



**ROLLOUT
SPECIAL EDITION**



- YOUR
'98 - '99
BOARD OF DIRECTORS**
- President**
Kelley Beane
 - Vice President**
Tony Bruzzese
 - Treasurer**
Carl Savage
 - Secretary**
Mike Normand
 - Events
Coordinator**
Chris Zalegowski



From The President

*Hi everyone!
Here is your year-end wrap up newsletter.
It was great to see all of you at The Granite State Cup
Tournament and banquet held at The Nashua Athletic
Club. Thanks to all the competitors and a huge thanks
to Matt & Tim, the owners, for their support this year.
We recently mailed out a letter to all of our members
who were about to expire. So, if you have already renewed your member-
ship and received one of these letters than please disregard it. We just
don't want to lose anyone along the way, so thought that a reminder was
appropriate. We had set a goal of 300 members in May of last year, and we
ended up with approximately 260, that's up from 209, so we are pleased.*

*However,
I truly hope we can achieve our goal of 300 members this year, as we have
not seen a number like that in a very long time.*

*The board of directors is currently working on many projects, including
a summer event, new tournaments during the season, outdoor courts,
the new tournament schedule and some other new ideas. If there is any-
thing you would like to see us consider please feel free to contact me or
anyone else on Your board so we can bring it up at the next board meet-
ing.*

*Thanks for a wonderful 98/99 season! And - here's to 1999/2000! - Let's
make it a memorable one!*

*Happy Racquetball
Kelley*

**GRANITE STATE CUP
SPECIAL EDITION**

<p>MEMBERSHIP STATUS</p>	<p>USRA MEMBER BENEFITS</p> <ul style="list-style-type: none"> — 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
---------------------------------	---

GSCC & NHRA AWARDS

On April 23rd & 24th the Nashua Athletic Club was gracious hosts to the annual Granite State Challenge Cup and NHRA Awards Banquet. The cup competition is set up for everyone to have a good time and to get those 'club only players' out to get a taste of life in the tournament world. This year's 2-day event attracted 110 people competing in 18 events, representing clubs from Nashua (NAC), Manchester (The Executive), Somersworth (The Works), Merrimack (The 'Y'), and Portsmouth (Gold's). Though the origins of this competition stem from club teams competing for the bragging rights to the 'cup', this tourney was set up to accommodate both club teams and also anyone looking to participate on an individual basis (which may be the way it'll go in the future - like a regular tournament). It's always good to see old friends, but it was great to see a lot of new faces (which is what this event is all about!). Winners of each division were awarded State medals, but along with the many NHRA awards given out during the *irreverent* ceremonies I think that many more people walked away a winner (see division & award winners in this newsletter). If you were there you know it was a good time, and if you weren't then you really missed out on a lot of fun. *This is your tournament* so we are always looking for your feedback and suggestions, so don't be shy - we want to hear from you!

1999 Granite State Challenge Cup Division Champions

<u>Division</u>	<u>Name</u>	<u>Club</u>	<u>Division</u>	<u>Name</u>	<u>Club</u>
Men's Open - -	Chris Zalegowski	Executive	Women's Open -	Kelley Beane	Executive
Men's A - - - -	John Warburton	The Works	Women's A - - -	Ann Doucette	The Works
Men's B - - - -	Mel Passarelli	NAC	Women's B - - -	Gaye Rosenfeld	NAC
Men's C - - - -	Dave Brennan	NAC	Women's C - - -	Patty Danos	NAC
Men's D/Nov. -	Jon Dyer	NAC	Women's D/Nov. -	Stacy Freda	NAC
Men's 45+ - - -	Joe Allis	The Works			
Men's	Jeff Hill	NAC	Women's	Kelley Beane	Executive
Open Doubles -	Jeff Morse		Open Doubles - -	Judy McCole	
Men's	Dick Dyer	NAC	Women's	Donna Travers	NAC
B/C Doubles - -	Scott Elwell		B/C Doubles - - -	Dottie Dellagatta	
Mixed	Carmen Dyer	NAC	Mixed	Lisa Paradise	Merrimack Y
Open Doubles -	Peter Messier		B/C Doubles - - -	Mannie Pimental	

1999 Granite State Challenge Cup Champions - Nashua Athletic Club

Murray Aldous	Jerry Anctil	Rich Bates	Karen Bedard	Dave Brennan
Tom Boyle	Matt Chabot	Chad Chaloux	Mike Cole	Fred Conti
Pat Danos	Jim Dellagatta	Ron Dellagatta	Dick Dyer	Jon Dyer
Scott Elwell	Jim Falde	Stacy Freda	Jim Gossett	Ray Govotski
Cindy Hamilton	Todd Holbrook	Joe Husson Jr.	Joe Husson Sr.	Joshua Husson
Kip Jackson	Jay Kempton	Chet Kennedy	Mike Leary	Dan Leblanc
Kevin Maloney	Jared Mansur	Peter Messier	Mitch Milewski	Jeff Morse
Scott Nelson	Rich Nevius	Judy Nevius	Steve Noel	Mel Passarelli
Russ Raby	Gaye Rosenfeld	Tim Saguear	Jim Savage	Rob Smith
Greg Steeves	Derek Taylor	Gabor Toth	Hiram Towle	Donna Travers
Paul Wallace	Tim Whitcomb	Dottie Dellagatta	Diane Taylor-Whitman	Tony Whitman
Donna Przybyszewski				

Tri-Captains: Carmen Dyer, Jeff Hill, Carl Savage

Coach: Justin Wallace

MOTIVATION!

I am writing about the topic of motivation this month to hopefully get or keep you motivated throughout the summer. In March when I traveled with the U.S. Team, I learned so much about racquetball, team dynamics and that motivation is something not taken lightly. It is something that every top player is aware of when they prepare for their match. Think about it. What motivates you when the pressure is on out there? Are you aware of it?

In Mexico, we would have team meetings almost nightly, and one of the players would have to lead the meeting. They would then come to the meeting with a topic and it would be discussed. On one particular evening before the big matches were about to be played, Robin Levine was the leader of the meeting. Her topic was motivation. She wanted everyone in the room to think about a time when they were most motivated in their racquetball game and to say what it was that motivated them. Whether it was a poem, a movie, a quote or an experience.

Here is what some of the athletes had to say:

Cheryl Gudinas - Cheryl told of how much it hurt to lose to Christi VanHees the last time they played. She truly wanted to beat her here, and you could see it came from the heart. Her motivation was her previous loss. Shelley Ogden - Team Leader - Shelley spoke of a quote that she was currently living by as times were tough right now. It is: "God wouldn't give you a test that he didn't give you the ability to pass."

Doug Ganim - Doug has a rule that he plays every match as if someone was seeing him play for the first time. He doesn't want someone to walk away thinking that he's not that great.

Kevin Brown - Trainer - Kevin related a story about a near death experience hiking that was pretty incredible and when he is struggling he thinks about that time lying on the ground waiting for someone to find him.

Adam Karp - Adam had just lost in the first round of the event and said that he was going to use that loss to moti-

vate him for a long time.

Jackie Paraiso - Jackie told of a story of 2 frogs swimming in a bowl of cream and one frog kept wanting to give up and the other frog kept saying "keep swimming it will be OK" Finally the frog gave up and drowned, but the frog that kept swimming made the cream turn to butter and survived

Drew Katchik - Drew said he gets VERY motivated if he sees anyone on the court celebrating at his expense. That really motivates him!

Coach Travers - he said he gets very motivated by watching the wheelchair athletes in Houston at the Nationals every year.

Coach Winterton - well, after such a great round of stories he was too choked up to tell one! I would gather that he is motivated by such a great group of athletes who can let their guard down and tell these stories to help one another get motivated.

As for myself, I told about being motivated by my Mom who was and still is my biggest fan, but doesn't have the ability to remember anymore about racquetball or what I do.

I remember the tournament was the Justin Open a few years ago and my mom was in the hospital. What went through my mind was that if I won, I would donate the prize money back to the tournament and I could go to the hospital after and tell her. Well, with that mindset and motivation I won the tourney and it is still one of the most satisfying feelings I have ever had in racquetball — to give that money back to the Justin Open and go to the hospital after and tell my mom. She was pleased and said she knew I would win.

That's what its all about in the long run, the great feelings we get associated with this sport. So whatever it is for you personally that motivates you to compete, think about it and use it when you need that little extra.

Kelley

WILLIAM TARANOVICH, JR.
PRESIDENT

(603) 226-2188

T & T POWER EQUIPMENT, INC.
JOHN DEERE SALES & SERVICE



Route 106, P.O. Box 2163
Concord, N.H. 03302-2163

EARLY ALERT

The first AmPRO clinic at the Executive was an unprecedented success — as a result. . .

ANNOUNCING

AmPRO Certification Clinic
Executive Health & Sports Center

November 12-14, 1999

Contact Kelley Beane at 603 641-6116



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

Phone: (603) 641-6116
 Fax: (603) 627-1KKA
 Email: NHRAcquetballBoard@net-marks.com

SPECIAL GRANITE STATE CUP EDITION
 JUNE '99 NHRA NEWSLETTER

BULK RATE
 U. S POSTAGE
 PAID
 MANCHESTER, NH
 PERMIT # 1115



Racquetball — fun and fitness!

We ARE on the web. . .

<http://www.net-marks.com/NHRAcquetball/>