



How can I get involved in Handball?

Just Starting?

Attend an Introductory Clinic (equipment included) to get the basics. See our monthly schedule advertised at the courts, on the monitors or elsewhere in the YMCA. We also have posted Handball Basic Rules near the courts for your convenience.

If the Introductory Clinic schedule does not match up well with yours, contact John Stoffel (john.stoffel@alorus.com or 507.386.6291) to set up an individual Introductory Session (equipment provided). From there, you can consider more advanced lessons or be matched up with someone of similar ability to play regularly.

Want more than an Introductory Clinic or Session?

Contact John Stoffel at john.stoffel@alorus.com or 507.386.6291 to set up weekly more advanced lessons for a nominal fee through the YMCA and scheduled based on your availability.

John Stoffel's credentials:

- Certified Instructor for the United State Handball Association (USHA) and World Players of Handball (WPH),
- Assistant Coach for the Minnesota State Handball Team,
- Minnesota Top Ten Player,
- National Age Group Singles Champion,
- Multiple National Doubles Champion, and
- World Age Group Doubles Champion.

How else can I get involved in Handball?

Casual Play: Other players are always looking for singles and/or doubles matches. Please stop at the front desk and request to be added to the Handball Contact List. The Contact List provides player information and skill levels so that you can reach out and organize casual singles or doubles matches.

Tournaments: There are several local opportunities to participate whether you are a Novice or Pro. Below is a tentative schedule:

Maverick Open (Mankato)	October
Fall Classic (U of MN)	November
State Doubles	Early Spring
State Singles	Early Spring

A more current tournament schedule can be found at www.mnhandball.org or www.mnsuhandball.com.