

JUNEAU BILLIARD ASSOCIATION

CAPITAL BREAK

2015-2016 ISSUE 3

NOVEMBER 5, 2015

NEWS & NOTES

Substitute players—note that subs do not have to pay a player fee in their first week. The team still needs to pay \$50 for weekly dues. If a sub plays a 2nd week, they are responsible for the \$15 BCA membership fee. Once a sub joins a team, they will need to pay the remaining \$15 JBA player fee. No sub is eligible for post season awards.

BCA membership has benefits. OMEGA Billiards has Predator shafts for \$199 (normally \$290+). Plus you can get discounts at Muellers, Diamond Billiards, various car rental and hotels, etc. Visit www.playcspool.com/bcapl-membership-discounts.html

Race is on for the first loss of the season between Gerry Carrillo and Tom Kitka! Both are undefeated in 5 weeks of play at 15 wins 0 losses. Both have tough opponents coming up. Gerry has to play Black-n-Gold and any one of those guys can beat him. Tom has a couple tough players to get rough with Monty and Paul Lingley!

Remember to visit any of your officers if you have any comments, questions or concerns.

President—

Ken Southerland

VP, Tourney Director—

Monty Lingley

Secretary—

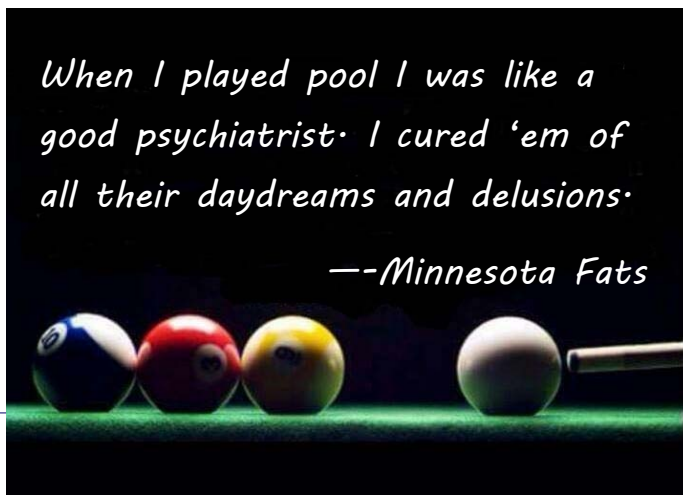
Steve Schick

Treasurer—

Buddy Howard

When I played pool I was like a good psychiatrist. I cured 'em of all their daydreams and delusions.

—Minnesota Fats



TOURNAMENTS

Monthly schedule:

November 14

December 12

January 16-17 Snowball

February 13

March 2-6 Classic

All tournaments will be 8-ball. Except Snowball and Classic which are multiple

events including 9-ball. Signups at 10:00 am. Play at 11:00 a.m. Except Snowball and Classic which sign-up at 8:00 a.m.

The Snowball and Classic are \$50 entry fee. Rest of tournaments are \$20.

We may have discounts for lower average players in Nov, Dec, and Feb.

All tournaments follow BCA rules and JBA bylaws.

Good luck and have fun!

CALENDAR

- Nov 14—Monthly Tournament 10:00 a.m.
- Nov 26—Thanksgiving Break no pool
- Dec 24—Christmas Break no pool
- Dec 31—New Years Break no pool
- Capital City Classic, March 2-6, 2016
- March 24—end of regular season
- Playoffs—March 31 to April 14
- Award Ceremony April 21, 2016

MATCHES THIS WEEK

| | |
|-----------------|--------|
| Black-n-Gold | Vs |
| Off Constantly | Viking |
| Hit Squad | Vs |
| Pog Mo Thoin | Viking |
| The Leftovers | Vs |
| STFU | Squire |
| The Outcasts | Vs |
| Pocket Blockers | Viking |

A MENTAL TRAINING PROGRAM BY MARK FINKELSTEIN

The first step to getting your pool mind right is improving your self-talk. Pool is an extremely demanding game and you will make mistakes. No one is perfect! But how you look at your errors and what you say to yourself is critical to learning from your errors and improving or just staying where you are.

Get a small note book and write down everything you say to yourself for a week! Write it all down. Put it away for a week and then read it. Would you say those things to a big stranger in a dark alley? If the answer is no, why are you saying them to yourself? So step one in your mental training program is to stop saying bad things to yourself. When you miss ask yourself if it was a cueing error,

an aiming error or a table error. With the answer you have learned something. Getting mad and calling yourself an idiot teaches you nothing.

Next on our list is breathing. It's very difficult to be nervous and tense if you are breathing deeply. Breathing is something else you can practice. Here is one practice routine to develop breathing skills. Breathe in for a count of 4, hold for a count of 6, and then breathe out for a count of 8. When you breathe out, release the tension in your shoulders. You will find you start to feel calmer and more relaxed. The idea here is to do this breathing exercise ten or more times a day so it becomes a habit. Then when you are faced with a

key shot, you can take one calming breathe and settle yourself down.

The last thing I want to look at is your eyes. Your mind follows what your body does. If your eyes are darting back and forth on a shot, you are overwhelming your mind with data. Your brain gets stressed out and you will not perform at your best. We say in Pool School to look at less, more. A practical way to do this is to not take your eyes off the table when you are in competition! This is hard to do but doing this will develop iron clad concentration!

There you have it, monitor your self-talk, learn to breathe and keep your eyes still. I can't guarantee that you will not lose or make any mistakes, but you will enjoy pool more, improve faster, and win more games!

WEEK 5

Pog Mo Thoin vs STFU—

STFU was a big underdog and received 18 handicap points a round. They didn't need it. They won 4 games in first round and built a big lead. PMT won 3 games in each of remaining rounds but couldn't overcome the lead. Congrats to Alex on her first league win!

Hit Squad vs. The Lefto-

vers—Hit Squad did some hitting as they won every game.

Off Constantly vs. The Out-

casts—Off Constantly swept the first round. Outcasts got 2 wins in the 2nd round and another in the 3rd round.

They stayed in the match with handicap but OC pulled the victory.

Pocket Blockers vs. Black-n-

Gold—PB won 1st 2 games; BnG won next 3 games. BnG was giving up 9 points a round. First round to PB 39--35. BnG won 3 games in 2nd round but trailed 47-40. PB won 3 in the last round. Scratch score was 110-110 tie! But PB gets the match with handicap.



TOP SHOOTERS FOR THE WEEK

30's

Kenny Taug
Jim Goenett
Al Villaneuva
Ed Ferrer
Al Taug
Gerry Carrillo
Craig Tiedemann
Kyle Sage
Tom Kitka

Break and Runs

None

Table Run (run after dry break)

None

Overall Leaders:

30's

2 with 5 30's
Tom Kitka & Gerry Carrillo

Break and Runs

Tom Kitka—2

Consecutive Wins

2 with 15 wins
(Tom and Gerry)
2 with 10 wins
(Craig T and Ken S)

BCA
Pool League