

IPRO Director's Message—February, 2022

How often have you met someone and after a few minutes you had developed a lasting impression? Be careful, as everyone within reason deserves a second look or the proverbial 'mulligan.' When coaching, teaching, or training others in the court sports, breaking the ice may take more than the first encounter. Learning is manifested in different ways and everyone travels with their own itinerary. One who starts off full of vitality may change to one who is reserved. The opposite may be true! One who is initially gun shy may end up being the 'class clown.'

As instructors, it is important to use our interpersonal skills to create an environment that makes students want to return to the classroom or to the court. The first session offers the baseline, and hopefully provides energy and value. Understand that paths and patterns may veer in one direction or another. Keep your students engaged and a bit hungry for more. Offer them gestures with positive feedback, so they leave with their head up and a smile!

International Racquetball Rules Changes:

...Rally scoring format; 3 out of 5; 15 pt. games (win by 1); tiebreaker 11 pts. (win by 2).

...One time out per game.

...Appeals---maximum of 2 'not accepted' per game. One may only appeal own or opponent's previous shot/strike.

...Mixed Doubles is new category. One team designated per event.

...Juniors 21 & under is new category.

YOGA POSE OF THE MONTH:

Standing Back Bend (opens the chest, strengthens spine, generates energy)

Stand with toes touching; heels slightly outward with knees slightly bent.

Slowly push hips forward and bring hands to lower back for support.

Keep the neck neutral as you look upward. Core tightens as do the quadriceps.

Maintain breathing through the nose and hold pose for 30-45 seconds.

UPCOMING:

APRIL Pan Am Championships; Club Gobierno, Santa Cruz de la Sierra, Bolivia

JULY World Games; UAB; Birmingham, Alabama USA

AUGUST IRF World Championships; La Loma, San Luis Potosi, MEX

37th World Senior Championships; NMSW, Albuquerque, NM USA

NOVEMBER IRF World Juniors; Central Deportiva, Guatemala City, GUA

