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# USAR-IP NEWS

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The on-line testing and certification process is active. To participate players simply need to go to their player profile, select products along the top left line, select certifications, and then select the desired certification. Each

player will work closely with a Master Professional. Online programs are available for instructor certification, coaching certification, recertification, and upgrades.

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## INSURANCE – WHO IS AND IS NOT INSURED

There seems to be confusion on who is covered by the USAR-IP insurance. All certified instructors who are USAR-IP members are covered. Members ONLY (\$75) are not covered. Thus if you are a member of USAR-IP but have not recertified (every three years) or completed a certification course you are not covered. Also, as with any insurance, it is important to verify that you are covered for sexual harassment and also covered when you are coaching competitive athletes. Many policies do NOT cover sexual harassment or abuse. As a USAR-IP member you are covered for sexual harassment and coaching of competitive athletes.

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# CONTINUING EDUCATION AND RECERTIFICATION

## CONTINUING EDUCATION

The core component of the USAR-IP program is continuing education. The USAR-IP program updates its ongoing educational information on a monthly basis. Educational articles are received from the USOC coaching education program, Master Professionals, certified instructors and other sport information sources. Certified instructors may submit articles to USAR-IP. If the article is used the instructor will receive CEU credits toward recertification.

## RECERTIFICATION

Many instructors are scheduled for recertification in 2013. Due to the delay in developing the on-line program ALL instructors will have until to January 15<sup>th</sup>, 2014 to recertify.

The recertification process is outlined online at the USAR-IP website. Instructors will have to complete 15 CEU's (continuing education units) from five different categories. The categories are: 1) teaching and clinics 2) physiology and nutrition 3) sport safety and liability 4) authorships, coaching and lessons 5) psychology of teaching and coaching.

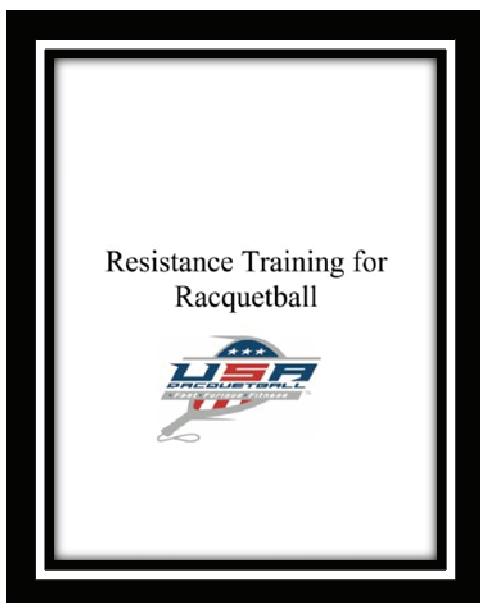


*CONTINUING  
EDUCATION*

*YOUR  
STUDENTS  
DESERVE THE  
BEST!!!*

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## WHAT'S NEW??



The USAR-IP, in a joint effort with the USOC coaching program, has developed the most complete resistance-training manual ever created for the sport. This new manual contains numerous illustrated exercises determined to be important for optimal performance for racquetball athletes. The manual also includes the modern technology of Q codes, which allows the instructor and student to download videos for each exercise. Along with more than 50 pages of exercises is information on how to incorporate the exercises into a yearlong training regime. Members can download the information from their personal profile by simply going to: "download manual".



## HOW TO MAKE YOUR STUDENTS WINNERS!!!!

The number of high school and collegiate teams are growing every year. With more teams and more coaches, a course to address the special needs of coaching teams has been developed by USAR-IP under the direction of Master Professional Jim Winterton.

The prerequisite for the coaches program is the general instructors certification program. Coaches need to be educated in proper technique, error detection etc. along with information regarding coaching. USAR-IP has arranged for a special instructors certification class for those interested in being certified as a coach and combining the instructors certification with the coaches program. Instructors already certified may sign up only for the coach's certification.

The coaches program differs from the general instructors certification program in that it concentrates on many different areas such as:

dealing with administrators and parents, lesson plans for groups of students, organizing a club sport, rules for travel, liability issues and required paperwork, and much more.

For more information go to the USAR-IP section at the USA racquetball web site.

**“WINNING CAN BE DEFINED AS THE  
SCIENCE OF BEING TOTALLY  
PREPARED”**

**GEORGE ALLEN**

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## How the New Online Certification System Works

The USAR-IP on-line assessment tests coincide with the USAR-IP manual. Students should read the USAR-IP instructional manual before attempting to take the on-line tests. All test scores will be automatically recorded after the student takes the tests and submitted to the Master Professional assigned to the student.

Students must take the tests in order from test 1 through 10. Students must pass test 1 before going on to test 2. The students' grade for certification will be based on the students FIRST attempt at taking the tests.

### REVIEW OF STEPS TO BECOME CERTIFIED

Complete certification consists of passing the on-line benchmark tests, passing a written test, passing the hitting test, video analysis of selected videos, designing a lesson plan (part of written test), CPR certification and successful completion of a background check.

### HOW TO TAKE THE TESTS

1. Login to your personal profile.
2. Go to "Training Manuals" and download the "USAR-IP Curriculum and Training Guide".
3. Review the online videos Benchmarks 1-10.
4. Go to "Online Courses and Testing" and start at test "Introduction to USAR-IP Benchmark Assessment Tests" .
5. Design a six-week lesson plan and submit to you Master Professional (15 pts).
6. Analyze a match play video (online under videos) as assigned by your Master Professional (15pts).
7. Review the online hitting test videos
8. Shoot a video of yourself performing the required shots (hitting set-ups and demo shots) (50 pts).
9. Complete the instructor's practical test as assigned by your Master Professional (video of you teaching a lesson) (20 pts).
10. To complete your certification all instructors will be required to sign the USAR-IP Instructors Code of Ethics, be CPR certified, and pass a background check.

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# INFORMATION AVAILABLE EXCLUSIVELY TO USAR-IP INSTRUCTORS

AS A USAR-IP INSTRUCTOR YOU HAVE NUMEROUS RESOURCES AVAILABLE TO YOU.

THE FOLLOWING IS A LIST OF ONLY A FEW: -

- A 227-page instructional manual
- A 56-page resistance-training manual
- An 81-page sport safety manual
- A 200 plus page programming manual (updated manual in preparation)
- More than 50 individual educational articles-updated monthly
- Four online officiating tests
- Four online safety and liability tests
- Ten benchmark tests
- Ten benchmark videos
- Ten hitting videos
- Four skill evaluation videos
- Monthly call with a Master Professional
- Direct communication with your own Master Professional

STAY TUNED FOR MORE NEW FEATURES

**PENN STATE??? – ARE YOU PREPARED IF ONE OF YOUR STUDENTS  
ACCUSES YOU OF HARRASSMENT OR EMOTIONAL MISCONDUCT???**

What is emotional misconduct?

Do you have adequate insurance to cover you in case you are sued?

Should you supplement your instructors insurance with a homeowner's liability rider?

Make sure your program does not fall short and includes the following:

- USAR-IP
- Teaching- 5 million coverage
- Coaching competitive athletes-5 million
- USOC approved safe sport education
- Background check
- CPR certification
- Extensive online materials and resources
- Bilingual materials

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## TIP OF THE MONTH-by Master Professional Tom Travers

Serving is one of the most underrated points of the game, yet one of the most important. It is the only time where you have complete control of the ball. You have to ask yourself-Do I take my time? What do I expect out of my serve? Am I ready to re-locate out of the box after my serve? These are just some of the questions you should ask.

First, scout your opponent and see what types of serves they have trouble with. Second, hit them a variety of serves to see what they have difficulty in returning. This will give you an idea of their weaknesses one on one with you in competition. Then you can proceed and attack.

You need to be like a pitcher in baseball. Hit the corners, vary speeds and heights, and move to different positions in the serving box. All of these things will make you a better server. Your goal should be to get a weak return. Do not worry about getting the ace. Aces will come, but your main goal is to get a weak return. Vary your serves with drives and lobs keeping your opponent guessing.

Have a 1,2,3 mental outlook for your serve. 1. Good serve 2.Weak return 3. End the rally. Shortened rallies lead to points in your favor, a run on points, and keeping you fresh for the next point. Now, let's look at how we can accomplish the 1, 2, 3 concept.

Racquetball is all geometry. The court is like a pool table. Try and hit the corner pockets making the ball bounce twice before hitting the back wall. This will make your opponent reach to the furthest possible point in the court. Then hit the side pockets on the sidewall first so the ball kicks down short of your opponent, which makes your opponent lunge forward. The hit a waist high Jam directing the ball right at your opponent coming off the sidewall. Always remember to relocate out of the box and be ready to end the rally.

Keeping your opponent off balance is the key to success. If your opponent does not know the angle or the speed of the ball they may have to hesitate for a split second. That split second is all you will need for the weak return. Now, lets look at how you keep your opponent off balance. The most important part of this is consistency. For the drive serve you need to drop the ball the same way and strike the ball the lowest point to keep the trajectory low. Keep the same motion as much as possible to better your serve percentages. Practice sets of 10, both drives and lobs, and try to master 70 to 80 percent. Chart your progress on a daily basis to see your improvement. Creating weak returns and shortening rallies will result in more wins. Good luck.....

“YOU MAY BE DISAPPOINTED IF YOU FAIL, BUT YOU ARE DOOMED IF YOU DON”T TRY”

Beverly Sills

# Penn

The BEST just got BETTER!



2012

For more than 40 years PENN has been on the cutting edge of ball technology for the sport of racquetball. We have never lost sight of the fact that a better ball means more enjoyment of the game for our customers. Today we are pleased to announce another revolutionary breakthrough with the re-launch of all our racquetball ball products. PENN engineers have discovered new and improved rubber compounds and state of the art manufacturing processes that deliver unparalleled performance for every level of play. Lighter, crisper, ultra consistent, and with unprecedented durability, PENN's new line of racquetballs will have you hitting thunderous splats and blistering passing shots with ease. **PENN—The BEST just got BETTER!**

## 40 Years of Innovation

