



NEWS RELEASE

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Champions Crowned in 2016 Hoover-Ball National Championships

WEST BRANCH, IOWA – Aug. 6, 2016 – A new women’s team claimed the title and it’s a three-peat for the men’s division at the Hoover-Ball National Championships, held during Hoover’s Hometown Days on Aug. 6. The competition is part of the Iowa Games.

Taking first in the women’s division was the Heave Ho’s, with Jenny Dorsey, Summer Friis, Lynsey Justice, Erin Senio and Monica Tylee. They defeated Three Moms and a Kid, comprised of Lindsay Seydel, Miranda Palmer, Nikki Koenig and Tatum Koenig. Third place was awarded to the Hoover Ballers, with Janey Botkins, Jenae Murry, Allie Russell and Allyson Simpson.

In the men’s division, the champions claimed their third consecutive win, under a different team name for the third time. This year, the team used their name in dedication of an Uncle and friend who recently passed. Named, In Memory of Bill Jensen, the champion team consisted of Clay Cook, Cole Cook, Rylan Murry and Sam Perkins.

Perkins explained why they changed their team name again this year. “Our Uncle Bill passed away a little bit too soon, a couple of weeks ago, and we wanted to dedicate this tournament to him. We also decided our championship trophy will stay with Aunt Shirley who lives across the way,” Perkins explained.

Taking second place honors was the Iowa State University (ISU) Hoover-Ball Club with Matt McIlrath, Tyler Donovan, Lucas Lamont and Sam Aspelmeier. Men’s bronze medalists, The Lean Machine team, included Devin Kinda, Drew Finnegan, Luke Lench and Mason Hays.

Alexander Hoover, great-grandson of President Herbert Hoover, presented gold, silver and bronze medals from Iowa Games to the winners, a \$200 cash prize and the travelling trophy to the champions of each division.

The History of Hoover-Ball

It was once the most popular sport at the White House, played by the President, Supreme Court justices, Cabinet members and other high government officials. But when Herbert Hoover left the White House in 1933, Hoover-ball vanished from the American sporting scene, until 1987 when the Hoover Presidential Foundation began National Championship competitions in West Branch.

A combination of tennis, volleyball and medicine ball, Hoover-ball was invented, developed and perfected by White House physician Admiral Joel T. Boone to keep Hoover physically fit.





"It required less skill than tennis, was faster and more vigorous, and therefore gave more exercise in a short time," Hoover wrote in his Memoirs.

"It is more strenuous than either boxing, wrestling or football," wrote Will Irwin, a friend of Hoover's, in a 1931 article "The President Watches His Waistline" in Physical Culture magazine.

Hoover-ball was played by teams of 2-4 players with a six-pound medicine ball over a net eight feet high on a court similar to one used for tennis. The game was scored exactly like tennis, and played in similar fashion. The server throws the ball. The opponent must catch it on the fly and immediately return it, attempting to put it where it cannot be reached and returned. The side that misses the ball or throws it out of bounds loses the point.

"Stopping a six-pound ball with steam back of it, returning it with similar steam, is not pink-tea stuff," DuPuy wrote. "Dr. Boone estimates that as much beneficial exercise is obtained from half an hour of it (Hoover-ball) as from three times as much tennis or six times as much golf."

Today's championships use a four pound ball for both the men's and women's division. "Each team will play several games, and they play for over 10 hours," said Brad Reiners, one of the commissioners of the championships. "By the end of the day, a four pound ball starts to feel very heavy."

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About the Foundation

The Hoover Presidential Foundation is a private nonprofit organization for the Herbert Hoover Presidential Library-Museum and Hoover National Historic Site in West Branch, Iowa. The Foundation fosters the collection, interpretation and preservation of historical resources relating to the life, ideas, values and times of Herbert Hoover, 31st President of the United States.

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Photo Captions:

Women's Champions: The gold medal women's team, the Heave Ho's, receive a \$200 cash prize, medals, and a travelling trophy. (L-R) Jenny Dorsey, Lynsey Justice, Erin Senio and Monica Tylee pose with Alexander Hoover (R), after presentation of the awards.

Men's Champions: Three-peat champs, In Memory of Bill Jensen, include (L to R) Rylan Murry, Cole Cook, Sam Perkins and Clay Cook. Alexander Hoover presents the awards.
