

Brenda Pares



Born and raised in Brooklyn with easy access to her neighborhood park, Brenda was introduced to handball at an early age. Learning the game from her sister, Vivian, she shortly fell in love with the sport. The outdoor atmosphere, physical and mental challenge, and camaraderie provided an opportunity to stoke her competitive nature and passion.

In 1999 she entered and won her first competitive big blue B Doubles tournament with her partner Tracy Davis. The following year she won the Women's B singles and SAHA's B Doubles and the Women's Open Doubles events. This led to higher level competition and an interest in small ball tournaments as well.

To sharpen her skills, Brenda worked with trainer Benjamin Bretner. This allowed her to take her big blue style and bring it to the small ball game. As a result, she made her way to the finals in the 2003 USHA 1-Wall National Doubles, the H.E.S Women's One Wall Pro-Singles, Iron Maiden Women's Doubles, and a championship at the Y.M.C.A National One Wall Handball Women's Doubles with her new and current partner, Bernice Torres.

Her most accomplished and memorable year was 2004 when Brenda won the Triple Crown of Handball (Queen of the Court, Mayor's Cup and USHA One Wall National Singles titles). Along with those titles, she won the H.E.S. One Wall Women's Pro-Singles and the Y.M.C.A National 1-Wall Championship Women's Open Singles. In addition, Brenda and her partner Bernice were finalists in the Iron Maiden Women's Doubles, Citywide Big Blue Doubles, and were Champions in the YMCA 1-Wall National Women's Open Doubles giving her the slam to end the year. Brenda's accomplishments resulted in her receiving USHA Player of the Year, ICHA outstanding Athlete, and SAHA's Outstanding Athlete of the year.

Brenda remained at the top of the game for several years winning citywide singles and doubles titles three years in a row and becoming a doubles finalist twice: slammng in the 2007 international competition in Azkoitia, Spain; three A/B Championships with partner Evette Crespo, four mixed doubles finalist finishes with partner Yuber Castro; 2009 World Doubles Champion and Singles finalist; 1-Wall Big Blue Nationals Singles finalist. In 2010 she earned the 1-Wall Big Blue National Championship Singles title and was a Doubles finalist. Brenda ended 2010 as the Sky Bounce Big Blue Singles champion.

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After getting married in 2008 to her wonderful husband, Lacy DuBose III, Brenda took time off to start a family. After having her beautiful daughters, Kayden and Sydney, she went on to compete in the 2013 Big Blue Nationals and was a singles semi-finalist and doubles finalist. After taking another year off to have daughter Maya, Brenda again, at this writing, is looking forward to competing.

Brenda's journey is based on the collective efforts of family and friends who were critical to her success. She would like to personally thank...

- The founding members of the NYHHOF, all of the handball organizations and tournament organizers. Without your belief in this sport, none of this would be possible. Thank you for providing a venue for all of us to share in the love of this sport. You are responsible for the happiness of so many individuals. You continue to play a critical role in what it means to be a professional handball player/athlete.
- My sister Vivian for not only teaching me the game, but for always supporting me in all I do.
- My first handball partner and best friend, Margaret Maliga. Thank you for all the fun games we had, the early training, hard work and commitment, and, more importantly, the true meaning of partnership and friendship.
- My good friend Tristan Mena, who took me outside my local park and introduced me to a higher level of competition in NYC.
- My first competitive partner, Tracy Davis. Thank you for the introduction to handball tournaments. We had a blast.
- Cesar Sala for his shared knowledge of the game.
- My Coney Island Family for making me the player I am today. I am truly grateful for your continued support, friendship, and the amazing handball games and the laughs we shared.
- My trainer and friend Benjamin Brettner. I can't thank you enough for the endless games (literally) as well as the training for my mind and body. You helped me build my shot selection, stamina, consistency and confidence to reach my potential and be the best singles player I know how to be. I am forever grateful to you. And let's not forget your trips to the store. Without them I would have starved.
- My HB partner, friend and sister, Bernice Torres. We have been competing since 2001 and friends for even longer. Thank you for hanging tough and believing in me. Your support helped carry me through some of the toughest matches. Thank you for having faith in our partnership, for your dedication and big heart. I truly enjoy our laughs on and off the court. You continue to give me that push to want to play and to play at my best ability. Nothing but love Kid.
- To my wonderful friends and family for always supporting my love of the game.
- Mom and Dad, thank you for all your prayers, lessons, and values. You gave me the slight edge.
- My wonderful husband, friend and partner for life, Lacy DuBose III. I thank you for always taking my back no matter what. Thank you for your patience, guidance, support and love. You are an amazing husband and father. I am truly blessed to have you by my side. I love you!
- To my daughters Kayden, Sydney, and Maya. I love you more than words could ever express. Thank you for giving me purpose. Your explosive energy keeps me going and your laughter gets me through the day. I cannot wait to hit the ball around with you. Te Amo Mucho.
- To my Lord and Savior, I thank you for all of my blessings every day. "For with God, nothing shall be impossible." - Luke 1:37.