



Regardless of where, when and how it happened, we all remember the joy of hitting that "FIRST ACE."

So, when did you get your FIRST ACE?

The USHA's mission statement is to Organize, Promote and Spread the joy of Handball, the Perfect Game. That is what FIRST ACE is all about. The continued growth of the sport is crucial for success.

An instant point. An unreturnable shot. We want our youth to strive for perfection on the court, in the classroom and in life. We hope to instill values that are incorporated in the Perfect Game as we introduce the sport of handball to the masses.

An ACE is a Mark of Perfection:

A Development Program that will introduce more players to Handball and help them achieve their...

United States
HANDBALL
Association



Introducing handball is only the first step to FIRST ACE. Mentors are vital to bringing new players into the community of handball. Coaching is the key in helping players be the best they can be. Trained Instructors can make sure students develop good handball fundamentals at a young age and citizenship through the lessons handball can provide.

With your help we will continue to attend conferences, not just on the national level but on every local and regional level as well. Our national network of instructors, coaches, exhibitors and mentors must continue to expand. It is the key to our growth, as well as the growth of the student. Our current network is much larger than it has ever been but we need someone in every region, in every locale and at every club to gain the coverage necessary to grow handball and foster good citizens through handball.

One of the most important aspects is to sustain and continue the growth of handball. With your support we will continue to foster relationships with key youth organizations such as:



Instructors and Clinics Since 2004



The map above illustrates USHA's current status regarding clinics performed since 2004, areas in which there are certified instructors and the areas with Level 5 instructors.

FIRST ACE Goals



This map illustrates the USHA's 5-year goal: To have one Level 5 instructor in every state. Achieving this will triple the number of certified instructors in the U.S. and add up to 5 times the number of clinics being performed. Instructor dots are shown.

Handball can grow and be successful with your support! Just take a look at what we have been able to accomplish with your help. . .

With your help, handball programs have been implemented at:

- more than 40 new colleges
- more than 50 new schools
- more than 20 new youth clubs

With your help:

- more than 4000 players have been exposed to handball
- more than 1200 educators have been provided information about handball
- more than 400 handball players have received training on how to teach handball

With your help we have distributed:

- over \$25,000 in gloves
- over \$16,000 in handballs
- over \$30,000 in eye protection

We have responded to, identified, trained and supported hundreds of people through clinics, workshops, and grants.

These efforts have resulted in the beginning of a nationwide network of instructors, coaches and mentors.

The growth of handball cannot and will not stop here. This is just the beginning to a bright future for handball filled with thousands of players getting their FIRST ACE.



With your help we have expanded and extended the reach of handball by becoming more mobile. Since 2004, we have visited and conducted workshops and clinics at:

- over 100 Schools
- over 25 Clubs
- over 25 Boys and Girls Clubs
- over 50 Colleges
- over 25 Conferences

The list of opportunities to teach handball continues to grow as word of what handball has to offer teachers and students continues to spread. Thank you for your efforts to “Share the Passion.”



Handball Rewards... Achievement, hard work and practice. Handball Develops... Both sides of the body and mind to help on the court and in the classroom.

Handball Promotes... Camaraderie and good sportsmanship. Handball Is... The only game that requires players to make calls against themselves.



Handball Provides... Mentors and leadership that positively influence youth on and off the court.



The USHA Organizes... Events, tournaments and clinics that help form lifelong friendships.



Top 10 Reasons to Play Handball

- 1) Fitness** - In a survey by the President's Council on Physical Fitness & Sports, 14 popular sports and exercises were rated by 7 fitness experts. Using the criteria of cardiorespiratory endurance, muscular endurance, muscular strength, flexibility and balance, HANDBALL WAS NUMBER ONE.
- 2) A Lifetime Sport** - Handball is one of the few lifetime sports that is fitness AND skill related.
- 3) Size is no Advantage** - Bigger, faster and stronger doesn't equal automatic success in Handball. It's truly a game for all sizes.
- 4) Opportunities for Competition** - There are many official tournaments throughout the year ranging in age and skill level.
- 5) Develops Both Sides of the Body** - Unlike other court sports, both hands and sides of the body must be used. This development of both sides of the brain has shown to help young people succeed in the classroom as well.
- 6) Easy to Teach** - The rules are simple. In the USHA's First Ace programs, Handball can be taught as a “cooperative” activity or as a competitive sport.
- 7) Camaraderie** - The game of Handball helps to create special bonds and lifelong friendships.
- 8) Free Lesson Plans** - First Ace programs receive detailed lesson plans at NO COST! The USHA has developed teaching guides for all grade levels.
- 9) Low Cost** - As the USHA saying goes, “Any ball, Any wall.” Even the pros only need gloves, balls and eye guards. If your school does not have a Handball equipment budget, First Ace programs will make sure you are supplied.
- 10) A Game for Everyone** - Softer and bigger Handballs allow youngsters and beginners a step-by-step gradual introduction to the game. Handball has become a sport for EVERYONE.

FIRSTACE is an effort to expand the game of Handball and help others realize the amazing benefits of the sport.

Please fill out and mail the Annual Contribution card to:
 USHA 2333 N. Tucson Blvd., Tucson, AZ 85716. Or make a secure contribution online at www.ushandball.org. All Contributions are Tax Deductible.
 The United States Handball Association is a 501c(3) tax exempt organization