	D	R	E	N	L	S	U	T	S	O	L
Delivery	Roll	N	E	T	N	Y	G	E	T	A	R	T	S	S	I	M
Disc	Score															
Double	Seven															
Duel	Shot															
End	Side															
Fast	St. Pete															
Foul	Strategy															
Gasp	Suicide Alley															
Guard	Tampa															
Hats	Tap															
Head	Team															
Hero	Ten															
Hidden	Wax															
Hit	Win															
Kitchen	Yellow															

SHUFFLEBOARD NEMESSES: KITCHEN and LINES