



NCRA, Inc.

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NCRA BOARD MEMBERS

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Tommy Troutman	704-436-2021	Mt. Pleasant	
Andreas Winston	910-487-6398	Fayetteville	dreas@netquick.net

Anyone interested in serving on this volunteer Board can submit a petition with 25 valid USRA dues paying member signatures OR ask a Board member to recommend your name to the election committee.

THE WALL NUT JOURNAL

The official Newsletter of the North Carolina Racquetball Association, Inc.



INSIDE:

- State Tournament • What's the Call • National Doubles
- The Trainers Corner • Tournament Schedule • Comments
- Tournament Results: State Doubles, Elon, and Fayetteville

NOTES AND QUOTES FROM THE PREZ:

The racquetball season is going strong. We have a wonderful calendar of tournaments. We recently have had some returned checks from state tournaments. This hopefully will not become an issue. From now on any checks or credit cards that are chargebacks or nsf will be charged a \$25.00 fee. Our account are charged fees and there is some extra work that must go into recovering these funds. Several credit cards came back as declined in the April tournament and we are still trying to recover the fees. Please help us out if you can by making sure your credit cards and checks are OK. The USRA Executive Director, Luke St. Onge, along with a group of about 30, recently visited NC to look at our area as a possible site the Pan American Games. Unfortunately NC lost the bid to San Antonio, TX. It was a massive undertaking and all involved worked really hard. We now have two new Board members. Catherine Land and Tom Troutman have recently joined our board. Both will bring lots of energy and experience in racquetball. Welcome Aboard. Anyone interested in becoming a board member need only to contact a current director for info and protocol. The ranking system becomes more fine-tuned each month. Bruce, Wayne and Doug are working hard to work out any bugs. We welcome input that may help us improve it.

Jan Rae



COMMENTS

Tournaments. Boy, have we got tournaments! Bring on Y2K. Just check out the tournament schedule in this newsletter. Just count them. Fifteen. That's awesome. We have tournaments scheduled this year from Asheville to Morehead and all points in between. We've added a tournament in Greensboro this year and Greenville will be hosting another one this year too. Another tournament going into its 2nd year is the NCRA State Doubles Championship. This was a great tournament that was held at Body Check in Winston-Salem in 1999. We think this tournament will be even bigger and better next year. If you haven't been playing tournaments because there were none close to home, you don't have any excuse now. If you've never played tournaments now's the time to start. The food, fun, and friends have never been better! See ya at the next tournament!

Lynn Stephens

STATE TOURNAMENTS

After the bidding process was complete this year the North Carolina State Singles Championships have been awarded to Courts Plus in Jacksonville. They will be held April 7-9, 2000. CONGRATULATIONS JACKSONVILLE!! See you there.

We are following the same process with the State Doubles that we did with the State Singles. We will be sending out invitations to bid to all the clubs with racquetball courts in the state. These bids are due back to the NCRA by February 15th, 2000.

The winning bid will be the one that benefits the membership and the NCRA the most. The State Doubles will be held in August. The host club will determine the exact date. Encourage your club to bid on this tournament if you would like to see it in your part of the state.

UPCOMING TOURNAMENTS

Jan. 14-16, 2000	ARC Tournament	Courts Plus	New Bern	252-633-2221
Feb. 4-6	NC Open Championships	Sportime Athletic	Greensboro	336-275-1391
Feb. 25-27	Classic Racquetball Tourn.	The Sports Center	Fayetteville	910-864-3303
March 10-12	Pulse	Pulse Athletic Club	Greenville	252-156-9175
March 19-21	Spring Classic	The Sports Club of Ashville	Asheville	704-252-0222
April 9-11	NCRA State Championships	Courts Plus	Jacksonville	910-346-3446
June 9-11	Crystal Coast Classic	Sports Center	Morehead City	919-726-7070
June 16-18	Summer Bash	The Sports Club of Ashville	Asheville	704-252-0222
July 14-16	Big Brother/Big Sisters	Courts Plus	New Bern	252-633-2221
August	NCRA State Doubles	TBA		
Sept. 15-17	Outback Blast It!	The Sports Center	Fayetteville	910-864-3303
Oct. 6-8	Fall Classic	Central YMCA	Charlotte	704-333-7771
Oct. 20-22	Tournament Of Champions	Elon College	Elon College	336-346-3446
Nov. 17-19	Turkey Shoot	The Sports Club of Ashville	Asheville	704-252-0222

OUTBACK BLAST IT TOURNAMENT

Nov. 5 - 7

With 170 entries this is one of the most popular tournaments in the state. And for good reasons. Tournament Director Lynn Moffitt kept all matches running on time with very few problems. All the meals and hospitality were great with the highlight being the now famous Outback Steakhouse feed on Saturday night. This is one tournament that needs to be a regular on your schedule.

	1ST Place	2nd Place
MO	Matt Gehling	David Jewusiak
MA	Todd Cook	Randall Shirley
MB	Andreas Winston	Ken Lidonicki
MC	Paul Moore	Roy Schroter
MD	Greg Gilbert	Rod Sandy
Mnovice	Tony Benton	Morris Wilks
M24-	Mitch Williams	Paul Moore
M25+	Al Shepherd	Eric Plott
M35+B/C	Ken Lidonicki	Adrian Snyder
M40+	Roger Felumlee	Kevin Webb
Juniors 14-	Jordan Walters	Matt Penick
WO	Meena Evans	Phillis Morris
WA	Kelly Goddard	Kerri Helsel
WB	Melanie Bianucci	Pam Davis
WC	Sharon Wilks	Sandra Whitney
WD	Paula McKinnis	Jennifer L. Cook
W All Age	Catherine Land	Grace Ann Kane
MOD	Remen/Jewusiak	Young/Davis
MAD	Cook/Hale	Adkins/Burry
MB/CD	Weicht/Walters	Finau/Sauza
WO/AD	Walker/Evans	Avery/Land
WB/CD	Bianucci/Davis	Dumas/Newman
MXO/A	Remen/Remen	Evans/Dirks
MXB/C	Davis/Crumpler	Dumas/Stephens



STATE DOUBLES

The State Doubles has officially returned. Body Check athletic club in Winston Salem hosted this years event and did a great job of it. There were 82 entries with most people playing three events. Make sure you attend next year's event so it will be even bigger and better. Doubles really seems to be regaining it's popularity.

	1st Place	2nd Place
Mens Open	Eddie Alberty Paul Saperstein	Johnnie Harris Wayne Sweatt
Mens A	Fisher Lee	Karl Francis Dan Griffin
Mens B	Cid Tutterow	Vic Corey Mike Murray
Mens C	Craig Anderson Victor Smith	Dan Hale Mike Bougeois
Mens D	Greg Gilbert Fred Murff	Kalvin Hunt Curtis Smith
Mens 25+ Open/A	Eddie Alberty Scott Lackey	Mike Ginn Kyle Smythe
Mens 35+ Open/A	Charlie Hauser Tim Waytt	Dan Nunn Dan Fortune
Mens 35+ B/C	Vic Corey Mike Murray	Rodney Carpenter Alan Roberson
Mens 45+ Open	Tony Giordano Paul Saperstein	Todd Klaenhammer Jeffrey West
Mens 45+ B/C	Paul Heathman Sr. Gary Newlin	Mike Bougeois Dan Hale
Mixed Open/A	Eddie Alberty Debbie Bryant	Dereck Dirks Meena Evans
Mixed B/C	Lisa Dumas Lynn Stephens	Melanie Bianucci Paul Heathman Sr.
Mixed 35+	Debbie Bryant Tim Waytt	Bobbi Oates Bobby Thore
Women Open/A	Pam Avery Debbie Bryant	Meena Evans Joanna Boyte
Womens 25+ Open/A	Catherine Land Kerri Helsel	Pam Davis Joanne Montgomerie

THE TRAINER'S CORNER

You are playing your 2nd match of the day and it's going to a tiebreaker. The excitement of making it so far in the tournament has taken you this far, but now your energy is running low. Your muscles are also starting to cramp. Not now. You are doing so well. If only you would have eaten better this may not have happened.

The topic of discussion this month will be nutrition. I know what you are thinking. Nutrition? I thought the staples of our diet should be what are served at tournaments: Sausage Biscuits, Pizza, and Beer. For most of us, that's not going to make us perform at our optimal level. So let's get started from square one.

I'll make this simple and not get too complicated with the details. The basics of nutrition are carbohydrates, protein and fat. Carbohydrates are primarily for energy, protein is used for muscle synthesis, and fat helps to insulate and protect the body. At the end of the article I will give you examples of each of these.

With the diet craze going across America it's hard to know what's good to eat anymore. Most nutritionists, as well as scientific journals, will tell you that you want to eat about 50-60% carbs, 15-25% protein, and about 20% fat. It does depend on what you eat but it's also important when you eat. By spreading your calories out throughout the day between 4-6 small meals, your body is able to maintain a high energy level by stabilizing your blood sugar levels. This also helps to keep your metabolism moving at a quicker pace to burn calories all day long, even at rest!

Eating healthy is one of the most important things you can do not only for the way you look and feel but also for how you play. Being an athlete means that an individual needs to eat more food than the average person does. They will require more calories for energy as well as recovery. The adrenaline will only last so long when you are playing. After that, your stored energy, or glycogen, will kick in. If you haven't been eating enough, most likely you won't have that glycogen available.

A lot of people will talk about carb loading for a tournament. Normally this means that about 4 or 5 days before a tournament you will eat more carbohydrates than normal to build up your glycogen stores. This is true to a certain extent. What should happen though is this; Leading up to a tournament you should be exercising, playing racquetball, etc. At the same time you are eating enough food with the ratios of carbs, proteins, and fat



NC PLAYERS ATTEND NATIONAL DOUBLES

This year, 23 players from North Carolina traveled to Baltimore, Maryland to participate in the 1999 US National Doubles Championships. The event lasted for six days (October 6 -11) and was hosted by the Merritt Athletic Club. Several North Carolina teams made it to the finals and semi-finals. Players attending were:

Earl Acuff-Asheville	Janet Myers-Charlotte
Mary Low Acuff-Asheville	Ivey Powell-Rocky Mount
Debbie Bryant-Sneads Ferry	Holly Remen-Apex
Bruce Bryant-Sneads Ferry	Ed Remen-Apex
Brad Davis-Wilmington	Paul Saperstein-High Point
Meena Evans-Winston Salem	Jan Stelma-New Bern
Roger Felumlee-Jacksonville	Kevin Triplett-Jacksonville
Tony Giordano-High Point	Tim Wayt-Wilmington
Cherie Hale-New Bern	Kevin Webb-New Bern
Doug Hale-New Bern	Sandy White-Warren
Charlie Hauser-Wilmington	Valerie Willis-Raleigh

RESULTS

Holly Remen/Meena Evans	2nd place	W25+
Earl Acuff	2nd place	M80+
Ed Remen	1st place	M50+
Ed Remen/Holly Remen	Semi's	MX35+
Janet Myers	Semi's	W40+and MX45+
	1st place	W45+
Sandy White	1st place	W35+A/B
	Semi's	MX30+

ELON COLLEGE TOURNAMENT OF CHAMPIONS

Oct. 22-24

	1st Place	2nd Place
MO	David Day	Eddie Alberty
MA	Corbin Dirks	John Bucci
MB	Mike Robinson	Carl Russell
MC	Paul Moore	Russ Schroter
MD	Noah Berger	Greg Gilbert
Mnovice	Ted Haynes	Fawed Syad
M25+	Tim Hardison	Tavares Patton
M35+	Steve Silverman	Dave Hibbard
M45+	Steve Silverman	Charles Lew
WO	Vanessa Tuleo	Catherine Land
WC	Sharon Wilks	Paula Pero

g... should... Of the days prior to a tournament, you shouldn't have to change your eating habits, but you should reduce the amount of exercise you are doing. This may seem strange but you need time to let your muscles recover. As they recover they are getting stronger. The food you normally eat, instead of going to the exercise, will go to fill up your glycogen levels. By giving time for your muscles to rest, they will be at 100% for your activity and your energy demand will be met from your increased glycogen levels.

This is really just scratching the surface of nutrition, especially for the athlete. But hopefully it will give you a start in the right direction. If you have gotten by so far without eating healthy, just imagine how well you would play with a nutritious diet. Until next time, remember, there are no excuses!

Keith Taylor

Keith Taylor has been a certified personal trainer for 5 years. He owns a sports performance business in Charlotte, NC where he works with athletes of all ages and a variety of sports. You can contact Keith at 704-540-2258.

WHAT'S THE CALL?

The USRA has revised the referee test as of October 1999. The revised test still has 50 multiple choice questions. The certification requirements have also changed slightly. The new requirements are as follows:

STATE REFEREE

- 1) **Membership:** Must be a current USRA member in good standing.
- 2) **Experience:** Have refereed at least ten matches at USRA sanctioned tournaments (level 2 or higher) in the past 12 months, including at least two matches that were finals in an open (no skill designation) division.
- 3) **Education:** Have attended a rules and refereeing clinic within the last 12 months.
- 4) **Examination:** Have scored 85 or higher on the Referee Certification Examination taken within the past 12 months.
- 5) **Assessment:** Have received a fully successful rating in the past 12 months from either a State or Regional (Level I or II) referee or a National (Level III) referee while refereeing a finals match in an open (no skill designation) division at USRA sanctioned tournaments (level 2 or higher).

ADDITIONAL PROVISIONS

- 1) An official attest card MUST be used to document that the experience and education (clinic) requirement has been met.
- 2) Ten dollar fee: Five dollars to the National office and five dollars to the State association.
- 3) Properly reported certification to the National office would receive certification endorsement on their USRA membership card indicating level of refereeing skill as well as a special pin symbolic of their accomplishment.
- 4) Certification is good for three years.

If you have questions concerning becoming a State, Regional or National level referee please contact Debbie Bryant at (910) 327-4441.

Debbie Bryant - AmPro certified