



# ROLLOUT

Volume 2 Issue 2



THE USRA AFFILIATE IN NEW HAMPSHIRE

April, 1999



**YOUR  
'98 - '99  
BOARD OF  
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- Vice President**  
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## From The President

Hi! I would like to take a minute to say "Thank You!" to everyone who helped make our 1999 State Championships a great success.

We increased our membership by seventeen and we built on last years entries to the event by thirteen. This year we chose to give all participants a collared shirt (like the old days) and a medal for the top three finishers. Hopefully we can build on that for next year for even better prizes. We have a few shirts left over (see the ad elsewhere in the newsletter) and you will also find complete tournament results inside.

We are having the Granite State Cup Tournament on April 24<sup>th</sup>. Don't miss this one, its our last tourney of the season in NH. Last year this was a great tournament with over 130 entries from just our own state! Remember it is not USRA sanctioned. So, bring some of your friends from your club that don't usually play tournaments and introduce them to the fun. The NHRA Awards banquet will be held after the tournament winds down at the Nashua Athletic Club and as always don't miss it. It will be "interesting" we promise. We will have a buffet dinner catered free of charge for our NHRA members. There will be a fee for non-members. Please check out the articles on both these events inside this newsletter.

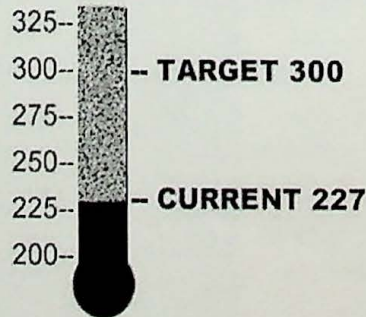
Our membership is continuing to rise, this season our membership was up by approximately forty members, and I am happy to say fifteen of them have not been members since 1994. Welcome back! I hope you can all make it to the banquet!

Happy Racquetball,  
Kelley

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### MEMBERSHIP STATUS



### USRA MEMBER BENEFITS

- Racquetball Magazine 6 per year
- N H R A ROLLOUT 6 per year
- Tournament applications
- Secondary medical insurance
- National/Regional rankings
- Support junior development
- Better tournaments
- National & home state membership
- Camaraderie — is just a beginning

**Results from the 1999 NH State Singles Championships March 5th & 6th**  
**Executive Health & Sports Center, Manchester NH**

<b><i>DIVISION</i></b>	<b><i>1ST</i></b>	<b><i>2ND</i></b>	<b><i>3RD</i></b>	<b><i>4TH</i></b>	<b><i>5TH</i></b>	<b><i>6TH</i></b>	<b><i>7TH</i></b>	<b><i>8TH</i></b>
<b><i>Mens Open</i></b>	Chris Zalegowski	Jim Lukeman	Jeff Morse	Mike Cole	Jim Sitomer	Joe Allis	Jeff Hill	Jaime Boucher
<b><i>Mens A</i></b>	Mike Cole	Jeff Hill	Jeff Morse	Frank Gibson	Mark Torr	Tony Bruzzese	Jim Sitomer	Carl Savage
<b><i>Mens B</i></b>	Tom Christy	Scott Elwell	Bill Taranovich	Bruce Rawlings	Mike Vecchiarelli	Jim Walsh	Ray Govotski	Jay Keddie
<b><i>Mens C</i></b>	Rob Smith	Jared Mansur	Greg Steeves	Kip Jackson	Bob Burgess	Jim Morrissey	Eric White	David Donahue
<b><i>Mens D</i></b>	Josh Husson	Jay Ohalloran	Jay Keddie	Pete Smith	Nate Dyer	Eric Pray	David Donahue	Ryan Noyce
<b><i>Mens Novice</i></b>	Jaime Lafontaine	Derek Taylor	Nico Waldeman-MA	Dan Leblanc				
<b><i>Jr.&lt;10</i></b>	Matt Keddie	Billy Bayliss	Matt Sauter					
<b><i>Jr.&lt;12</i></b>	Mike Keddie	Nate Dyer - MA	Matt Keddie					
<b><i>Jr.&lt;18</i></b>	Jared Mansur	Nico Waldeman-MA						
<b><i>Mens 25+</i></b>	Chris Zalegowski							
<b><i>Mens 35 +</i></b>	Jim Lukeman	Tony Bruzzese	Jim Walsh					
<b><i>Mens 40 +</i></b>	John Varrill	Phil Robbins	Carl Savage	Mark Torr	John Mansur			
<b><i>Mens 45 +</i></b>	Joe Allis	Chet Kennedy						
<b><i>Mens 50 +</i></b>	Mitch Milewski	Sid Bird	Bill Kelso	Bernie McGinty	Stu Akerson	Ray Hanneman		
<b><i>Mens 55+</i></b>	Mitch Milewski	Brandt Pace	Bill Bischoff	Norbert LeCompte				
<b><i>Mens 65+</i></b>	Norbert LeCompte							
<b><i>Womens Open</i></b>	Kelley Beane	Gail Guy	Kate McGinty					
<b><i>Womens A</i></b>	Denise Kilmer	Maureen Claussen						
<b><i>Womens B</i></b>	Denise Kilmer	Karen Middleton	Mary Tetreau					
<b><i>Womens D</i></b>	Mary Tetreau	Gretchen Gobar						
<b><i>Womens 25+</i></b>	Kelley Beane							

## Jim Winterton Conducts *AmPRO* Clinic

Jim Winterton, head coach of the US National Racquetball Team, paid a visit to the Executive Health Center on Feb. 26<sup>th</sup> & 27<sup>th</sup> to conduct an AmPRO Instructor's clinic for certification and upgrade of professional racquetball instructors.

It was a unique opportunity to learn from someone who has been training young athletes at the Elite US Olympic Training Center in Colorado Springs for the past 15 years. Not to mention coaching the National racquetball team to nine undefeated years in international competition. I really didn't know what to expect in taking this clinic – a 'boot' camp, long boring lectures with heavy-duty note taking, court drills, or just watch a couple of videos and pick up your certificate on the way out the door. *Little did I know that I was about to get a crash course in Racquetball 101 from the consummate teacher!*

To meet Jim was like becoming reacquainted with a long lost relative: a very friendly, down to earth, no-nonsense and 'up front' type of guy. Throw in the work ethics of a Marine drill sergeant; now you've met Jim! To experience this person in action – in the classroom, on the court, or just picking his brain one-on-one – was what I found simple amazing. His knowledge, teaching skills, work habits and desire for the game is beyond explanation. I could not believe how one person could know so much and have so much heart for the game; it truly shown through in his instruction methods both on and off the court.

Jim's biggest asset is his 'hands on' type teaching style – he's not one to mince words and feels quite comfortable getting *down to business* on the court. A good part of the clinic was spent on the court, and if I ever felt that I had some working knowledge and skills concerning the sport, I suddenly realize just how much I still had to learn about the game from this Goliath of racquetball!

There was so much more I found I needed (and wanted) to learn about the game, but at times I felt like an over-saturated sponge – there was just so much to cram in – in such a short

time. Would you believe I spent at least 6 hours studying on a Saturday evening? I don't think I even did that back in college!

It was a bit overwhelming with all the things that the AmPRO certification program had to offer, but luckily we got to keep the manuals which are packed with everything from A thru Z that has to do with racquetball. This clinic was much more than just learning to instruct, it gives you many more ideas and techniques on programming, marketing, coaching, management, and then some.

Over the past sixteen years (give or take) of being involved with racquetball programs, I've lost count of the number of times I felt stale or 'burnt out' with the sport, so for me this experience acted like a rejuvenating shot of adrenaline. Believe it or not - as tired as I was after such a long weekend, I couldn't wait to change up and get to a back court to practice, and did just that for about 60 to 90 minutes!

If I ever felt that the 'fire' for the game has burnt out, I think Jim's good example has sparked it again; as a matter of fact, he may have set the whole darned house on fire!

This unique and invaluable experience will not be soon forgotten. I'd do it again in a heartbeat...

*Mike Normand*

*Author's note: Besides myself, other NH people taking their certification for the 1<sup>st</sup> time was Carl Savage (State nutritionist?) and Jeff Morse - we all accomplished the level of 'Certified Instructor'. Also taking the clinic was Kelley Beane but for a different goal - she was there to upgrade her 'Advanced Certified Instructor' level and is proud to say that she successfully advanced to the 'Pro / Clinician' level. (Which means that we may see her giving some of these clinics in the near future...) Many thank to Jim for all his help and congratulations to all the participants for their success and hard work!*

## New Hampshire *AmPRO* Instructors

How many times do you hear it? How many times do you see it in the alt.sport.racquetball newsgroup on the Internet?

The questions are there all-the-time —

"How can I improve my game?"

"Where do I get a backhand? Sports Authority?"

"How do I improve my shot selection?"

"What can I do to improve my court positioning?"

"My serves stink. . . How can I learn how to serve better?"

There is a way!

Take one or more lessons, then practice, practice, practice.

There is a small, but capable group of folks that can help you

improve. They are all certified by AmPRO. Try it, you'll like the results. They are:

Pam Danisiewicz — Salem

Carmen Dyer — Nashua

Cindy Hamilton — Milford

Carmen Lesieur — Nashua

Steve Lesieur — Nashua

Bernie McGinty — New Ipswich

Kate McGinty — New Ipswich

Carl Savage — Nashua

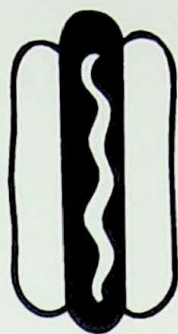
Jeff Morse — Nashua

Mike Normand — Manchester

Kelley Beane — Manchester — Professional/Clinician

# CARL'S

OVER  
THE  
HEADS



## A tale of — ahhhhm — two shoes!

As I entered my workplace, a co-worker pointed out that I was wearing two different athletic shoes. As I looked down at my feet, sure enough, the person was correct. An Ektelon sneaker was on my right foot and a Head sneaker on my left foot.

Obviously embarrassed, I sat down at my desk, wondering "...what was I thinking that morning when I got

dressed?" My embarrassment soon turned into a big smile. Hey, this was the first time in a long time that I could actually look down and see my feet. Usually my overdeveloped abdominals block my view. The new diet I have been on for the

past three months is working.

Being a health fanatic and a nutritional consultant to the NHRA, let me share this new exciting way of eating with you.

The diet was developed by Dr. I. M Hungry and is called the "White Diet." The diet follows one simple rule, if it comes in a white package, it is good for you. What comes in a white package you ask? Grinders (white wrapping), Pizza (white box), and don't forget those white containers of Chinese food. These are just a few of my favorites. When it comes to eating just think, white is right!

Don't forget, diet alone is not the answer. You still need to exercise. For me, I prefer to cross-train with Racquetball and 16 oz curls. Good luck!

*Carl Savage*

## The New England Regional Singles Championships — April 16-18

That sure is a mouthful isn't it?!

Well, this year it is really gonna rock! We will have the usual collection of awesome talented players from all over New England. But, because there is no regional in New York this year, we will also have players from New York, New Jersey and Pennsylvania. The nearest regional's are in Baltimore, Maryland and Canton, Ohio.

For those of you who have been around the horn a few times, the legendary Charlie Garfinkel will be coming all the way from upstate New York to play in the 60+ division. The stories about the Gar's talents on the court are only exceeded by the stories of his ability to manipulate referees and opponents.

The information from the application is on the internet at [www.neracquetball.com](http://www.neracquetball.com) for your reading pleasure. The tourney will most likely start early Friday afternoon and end late on

Sunday — with a very long Saturday in-between. Many thanks to Kevin McKenzie and the Cedardale staff who will be your club host and master of hospitality. Bill Gargan will again take care of the draw, schedule and man the tournament desk.

Applications will be accepted until Friday April 9<sup>th</sup>. Due to the expected large turnout, it is highly unlikely that late applications will be accepted after that date. Apply early and often! You can mail applications to Bill Gargan at HC 63 Box 1078 — Madison, NH 03849-9409 OR Fax them to 603-367-4625 or Email Bill at [wdegargan@rqtbal.mv.com](mailto:wdegargan@rqtbal.mv.com). If you have any questions or want to call your application in use 603-367-8533. Be sure to provide all the information that is required on the application.

Even if you can't play, take the time to drop in and catch the action. You won't be disappointed!



### NHRA / NH RACQUETBALL APPAREL

*(Proceeds to benefit the New Hampshire Racquetball Association)*

- NHRA**  
*silk-screened white tee shirt* **\$12.00**
- NH Racquetball**  
*low profile hat* **\$15.00**
- NHRA**  
*embroidered teal collared shirts* **\$24.00**
- NHRA**  
*silk-screened gray sweatshirts* **\$28.00**
- NHRA**  
*embroidered collared sweatshirts* **\$35.00**  
*colors: black & ash*
- NH State Singles Championship**  
*collared shirts (only 4 XL's left)-* **\$15.00**

# The Granite State Challenge Cup

## April 23-24, 1999

### and The NHRA Awards Banquet

## April 24, 1999

It's that time of the season for the annual NH 'fun' tournament – The Granite State Challenge Cup.

This tournament has evolved over the years from a giant round robin 'club-versus-club' competition to what it is today – a fun tournament with the single goal of promoting 'new blood' into the sport of racquetball in New Hampshire.

The whole design of this event is to get people out of their clubs and give them a taste of tournament competition, showing them just how much fun they're missing!

We have taken all your ideas and created a 'special' tournament just for you. For this reason the tourney is set up to make it easy and fun for everyone: that's why no USRA membership is required; that's why we've created a 2-day format; that's the reason for the low entry fee; that's why we combined it with the Awards Banquet which follows the tournament on Saturday evening - and the list goes on.

The little rivalries between the clubs will still be there, but the primary goal of the Board for this tournament is to give some of those *club-only* players (whether from club leagues, mixers, socials, or just the recreational player) the opportunity to experience life in the *infamous* tournament world. Many people find that there's nothing to be afraid of and in the process have a good time – *what a pleasant surprise!*

This year's Challenge Cup will again happen at the Nashua Athletic Club (*home of the reigning champs and our very gracious hosts*) on Fri./Sat. April 23<sup>rd</sup> & 24<sup>th</sup>. Here's a few particulars on this year's format:

- Regular tournament format (*except everyone gets Sunday off to recover!*)
- Tournament applications mailed to the membership as well as team roster sheets mailed to each club captain (the RB coordinators at each club)
- Divisions offered for both men and women:  
Open, A, B, C, D/Novice,

Women's 40+, Men's 45+; also  
Open/A & B/C doubles,  
Open/A & B/C mixed doubles

- NHRA medals to the winners
- Fee: \$20.00 for the adults, \$10.00 for juniors
- Men play only 1 division, women can play 2 (1 singles & 1 doubles)
- Points will still be counted for the club competition

This competition is set up to accommodate every racquetball player in the state. Whether you have several people from your club and able to form a team or you belong to a small club and have just a couple of players but still want to participate.

Whether you're a new player to the tournament scene or a veteran. There's a place for every NH racquetball player – on a club team or as an individual - because we want everyone to join in the fun! If you have any further questions about this event you can either contact the racquetball coordinator at your club or give Carl Savage a call at the Nashua Athletic Club (889-5520).

As previously stated the Awards Banquet will take place immediately following the 'Cup' competition. The festivities begin with a dinner compliments of the NHRA – last year it was a big hit with everyone so it's back by popular demand (*just a little 'thank you' for all your support during the season*). Then the 'fun stuff' begins – the awards segment of the evening. Both serious and the *infamous* 'not-so-serious' awards are given out – all I have to say is that if you've never attended one of these 'informal' ceremonies, then you're really missed out on a *unique* occasion! If this year's edition is anything like the ones in that past, it'd be an understatement to say that a good time will be had by all. *So come as you are and don't miss out on the hi-light of the season and a really great time!!!*

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# The Granite State Challenge Cup

## And

# NHRA Awards Banquet

This is truly YOUR event.  
Play — Watch — Whatever — Please support it!

## Are You Ready?.....

I can't believe the season is half over already! This article is coming out a little late into the season but I feel it is a good topic to address. You know when you go to a tournament, you get all pumped up to play, you look at the clock and feel time is just not going by fast enough until your match or maybe they are running behind a little and the anticipation of playing is driving you nuts.

When you do walk onto the court, you feel a little rushed for time so you hit a few forehands and a few backhands, ceiling shots, splats, pinches, etc. The thoughts that come to mind are mixed. Some say you are going to kick some butt, some say you just hope you play good. Your match starts and before you know it you get wiped off the court because you didn't hit the shots you normally hit. You don't understand why you played so badly, you have a thousand excuses running through your mind, except the obvious one, and that is "*Did I warm-up good enough?*"

"How you perform on the court is a direct result of how you prepare for your match."

Warming-up is probably one of the most important things you can do before you play aside from stretching. How you perform on the court is a direct result of how you prepare for your match. When I am at a tournament, I can't tell you how many times I see people just walk onto a court and start shooting the ball as hard as they can at the front wall, trying to get ready for there match.

Have any of you wondered when your arm is a little soar after a tournament? What about after your 1<sup>st</sup> match? If any of you say "YES" than there is a good chance you are not warming up properly. You have to look at the muscles in your body similar to a car in a New England winter. You can't just go out to your car, start it up and expect it to run at peak performance on your drive to work. You have to start it, let it run for 10 minutes and gradually let it heat up to the point where it won't do any damage to your engine when you push it to its limits. Just like racquetball, you have to gradually warm up your muscles so when you call on them to be at there best, they will be ready.

Now, warming-up your muscles can be done a few different ways. Jumping into a Jacuzzi before you play (sauna and steam room also will work), a hot shower, very light weights work well and the best and easiest one is how you use your time when you warm up on the court.

When you step onto the court to warm-up, the best thing you can do to get things flowing is start off by hitting ceiling shots. By doing this you are just basically loosening up your muscles at a slow but gradual pace. Ceiling shots are more of a finesse shot then a power shot so this is another good reason to start off with them first.

After you do ceiling shots, walk up to about the short line (2<sup>nd</sup> red line) and start hitting the ball at the front wall at about 25% of your power. Remember you want to start off slow and gradually increase your power as you go. After you do that for a few minutes, fade back to about 35ft and do the same. Start out at about 25% of your power and gradually increase to about 75%.

The object of racquetball is not to see who can hit the ball the hardest. A 50 mph rollout is just as effective as a 160 mph rollout. Regardless if you are a power player or a control player, both styles still have to warm-up there muscles to maximize there potential.

By warming-up your muscles, not only will you increase your consistency when you play, you will also be less likely to injure yourself during a match and less likely to develop muscle fatigue after a match as well. I feel this is a very important aspect when preparing for a tough match. 75% of the time, the outcome of most of my matches greatly reflects my warm-up time and how I prepare for my match, before my match.

Good Luck everyone and hope to see you all at Regional's or Granite State Cup!

*Chris Zalegowski*  
1999 NH State Open Champion

"...you are just basically loosening up your muscles at a slow but gradual pace."

**Adult Regional — Cedardale – Haverhill, Ma – April 16-18**

## Referee Challenge

### THE GAME!

What's the RULE?

The NHRA has decided to have a little fun by having a contest to see who knows their Racquetball rules!

### THE RULES!

Answer the 2 questions accurately (including Rule #) and win a NHRA Racquetball T-shirt or NHRA Hat (Your choice!)

### THE REASON!

This contest is designed to make all of you aware of some of the rules that we tend to overlook or really don't think about too often. We are doing this for a couple different reasons:

- 1) To make you a better player!
- 2) To keep you safe and to also make you a safer player!
- 3) To make the game more challenging!
- 4) To make the game more FUN!

### **GOOD LUCK!**

**QUESTION #1** – It is a 10 – 10 tiebreaker and both opponents have used up there appeals. Player "A" hits a drive serve and aces player "B". The ref calls it good, WINNER player "A"! Player "B" thought the serve was short and appeal's the ref's call. WHAT'S THE RULE?

**QUESTION #2** – Player "A" has a serious attitude problem and is giving the ref a lot of trouble, claiming he is making bad calls. The ref gives player "A" two technical's throughout the 1<sup>st</sup> game for his behavior and player "A" starts to calm down. Towards the end of the 2<sup>nd</sup> game, player "A" has another outburst because he claims the ref made another bad call and starts becoming verbally abusive again. The ref gives another technical to player "A", making it his 3<sup>rd</sup> and player "B" claims that after the 3<sup>rd</sup> technical the match has to be forfeited. WHAT'S THE RULE?

All you have to do is mail in your answers along with your name, address, email and shirt size to:

### **NHRA**

**91 Lancaster Ave**  
Manchester, NH 03103

### OR

EMAIL your answers to:

[NHRACquetballBoard@net-marks.com](mailto:NHRACquetballBoard@net-marks.com)

**\*We will post the winner in the next newsletter. For all respondents with the same correct answers, we will pool them into a hat and draw a winner at random!**

## The 1999 NH State Singles Championships

The New Hampshire Racquetball Association would like to thank all that participated in the 1999 State Singles Championships (March 5<sup>th</sup> & 6<sup>th</sup>) for making it one of the most successful championships in recent years.

The Executive Health & Sports Center in Manchester hosted this year's event, with many thanks going out to the club staff for keeping up with all the players.

Special thanks go to Mike, Kelley and Chris for setting up this year's draw, coordinating all the club activities, and for the wonderful collared shirts that each entrant received.

The total number of entries this year was 73, an increase of 15 players equaling 21% growth in contestants from 1998's tournament. This is a trend that we wish to continue in order to keep New Hampshire racquetball strong.

This year's State tournament was a 2-day format (Friday & Saturday), something that's becoming very popular with the NH racquetball participants. NH State medals were awarded to all

the first, second and third place finishers (See State Singles results). A big 'thanks' should also go out to *Mother Nature* for delaying the snowstorm until late Saturday afternoon so that everyone could arrive on time and keep the tourney on schedule!

A 'State Level 1' referee certification was offered in the afternoon in which 12-15 people participated. It was good to see the interest in our players to become more knowledgeable with the rules.

A word of note (and congratulations) goes out to John Varrill for being the first person to pass the test on the initial try – and did so with a score of 98%!!! Everyone walked away a winner and had fun doing it.

Many thank to everyone who supported this event and we hope to see more of you in the State participating in next year's NH Championship tournaments.

*Tony Bruzzese*

**New England Junior Regional – Racquet's Edge– Essex Junction VT – May 15-17**

## Cheaters Never Win, They Lose — Especially Our Respect

Cheating. . . How many racquetball articles have you seen on this subject? I looked back in my archives of racquetball magazines dating back to around 1980 and I couldn't find one article on the subject of "cheaters". So. . . Let me take the pleasure of writing about the dishonest amongst us. What prompted me to write this column was a recent experience at The U.S. Open in Memphis, TN in November '98.

We all train hard, eat right, and prepare mentally for our biggest challenges. We buy the plane ticket, reserve the hotel room, pay the \$100. Entry fee, kiss our family goodbye, and go off: Hopefully to play your best racquetball and come back with a "medal" or even better a national title.

So, now you have played all week at the top if your game, you have advanced to the semi-finals and you have won the first game. The second game is at 14-14 — your serve — your ace — YES !!!! You've won! But wait. . . Your opponent "digs" the ball out of the back corner on the 3<sup>rd</sup> bounce and it makes the front wall. You look at the ref in disbelief and he says, (standing outside back-wall glass) "I really couldn't see it.....!!!!!!!"

So it goes in their attempts to reach the finals, some amongst us feel the need to cheat. So much reputation, status, opportunity, and money can ride on the outcome of the game that is not surprising that people will resort to anything to win. My observation is that people who cheat have little interest in the partici-

pation and the challenge of the game itself — the surprises, the good shots, the skip shots. These people are totally preoccupied with the outcome and not how they achieved it. They do not care if the player that performs the best wins.

Not everybody who is wrong is a cheater. We all can be victims of wishful thinking or simply being wrong. Sometimes what was clear and obvious to you was not what your opponent genuinely thought happened. It can happen to you too!

When cheating is clear though, should the rest of us care? Yes! Cheaters ruin our game. They take away the satisfaction of hitting a great shot, or an ace serve. They undeservedly get that point that you earned! Did I lose that match? Yes! Was part of it because my opponent cheated? Yes! Will I let a cheater get to me like that again? No! Because, after losing that match, it really makes me think why do I put myself through this? Why do I spend the money and time to travel just to get beaten by someone who takes double bounces?

Well, after an hour walk in Memphis, after I lost, I determined that "I do it for me." I know that I truly played to the best of my ability and that anything that was in question on my end was replayed. I play honest and fair and I know that when I win I will be able to look you in the eye and shake your hand and know that I won fair and square.

Kelley



## Announcements!



**ADULT REGIONAL'S:** 1999 New England Regional Adult Singles Championships to be held April 16<sup>th</sup> – 18<sup>th</sup> at the Cedar-dale Athletic Club in **Haverhill** Ma. For more information, go to the N.E. Racquetball web site [www.neracquetball.com] or contact Bill Gargan at (603) 367-8533.

**JUNIOR REGIONAL'S:** '99 New England Junior Regional Championships to be held May 15<sup>th</sup>-17<sup>th</sup> at Racquet's Edge — Essex Junction, VT. Contact Bill Gargan at (603) 367-8533.

**REFEREE CERTIFICATION:** State Level One, will be offered at the Granite State Challenge Cup on April 24<sup>th</sup> for a cost of \$10.00. For those of you who need to retest, you may do so at no charge (THIS WILL BE THE LAST ONE OFFERED THIS SEASON SO DON'T MISS OUT!).

**NHRA APPAREL:** Customized NH Racquetball sportswear now available – both silk-screened & embroidered items such as hats, T-shirts & sweatshirts. Available at NH tournaments or contact Kelley.

**VOLUNTEERS WANTED:** THE NHRA NEEDS YOU! People to work on committees such as: the State Banquet, Fund Raising, Awards, Rules & Policies, The Challenge Cup, Referee Certification, many more! If you've got some talent, the energy, and/or time, we could use your help! For more informa-

tion call Kelley Beane or contact her through the web site.

**ADVERTISING:** Ad Rates - \$100. Full page, \$50. ½ page, \$25. ¼ page, \$15. Business card. Newsletter goes out to full NHRA membership plus all the clubs, former members and many RB friends so advertise here! Yearly rates available.

**NEWSLETTER RATES:** NH newsletter subscription is available to non-residents / non-members for a \$10.00/year rate.

**F.Y.I. TO MEMBERS:** When your membership card states a 4/99 expiration, that means you expire the 1<sup>st</sup> day of the month (*not the end of the month!*).

**GRANITE STATE CHALLENGE CUP:** Will take place at the Nashua Athletic Club on Fri. April 23<sup>rd</sup> & Sat. the 24<sup>th</sup>. For more information see the racquetball coordinator at your club or contact Carl Savage.

**NHRA BANQUET:** Taking place in Nashua on April 24<sup>th</sup> at the conclusion of the Challenge Cup tournament (around 7-ish). A dinner will be offered at no charge (if you aren't playing in the tourney please RSVP for dinner). Many serious & not-so-serious awards given out plus many prizes – YOU DON'T WANT TO MISS THE FUN!

# USRA

## COMPETITIVE LICENSE APPLICATION

UNITED STATES  
RACQUETBALL ASSOCIATION  
1685 West Uintah  
Colorado Springs, Colorado  
80904-2921  
Tel: 719/635-5396  
Fax: 719/635-0685  
www.racquetball.org  
www.usra.org



National Governing Body  
U.S. Olympic Committee

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE/ZIP \_\_\_\_\_

TELEPHONE (Home) \_\_\_\_\_ (Business) \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AmPro rating \_\_\_\_\_

New Member     College Student     Renewal     Address Change only

Adult competitor ..... \$20.00 \_\_\_\_\_

Junior competitor ..... \$15.00 \_\_\_\_\_

Junior competitor (without RACQUETBALL Magazine) ..... \$10.00 \_\_\_\_\_

RACQUETBALL Magazine subscription only ..... \$15.00 \_\_\_\_\_

Tax-deductible donation ..... \$ \_\_\_\_\_

Total enclosed ..... \$ \_\_\_\_\_

All memberships are for one year, and include a subscription to RACQUETBALL Magazine.  
Receipt can be presented as proof of membership until competitive license is received.

The undersigned has read the waiver and release printed on the opposite side of this form,  
with the understanding that they have given up substantial rights by signing below, and  
do so voluntarily.

Member signature \_\_\_\_\_

Parent or Guardian (if member is under 18) \_\_\_\_\_

Representative \_\_\_\_\_

Tournament \_\_\_\_\_ Date \_\_\_\_\_

NEW HAMPSHIRE RACQUETBALL ASSOCIATION

91 Lancaster Ave  
Manchester, NH 03103

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