

RACQUETBALL



U.S. Racquetball Association
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INSIDE:

- *US Open Coverage*
- *USA Racquetball Election*



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MISSION STATEMENT

USA Racquetball is the National Governing Body for the sport of racquetball, recognized by the United States Olympic Committee, and is committed to excellence and service to our members. We provide the infrastructure and organization for racquetball. We also provide competitive opportunities for members and enthusiasts through our coordination of racquetball organizations, development and administration of rules and programs, sanctioning of events and development of teams for international competition.

VISION STATEMENT

To provide racquetball opportunities in the sport of racquetball for all levels of participation through:

Objectives:

- **MEMBERSHIP SUPPORT** - USAR values its members and will strive to provide the best possible member services at all levels.
- **MEMBERSHIP RECRUITMENT** - USAR believes that racquetball is a lifetime endeavor and the benefits of health, recreation, and competition should be available to everyone. USAR will strive to expand its membership in order to share these benefits with as many players and supporters as possible.
- **PROMOTION OF THE SPORT** - in order to sustain a strong player base USAR will promote the numerous benefits of participation through mass marketing efforts.
- **COMPETITIVE SUCCESS** - USAR strives to maintain America's position as the number one racquetball nation in the world. Success at the elite levels has a positive influence on every other facet of our sport.
- **SPONSORS AND SUPPORTERS** - USAR values its relationship with sponsors and will continue to maximize benefits and exposure.



US OPEN



JUNIOR WORLDS



BOARD OF DIRECTORS ELECTION



USA Racquetball Staff

Jim Hiser - Executive Director (130)
Melody Weiss - Chief Financial Officer (122)
Heather Fender - Exec. Assistant/Events (129)
Heather Izzett - Sanctioning Coordinator/
Membership Services (125)
Terri Morse - State/Membership Services (123)
Eddie Meredith - Events & Programs (132)
Marti Torres - Accounting Assistant (124)

USA Racquetball Advisors

Doug Ganim - U.S. Open Director
Connie Martin - AmPro Programmer
Otto Dietrich - Rules Commissioner

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Racquetball Magazine is a publication of USA Racquetball. Readers are encouraged to submit items of possible interest to Heather Fender at the address listed below or via email (hfender@usra.org). All items submitted are subject to editing by Racquetball Magazine.

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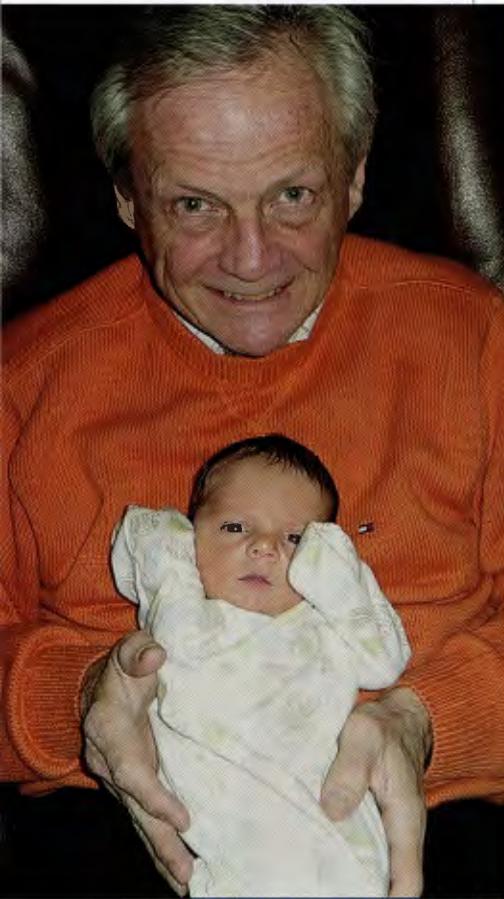
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WHO'S THE NEXT JUNIOR CHAMPION?



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By James Hiser, Ph.D.
USAR Executive Director

20 WISHES

for the New Year

1. Every club that has courts understands the importance of programming racquetball and hires a "Connie Martin" to direct their programs.
2. Racquetball players understand the importance, for the clubs and for themselves, to take lessons and play in leagues.
3. High schools in every state develop a High School League and designate racquetball as a varsity letter sport.
4. Every college with courts has an organized club league.
5. Colleges reinstate racquetball as a physical education course elective.
6. Top players in both the IRT and WPRO earn enough money to support themselves and their families.
7. State and Regional championships are true stepping stones to the National championships.
8. Manufacturers return to the days when being a sponsored player was something very special.
9. Every pro stop has enough funding to utilize the new portable court.
10. Collegiate Nationals are held on the beach, utilizing the portable court during spring break in Florida.
11. The physical benefits of playing racquetball are advertised more effectively.
12. Travel leagues become a common program within all states.
13. Colleges include racquetball scholarships as part of their athletic program.
14. The IRF has sufficient funding to support aggressive racquetball growth in Europe, Asia and Latin America.
15. That the USOC renew its funding support of USAR and base their funding on event results rather than status.
16. The USA Racquetball Foundation receives significant donations to initiate its investment programs.
17. That someone bequeath land or a building and/or donate funds for the creation of a "mega racquetball facility" that would host national offices, the Hall of Fame, a world-class training facility and enough courts to host a national event.
18. That several major film or entertainment stars take on racquetball as part of their personnel fitness campaigns and use their popularity to promote the sport.
19. USAR recruits new sponsors resulting in enhanced member benefits and services.
20. My new son Taggart has a healthy and prosperous life and is fortunate enough to be involved in a sport like racquetball that generates so many great friends and colleagues!



a *RARE BREED*

RACQUETBALL4EVER

By Cheryl Kirk,
USAR Board President

The passion of racquetball players has never been so apparent to me. In navigating the choppy waters of the membership dues increase, a maelstrom of dialogue has developed. Yes, Jim Hiser, the Board members and I have spent a considerable amount of time addressing the topic on conference calls, email, and telephone conversations. You can imagine that it's generally not a congratulatory exchange. No one, including us, relishes seeing dues go up.

Some of our members asked us to justify the increase.

From a pure financial perspective, we had to do it to continue to exist, having lost significant sponsor support. We could have raised rates a smaller amount each year over the past three years, but we chose not to do that. This raise was necessary. There is no fat to trim; there are no hidden savings accounts. We are month-to-month.

You, the members of USA Racquetball, are a part of the small percentage of the five million (or so) racquetball players in America who either play in tournaments or otherwise enjoy being a part of organized racquetball...or both. We also know that some members send us their dues simply because they want to support the sport. There are 14,000 of you: a rare breed.

Do the math. Fourteen thousand is a small fraction of 5,000,000. We exist first to support and enable you.

We will stay true to our stated Mission, because that, indeed, is what a mission is for...it articulates the reason why we exist.

USA Racquetball (USAR) is the National Governing Body for the sport of racquetball, recognized by the United States Olympic Committee, and is committed to excellence and service to our members. We provide the infrastructure and organization for racquetball. We also provide competitive opportunities for members and enthusiasts through our coordination of racquetball organizations, development and administration of rules and programs, sanctioning of events and development of teams for international competition.

Jim Hiser and your Board of Directors went through a lengthy strategic planning process last year. The strategies and descriptions follow.

SPONSORS AND SUPPORTERS – We will develop a network of sponsors and supporters that will ensure our organization's financial stability and future success.

COMPETITIVE SUCCESS – We will maintain the position of the United States as the #1 racquetball nation by developing top players.

MEMBERSHIP SERVICES – We will provide a broad and relevant range of member benefits and services.

MEMBERSHIP GROWTH – We will expand our member base to include a broad representation of recreational and competitive players across the United States.

PROMOTION OF THE SPORT – We will take a leadership position in marketing the benefits of our sport to all current and potential (future) constituencies.

Basically, as illustrated in the strategies above, our primary goal is to continue to support you, our *employers*: secondarily, we must generate new members from the remaining five million players. We have ideas...such as developing a closer relationship with club owners to assist them with programming and development ideas and to allow them to have a common voice in promoting racquetball. In essence, we want to prove to them that providing more courts, not fewer, will benefit us all.

We want to pursue ways to market subscriptions to this *Racquetball* magazine...to get the word out to the everyday recreational player and to generate revenues.

As the National Governing Body of our sport, in partnership with the state associations and other racquetball organizations, we want to create the framework under which racquetball can survive and *thrive* in the United States.

For you, the player who is already firmly living within the culture of racquetball, how will you personally make a difference? Ideas or actions...both are welcome (we could use more volunteers to help implement ideas, too). I set up a temporary email address to receive your ideas this year: RballNews@aol.com. Criticism is healthy, but we need your suggested solutions as well.

USA Racquetball exists because you exist. We need you (and your support) to do the job...*for you*.



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LONGORIA BEATS RAJSICH

*at Canadian Racquetball
Classic West in Edmonton*

**Congratulations to Mexico's Paola Longoria
on her first US Open Championship win!
Read all about how Paola conquered
Memphis in the US OPEN section of this
issue of Racquetball magazine.**

The 2008 Canadian Racquetball Classic West hosted both the WPRO and IRT pros October 9-12 at the Mayfield Athletic Club in Edmonton, Alberta. Besides the US OPEN in Memphis, the Canadian Racquetball Classic is the only other event this year where the pro tours appear at the same time in the same venue. The championship didn't disappoint the fans who traveled far and wide to witness the very best our sport has to offer.

In the WPRO final on Sunday, #1 Rhonda Rajsich of Los Angeles, California, took on Mexico's 19-year-old star, Paola Longoria. This was a rematch of the Mexico Open final where Rajsich was able to defeat Longoria in a tough five-game battle.

On her way to this championship match, Rajsich defeated Veronique Guillemette of Calgary in the Round of 16; Jennifer Saunders of Winnipeg in the quarterfinals; and Kristen Bellows of Utah in a five-game thriller after being down two games to none in the semifinals. Ranked #6 in the world leading up to this event, Longoria clawed her way to the finals with victories over Brandi Jacobson Prentice of Saskatoon in the Round of 16; #3 Kerri Wachtel in the quarters; and #2 Cheryl Gudinas Holmes in the semis.

In game one against Rajsich, Longoria came out swinging with precise forehand splats and drive serves to give her the 11-9 victory. In game two, Longoria kept the pressure, mounting leads of 4-0 and 7-2 over her seasoned opponent and gained fast fans in Alberta by taking this game fairly easily. Down but not out, Rajsich flipped the switch and battled through to close the game on her junior opponent with an 11-2 win in the third game. But Longoria would not be denied. After jumping out to a 6-1 lead in the fourth, Longoria proved too much for the three-time WPRO tour champion and claimed her first major championship of the 2008-09 season with an 11-2 victory in the final game.

The WPRO would like to thank Tournament Director Adrian Webb and the entire host committee for bringing the WPRO back to Canada. Special thanks to Racquetball Canada and Usher Barnoff for their efforts to bring both the WPRO and the IRT to compete once again in this prestigious championship. We would also like to thank all of the Canadian Racquetball Classic event sponsors as well as the Mayfield Hotel and Athletic Club for their generosity and hospitality.



FOWLER WINS MID-ATLANTIC TOURNAMENT OF CHAMPIONS

Doreen Fowler (Silver Spring, MD) defeated Karen Morton (Harrisburg, PA) in four games at the Mid-Atlantic Tournament of Champions satellite stop October 3-5. The tournament was hosted by Sport Fit Racquet Club in Laurel, Maryland with proceeds benefiting the American Breast Cancer Foundation (ABCF) and the Racquetball for Life campaign. This is Fowler's first tour win this season and she played like there could be more to come! Thanks to all of the local sponsors for making this event possible and especially Dan Fowler and the Maryland Racquetball family for bringing the ladies of the WPRO back to the tour's home state.



GUDINAS HOLMES REPEATS AS LONG ISLAND OPEN CHAMPION

#2 Cheryl Gudinas Holmes (Naperville, IL) defeated #1 Rhonda Rajsich (Los Angeles, CA) in four games at the Long Island Open satellite event in Syosset, New York. Gudinas Holmes dispatched Veronica Nogales and Kimi Ferina on her way to the finals, while Rajsich defeated Shighemi Hanaki and Aimee Ruiz heading into Sunday's championship. The Long Island Open was run by Tom Keogh of Queens Racquet Sports and took place at the Sportime Club from November 7-9. Special thanks to Tom and his wonderful staff for their hospitality in the Big Apple!



SOTOMAYOR BREAKS THROUGH AT THE NJ OPEN

After showing flashes of brilliance early in the long season, 16-year-old Veronica Sotomayor proved she's the real deal at the NJ Open in Woodbridge, NJ. Leading up to the finals, Sotomayor of Ecuador took out U.S. National and World Doubles Champion Aimee Ruiz in four games in the quarterfinals. She then went on to defeat #9 ranked Doreen Fowler in three games in the semifinals. The championship match against #1 Rhonda Rajsich sealed the deal for the fans as they quickly realized they were witnessing the future of the WPRO. Sotomayor's unbelievable focus, composure, and precision surprised everyone who saw her play throughout the weekend. Congrats to Veronica on a great tournament and her first WPRO title! Special thanks to Aimee Ruiz and NJ Racquetball for putting on such a phenomenal satellite event our first time out in New Jersey. We hope to be back next year!

JACK HUCZEK TAKES THE TITLE

2008-09 IRT SCHEDULE

Tier Level	Date	Tournament Location	Result
GS	SEPT. 17-21	MOTOROLA WORLD CHAMPIONSHIP Denver, CO	Kane Waselenchuk
T1	SEPT. 25-28	KANSAS CITY OPEN Kansas City, MO	Kane Waselenchuk
T1	OCT. 2-5	KENTUCKY OPEN Bowling Green, KY	Kane Waselenchuk
T1	OCT. 9-12	CANADIAN CLASSIC Edmonton, Alberta, Canada	Jack Huczek
T4	OCT. 10-12	AUBURN VW OPEN Kent, WA	Jimmy Lowe
T4	OCT. 8-12	XV INTERNATIONAL RACQUETBALL TOURNAMENT Santiago de Cali Colombia	Juan Gutierrez
T3	OCT. 17-19	LOU BRADLEY MEMORIAL Madison, WI	Shane Vanderson
T4	OCT. 17-19	WEST MICHIGAN OPEN Presented by Spartan Stores Grand Rapids, MI	Mike Green
GS	OCT. 22-26	US OPEN Memphis, TN	Kane Waselenchuk
T2	OCT 29- NOV 2	CHIHUAHUA OPEN Chihuahua, Mexico	Gilberto Mejia
T4	NOV. 2-3	IRT JAPAN INTERNATIONAL EVENT Tokyo Japan	Shane Vanderson
T4	NOV. 6-9	LONG ISLAND OPEN Long Island, NY	Andy Hawthorne
T4	NOV. 6-9	SHAWN HYATT EXCAVATING SHOOTOUT Rocky Carson Yakima, WA	Rocky Carson
T3	NOV. 6-9	NEW MEXICO PRO AM Albuquerque, NM	Alvaro Beltran
T4	NOV. 7-9	POMONA VALLEY OPEN Claremont Ca	Chris Crowther
T1	NOV. 13-16	JUAREZ OPEN Juarez, Mexico	Rocky Carson
T4	DEC. 5-7	18th ANNUAL TURKEY SHOOT Garden City, KS	Alvaro Beltran
T1	JAN. 8-11	CALIFORNIA OPEN Los Angeles, CA	Rocky Carson
T1	JAN. 15-18	NEW YORK CITY PRO AM Long Island, NY	Kane Waselenchuk
T4	JAN. 22-25	NEW JERSEY OPEN Fairfield, NJ	Eric Muller
T4	JAN. 30-FEB. 1	WICHITA OPEN Wichita KS	John Cole
T4	JAN. 30-FEB. 1	CINCINNATI OPEN Cincinnati, OH	Andy Hawthorne
T2	FEB. 5-8	LEWIS DRUG PRO AM Sioux Falls, SD	
T1	FEB. 19-22	SEATTLE OPEN Seattle, WA	
T4	FEB. 12-15	35TH KEYSTONE CLASSIC Winnipeg Manitoba Canada	
T1	FEB. 26-MAR. 1	SAN DIEGO OPEN San Diego, CA	
T2	MAR. 5-8	CARL MYERS MEMORIAL Garden City, KS	
T1	MAR. 12-15	FLORIDA SPRING BREAK Sarasota, FL	
T4	MAR. 18-22	MILLER LITE OPEN York, PA	
T4	MAR. 18-22	NORTHWEST OPEN Bellingham, WA	
T1	APR. 2-5	DENNIS ROSENBERG PRO AM Allentown, PA	
T1	APR. 16-19	MEXICO OPEN Tijuana, Mexico	
GS	MAY 6-10	MOTOROLA IRT PRO NATIONALS Chicago, IL	

Dates and cities subject to change.

PRIZE MONEY DETERMINES TIER LEVEL

GS - GRAND SLAM - \$30,000 Minimum

T1 - TIER ONE - \$17,500 Minimum

T2 - TIER TWO - \$10,000 to \$17,500

T3 - TIER THREE - \$5,000 to \$10,000

T4 - TIER FOUR - \$0 to \$5,000

at the 2008 Canadian Rac

This event marked the first time the IRT made a stop in Edmonton, Alberta, Canada in many years, and the city welcomed the IRT with a full house for all the matches. The event was held at the Mayflower Inn and Suites and had the Mayflower Fitness Center attached to the hotel, a welcome benefit due to the twenty-five degree temperature that greeted the players. Event Director Adrian Webb worked very hard at putting on a great event with the help of Racquetball Canada and

Racquetball Alberta. The event committee made a decision to move from Toronto where it had been held the prior three years with the hopes of making this a grand slam event with the portable court. The convention facility here in Edmonton was a great setting for a large grand slam event.

Kane Waselenchuk missed this event much to the dismay of his local fans here, hoping he would build his streak of IRT wins to five. His absence opened the door for Rocky Carson and Jack Huczek to push each other for the title. Jack came out the victor in

CURRENT RANKINGS

As of February 6, 2009

Rank	Pro	Points	Previous Rank	Season-To-Date Rank	Season-To-Date Points	Season-To-Date Best
1	CARSON, ROCKY	4609	1	1	2701	2701
2	HUCZEK, JACK	4324	2	3	2422	2422
3	BELTRAN, ALVARO	3461	3	4	2284	2284
4	MANNINO, JASON	3210	4	6	1695	1695
5	WASELENCHUK, KANE	2801	5	2	2681	2681
6	VANDERSON, SHANE	2565	6	5	1711	1711
7	CROFT, BEN	2471	7	7	1650	1650
8	WILLIAMS, MITCH	2355	8	8	1627	1627
9	CROWTHER, CHRIS	2100	9	10	1100	1100
10	THOERNER, JASON	1928	10	9	1333	1333
11	HERRERA, JUAN	1346	11	12	743	743
11	HAWTHORNE, ANDY	1346	11	11	902	902
13	HERRERA, ALEJANDRO	1218	13	13	736	736
14	SHIMIZU, HIROSHI	1013	14	14	551	551
15	WOODBURY, TRAVIS	923	15	16	518	518
16	ODEGARD, KRIS	855	16	18	454	454
17	MORENO, JAVIER	851	17	23	352	352
18	HERRERA, ANDRES	714	18	17	495	495
19	HERRERA, ANTHONY D.	630	19	20	406	406
20	CARSON, TONY	597	20	19	432	432
21	CONNELL, LEE	593	21	21	383	383
22	MEJIA, GILBERTO	556	22	28	249	249
23	ROJAS, JOSE	540	23	15	540	540
24	SWAIN, CLIFF	502	24	25	292	292
25	GREEN, MIKE	432	25	39	110	110
26	FILIPPINI, RAFAEL	409	27	25	292	292
27	GONZALEZ, RUBEN	401	26	35	139	139
28	LANDA, ALEJANDRO	382	28	22	382	382
29	GUTIERREZ, POLO	326	29	24	326	326
30	BURGESS, MICHAEL	307	31	30	184	184

by Dave Negrete
IRT Commissioner

USA RACQUETBALL ANNUAL AWARD NOMINATIONS DUE

racquetball Classic

this battle, having survived a rough quarterfinal with Mitch Williams. Mitch accidentally caught Jack with a follow-through late in the fourth game just above Jack's left eye, requiring numerous stitches and plenty of Advil. Williams's racquet actually cracked upon impact. Jack pulled upon his hockey experience and got bandaged up and back on "the ice," much to the delight of the fans. Jack defeated Jason Mannino in the semi-finals which would face him off against Carson in the final. Rocky took out Alvaro Beltran in his semi-final match, thereby pitting #1 against #2 in the final. The final was all Huczek as the black-eyed champion successfully defended his Canadian Racquetball Classic title for the fourth straight year. In fact, Jack has been undefeated at this event. There must be something in the cold Canadian air that fuels Huczek in Canada.

Special thanks go to Adrian Webb and his staff that put on a great show. He has the support of his lovely wife Joann and a tremendous tournament director in Jason Reaume. Also hats off to volunteers Mike Johnston, Jon Semeniuk, Barry Ould, Marc and Karol-Ann Caouette, John Halko, Marion McBride, Gerry Slamko, Len Slamko, Al Loughlin and Bob Bear.

Racquetball Canada and Alberta Racquetball are huge supporters of this event and help make it happen – the IRT appreciates it! We recognize all the great efforts that contributed to the success of this tournament, including those of Usher Barnoff, President of Racquetball Canada. See everyone next year!

Nominations for the USA Racquetball Annual Awards are due by March 15, 2009. These awards are based on the preceding year.

- **JOE SOBEK OUTSTANDING CONTRIBUTOR AWARD**, for outstanding commitment to the sport of racquetball.
- **PRESIDENTIAL AWARD**, for the State President who has exhibited outstanding organizational performance in his/her state.
- **JOHN HALVERSON FAIR PLAY AWARD**, for a player who has demonstrated exceptional fair play during the year, or for anyone who has consistently exhibited an exemplary spirit of fair play over the years.
- **PEGGY STEDING AWARD (Female Age Group Athlete)**, for an outstanding female athlete, age 35 and over, chosen on the basis of performance in the preceding year.
- **BUD MUEHLEISEN AWARD (Male Age Group Athlete)**: for an outstanding male athlete, age 35 and over, chosen on the basis of performance in the preceding year.

If you know individuals who fall into one or more of these categories, please submit nominations. Please include your name and phone number along with the nominee's name and phone number, in which category he or she belongs and some facts about the nominee.

You may send an email to Jim Easterling at djeasterling@earthlink.net or mail the nomination to:

**Award Nomination
321 Village Drive
Lansing, MI 48911**



NATIONAL MASTERS RACQUETBALL

by Bruce Adams,
NMRA Secretary

The National Masters Racquetball Association (www.NMRA.info) held the NMRA Doubles Duel in Denver, Colorado from December 4-6, 2008. This was the third tournament for the NMRA this year. Normally we have only two, but the members wanted to try a doubles-only event. Tournament registration and check-in was on Wednesday, December 3rd. There was also a doubles racquetball exhibition challenge on the two show courts by world champion Colorado juniors Adam Manilla and Nick Riffel. A second exhibition starred pro players Woody Clouse and Derek Robinson. They played with the juniors, answered questions, and put on a great show for the crowd playing against each other.

The event was held at the Highlands Ranch Recreation Center, with Cindy Tilbury, Tom Curran, Jim Elliott and Marcia Richards serving as tournament directors. This special event was opened up to youngsters from 35 to 44 years old. We appreciate your participation with the NMRA and look forward to your joining the association when you are "of age!" Ninety-six players participated in divisions from 35+ to 80+, in five-year increments, with three teams in the men's 75+/80+ division. That division was a triple round robin, with a jackpot of rotating partners for each match. Results can be found on R2Sports.com.

At the awards party on Saturday, USA Racquetball Executive Director Jim Hiser spoke to the group on the State of USA Racquetball. He spoke on the organization's financial status, upcoming membership dues increase, and the organization's work with the large health club chains. Also at the party were fundraisers for junior racquetball; player with the most pedometer steps; college racquetball club fundraiser; and digital photo contributions. Look for photos on the website.

The Canoga Park (California) Spectrum Club will host the next NMRA event in March 2009. Details can be found on the www.nmra.info website (Newsroom section) or at http://www.r2sports.com/tourney/home.asp?TID=4089 for registration, hotel accommodations and directions from LAX Airport. Please get your entry in early!

The NMRA had several members participate in the All Military Championships, and the association contributed to their foundation as a "sponsor"; the NMRA is working with the Military Racquetball Federation to begin a "Wounded Warrior" bracket. This was a request from the Military to recognize and accommodate those service folks seriously wounded in our two consecutive wars.

The NMRA store is now open, and the latest newsletter is online. Make sure you return the last page of the newsletter you received via U.S. Mail, which is the ballot for election of three open Board of Directors positions.

The Members and Board of the NMRA hope that everyone had a joyous holiday season and are now ready for some RACQUETBALL!

Best of luck to the members participating in the Women's Senior/Masters and National Doubles tournaments scheduled for early 2009.



CINDY TILBURY AND PHIL



PRESIDENT TOM CURRAN



SPECIAL THANKS TO DICK KINCAIDE



CPRT Supports Local Charities for the Holidays

Classic Professional Racquetball Tour players hosted a variety of charitable events in their hometowns and clubs this past holiday season to support the causes of their choice. Several players ran "Play the Pro" events and others hosted exhibitions and clinics with donations of toys, food, or cash that went to assist those in need.

As an example, Bret Harnett held events at three different clubs in the Las Vegas area where donations of toys for "Safe Nest" allowed a player the opportunity to be on the court playing with one of our sport's greatest.

Woody Clouse held an event in Colorado to support local junior fundraising efforts for the upcoming World Championships. He was assisted by CPRT supporter Mike Lippitt.

The mission of the CPRT is for our players to give back to the sport and to support junior racquetball and other charitable causes. The CPRT wishes everyone a Happy and Healthy New Year.

2009 CPRT Pro Nationals

April 30 – May 3, 2009 – The CPRT Pro Nationals will return to Las Vegas with over \$25,000 in cash, prizes and souvenirs for the players. Over 30 amateur divisions will be offered along with the featured final event of the Classic Professional Racquetball Tour at the Las Vegas Athletic Club.

Watch for the entry form and more details for this event and all the CPRT 2009 events at www.classicproracquetball.com.

2008-09 Season Schedule

March 6-8, 2009
April 30-May 3, 2009

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BIENVENITO A MIAMI!

WOR-PRO KENNEX OUTDOOR CHAMPIONSHIPS
NOVEMBER 14-16, 2008
TROPICAL PARK, MIAMI, FL

Most of the locals had never seen the likes of Cliff Swain, Ruben Gonzalez or Marty Hogan on a racquetball court. Fantasy racquetball comes to Tropical Park! Those three, as well as Vivian Gomez and Alejandro Herrera, were incredible ambassadors and mixed right in with the rowdy outdoor crowd. Hundreds of players and fans experienced a weekend they will never forget. Event Director Angel Calderon ran a first class event.

Cliff dominated play whenever he was on the court, taking both the Pro Singles and Pro Doubles titles. Florida's Dillon Silver was able to get in a few aces and made some incredible shots against Cliff in the singles final, but Cliff would not be denied.

Local legends Manny Enriquez/Gabriel Hernandez did an outstanding job in defending their home court. In the quarters, they took out pros Ruben Gonzalez/Alejandro Herrera. Then Manny/Gabe successfully defended home court against top ranked Dave Smith/Ken Grandy. They finally lost to Swain/Hogan in an incredible tiebreaker that had the crowd going wild. Swain and Hogan were challenged along the way by Maykel Rodriguez/Vic Leibofsky in a battle that the Legends won 15-14, 15-14.

One of the most entertaining matches to watch was Scott Davis (CA) vs Dillon Silver (FL) in the Pro singles semi. The ball seemed to actually catch fire from the photons these two were shooting at each other.

Florida youngster Evan Wargo, 11, was outstanding in only his second venture outdoors! He was able to win the Mens B singles, getting past California's Brandan Haas in an exciting final. He later fell to another Californian, Nikki Johnson, in the Juniors 12 & under singles final. Nikki's great shots and outdoor experience was too much for Evan to overcome. Evan is hoping for a rematch in July...



Kevin Booth/Mike Peters won the 40+ doubles, beating Ruben Gonzalez/Vic Leibofsky in the finals. Kevin and Mike got better each game they played all weekend as they adjusted to the courts.

Vivian Gonzalez had her hands full in the Women's Pro singles final, barely getting past local Claudia Andrade in an exciting 11-10 tiebreaker.

Rob Mijares with his thunderous serve was too much for Marty Hogan in the 40+ singles final.

There were nine states represented, including a large gang from the Big Apple. David Blatt led the way for the New Yorkers, winning the Men's Open singles with an impressive win over local Jorge Arias. Freddy Ramirez was a force each and every time he stepped on the court, and was also a huge help reffing the toughest matches.

WOR-PRO KENNEX OUTDOOR CHAMPIONSHIPS RESULTS

DIVISION	1st Place	2nd Place	Semifinalists
Men's Pro Singles	Cliff Swain	Dillon Silver	Scott Davis / Alejandro Herrera
Men's Open Singles	David Blatt	Jorge Arias	Chris Young
Men's A Singles	Nicola Chafloque	Boris Carvallo	Otoniel Gonzalez / Ralph Rodriguez
Men's B Singles	Evan Wargo	Brandan Haas	James Sands / Javier Perez
Men's 40+ Singles	Rob Mijares	Marty Hogan	Eric Palm / Frank Suarez
Men's Pro Doubles	Cliff Swain	Manuel Enriquez	Ken Grandy / Dave Smith
	Marty Hogan	Gabriel Hernandez	David Blatt / Michael Demblin
Men's Open Doubles	Dillon Silver	Oscar Alvarez	Rob Mijares / Mark Maupin
	Chris McDonald	Jose Rodriguez	Jay Bingo / Todd Pohlman
Men's A/B Doubles	Alain Noguera	Daniel Ramirez	Miguel Quintana / Joel Rodriguez
	Eduardo Caballeno	Maikel Valladares	Rick Bernstein / Leonard Retamar
Men's 40+ Doubles	Kevin Booth	Vic Leibofsky	Marty Hogan / Fred Ramirez
	Mike Peters	Ruben Gonzalez	Ken Grandy / Dave Smith
Women's Pro Singles	Vivian Gomez	Claudia Andrade	Sarah Warhaftig / Kristen Alatorre-Martin
Women's B Singles	Engracia Powell	Rebecca Kallio	Thao Le / Marta Ugas-Carpenter
Women's Pro Doubles	Ileana Villarreal	Claudia Andrade	Patti Dew / Valleria Clemmenson
	Kristy Alatorre-Martin	Cari Kresa	Vivian Gomez / Sarah Warhaftig
Women's B Doubles	Lan Huynh	Rebecca Kallio	Amanda Roberts
	Engracia Powell	Leigh Nattkemper	Paige Hunter
Mixed Open Doubles	Martha McDonald	Ileana Villarreal	Jesus Ocana / Kristen Alatorre-Martin
	Chris McDonald	Rob Mijares	Vivian Gomez / Vic Leibofsky
Mixed A Doubles	Jose Lopez	Randy Buffington	Jorge Diaz / Engracia Powell
	Thao Le	Kim Roy	Chris Young / Leigh Nattkemper
Mixed B Doubles	Rick Bernstein	Juan Garcia	Robbie Johnson / Nikki Johnson
	Marta Ugas-Carpenter	Lan Huynh	Jim Santiago / Amanda Roberts
Junior 18 & Under Singles	Alex Bartolome	Brandon Haas	
Junior 12 & Under Singles	Nikki Johnson	Evan Wargo	

RUNNING SMALL TOURNAMENT EVENTS

by Connie Martin



Catering to all types of players is important for any club to retain their members' interests. Besides some type of league play that all clubs should have, you should run some type of tournament play. Even if you do not hold large tournament events, it is still possible to have events that your members can play in on a smaller scale. It doesn't matter how many members you have or number of courts; these events can be held by modifying them with the limitations of each club. Here are some ideas...

One Day Events

This could be held on a morning, afternoon, evening or a full Saturday. It could be a singles, doubles, mixed doubles event for women, men or juniors, or a combination of these, depending upon the number of courts and number of players you expect to attract. Members are your priority, but having the events available for non-members (future members?) would be okay, too!

Other factors to consider: price of event, awards, food, shirt or just play. Will this be a one-time event, or will you make a series out of it with points awarded throughout the season with an eventual series winner? If you are new to these types of events, start small and offer just the event. If you are a club that hosts different types of events, then maybe think about a series of mini events. Be creative, also...running theme-

It has been found that players (members) who participate in some type of competitive play will stay members longer than those who just come in and play on their own. Help them stay members longer: run some competitive events at your club!

based events is a nice touch and can help promote your event.

Let's look at one of these one-day events as a series. This way you can break it down and run it as one event or a series, as shown here.

Mixed Doubles Racquetball Poker

I have a sign you can have at your club, or put on your web site or send as an email to your distribution list or post at upcoming tournaments in your area. If you are using it outside the club, make sure to include your club logo, address, phone number and email address.

I chose to run this event as one where they sign up as a team but earn points individually. That way, they don't have to play with the same person in each event in case one is not available.

Work out a point system in the series...

Go according to a Poker Hands Guide...then the best hand receives 10 points, 2nd best hand 9 points, 3rd best hand 8 points, etc. This means both players on the winning hands receive the same number of points. If there is a tie somewhere down the line, then award the

same number of points to both teams. So if there is a tie at 3rd place, both teams (and both players on the team) will get 8 points in the series.

For that night, winning teams (you determine how many places) receive awards. Gift certificates, pro shop credit, deck of cards, can of racquetballs, donated items, your call.

You can create a simple but colorful chart for posting winners from each event and for the overall series. This will create additional interest within the club.

You may wish to run other types of series during the same months for singles and same-gender doubles or wait and run different ones during other seasons.

Remember to be creative and consistent -- your numbers for these types of events will grow exponentially!

Connie Martin is the Program Director at Cascade Athletic Clubs in Gresham, OR. She can be reached at:

Connie@CascadeAthleticClubs.com

Connie is also part of USA Racquetball's 'Racquetball University' Staff. Please frequently visit www.usra.org > Racquetball University, where monthly tips on Programming are available for download.



BUILDING YOUR **PERFECT GAME**

By Fran Davis

**Q:**

I hear all these things you could do before a match, but I do nothing, which has not been successful! Fran, what words of wisdom can you give me?

A:

You are definitely not alone...most players do what you do (nothing at all), or they do very little. Neither one of those approaches is a good strategy to adopt.

If you want to be successful and have more matches in the "win column," pay attention to this 4-Step Approach the professional players and elite athletes use, called your Pre-Game Plan.

I can share this with you firsthand since I coach Jason Mannino, the #1 Pro Player in the World (2003) and US Open Champion (1999 & 2006). Jason swears by a "Pre-Game Plan." It grounds him, relaxes him, and puts him in the right mental space to perform at his best. Jason believes it is just as important as coming to the club with all his equipment... racquet, shoes, eyeguards, etc.

By establishing a Pre-Game Plan, you are taking 100% responsibility for your performance. By doing this necessary homework, you, too, can achieve peak performance within whatever level you play.

PRE-GAME PREPARATION

Step #1 is understanding yourself as an athlete and as a human being.

Athletes thrive on consistency and routine -- we are creatures of habit and perform best when there are no surprises. That means optimal performance levels need to include pre-performance routine. (Think about getting up in the morning and having a routine...the alarm goes off at 7am, you roll out of bed and make the coffee at 7:15am, shower at 7:30am, and leave the house relaxed at 8:30am to get to work on time. Great! Now think about the alarm going off an hour later at 8am. Your routine is disrupted...you are no longer leaving the house relaxed. You are probably frantic and rushing around the house to get to work on time. This craziness will hover over you, and you probably won't feel very good nor be very productive for a good part of the day. Routines: a must.

Step #2 is to ensure you are nutritionally ready.

Eat enough complex carbohydrates (fruits, grains, pastas, breads and veggies) to store enough glycogen (for speed, quickness and energy) in your muscles for game time.

Also, on game day, make sure you eat very little protein, fats, or fried foods; drink enough water to hydrate all systems. Sound sports nutrition is totally within the athlete's control. What you eat will determine how you feel, which will determine your sports performance. (Credit: *Peak Performance Manual*, by Diana McNab).

Step #3 is your pre-game physical warm-up routine.

from stretching, to conditioning drills, to physical warm-ups! Remember your body loves routine and needs to achieve the appropriate level for you to perform at your best. Find out what feels good and what works for you - then do it before each match to physically prepare for your best performance. Whether you need to be highly energized, slightly warmed-up or relaxed, it is your responsibility to get yourself in that physical readiness state.

Step #4 is your mental preparation.

This is totally individual and unique for each athlete. Relaxation techniques of deep breathing, muscle relaxation, and affirmations (positive statements) can lead into simulation visualization exercises. It is imperative that the athlete allows enough time to mentally rehearse his or her performance beforehand and to "simulate" or go over each match (Game Plan). Often the best time for this is after the athlete's pre-game meal -- lying down and relaxing before the match.

Remember, all this thinking and planning and strategizing should be done before the performance, since thinking and performing don't mix. Your body can only concentrate on one aspect at a time; therefore, the athlete needs to mentally prepare before the match so that (s)he can physically get into a "flow" state and perform.

You must think like a winner, act like a winner and be a winner - before it can come true. Pre-Game Planning is all about pulling up your "winning attitude" before you enter the court.

Hope to see you at one of my camps for live personal instruction on this topic or many other topics; the next best thing is my video if you can't make a camp at this time. Go to www.FranDavisRacquetball.com for details on both.

THE ULTIMATE WARRIOR

PART ONE

It is my great pleasure on behalf of HEAD/Penn to introduce this series, "The Ultimate Warrior....Cliff Swain."

I don't think anyone can dispute the fact that Cliff, the six-time #1 Professional Player in the World...the only player to hold this record, is "The Ultimate Warrior."

To confirm this fact I pulled a few definitions from the dictionary:

ULTIMATE: the finest or most superior quality of its kind...furthest or highest in degree or order; utmost or extreme.

WARRIOR: a person who shows or has shown great vigor, courage, aggressiveness; a determined person, as in politics or athletics.

I have watched Cliff his entire career, and without a doubt he is the finest of his kind. He is known as one of the greatest players to ever play the game and lays it on the line every single time he plays. His aggressive style and "never give up" attitude makes him one of the most determined players out there. When you watch him play, he has "the eye of the tiger" and settles for nothing less than giving 100% all the time.

In future issues, we will get into the mind of this champion and find out his secrets. What makes him "The Ultimate Champion?"

Let's get to know Cliff a little bit better and understand how Cliff is "The Ultimate Warrior."

Fran: Please give us a synopsis of your racquetball achievements.

Cliff: Six-time world #1 pro, ten-time pro national winner, over 100 pro tournament victories, only player inducted into the USA Racquetball Hall of Fame while still touring. I was the only unranked player to ever win his first pro tournament as a qualifier.

Fran: Cliff, why do you think you are "The Ultimate Warrior" and how do you define an "Ultimate Warrior?"

Cliff: You asked why I think I'm one. It's an extremely flattering compliment, and to me, it just means the fans appreciate my way and my effort. I'll let other people decide whether I

am or not, but here are some things I admire in a person or an athlete...

An Ultimate Warrior always gives 100%. He never makes excuses. I've seen guys post on the Internet about their shoulder or back after getting a beating in a tournament, to give the world their excuse. This is repulsive to me. There is no shame in losing. Not preparing, making excuses, not doing your best, not just taking your beating like a man, these are things that would keep me up at night. My favorite athletes have an obvious edge to them. I never enjoyed watching two guys giggle on the court. Funny stuff happens, but I'd rather be friends after the match. Do whatever it takes to win, and hustle, hustle, hustle. Mannino is a great example of this. He has done the most with the least amount of obvious skill. You can't put a price on the willingness to work hard. I know I've won matches while playing terrible, but by just being gritty. I have more respect for the guy who lays it all on the line and loses in the 16's every time than I do the guy who's content to make it to the semis.

Fran: When, how and why did you start playing?

Cliff: I started playing late by most standards, in late 1979 at age 13. It was at The L St. Recreation Center where my dad played handball. I played a bunch by myself, outdoors, until a kid named Richie Long asked me to play. After winning that match, I later found out that he was the previous year's 13 & Under Regional Champion. I already loved playing, but after I learned that fact, I was anxious to try the indoor version of the game.

Fran: Who was and is your mentor?

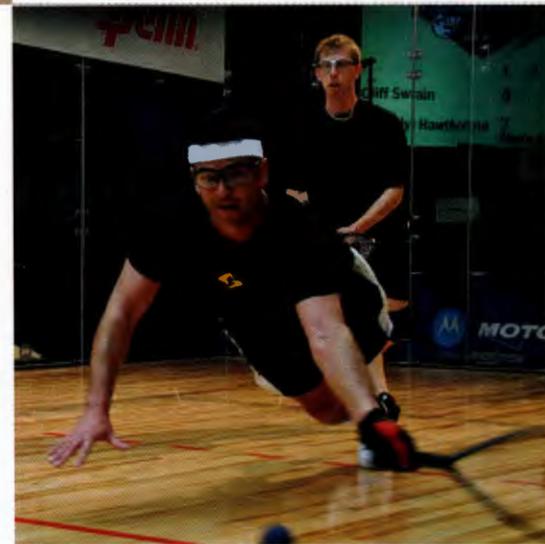
Cliff: My dad is and always will be my mentor and inspiration. This is not a cliché or just the polite thing to say, it is absolute. My father and mother, Red and Genevieve, along with my two sisters, Nicole and Dana, are responsible for a large part of my success. I could go on and on about how strongly I feel about this. Ask any successful athlete; an extremely high percentage will tell you the same thing. Not one single time in my life did I hear a negative word from anyone in my family about my racquetball, or anything else for that matter. Maybe it was because

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by Fran Davis, with Cliff Swain



they truly believed in my potential, but I think it was more than just that. It's also a positive skill I believe in. Instead of hearing, "If you don't do this, you will lose," I would hear, "Do your job, work your hardest, play your best, and you will win." This is how I was raised and taught about all aspects of life. I believe that if I could spend just as much time coaching parents of successful players as I do with the players, they'd have an even better chance of becoming all that they can be.

Fran: Did you have to give up other things to pursue racquetball or were you able to do it all?

Cliff: For a long time I managed to continue playing hockey and baseball while playing racquetball. I love both those sports still. I was being pulled in all directions with many different offers and was told my future was bright, whichever I chose. My dad and others thought baseball is what I was best at. Although I prefer team sports, at the time I loved that the outcome was totally up to me in racquetball. I wish I had nine lives!

Fran: When you were playing junior racquetball, did you dream of turning pro? Was that a goal you pursued all your life?

Cliff: I remember my dad pitching me baseballs at three years old and me telling him I was going to play pro sports. Competition at the highest level in front of the most people with the most on the line is what I love to do the most.

WHAT'S THE CALL?

by Otto Dietrich
USA Racquetball National Rules Commissioner



Following are answers to a few of the emailed questions I have received in the past few months.

Ricardo emailed, asking: "While playing doubles tonight, this guy on the other team was in my way every time I got ready to take a shot. So, I started giving him a little push to show him I was getting ready to take the shot. I didn't want to hit him with the racquet. After this happened about ten times, his partner told me, 'That's a technical.' I know that it is...but what should I do? The game is so fast that you have to react quickly; that's why I gave him that little push to show him that he's got to give me room. So what should I do from now on? Is it a technical on me all the time? Please give me the best answer."

OTTO SAYS: "First, thanks very much, Douglas, for your service to our nation. I proudly salute you! Now, to answer your question, when any serve passes 'close' to you and that 'closeness' impairs your opponent, then it is a screen serve. You can see that a good deal of judgment is involved in making the call. But, if the nature of the serve was what fooled him more than the closeness, then it probably wasn't a screen serve. This particular serve is a favorite of top player Jimmy Lowe, who also proudly served our nation in the U.S. Army. Moreover, the specific serve that you described above (you on the left side and your opponent hitting the ball on the right side of the court) sounds like it traveled a great distance after passing in front of you to where

Finally, Russ Bonanno asked a few questions: "The rule says an illegal racquet can't exceed 22 inches. If someone's grip extends below the bottom of the racquet, is that an infraction? Also, when first starting a game, player A serves the first game and then, in the second game, player B serves first for their team, but doesn't notify the ref. It states the team must notify the ref. But it doesn't say what the penalty is if the team doesn't notify the ref? If it is a penalty, how could it be enforced if it isn't in the rulebook?"

OTTO SAYS: "Reviewing Rule 2.4(c)...use of a racquet that exceeds 22 inches is a technical foul (loss of a point) and a timeout -- the first time it happens. And

"RULE 3.13(E) PROHIBITS 'DELIBERATELY PUSHING' YOUR OPPONENT – EVEN IF HE IS IN YOUR WAY AND YOU ARE ON OFFENSE."

OTTO SAYS: "Please note that Rule 3.13(e) prohibits 'deliberately pushing' your opponent, even if he is in your way and you are on offense. That being said, my advice to you is to just hold up on your shot in such cases and then explain to your opponent that he may be the one violating the rules by committing a penalty hinder for one of several possible reasons that are cited in Rule 3.13, for example, failure to move, stroke interference, or blocking."

First Sergeant Douglas Clayton, stationed at Fort Benning, Georgia, asked: "If I stand in the left side of the service zone and hit a drive Z-serve that travels in front of my body and then into my opponent's forehand in the right corner is that considered a screen serve?"

your opponent actually hit it, so that one is likely not to have been a screen serve.

Bruce Malick, Rules Director for South Carolina, asked for some help with this one: "If the player hits the ball and it gets stuck between the frame and the strings of the racquet and stays there, what is the call? This player was playing with the O3 Camo racquet. This has happened twice and with other racquets, too. I know that this happens because it was me that it happened to during friendly games!"

OTTO SAYS: "If you do not return the ball, then you lose the rally. I guess I would consider that to fall under Rule 3.13(c)2 or perhaps Rule 3.13(c)10."

the penalty gets even harsher the second time it happens in a match – including loss of game.

"Regarding your second question, refer to Rule 4.4(a): it's an out-of-order serve. Any points scored while serving out-of-order are deducted from the score and an 'out' is scored against the player who was supposed to be serving."

Always "Play by the Rules!" If you don't have a copy, you can find and review them on-line at: <http://www.usaracquetball.com/Default.aspx?tabid=839>. Do you have a rules/refereeing question? Email it to me at ODietrich@usra.org and you may find it featured in an upcoming issue of *Racquetball* magazine.



WAC HOSTS RACQUET FOR THE CURE

The Wisconsin Athletic Club in West Allis hosted the third annual Racquet for the Cure this past fall. Main title sponsor Tres Locos Mexican Restaurant provided not only the dinner for the players and volunteers but a monetary donation as well. Thanks to the many sponsors for making this event a huge success. All of the proceeds go to the Milwaukee Affiliate of the Susan G Komen for the Cure for breast cancer. The total raised for this year will amount to over \$18,000, making the grand total for the three years over \$43,000! This could not be accomplished unless we had a fantastic community of sponsors, players, friends and donors. Thank you for your generosity.

To kick off the event Ben Blint, a personal trainer at the WAC-Waukesha location, rode a stationary bike for 12 hours. Ben called it "The Iron Butt for Cancer," and helped raise over \$3,000. Way to go, Ben! For the week leading up to the tournament, there were over 100 donated items on display for the silent auction at the WAC-West Allis. On Friday, there was a fun "Meet and Greet" doubles for men and women with a 50/50 raffle that night. Saturday there were 65 women players who participated in a round robin racquetball tournament with all levels of play, both in singles and doubles. Players from Wisconsin and Illinois joined the fun. Throughout the day, players and guests supported the cause by purchasing tickets for a chance to win numerous donated raffle items. At the end of the day, the silent auction and raffle items were given out to the winners, and prizes for first place at the tournament were awarded. Afterwards a local DJ donated her time to play music for the night. What a great time for a great cause!

A sincere thank you goes to everyone for their contributions towards this very worthy cause. The success of the Racquet for the Cure lies in the heart of all of those people and their willingness to make a difference. There is no stopping until there is a cure. We need your help again next year for the Fourth Annual Racquet for the Cure on October 3, 2009. For more information contact Linda Covault at ljcovault@wi.rr.com. Hope to see you there!



Please thank these 2008 Racquet for the Cure sponsors with your patronage:

Title Sponsor: Tres Locos Mexican Restaurant
Court Sponsors: New Era Graphics, Water Stone Bank, West Allis Animal Hospital
Manufacturers: Ektelon, Wilson
Local Businesses: Chris Rox (Chris Hill-DJ), Genesis Jewelry & Art Gallery, Grasshopper Graphics, Jimmy John's, Melster Pro Shop, Naegele Awning Co., National Sign & Design, Piranha Promotions, Promolux, Wisconsin Athletic Club

MAKING HISTORY IN MEMPHIS

St. Jude Children's Research



The 2008 US OPEN Racquetball Championships saw some of the deepest fields the sport has ever seen. The world's top players entered the event as the favorites, but with former US OPEN Champions seeded in the teens, anything was possible as the world's best battled through the draws for the right to win professional racquetball's most prestigious prize.

When balls stopped bouncing on the new four-wall all-Lucite glass court, the 13th edition of racquetball's original grand slam rewrote the record books. Kane Waselenchuk won his fourth US OPEN title, tying the great Sudsy Monchik.

On the women's side, Paola Longoria became the youngest US OPEN professional division champion and the first Mexican-born player to accomplish the feat as well.

In the Classic Professional Racquetball Tour's 40 & Over division, history was also made as Hawaii's Jimmy Lowe won his first top-level professional tournament on the sport's grandest stage.



ROCKY CARSON, KANE WASELENCHUK, PAOLA LONGORIA, CHERYL GUDINAS HOLMES

SIMPLY AMAZING

by Leo Vasquez, Jeff Oliver and Steve Lerner
Photos by Jeff Oliver & Mike Boatman

BY LEO R VASQUEZ

The 2008 US OPEN Racquetball Championships had many story lines in the men's IRT professional division. Most notably was the return of three-time US OPEN Champion Kane Waselenchuk, seeking his fourth US OPEN championship. Then there was defending champion Rocky Carson, attempting to become only the second player to win consecutive championships. But why stop there? Two-time US OPEN Champion Jason Mannino was endeavoring to become the second player to win at least three US OPEN championships. Or...would we finally see Jack Huczek hoist the coveted US OPEN trophy for the first time in his career?

There was also buzz about the new layout and design of the new portable racquetball court made of four walls of crystal clear Lucite acrylic. This fresh look for the fans seemed to create more energy throughout The Racquet Club of Memphis and gave a 360 degree view of all the matches.

One of the highlights of the US OPEN is the St. Jude Pro-Am Charity Doubles tournament held on Tuesday night. The event raised nearly \$9,000 for St. Jude as amateur players made a donation and were paired with pro players from the IRT and WPRO. This single elimination tournament came down to the doubles team of Mitch Williams and Bob Jackson who were up against Kane Waselenchuk and Stacey Young in the finals. "Stacey really wanted to win so I helped a little," said Kane. "It feels good to be back and I enjoy doing anything I can for St. Jude." Kane and Stacey won 15-12 and claimed the US OPEN Pro-Am Doubles title.

The men's pro qualifying division commenced on Wednesday with 44 players vying for one of the 16 coveted spots in the main draw that began in the Round of 64. Daniel DeLaRosa, a fifteen year-old phenom from San Luis Potosi, Mexico, won three qualifying matches at his first US OPEN before Lady Luck stepped in and crashed the party. DeLaRosa was Waselenchuk's first match in Memphis and "The King" was back with an 11-1, 11-5, 11-1 flawless performance.

The rest of the men's field advanced to the Round of 32 including all of the Top 20 players in the world. Thursday was a wake-up call for two-time US OPEN Champion Cliff Swain as he fell to Chris Crowther in four games and took his earliest exit ever from the US OPEN.

The next upset on Thursday saw Tony Carson take out Hiroshi Shimizu in three straight games to advance to the US OPEN Round of 16 for the first time in his career. Nearly all of the Top 16 were still in the draw and looking to move ahead to the quarterfinals where talent begins to separate the contenders.



ROCKY CARSON TAKES FLIGHT

The most talked-about match-up of the night was between two of the hardest hitting southpaws on the men's pro tour: Mitch Williams vs. Kane Waselenchuk. The US OPEN racquetball fans were swooning for Kane to win it all, and this was his first real test, against Williams. Through the first tournament in 2008 up to the US OPEN, there were already rumblings that the game's top player could sweep the season, securing an unprecedented undefeated campaign. Waselenchuk came out with a commanding lead and grabbed the first two games before Williams won the third. Waselenchuk never let off the gas and cruised, winning the fourth game and the match to advance.

Rocky Carson, Jack Huczak, Alvaro Beltran, Jason Mannino, Shane Vanderson, Ben Croft, and Jason Thoerner all won and advanced to the quarterfinal round on Friday. Neither Carson, Huczak nor Croft had dropped a single game to this point.

The first quarterfinal match of the day featured Jason Mannino against Shane Vanderson. Mannino held an impressive record against Vanderson before this match but threw it all out the window once the bell sounded. Vanderson came out with great speed and explosive power that kept Mannino out of his rhythm. Vanderson won in four games and repeated his semifinal appearance from last year.

Once again, the buzz was all about Waselenchuk and his next match against Mexico's best, Alvaro Beltran. This was the only five-game match of the quarterfinals as Beltran brought his best and pushed Waselenchuk into the corner by trading games: Kane won the first, then Alvaro the second, Kane won the third, and then Alvaro won the fourth. It all came down to the fifth game -- Waselenchuk became the aggressor and sealed the win to move on to the semifinals.

The fans were on the edge of their seats from the earlier match when it was time for Jack Huczak to make quick work of Ben Croft in the next quarterfinal match, winning in three games. Croft never looked comfortable and Huczak looked sharp in the rallies and was gearing up for his next round, a semifinal match with Waselenchuk on Saturday.

The last quarterfinal match of the night was nearly the same, as defending US OPEN Champion Rocky Carson defeated Jason Thoerner in three games to advance to the semifinals against Vanderson. Carson and Huczak continued their dominance by winning in three games, but it was all about to change.

Super Saturday featured two semifinal matches, with Waselenchuk going up against Huczak to start the day. Waselenchuk came out with powerful drive serves that gave Huczak trouble, especially service returns that weren't enough for rally. Waselenchuk was on a mission and that came in the form of a three-game dominating performance over Huczak and a trip to the Finals.

The second semifinal between Rocky Carson and Shane Vanderson was expected to be a war between two players who have superior backhands and similar styles, but Carson held the edge head-to-head. Rocky looked flawless in his defense and made sure everyone felt it, including Vanderson, with a three-game win to face Waselenchuk in the Finals.

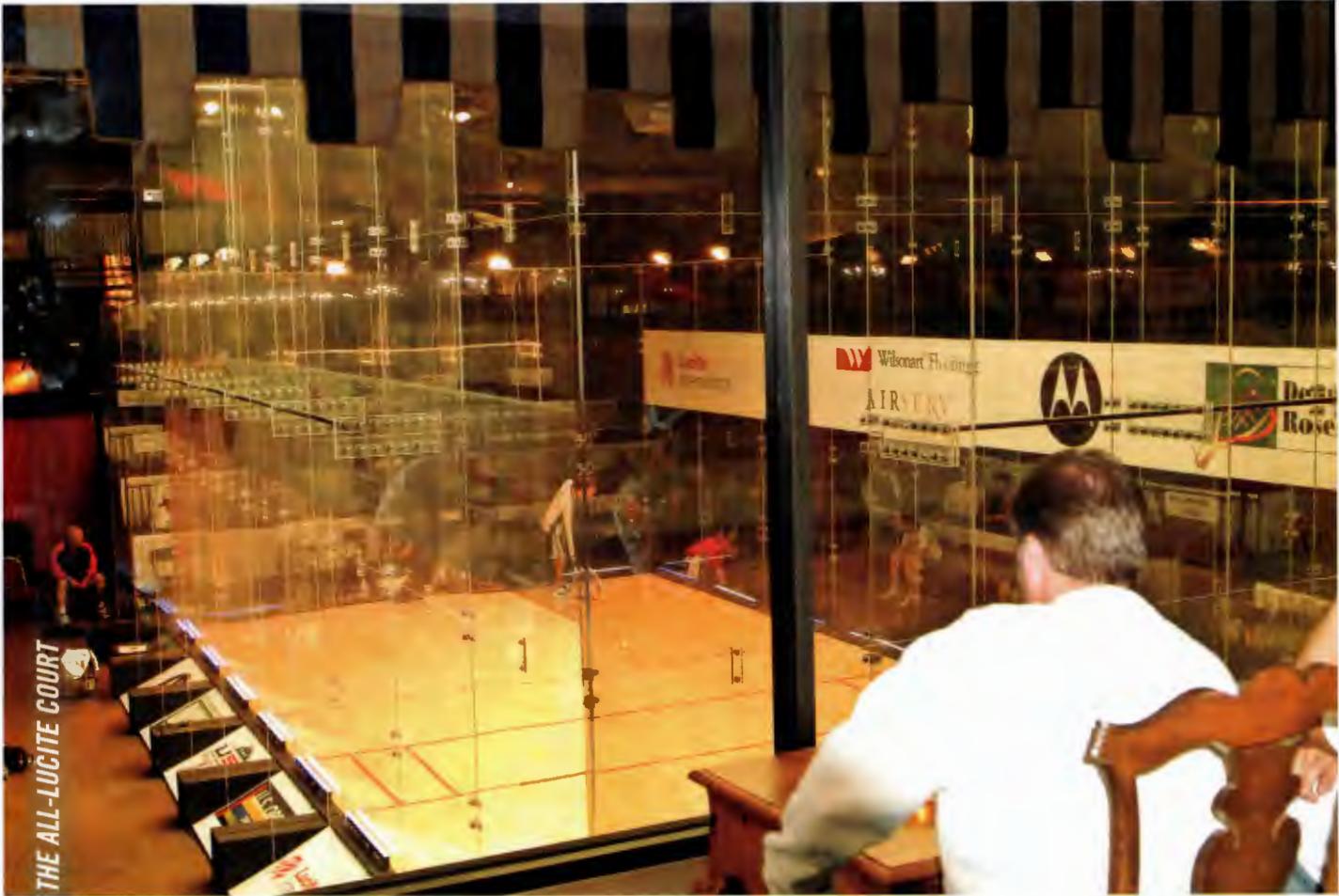
Waselenchuk, who delivered so many spectacular moments over five days in Memphis, only needed three games in the finals on Sunday against Carson to win the US OPEN for the fourth time. Even though he came into the tournament seeded 11th, Waselenchuk was never tentative, bombing drive serves, hammering at opponents' forehands and backhands, torching his foe's serves and continually applying pressure.

It capped a remarkable week for the world's former No. 1 player, who had defeated all who stood in his path. "It feels good," Waselenchuk said. "I just wanted to show all my family, friends and fans that I am back for good. I put in a lot of hard work and it showed this week."

The improbable statistics and amazing records just keep building up for Waselenchuk. With his victory at the US OPEN, Waselenchuk became the second player to win the US OPEN at least four times ('03, '04, '05, '08), an achievement first demonstrated by Sudsy Monchik ('96, '98, '00, '02).

Was this performance the most amazing of them all, or will it be when Kane attempts to write history and win a record breaking fifth US OPEN in 2009? That would be simply amazing.





THE ALL-GLASS COURT



ALVARO BELTRAN DIVING VS. KANE



JAVIER MORENO DIVING VS. JACK



ALEJANDRO HERRERA VS. ALVARO

MAKING HISTORY IN MEMPHIS

WOMEN'S PRO-DIVISION

BY JEFF OLIVER

In looking at the 2008 WPRO tournament results, it appeared as if the winner of the 2008 US OPEN would slam the door on her competition. Rhonda Rajsich won the final four events of last season's Women's Professional Racquetball Organization (WPRO) Tour to wrap up her third consecutive season-end No. 1 World Ranking. In August, Rajsich captured the World Title at the International Racquetball Federation's World Championships in Kingscourt, Ireland. Once the new WPRO season began in September, Rhonda continued her dominance, winning the tour's first two events.

In the finals at the WPRO event in Tijuana, Rajsich defeated the young Mexican sensation Paola Longoria in a thrilling fifth game tiebreaker, 12-10. All of a sudden, the door on Rhonda's competition wasn't slammed as tight anymore. Two weeks later in Edmonton, Longoria knocked off the world's best player. It was the first time in nearly nine months that Rajsich didn't win a tournament in which she entered.

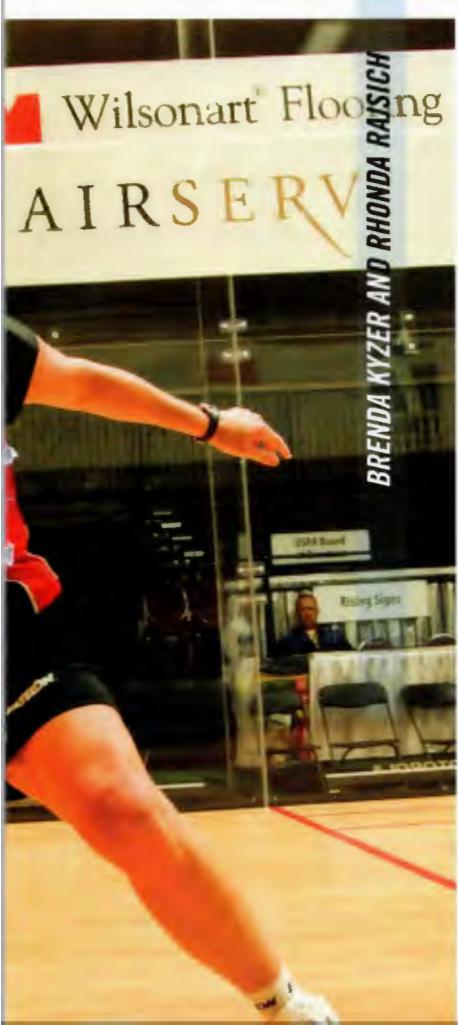
While Rhonda was still the odds-on favorite to win her third US OPEN Championship, there were many questions as the week began in Memphis. Was her loss in Canada a fluke? Was Longoria ready to make the step to join the sport's elite? Would the steady Cheryl Gudinas Holmes focus in on her third US OPEN Championship? After playing in just one event since the 2007 US OPEN, could three-time US OPEN Champion Christie Van Hees move her way through the draw from a low seed? Would any of the other ladies see the opening in the door and push their way through?

The WPRO main draw got started in the Round of 32 with all the top eight seeds advancing. In the Round of 16 though, the upset train got rolling. Christie Van Hees looked as if her fourth US OPEN Title was within reach as she dominated the WPRO #4 ranked player Angela Grisar in three games. Coming off her upset of 10th seeded Jo Shattuck, reigning USA Racquetball 16 & Under Junior Champion Aubrey O'Brien took WPRO #7 Adrienne Fisher to a fifth game before falling.

In the quarterfinals, the WPRO fans were treated to four quality match-ups. Former US OPEN Champion Cheryl Gudinas Holmes knocked off Adrienne Fisher in three games, now looking a strong favorite to reach the US OPEN Final yet again. Paola Longoria was too much for another former US OPEN Champion, Kerri Wachtel, taking the match in four games. Christie Van Hees was looking to knock off another seed when she took to the court against Kristen Bellows, but the Canadian's US OPEN run would end as Bellows won in four.

The final quarterfinal match-up of the evening put the WPRO #1 Rhonda Rajsich up against #8 Brenda Kyzer. The match was originally scheduled to be played about 9:00 p.m. on one of the back courts at The Racquet Club





MAKING HISTORY IN MEMPHIS



KRISTEN BELLWS



PAOLA LONGORIA

of Memphis, but tour leadership and event organizers pushed it back so that the match could be played on the new all-Lucite stadium court. The racquetball gods must have been looking down upon WPRO Commissioner Shannon Feaster; the match proved to be one of the best of the tournament. Rhonda took the first game 11-7, but in the second game Brenda found her groove and comfort zone on the stadium court to win 11-5. In the third, Rhonda used her unbelievable athleticism to keep rallies alive, but Brenda's kill shots down the line were just too precise. Kyzer won the third game 11-9 and then in the fourth shocked the racquetball universe as she put match away with a 12-10 fourth game victory with the clock approaching midnight.

Of the four ladies who reached the semifinals, just one had ever reached the US OPEN Finals before. Cheryl Gudinas Holmes used her experience to knock off the hungry and determined Kristen Bellows in three straight games. In the other semifinal, youth triumphed over experience as Paola Longoria defeated Brenda Kyzer in three straight games as well.

In the 2008 US OPEN WPRO Final, history was going to be made, whoever the winner turned out to be. If Cheryl Gudinas Holmes won, she would become just the second women to win four US OPEN Championships, joining Christie Van Hees. If Paola Longoria won, she would become the youngest US OPEN Champion and the first from the country of Mexico.

Cheryl jumped out to a 6-2 lead in the first game and it looked like she would cruise to her record-tying US OPEN victory. But Paola battled back to tie the game at 8-8 and then took the game 11-8 to serve notice that she was just as hungry for her historic US OPEN win.

Game two was close throughout with Cheryl pulling away late for an 11-7 game two win. The match was now down to a best-of-three for the US OPEN title. Paola jumped out to the early lead in the third game, but Cheryl's steady game brought her back to a 7-7 tie. By this point Paola settled in to a nice drive Z serve to Cheryl's backhand, forcing low percentage returns and rallies that favored Paola's ability to constantly hit the bottom board and put the ball away. The Mexican teenager won the game 11-7 and was now just one game away from professional racquetball's most prestigious prize.

In game four Cheryl took a 6-0 lead and it appeared as if the US OPEN title would come down to a tiebreaker. Paola however had other ideas as she rattled off 11 of the next 12 points to win the game and match.

In addition to become the first player – male or female – who didn't hail from the United States or Canada to win the US OPEN, Paola Longoria's win in Memphis served notice to the rest of the WPRO Tour that the year-end #1 spot was going to be heavily contested. Rhonda Rajsich won the first two events of the season, but Paola won the next two. The race to who will be crowned "Numero Uno" at the season's end is proving exciting, so be sure to check out www.wpro-tour.com to follow the world's best all season long.



JIMMY LOWE IN ACTION

WOODY CLOUSE & JIMMY LOWE

BY STEVE LERNER

**Opening Rounds**

Play started Wednesday at the US OPEN with eight opening matches, highlighted by the return of the legendary Hawaiian, Egan Inoue. Inoue was pushed to five games, but defeated John Ivers. Randy Forrest, Steve Wattz, Richard Eisenmann, and Mike Grisz all advanced in four games while Eugene Coyle, Doug Ganim, and Egan Inoue all cruised in straight games. These guys all got their shots at the top seeds on Friday...

Friday Action

Top seed Cliff Swain was forced to withdraw from his Round of 16 match due to injury, allowing Randy Forrest to advance into the quarterfinals. Eighth-seeded Tom Travers survived a battle with his close friend and travel partner Steve Wattz. The top half was filled out by fourth and fifth seeds, Jimmy Lowe and Keith Minor, who both advanced in straight games. There was one battle and upset in the bottom half of the draw as US OPEN Tournament Director Doug Ganim avenged last year's loss to Brad McCunniff, while Dave Sable knocked out Egan Inoue in three straight. The second and third seeds, Ruben Gonzalez and Woody Clouse, both cruised easily to fill out the quarterfinals.

Saturday Action

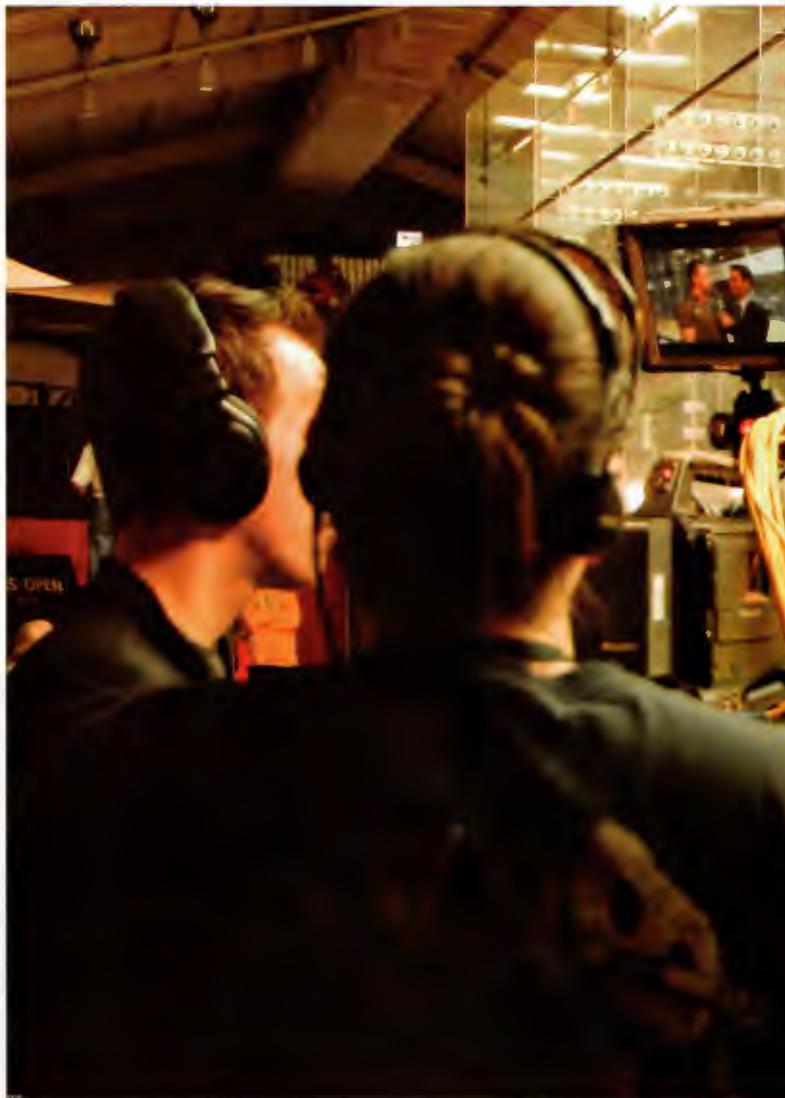
The players who wanted to reach the CPRT Final had to win two matches on Saturday. Woody Clouse had the tougher route to Sunday's final since he had to beat not only Doug Ganim but second seed Ruben Gonzalez, accomplishing this in surprising straight games. Jimmy Lowe first faced last year's semi-finalist Keith Minor, logged a straight-game win, then took out the always-tough Tom Travers, who won the first game before going out in four.

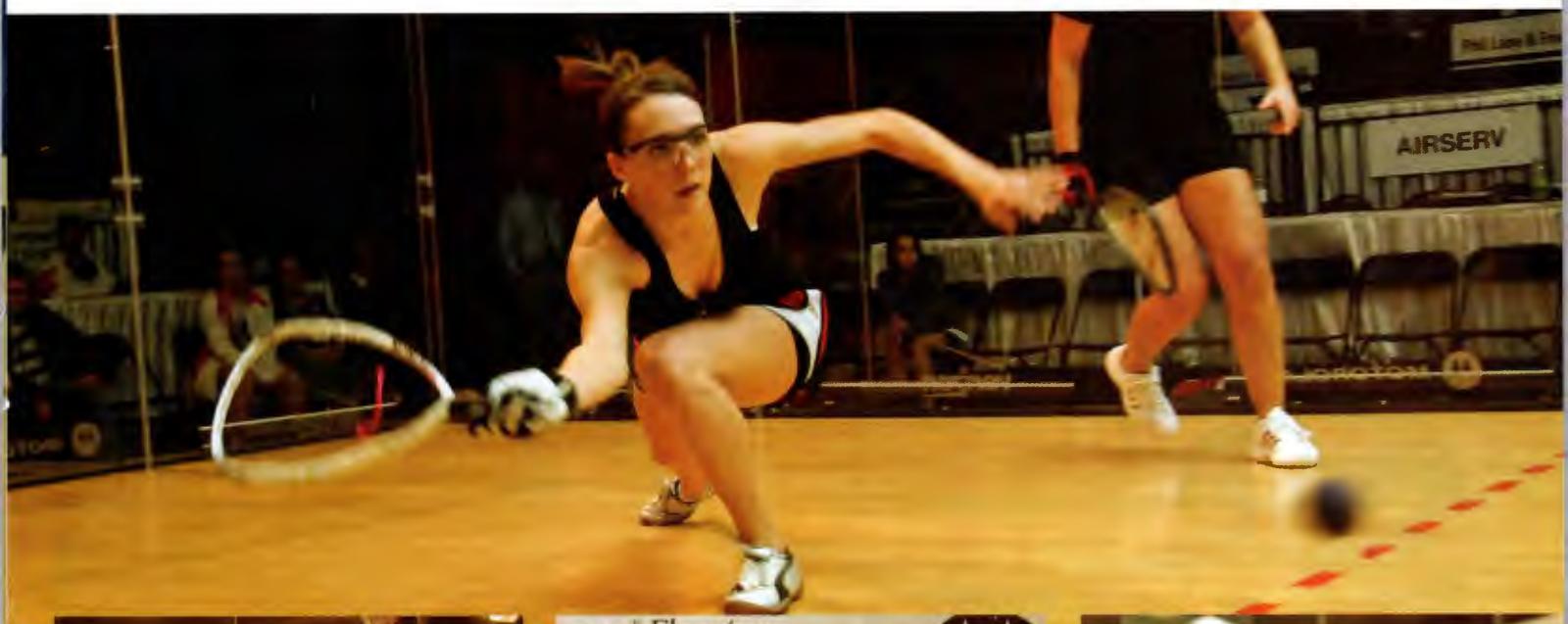
Sunday Finals

Jimmy Lowe became the CPRT's second US OPEN champion, defeating Woody Clouse in four games. After losing game one 5-9, Lowe went on a tear to dominate Clouse 9-3, 9-3, and 9-0 in the final game. Lowe's win earned him the top spot on the CPRT's rankings.



MAKING HISTORY IN MEMPHIS IN PHOTOS

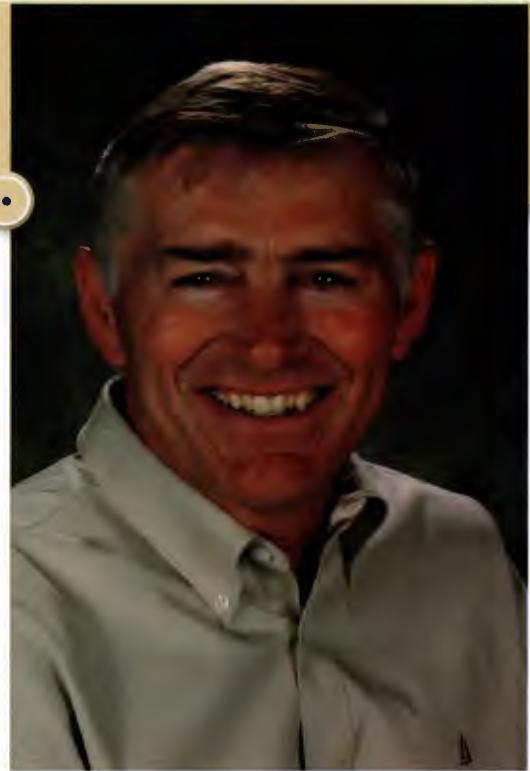




STRANDERO'S STRATEGIES

Getting instructional doubles information out to players is important because there is so much doubles being played at all the clubs, and unfortunately many of the rallies within these doubles matches are not flowing smoothly because players get in each other's way too much. The reason for this problem is that a large percentage of racquetball players are vastly under-informed with respect to good doubles. If we all think back to the racquetball instruction we've been exposed to, most of it relates to singles play and stroke mechanics: how to hit the ball. Very seldom does that instruction cover replays and penalty hinders. In good doubles play, each player has a specific responsibility: be alert and always moving to give the hitter his offensive shots: down the line kill-pass, and cross-court pass.

My guess is most of you have not heard the following analogy I like to make, but I believe it will make a lot of sense to you and put more emphasis on understanding good doubles strategy and the court etiquette that goes along with it. When you look at the actual size of a racquetball court (40' by 20'), you'll obviously conclude that racquetball players play singles and doubles on the same size court. But when we relate court size to three other major racquet sports -- tennis, squash and badminton -- we see that for doubles play, all three enlarge their court dimensions to accommodate four players. Tennis widens the court 4'6" on each side; squash actually goes from a 32' long by 21' wide singles court to a doubles court that's 45' long and 24' wide (quite a difference) and badminton also widens each sideline by 18



inches for doubles play. This reference suggests that many singles players on our 40' by 20' court might have a hard time staying out of each other's way. Take our same-size racquetball court, put two additional players in this space and expect all four players to get along, always be out of each other's way, and have lots of clean rallies. Unless we all make a conscientious effort to intellectually understand doubles and make a physical commitment to move more on the court, there's going to be way too many unnecessary replays in our doubles matches. If we want to be legally correct, a lot of these hinders that turn out to be just replayed are actually penalty hinders that should have resulted in a loss of serve or a point. This article and ones to follow will point out common play situations and offer explanations and suggestions to make these doubles rallies better and more enjoyable.

Watching the Offensive Player



1 In good doubles, all three non-hitting players should always watch the offensive player hit his shot. When the offensive Team A&B is hitting, the defending Team 1&2 has the right to be in front on defense, and the hitter's partner (A) becomes the back-point of a triangle formed with Team 1&2. Player A's position should be about three feet behind and between Players 1&2.



Offensive Hitting Lanes

2

The other three players are watching Player B hit his offensive shot. This defensive alignment has defending Team 1&2 in front, giving B the proper hitting lanes for his offensive shots: (1) down the right wall kiss-pass, and (2) cross-court pass. Note that Player A is correctly positioned behind and between Players 1 & 2. This photo also shows (red line) that the reverse-pinch to the front corner does not have to be given to the hitter.

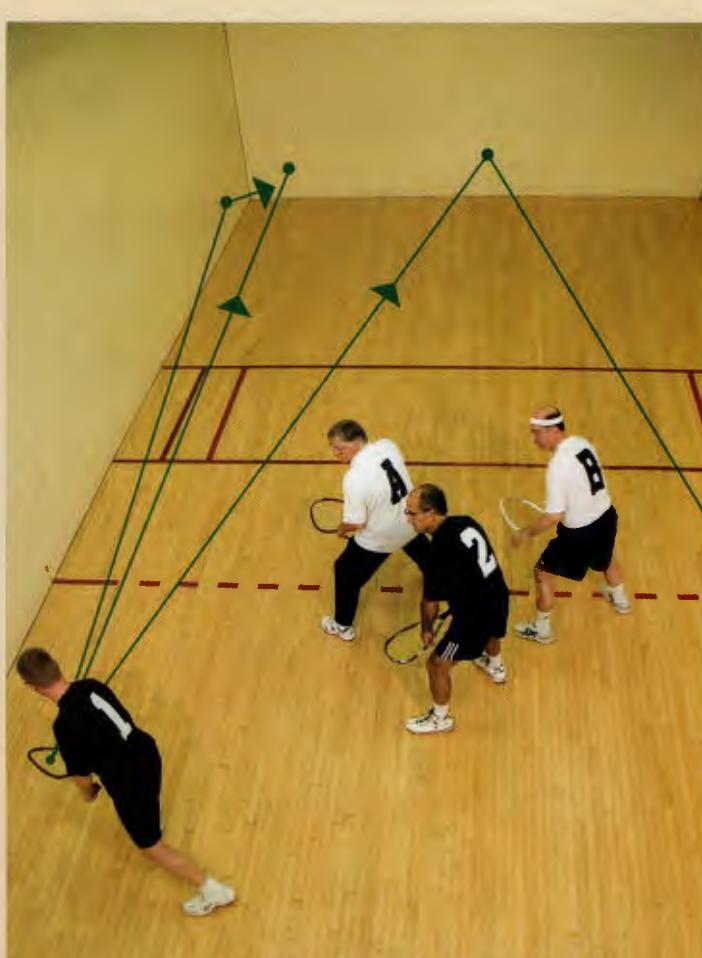


photo 3

“DOUBLES IS BEST WHEN YOU PLAY WITH THREE OTHER PLAYERS AND EVERYBODY IS MOVING AND WATCHING EACH OTHER.”

3

In this photo, Player 1 is setting up for his offensive backhand near the left sidewall. Notice the defending Team A&B positioned on the dotted line with Player 2 being the back point of a triangle in Zone 3. Always remember when the ball is near the side wall, the triangle of players will be in the middle of the court. Conversely, when the ball is struck from the back middle of the court, the defending Team A&B will spread out to the sides of the court. (A photo illustrating this last point will be shown in a future article.)

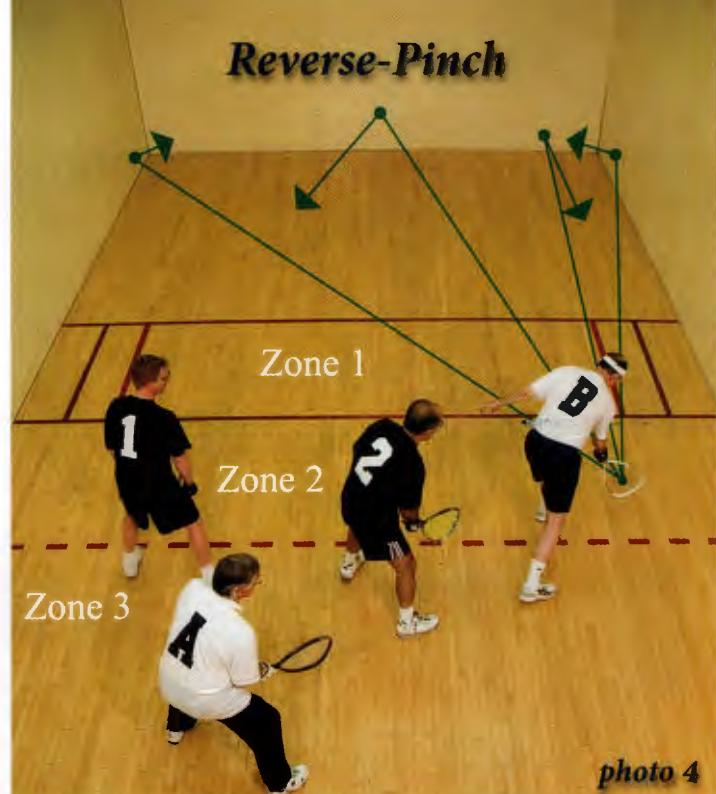


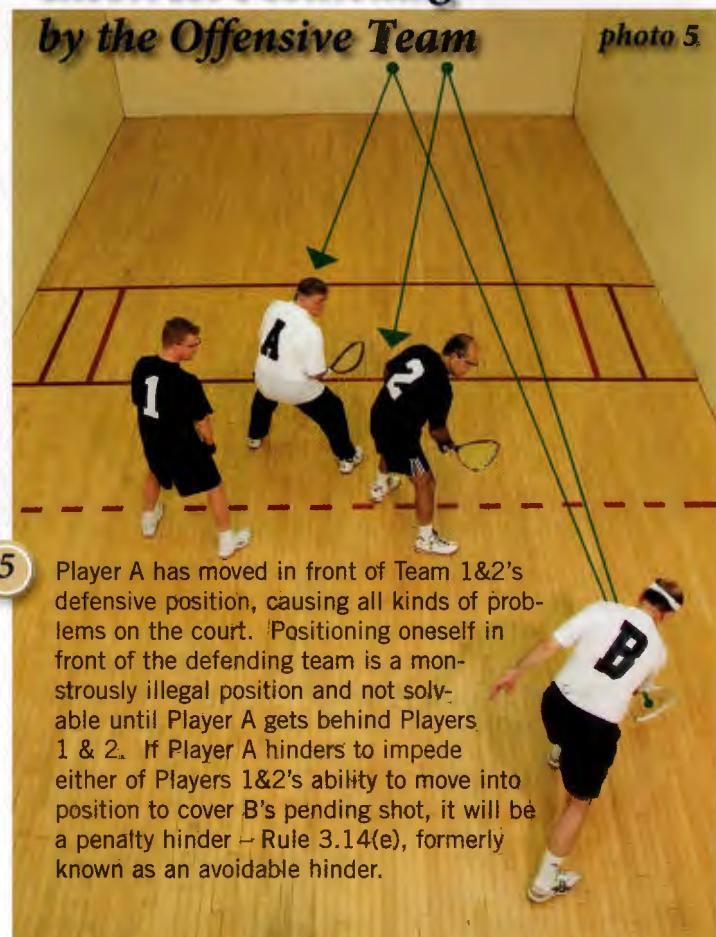
photo 4

4

When the offensive Player B is in the Zone 2-3 area, he will now have reverse-pinch in his offensive repertoire because of his position in front of or beside the defenders. Rather than two offensive shots to choose from, Player B now has four: (1) pinch using the right wall, (2) down-the-line kill-pass, (3) cross-court pass, or (4) a reverse-pinch hitting the left wall.

Incorrect Positioning by the Offensive Team

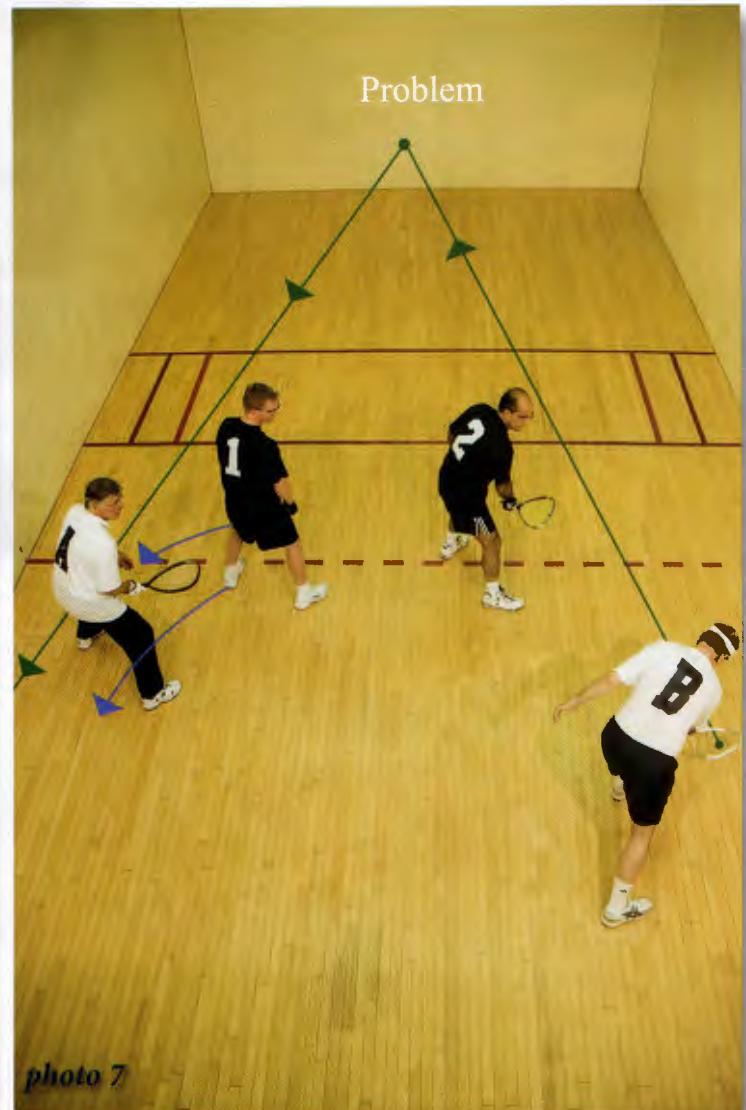
photo 5



5

Player A has moved in front of Team 1&2's defensive position, causing all kinds of problems on the court. Positioning oneself in front of the defending team is a monstrously illegal position and not solvable until Player A gets behind Players 1 & 2. If Player A hinders to impede either of Players 1&2's ability to move into position to cover B's pending shot, it will be a penalty hinder – Rule 3.14(e), formerly known as an avoidable hinder.

Incorrect Positioning by the Offensive Team



Incorrect Positioning by the Offensive Team

6

Frequently in doubles, an offensive Player A positions himself to close to the defensive players, making the area (circled in red) too congested. Player A should move back three feet so everything would run more smoothly. If A gets in the way of Players 1&2 as they are moving into position to cover B's shot, the correct call on this is a penalty hinder - Rule 3.14(c).

7

When Player A positions himself to the left and slightly behind Player 1, it logically seems the best place to be from a safety standpoint. But A's position becomes a huge problem when B tries to exploit 1 with a cross-court pass. Now, A is in a totally illegal position and may impede or hinder 1's ability to move into position to cover B's pending cross-court pass. Therefore, A is susceptible to being charged with either a hinder or a penalty hinder - Rule 3.14(c).

I hope you enjoyed this article. If you have comments or questions you would like to see discussed, please email stevestrandemo@hotmail.com.



2009 USA Racquetball Board

THE CANDIDATES ARE:



Jeffrey Elder

Greetings to all,
I am Jeffrey Elder and I am seeking your vote to be on the USA Racquetball's Board of Directors. I previously served on the Board from 2002 through 2006 as the military representative. After almost 27 years of faithful service to the military, I retired and had to step down from the Board. It was a very fulfilling time in my life. USA Racquetball went through some very hard times during that period and some very hard decisions had to be made. We made those decisions, and now the organization is doing well. I look to continue growing our wonderful sport working with juniors and my ultimate goal is to have racquetball as one of the many competitive sports in the Olympic Games! We can make this happen and I will continue to be one of your goodwill ambassadors. During my travels on Air Force One, I had the opportunity to meet racquetball players all over the world who have that same goal in mind. Racquetball has afforded me so many different opportunities. I look to give back to a sport that has given so much to me. I ask you to vote "Jeffrey Elder."



Cheryl Kirk

As your Board President since last May, I collaborate daily with the Board members and with Jim Hiser and his staff. I view my president's role as being a partner to Dr. Hiser and an ambassador and leader in service to each of you and to our sport.

So, what have I been doing these past months? I've leveraged the strengths and input of Board members to address a number of key strategic opportunities; become a stronger advocate of both U.S. and International racquetball via IRF participation; traveled to Ireland, Albuquerque, Denver, Memphis, and Tempe in support of the U.S. Adult and Junior Teams and our pro and amateur players (sometimes even competing...kind of). I chair the Junior Committee and enjoy lending communications assistance to the USAR staff.

My desire is to see USA Racquetball become even stronger in the future, particularly relative to member services, marketing, public relations, communications, financial strength and long-term development.

If you choose to re-elect me for another term on the Board, I will be pleased to continue to devote my full time and best efforts to bringing visibility and development to this fantastic sport we enjoy.

ELECTIONS



Kim Roy

Racquetball is a huge part of my life: my passion, my social outlet, and my work. I love dreaming about racquetball and creating opportunities to make the sport of racquetball bigger and better. It would be an absolute honor and privilege to serve on the USAR Board of Directors.

This opportunity will allow me to continue my desire to help grow racquetball. The key to this success is junior racquetball. My strong commitment to junior racquetball is obvious through my junior jamboree events (kids' overnight racquetball parties); juniors only racquetball tournaments; summer camp programs; and the Florida Junior Team (which I developed and coach). My commitment to racquetball reaches further and beyond junior racquetball. In addition, I organize 10+ USAR sanctioned racquetball tournaments/year (including both a Tier 1 & a satellite IRT pro stop; 3 juniors-only tournaments; a womens play free tournament on Mother's Day; USAR Regional Qualifiers; and Florida Regional Doubles). My commitment to racquetball is ongoing.

I would like to share my successful racquetball programs (past and present) and future ideas coupled with my contagious smile, positive energy and get it done attitude with the Board. New energetic blood is important to any organization. Thank you for your consideration.

There are two Board of Directors seats available. Each USA Racquetball member may vote for a maximum of two candidates. Please return the ballot included in this issue by May 1st, 2009.

COLLEGIATE CORNER

By Darrin Schenck
ASU Racquetball Head Coach and
Ektelon's Collegiate Racquetball Director

In the previous collegiate article, I highlighted the East Coast Racquetball Conference that Shane Wood established. The ECRC has the largest number of schools that compete in a regular calendar schedule. Second in line is the WCRC.

WESTERN COLLEGIATE RACQUETBALL CONFERENCE

The WCRC is based in California and provides intercollegiate competition for schools in Southern California and Reno, Nevada. In the past two years, this conference has seen competition from eleven different schools. Since October 2005, the WCRC has played four events each season and offers one-day competitions to sharpen the skills of players. These fun events are coordinated by John Bardos and Del Villanueva, and these experienced players both coach their own college teams. UC Santa Cruz is the home of John Bardos; he can be reached at jbardos@ucsc.edu if you have questions about starting a program at your school. John serves as the regional commissioner for the WCRC. Del Villanueva is the coach at UC Berkeley and also serves as the collegiate liaison for the California State Racquetball Association. Del can be contacted at delfirst2fifteen.1@netzero.net

Once again, volunteers in action bring this conference's play to fruition. The players are hard working and enthusiastic and are offered the unique opportunity to become a Collegiate All-American by reaching the quarterfinals in their divisions at the Intercollegiate Championships held each year. Conference play is the best way for players to prepare for the big show, this year being held in Tempe at the Student Recreation Center at Arizona State University. Can you think of another sport where a beginner level player could have the chance to earn Collegiate All-American status? It is a great chance for players to add an impressive achievement to their life resume.

For more information on college racquetball contact either Shane wood at swood@babcockpower.com or my self at darrin@rbguru.com

The next issue of *Racquetball* magazine will feature high school and collegiate racquetball. Anyone interested in providing information on successful high school and collegiate programs, please contact Jim Hiser at jhis@usra.org.





By Kelley Beane
U.S. Team Coach

ASU RECREATION CENTER, TEMPE, AZ
DECEMBER 15-21, 2008

IRF JUNIOR WORLD CHAMPIONSHIPS

The end is a good place to start...

The Scene, December 2007: The end of the World Championships in Cochabamba, Bolivia, sitting on the bench waiting for the closing ceremonies to begin, knowing that the U.S. Junior Team had fallen short of winning the overall title once again. As I sat there, I started to put together the training camp for next year's team. Some of the inefficiencies our team showed that week were obvious: doubles teams, Z serves, Z serve returns, to name a few. These would be on the training camp schedule every day, sometimes twice a day.

Time to work...

Training camp at the U.S. Olympic Training Center (USOTC) in Colorado Springs was the toughest camp we ever put together. Along with the participation of our regular coaches, (Shane Wood, Andy Pitock, Jen Meyer and myself), we also invited Woody Clouse, Jo Shattuck, Kristen Walsh and our trainer, Dr. Joyce Parsons. (Cheryl Gudinas Holmes could not attend; she was in Ireland competing at the adult IRF World Championships.) Each individual brought fresh information and a new set of eyes to cover every aspect of

the game for these athletes. Dr. Jim Hiser led the morning workouts that were the toughest I have ever seen. This year it was core work, over and over.

First and foremost, we needed this team to become just that – a team. By bringing the 2008 team back to the Olympic Training Center and giving them some rather large obstacles to overcome in the form of physical training (a seven-mile run through Waldo Canyon); team building (a pressure-packed whiffleball game); and fun problem solving (get the team across the river on three tries), we thought that would be a good place to start. Even the geese at the park helped the kids with the hand/eye and endurance!

The 2008/2009 squad was a small team, including a few who had qualified in both doubles and singles, and it was team of veterans who had something to prove. New team members Jansen Allen, Nick Montalbano, and Courtney Chisholm fit right in from the start and brought a fresh outlook.

After they all returned home from Camp #1, we chose to get together again for Camp #2 at ASU to train for a weekend and take one more

look at their games in November, one month prior to Worlds. The purpose of this camp was two-fold: first to see where our athletes were in their training and to give them the instruction they needed to prepare; secondly, to get the team comfortable with the venue. We wanted them to picture the courts as they were in November, not how they would be in the crazy atmosphere of the Worlds competition.

Finally, it was December...

We arrived back at ASU on Saturday, December 13th with two days to practice before play started. This gave our team members some hitting time and the chance to get mentally prepared before match play started.

The Opening ceremonies were Sunday night and we all marched into the stadium to the applause of family and friends.

The tournament started Monday morning with pool play, and it gave our kids a chance to play in a round robin format and the coaches the opportunity to take a look at the competition. Our Girls 14 and 16 doubles teams played World Cup competition from the first match out, so every point was intense.

IRF JUNIOR WORLD CHAMPIONSHIPS

On Thursday, the regular draws started and on any of those days we could have as many as 32 matches to coach. A lot of logistical problems to solve in one day! Some of our draws Thursday were tough, but it was a fantastic day. Friday we played quarterfinals and semifinals; this lead to an incredibly tough day for our kids who were playing in two divisions. Again, we had a great day!

There are too many countries and too many matches to list any individually, but I was so impressed by the level of play at this event. All countries are improving and have very good programs developing their athletes. We won some close matches and we lost a few, but with both our boys and our girls winning the titles, we have taken a big step forward here with our racquetball program. It was only a year ago that our girls placed 4th behind very strong countries! It was an incredible honor to be involved with a group of athletes like we had this year and to have them win the World Championships here in the U.S.A.!

A bit of recognition...

A big thank you to Babcock Power for their generous donation, and thank you to all who have helped the kids offset their expenses to get to the event. Thank you to Cheryl Kirk for attending and witnessing what we are all about. Thank you, Racquetballonline.tv, for broadcasting the matches. And thanks to Rhonda Rajisch for coming down to cheer us on and take part in the victory party!

Now it's time to plan the next U.S. Team Camp...we have work to do!

MEDAL COUNT:

Boys 18 Singles – Gold
Boys 18 Doubles – Gold
Boys 16 Singles – Silver
Boys 16 Doubles – Gold
Boys 14 Singles – Gold, Silver
Boys 14 Doubles – Gold
Girls 18 Doubles – Silver
Girls 16 Singles – Gold
Girls 16 Doubles – Gold
Girls 14 Singles – Silver
Girls 14 Doubles – Gold

LET'S HEAR FROM SOME OF THE U.S. JUNIOR TEAM MEMBERS...

"We could not be defeated that week. Each person on the team was on a mission to win a championship for himself and the team, which is what brought this team to victory. Many hard hours of work were rewarded that week."

– **Danny Lavelly**

"It was so awesome, finally winning as a team! We worked so hard all year long to achieve one goal and we did it! I have wanted this for the past three years I have been on the team and we finally did it my last year. I will remember this team for the rest of my life! I love all of you!"

– **Sharon Jackson**

"With it being my first year on the team, there were so many memories this past week that I will remember my entire life. The feeling of standing on the podium with the gold medal around my neck is one I will never forget. The closeness of our team definitely contributed to our victory."

– **Courtney Chisholm**

"Although I was not able to be an individual world champion, with the team coming in first, I really feel like I won! Like I said in the beginning, I really felt it this year, and I knew we would do it! I will never forget this Worlds and how I felt in the matches and while watching the team compete. Every single person put forth the effort and heart!"

– **Sheryl Lotts**

"As a rookie on this team, I was not sure what to expect, going to camp and then playing in Worlds...all the hard work paid off in the long run. The World Championships in Tempe, Arizona was the best experience I have ever had in my entire life! I got to meet so many different people from all around the world. I have some great memories that will last me a life time. Each and every one of the team members supported one another and cheered for one another while they were playing. While I was at the tournament, I was asked a question by Cheryl Kirk: "What is your favorite part of Worlds?" I answered that my favorite part was having the honor of wearing

the letters U.S.A. on my back, playing for my country. I would like to thank the coaches and my teammates for all the memories that I have throughout this whole year while on the U.S. team. I hope to be on the team next year and I will always be rooting for the U.S.A. for as long as I live!"

– **Nick Montalbano**

HERE'S WHAT SOME PARENTS HAD TO SAY...

What a month you have had! Congratulations on capturing the U.S.A. World Champion title. Thanks for an awesome experience that Courtney was able to share with all of you. She had a blast contributing to the victory!

– **Patty Chisholm**

We want to thank all the coaches for what you have done for our son Nick since June (Junior Nationals) when he made the team. He has learned many valuable lessons about life that he would not have if it weren't for you and being a member of this "very special" U.S.A. Junior Team.

Wearing the Team U.S.A. uniform has been one of the most important life events in Nick's 16 years. He realizes that being a team member is possibly a once-in-a-lifetime experience and that he is going to have to work even harder now to make the team next year. What will happen in the future, we do not know. What we do know is how proud we are of him for accomplishing this goal and hopefully reaching many more in the future.

Seeing the smiles on everyone's faces on the stand accepting for 1st Place Team was the most memorable moment for us. We have told Nick that winning the Worlds was a great accomplishment and is important, but equally as important is the friendships that have developed between players and coaches...something he will cherish and remember forever. We are thankful you have made such a positive impact on our son's life.

— **Tom and Robin Montalbano**



“A true champion is not measured by winning and losing, a true champion is defined by the heart and effort put forth in that fight for victory.”



RESULTS 2008

Esprit Cup- Overall

1. Mexico-432
2. Bolivia-329
3. Costa Rica-194
4. USA-194
5. Guatemala- 54
6. Nicaragua-47
7. Canada- 43
8. Chile-38
9. Ecuador-26
10. Honduras- 18

Boys

1. Mexico - 240
2. Bolivia - 233
3. Costa Rica -164

Girls

1. Mexico - 192
2. USA - 112
3. Bolivia - 96

Friendship Cup

1. Costa Rica
2. Mexico
3. Bolivia
4. Canada
5. USA

World Cup

1. USA-315
2. Mexico - 235
3. Bolivia - 202
4. Canada -115
5. Costa Rica - 64
6. Ecuador - 58
7. Venezuela - 20
8. Ireland - 15
9. Chile - 15
10. Guatemala - 8
11. Columbia - 8
12. Nicaragua - 6
13. Honduras - 3
14. Argentina - 2
15. Dominican Republic - 1
- Puerto Rico - 1
- Korea - 1

22ND NATIONAL HIGH SCHOOL CHAMPIONSHIPS

February 25-March 1, 2009

Vetta Sports Concord
12320 Old Tesson Rd.
St. Louis, Missouri 63128
314-842-3111

Missouri Athletic Club West
1777 Des Peres Rd.
Towne and Country, Missouri 63131



37TH NATIONAL COLLEGIATE CHAMPIONSHIPS

April 1-4, 2009
Arizona State University
Student Recreation Center
400 East Apache Blvd.
Tempe, Arizona 85287
480-965-8918

42ND NATIONAL SINGLES CHAMPIONSHIPS

May 20-25, 2009
Houston Downtown YMCA
1600 Louisiana St.
Houston, Texas
713-659-8501



36TH NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS

June 24-28, 2009
Michigan Athletic Club
2900 Hannah Blvd. East
East Lansing, Michigan
517-203-1000

REGIONAL QUALIFIERS

April 17-19, 2009
TBD

There are three (3) candidates for two (2) vacancies on the USAR Board of Directors. Candidate information is published on page 34 and 35 of the Winter 2009 edition of *Racquetball*. For this ballot to be valid, the following is required:

- Ballot must bear legible signature and membership number.
- Voter must be a current USAR adult (18 & over) member in good standing.
- Only one ballot per member may be cast (either using this postcard ballot delivered via *Racquetball*, or by numbered ballot, on request – not both).
- A maximum of two (2) may be chosen.
- Ballot must be received by FRIDAY, MAY 1st, 2009.

2009 USAR board of directors election

OFFICIAL BALLOT

Vote for UP TO TWO (2) persons by placing an X on the line before their name.

Jeffrey Elder
 Cheryl Kirk
 Kim Roy

Print Member's Name

Membership Number

Member's Signature

PLACE 42 CENT
STAMP HERE
Post Office will not
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postage affixed

**Ballot Deadline:
Friday, May 1st 2009**

USA Racquetball Board of Directors Election
Attn: USOC Audit Division
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Shadow 175 (B).....\$59	Bedlam Stun 170.....\$119	TT Vendetta SS.....\$59
Shadow 185 (S).....\$59	LP Bedlam 170.....\$99	DPR 2500 Lite.....\$99
Silver Ace (S).....\$40	LP Judgement 165.....\$119	
HEAD	Bedlam LT 170.....\$79	GLOVES
LM IGS 175.....\$99	Bedlam 185.....\$85	Call about specials
LM 170 5/8.....\$89	WILSON	EYEWEAR
I.165 - 3 5/8.....\$69	n190.....\$89	Head Vision System.....\$20
TI 175 XL 3 5/8.....\$59	nLite SS.....\$99	
	nPower SS.....\$99	

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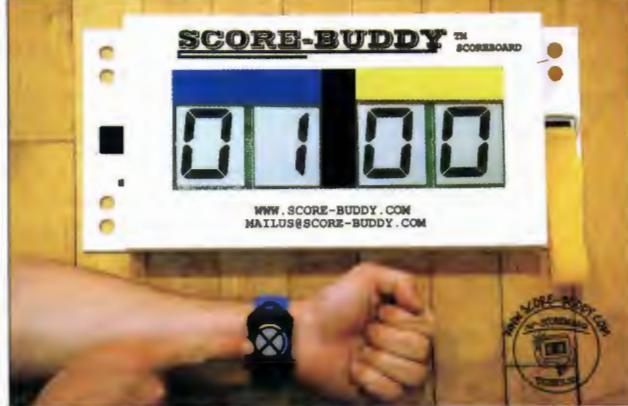
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- Perfect practice makes perfect - have fun!

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Questions? video@FranDavisRacquetball.com

For additional information go to
www.FranDavisRacquetball.com

Camp Schedule

Weekend Racquetball Fantasy Camps

2009

January 23 - 25	Albuquerque, NM
January 30-February 1	Las Vegas, NV
February 6-8	Seattle, WA
March 6-8	Minneapolis, MN
March 20-22	Long Island, NY
March 27-29	Overland Park, KS
April - TBA (women's only)	Seattle, WA
May 29-31	San Diego, CA
July 24-26	Woodbridge, NJ
July 31-August 2	San Francisco, CA

Week Long Racquetball Fantasy Camps™

December 4-11, 2008 Aruba
(Caribbean Island...Advanced Camp)

April 30- May 7, 2009 Kauai, HI
(Hawaiian Island...Advanced Camp)

Possible Future Cities...IN, IL, LA, PA, TX, WI + more
The above dates are subject to the IRT schedule

Questions? Upcoming camp dates...
camps@FranDavisRacquetball.com

www.FranDavisRacquetball.com

HEAD

Penn

CARRABBA'S CALENDAR OF EVENTS

CARRABBA'S ITALIAN GRILL.

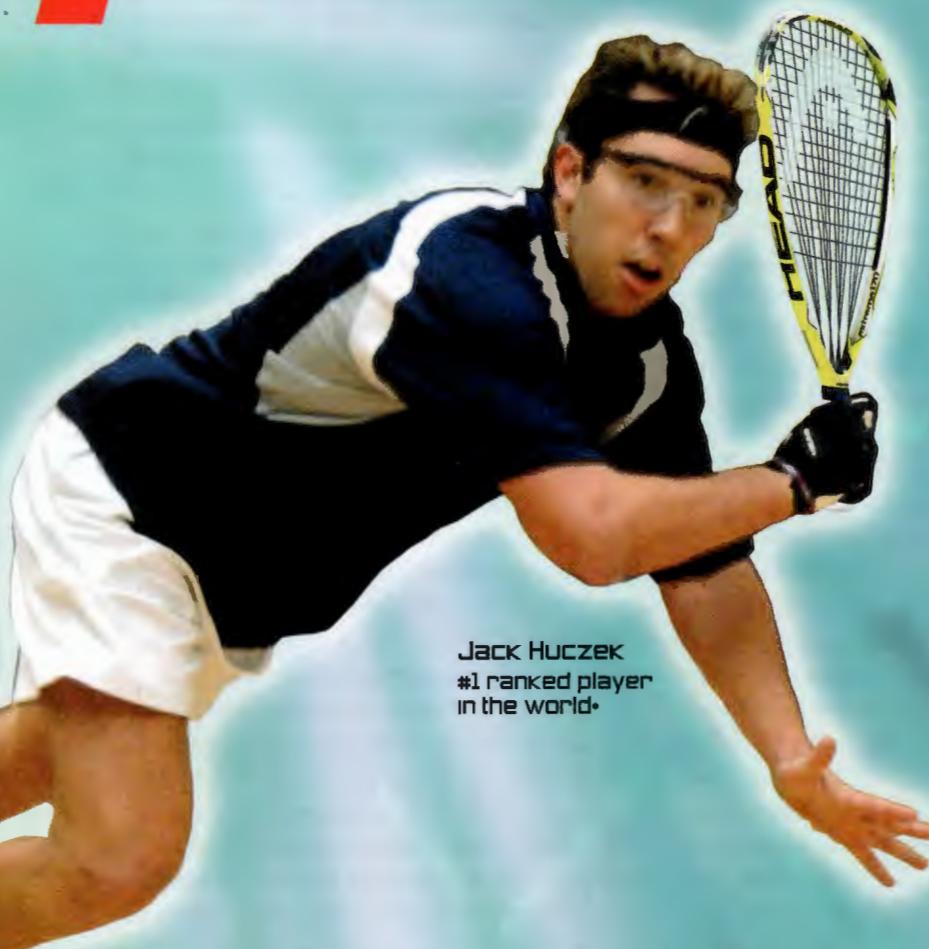
EVENT TITLE	EVENT START	EVENT END	CONTACT
2009 DR STATE DOUBLES	2/4/2009	2/8/2009	ANNETTE KNOTH
2009 SD LEWIS DRUG PROAM	2/6/2009	2/8/2009	KEVIN MESMAN
2009 OH 1ST ANNUAL RIVER OAKS BENEFIT	2/6/2009	2/8/2009	LESLIE MESSMER
2009 VA RAC WINTER CLASSIC	2/6/2009	2/8/2009	PHIL WHEELER
2009 7TH ANNUAL DUBOISE ELECTRIC RACQUETBALL CLASSIC	2/6/2009	2/8/2009	DANN SCHWINGER
2009 MO PINCHSHOT.COM RACQUETBALL CHAMPIONSHIP	2/6/2009	2/8/2009	DAN WHITLEY
2009 CA ONE DAY SHOOT OUT	2/7/2009	2/7/2009	JOHN BARDOS
2009 MI MOTOR CITY ROLLOUT	2/7/2009	2/9/2009	CHARLES CROWN HOOSE
2009 PA RACQUET FOR A CURE	2/7/2009	2/8/2009	JOHN BARRETT
2009 NH OPEN SERIES #3	2/7/2009	2/7/2009	KELLEY BEANE
2009 USAH NATIONAL DOUBLES CHAMPIONSHIPS	2/11/2009	2/15/2009	EDDIE MEREDITH
2009 NH SEACOAST SHOOTOUT 2	2/13/2009	2/14/2009	KELLEY BEANE
2009 WA SEATTLE OPEN	2/19/2009	2/22/2009	NEAL HEGGEN
2009 CO MOUNTAIN WEST COLLEGIATE RACQUETBALL CHAMPIONSHIPS	2/19/2009	2/22/2009	JO SHATTUCK
2009 OH LEBANON FORD CHARITY TOURNAMENT	2/20/2009	2/22/2009	JEFFREY MARMER
2009 ND ROYAL FORKS CLASSIC	2/20/2009	2/22/2009	MICHAEL ORR
2009 OH WASHINGTON COURT RACQUETBALL OPEN	2/20/2009	2/22/2009	MIKE McMULLEN
2009 NORTHEAST COLLEGIATE REGIONALS	2/20/2009	2/22/2009	ROBERT VAN SCHALKWYK
2009 TX 35TH TORNADO ALLEY RACQUETBALL CLASSIC	2/20/2009	2/22/2009	RANDY LANFORD
2009 KENTUCKY STATE RACQUETBALL ASSOCIATION STATE SINGLES CHAMPIONSHIPS	2/20/2009	2/22/2009	RON MARR
2009 MN SNOW IS FALLING - LIFETIME FITNESS	2/20/2009	2/22/2009	DAVID TORNELL
2009 NY VALENTINE'S OPEN	2/20/2009	2/22/2009	TOM KEOGH
2009 DE SNOWBALL OPEN	2/21/2009	2/22/2009	CHRIS VEALE
2009 AR UDOA RAZORBACK COLLEGIATE CHALLENGE	2/21/2009	2/21/2009	MICAH NICHOLS
2009 MD EASTERN REGIONAL JUNIOR CHAMPIONSHIPS	2/21/2009	2/22/2009	SUSAN FLAESCH
2009 CENTRAL NY CHAMPIONSHIPS	2/21/2009	2/21/2009	TIMOTHY KIRCH
2009 22ND USAH NATIONAL HIGH SCHOOL CHAMPIONSHIPS	2/25/2009	3/1/2009	EDDIE MEREDITH
2009 TEXAS TECH OPEN	2/27/2009	3/1/2009	TY STOLP
2009 CA STUCK IN LODI OPEN	2/27/2009	3/1/2009	STEVE COOK
2009 CA SAN DIEGO OPEN	2/27/2009	3/1/2009	BRENT AVERY
2009 FL GREAT BALLS OF FIRE PROAM	2/27/2009	3/1/2009	LYNNE OLVEY
2009 ID BALL BUSTER	2/27/2009	3/1/2009	JAY LILJENQUIST
2009 NY FISHKILL WINTER FESTIVAL	2/27/2009	3/1/2009	KENNETH ROBERTS
2009 IL STATE SINGLES CHAMPIONSHIPS	2/27/2009	3/1/2009	LAUREL DAVIS
2009 COLORADO MADNESS	2/27/2009	3/1/2009	BRENT ANDERSON
2009 TENNESSEE STATE SINGLES	2/27/2009	3/1/2009	TERRY DAVIS
2009 MN ST. CLOUD TOURNAMENT #2	2/27/2009	3/1/2009	DAVID TORNELL
2009 PA ICICLE OPEN	2/28/2009	2/28/2009	JOEL ESLINGER
2009 MI CAPITAL CHALLANGE	2/28/2009	3/1/2009	DANIEL MULLIN
2009 TX DALLAS SERIES II ONE DAY SHOOTOUT	2/28/2009	2/28/2009	MARTIN McDERMOTT
2009 NH STATE SINGLES CHAMPIONSHIPS	2/28/2009	2/28/2009	KELLEY BEANE
2009 PA STATE SINGLES	3/6/2009	3/8/2009	JOHN BARRETT
2009 VIRGINIA STATE SINGLES	3/6/2009	3/8/2009	CARTER GREEN
2009 ND MARCH MADNESS	3/6/2009	3/8/2009	WAYNE HERRICK
2009 NY 4TH ANNUAL CLASSIC PROFESSIONAL RACQUETBALL TOUR TOURNAMENT	3/6/2009	3/8/2009	KEITH LOPRESTO
2009 AZ STATE SINGLES	3/6/2009	3/8/2009	KAREN KEY
2009 AR FAC WINTER CLASSIC	3/6/2009	3/8/2009	SSU-CHI LOH
2009 OR JUNIOR TOUR STOP #4	3/6/2009	3/8/2009	EO BOYLE
2009 MWRA SINGLES CHAMPIONSHIPS	3/6/2009	3/8/2009	SUSAN FLAESCH
2009 IA WARHAWK OPEN	3/6/2009	3/8/2009	KIPP ATWELL
2009 IDAHO STATE SINGLES	3/6/2009	3/8/2009	RENNY WYLIE
2009 MI MARCH MAXIMUS	3/6/2009	3/7/2009	JAMES SCHEUER
2009 OR STATE SINGLES	3/11/2009	3/15/2009	CHADD WESTWOOD
2008 NATIONAL MASTERS CHAMPIONSHIP	3/11/2009	3/14/2009	STEVE COHEN
2009 IRT FL SPRING BREAK PRO AM	3/12/2009	3/15/2009	KIM ROY
2009 IL THE SHAMROCK SHOOTOUT	3/19/2009	3/22/2009	DOUGLAS HALVERSON
2009 SOUTHWEST MICHIGAN SHOOTOUT	3/13/2009	3/15/2009	MARTIN VANDERWEERD
2009 NH GREAT BAY CHALLENGE	3/13/2009	3/15/2009	JEAN LERCH
2009 KS STATE DOUBLES	3/13/2009	3/15/2009	MIKE WEDEL
2009 NY STATE SINGLES CHAMPIONSHIPS	3/13/2009	3/15/2009	PATRICK BERNARDO
2009 CO STATE SINGLES CHAMPIONSHIPS	3/19/2009	3/22/2009	MARIA RICHARDS
2009 CA STATE SINGLES	3/20/2009	3/22/2009	JOHN ELLIS
2009 WA NORTHWEST OPEN	3/20/2009	3/22/2009	WANDA COLLINS
2009 AZ SPRING BREAK OPEN	3/20/2009	3/22/2009	RICHARD ANDERSON
2009 NY SPRING CLASSIC	3/20/2009	3/22/2009	BETH SHEA
2009 VA DR. EDWARD M. JEWUSIAK	3/20/2009	3/22/2009	CARL MOODY
2009 MN OPEN - SINGLES CHAMPIONSHIPS	3/20/2009	3/22/2009	DAVID TORNELL
2009 MO MISSOURI STATE SINGLES AND DOUBLES CHAMPIONSHIPS	3/20/2009	3/22/2009	DAN WHITLEY
2009 6TH ANNUAL DE ORTHOPAEDIC STATE SINGLES	3/21/2009	3/22/2009	CHRIS VEALE
2009 TX DALLAS SERIES III ONE DAY SHOOTOUT	3/21/2009	3/21/2009	MARTIN McDERMOTT
2009 MD TERRAPIN SHOOTOUT	3/26/2009	3/29/2009	SHANNON FEASTER
2009 TN ROCKIN ROLLOUT RACQUETBALL TOURNAMENT	3/27/2009	3/29/2009	ANDREW RAWLINS
2009 TX TEXAS STATE SINGLES RACQUETBALL CHAMPIONSHIPS	3/27/2009	3/29/2009	LEO VASQUEZ
2009 IDAHO STATE DOUBLES CHAMPIONSHIP	3/27/2009	3/29/2009	JAY LILJENQUIST
2009 NEBRASKA STATE SINGLES CHAMPIONSHIPS	3/28/2009	3/30/2009	LINDA MOORE
2009 37TH USAH NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS	3/29/2009	4/4/2009	EDDIE MEREDITH
2009 FL SPRING TRAINING TOURNAMENT	4/3/2009	4/6/2009	KIM ROY
2009 WA STATE SINGLES	4/3/2009	4/5/2009	BETH NEFF
2009 IL SPRING BREAK FOOL'S SHOOTOUT	4/3/2009	4/6/2009	JAMES THURBER
2009 PARC 22ND PAN AM RACQUETBALL CHAMPIONSHIPS	4/5/2009	4/11/2009	JIM HSISER
2009 NE DOWNTOWN SHOWDOWN	4/17/2009	4/19/2009	LINDA MOORE
2009 TX DALLAS SERIES IV ONE DAY SHOOTOUT	4/18/2009	4/18/2009	MARTIN McDERMOTT
2009 4TH IRT MOTOROLA PRO NATIONALS	4/22/2009	4/26/2009	DAVE NEGRETE
2009 OR JUNIOR STATE CHAMPIONSHIPS	4/23/2009	4/26/2009	ANNETTE KNOTH
2009 NE KINCAIDE SHOOTOUT SERIES	4/26/2009	4/26/2009	LINDA MOORE
2009 WA ONHOLD CONCEPTS SENIORS/MASTERS	5/1/2009	5/3/2009	ELLIOT CROSBY
2009 TX DALLAS OPEN PLAYERS CHAMPIONSHIP	5/1/2009	5/3/2009	MARTIN McDERMOTT
2009 MD SPRING SHOOTOUT	5/16/2009	5/16/2009	SUSAN FLAESCH
2009 TX DALLAS SERIES V ONE DAY SHOOTOUT	5/16/2009	5/16/2009	MARTIN McDERMOTT
2009 42ND USAH NATIONAL SINGLES CHAMPIONSHIPS	5/20/2009	5/25/2009	EDDIE MEREDITH
2009 TX MAVERICK JUNE TRIPLE CROWN RACQUETBALL SHOOTOUT	5/13/2009	5/14/2009	LEO VASQUEZ
2009 36TH USAH JUNIOR OLYMPIC CHAMPIONSHIPS	5/24/2009	6/28/2009	EDDIE MEREDITH
2009 USAH HIGH PERFORMANCE TRAINING CAMP	7/1/2009	7/31/2009	JAMES WINTERTON
2009 TX MAVERICK JULY TRIPLE CROWN RACQUETBALL SHOOTOUT	7/11/2009	7/12/2009	LEO VASQUEZ
2009 AZ KEY SPORTS FLAGSTAFF RACQUETBALL CLASSIC	7/17/2009	7/19/2009	KAREN KEY
2009 MD COME IN FROM THE SUN	7/18/2009	7/19/2009	SUSAN FLAESCH
2009 IL 16TH ANNUAL SUMMERFEST OPEN	7/24/2009	7/26/2009	DOUGLAS HALVERSON
2009 TX MAVERICK AUGUST TRIPLE CROWN RACQUETBALL SHOOTOUT	8/6/2009	8/9/2009	LEO VASQUEZ
2009 TX MAVERICK TRIPLE CROWN RACQUETBALL CHAMPIONSHIPS	9/12/2009	9/13/2009	LEO VASQUEZ
2009 TX TEXAS STATE DOUBLES RACQUETBALL CHAMPIONSHIPS	10/9/2009	10/11/2009	LEO VASQUEZ
2009 14TH ANNUAL US OPEN RACQUETBALL CHAMPIONSHIPS	10/21/2009	10/25/2009	DOUG GANIM
2009 TX TEXAS STATE SENIORS RACQUETBALL AND GOLF TOURNAMENT	11/14/2009	11/14/2009	LEO VASQUEZ
2009 TX MAVERICK HOLIDAY RACQUETBALL SHOOTOUT	12/12/2009	12/12/2009	LEO VASQUEZ

2008-09 RACQUETBALL CALENDAR

EVENT PHONE	CONTACT PHONE	CONTACT EMAIL	FACILITY NAME	FACILITY CITY	STATE	
503-659-3845	503-659-3845	FITCLUBS3@AOL.COM	EAST SIDE ATHLETIC CLUB	MILWAUKIE	OR	
605-336-3190	605-336-3190	KMESMAN@SIOUXFALLSYMCA.ORG	YMCA - SIOUX FALLS	SIOUX FALLS	SD	
440-376-0312	440-376-0312	LESLIE@TEAMTEKELON.COM	RIVER OAKS CLUB	NORTH RIDGEVILLE	OH	
540-721-9035		DRIVESERVE@EMAIL.COM	ROANOKE ATHLETIC CLUB	ROANOKE	VA	
	479-785-8666	DSCHWINGER@ABF.COM	WORLD CLASS FITNESS	FORT SMITH	AR	
314-842-3111 EXT. 3	314-842-3111	DWHITLEY@VETTASPORTS.COM	VETTA SPORTS CONCORD	ST. LOUIS	MO	
	831-335-3308	JBARDOS@PREMIERLINE.COM	UNIV OF CALIFORNIA-DAVIS	DAVIS	CA	
248-651-8365	248-651-8365	CCVANHOOSE@COMCAST.NET	COURTLAND RACQUETBALL	UTICA	MI	
	5706543557	3BARRETT@COMCAST.NET	CHALFONT ATHLETIC CLUB	CHALFONT	PA	
603-624-9300	603-759-2729	KBEANE6@aol.com	EXECUTIVE HLT & SPORTS CENTER	MANCHESTER	NH	
719-635-5396	719-591-8756	EDDIEMEREDITH@EARTHLINK.NET	ARIZONA STATE UNIVERSITY	TEMPE	AZ	
	603-759-2729	KBEANE6@aol.com	GOLD'S GYM & ATHLETIC CLUB	PORTSMOUTH	NH	
360-820-3224	360-820-3224	NHEGEN@YAHOO.COM	WASHINGTON ATHLETIC CLUB	SEATTLE	WA	
508-904-8026	303-949-7785	JOSHATTUCK@HOTMAIL.COM	HIGHLANDS RANCH RECREATION CENTER	HIGHLANDS RANCH	CO	
	513-683-3586	JMARMER@YAHOO.COM	YMCA - COUNTRYSIDE	LEBANON	OH	
	701-746-2790	MORR@CENTERCOURTFITNESSCLUB.COM	CENTER COURT FITNESS CLUB	GRAND FORKS	ND	
330-722-2473	330-722-2473	WCAC@WASHINGTONCOURTCORP.COM	WASHINGTON COURT RACQUET	MEDINA	OH	
978-273-5110	9782733110	VANSCHALCKWYKR@HOTMAIL.COM	COURT CLUB	ALBANY	NY	
	940-704-7359	RANLAN4354@aol.com	YMCA - WICHITA FALLS	WICHITA FALLS	TX	
270-304-4575	2707659941	RONNMARR@WINDSTREAM.NET	YMCA - OF GREATER LOUISVILLE	LOUISVILLE	KY	
612-616-7009	612-616-7009	TORNELD@CHARTER.NET	NORTHWEST ATHLETIC CLUB - MOORE LAKE	FRIDLEY	MN	
		TKEDGH10@aol.com	SPORTSET - SYOSSET CLUB	SYOSSET	NY	
302-886-7530	302-886-7530	CHRIS.VEALE@ASTRAZENECA.COM	KIRKWOOD FITNESS & R/B CLUB	WILMINGTON	DE	
410-579-2295	410-461-0660	MICAH_NICHOLS@ATT.NET	UNIVERSITY OF ARKANSAS	FAYETTEVILLE	AR	
	315-455-2826	ARSFLAESCH1997@aol.com	SEVERNA PARK RACQUETBALL AND FITNESS CLUB	MILLERSVILLE	MD	
	719-591-8756	SPLATSHOT@MSN.COM	GOLD'S GYM - DEWITT	SYRACUSE	NY	
972-955-5379	972-955-5379	EDDIEMEREDITH@EARTHLINK.NET	VETTA SPORTS CONCORD	ST. LOUIS	MO	
209-334-4897	209-333-2559	T.STOLPP@TTU.EDU	TEXAS TECH UNIVERSITY	LUBBOCK	TX	
619-954-9802	619-954-9802	COOKSPRTG@SBCGLOBAL.NET	TWIN ARBORS ATHLETIC CLUB	LODI	CA	
305-606-1756	305-446-5714	BAVERY@GMAIL.COM	AMERICAN ATHLETIC CLUB	NATIONAL CITY	CA	
		KSHOTLO@aol.com	UNIVERSITY OF MIAMI	CORAL GABLES	FL	
		JAYMAHN@CABLEONE.NET	FITNESS INC - POCATELLO	POCATELLO	ID	
	845-562-4112	ROBEK@JDP.ECOM	ALLSPORT FITNESS CLUB-FISHKILL	FISHKILL	NY	
630-476-6896	630-954-3135	LAURELMDAVIS@COMCAST.NET	GLASS COURT SWIM & FITNESS	WILLOW SPRINGS	IL	
303-467-7157	3034032580	BRENT_T.ANDERSON@YAHOO.COM	APEX RACQUETBALL & FITNESS	ARVADA	CO	
615-895-3679	615-895-3679	ULTIMATERACQUETBALL@COMCAST.NET	YMCA - DOWNTOWN NASHVILLE	NASHVILLE	TN	
612-616-7009	612-616-7009	TORNELD@CHARTER.NET	SUBURBAN HEALTHCLUB	ST. CLOUD	MN	
610-821-1300	610-821-1300	JESLINGER024-7FIT.COM	ALLEGHENY RACQUETBALL CLUB	ALLEGHENY	PA	
517-881-8584	517-881-8584	MULLINDAN@GMAIL.COM	MICHIGAN ATHLETIC CLUB-LANSING	EAST LANSING	MI	
214-827-9994	972-233-6774	PROZONE1@ATT.NET	THE TEXAS CLUB	DALLAS	TX	
603-624-9300	603-759-2729	KBEANE6@aol.com	EXECUTIVE HLT & SPORTS CENTER	MANCHESTER	NH	
570-947-1097	5706543557	3BARRETT@COMCAST.NET	PENN STATE UNIVERSITY	STATE COLLEGE	PA	
757-515-1269	757-515-1269	RACQUETBALL4LIFE@COX.NET	YMCA - GREENBRIER NORTH	CHESAPEAKE	VA	
701-237-4805	701-237-4805	WHERRICK27@HOTMAIL.COM	COURTS PLUS FITNESS CENTER	FARGO	ND	
480-545-1363	602-821-7846	KEITH@PENFIELDFITNESS.COM	PENFIELD R/B CLUB	ROCHESTER	NY	
971-242-9872	503-245-7100	AZRA@AZRACQUETBALL.COM	LA FITNESS PHOENIX	PHOENIX	AZ	
410-579-2295	410-461-0660	ARSFLAESCH1997@aol.com	FAYETTEVILLE ATHLETIC CLUB	FAYETTEVILLE	AR	
225-281-2892	225-281-2892	SPLATWELL@YAHOO.COM	COURTHOUSE ATHLETIC CLUB NORTH	SALEM	OR	
	208-939-1253	RENWYLIE@aol.com	SEVERNA PARK RACQUETBALL AND FITNESS CLUB	MILLERSVILLE	MD	
248-473-1532	7345606014	THESCHEUERS@TWM.RR.COM	UNIVERSITY OF LOUISIANA @ MONROE	MONROE	LA	
503-287-4594	503-287-4594	CWWESTWOOD@COMCAST.NET	IDAHO ATHLETIC CLUB - BOISE	BOISE	ID	
818-884-5034	7142888910	SCOHEN5832@YAHOO.COM	COLISEUM RACQUET CLUB	WESTLAND	MI	
603-491-1494	603-491-1494	KIMBERLY.ROY@HOTMAIL.COM	LLOYD ATHLETIC CLUB	PORTLAND	OR	
630-629-3390	630-973-6131	DHAL@aol.com	SPECTRUM CLUB	CANOGA PARK	CA	
269-370-2013	269-349-9603	JOHNVANDEWEERD@aol.com	SARASOTA BATH & RACQUET CLUB	SARASOTA	FL	
	603-775-8947	LERCHJEAN@HOTMAIL.COM	GLASS COURT SWIM & FITNESS	LOMBARD	IL	
	9133839060	MWEDEL@HUGHES.NET	BRONSON ATHLETIC CLUB	KALAMAZOO	MI	
	518-438-3935	RACWORLD@aol.com	GREAT BAY ATHLETIC CLUB	NEWMARKET	NH	
720-560-1484	3039861501	IMAMCOACH@MSN.COM	THE ATHLETIC CLUB OF OVERLAND PARK	OVERLAND PARK	KS	
	209-969-4497	ELLISTYLE@COMCAST.NET	THE COURT CLUB	COLONIE	NY	
	360-676-1800	COLLINS-FAMILY@COMCAST.NET	HIGHLANDS RANCH RECREATION CENTER	FRESNO	CA	
	914-739-7755	914-739-7755	SIERRA SPORT & RACQUET CLUB	BELLINGHAM	WA	
757-229-9643	804-221-2373	BKSHEA@OPTONLINE.NET	BELLINGHAM ATHLETIC CLUB	LAKE HAVASU CITY	AZ	
612-616-7009	612-616-7009	CEMOD@QWM.EDU	LONDON BRIDGE RACQUET CLUB	MONROE	NY	
314-842-3111 EXT. 3	314-842-3111	TORNELD@CHARTER.NET	PREMIER ATHLETIC CLUB	COLUMBIA HEIGHTS	MN	
302-886-7530	302-886-7530	DWHITLEY@VETTASPORTS.COM	RIVERSIDE WELLNESS & FIT CTR	ST. LOUIS	MO	
214-827-9994	972-233-6774	PROZONE1@ATT.NET	CENTRAL COURTS	WILMINGTON	DE	
301-258-0661	202-626-5725	WPROCOMMISH@aol.com	VETTA SPORTS CONCORD	DALLAS	TX	
615-904-3966	615-904-3966	ANDREW@MYRACQUETPRO.COM	KIRKWOOD FITNESS & R/B CLUB	GAITHERSBURG	MD	
817-275-3340	817-275-3348	LEO@THEMAV.COM	LANDMARK FITNESS FACTORY	BRENTWOOD	TN	
		JAYMAHN@CABLEONE.NET	YMA - MARYLAND FARMS	ARLINGTON	TX	
402-304-8975	402-423-2511	LINDA@LINCOLNRACQUETCLUB.COM	MAVERICK ATHLETIC CLUB	POCATELLO	ID	
719-635-5396	719-591-8756	EDDIEMEREDITH@EARTHLINK.NET	FITNESS INC - POCATELLO	OMAHA	NE	
603-491-1494	603-491-1494	KIMBERLY.ROY@HOTMAIL.COM	ARIZONA STATE UNIVERSITY	TEMPE	AZ	
	253-20808107	TEAMNEFF@YAHOO.COM	HARBOUR ISLAND ATHLETIC CLUB	TAMPA	FL	
847-640-2574	847-640-2574	TEAMNEFF@YAHOO.COM	PRO SPORTS CLUB	BELLEVUE	WA	
	402-304-8975	402-423-2511	FOREST VIEW RACQUET CLUB	ARLINGTON HEIGHTS	IL	
214-827-9994	972-233-6774	PROZONE1@ATT.NET	COLOMBIA	DALLAS	TX	
	630-430-1478	NEGRETZ@COMCAST.NET	YMCA - OMAHA	SCHAUMBURG	IL	
503-970-5880	503-659-3845	FITCLUBS3@AOL.COM	LANDMARK FITNESS FACTORY	MILWAUKIE	OR	
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214-827-9994	972-233-6774	253-872-7140	EAST SIDE ATHLETIC CLUB	TACOMA	WA	
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214-827-9994	972-233-6774	PROZONE1@ATT.NET	SPORT FIT LAUREL RACQUET & HEALTH CLUB	LAUREL	MD	
	817-275-3340	817-275-3348	THE TEXAS CLUB	DALLAS	TX	
	817-275-3348	817-275-3348	YMCA - DOWNTOWN HOUSTON	HOUSTON	TX	
	817-275-3348	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX	
	719-635-5396	719-591-8756	MICHIGAN ATHLETIC CLUB-LANSING	EAST LANSING	MI	
817-275-3340	817-275-3348	LEO@THEMAV.COM	USA RACQUETBALL *FAST*FURIOUS*FITNESS	COLORADO SPRINGS	CO	
719-635-5396	719-591-8756	EDDIEMEREDITH@EARTHLINK.NET	MAVERICK ATHLETIC CLUB	ARLINGTON	TX	
	817-275-3348	817-275-3348	COACHWINT1@aol.com	FLAGSTAFF ATHLETIC CLUB WEST	FLAGSTAFF	AZ
	602-821-7846	602-821-7846	LEO@THEMAV.COM	SEVERNA PARK RACQUETBALL AND FITNESS CLUB	MILLERSVILLE	MD
410-579-2295	410-461-0660	AZRA@AZRACQUETBALL.COM	GLASS COURT SWIM & FITNESS	LOMBARD	IL	
630-629-3390	630-973-6131	DHAL@aol.com	MAVERICK ATHLETIC CLUB	ARLINGTON	TX	
817-275-3340	817-275-3348	LEO@THEMAV.COM	MAVERICK ATHLETIC CLUB	ARLINGTON	TX	
817-275-3340	817-275-3348	LEO@THEMAV.COM	MAVERICK ATHLETIC CLUB	ARLINGTON	TX	
817-275-3340	817-275-3348	614-890-6073	GANIM@EARTHLINK.NET	MEMPHIS	TN	
817-275-3340	817-275-3348	LEO@THEMAV.COM	MAVERICK ATHLETIC CLUB	ARLINGTON	TX	
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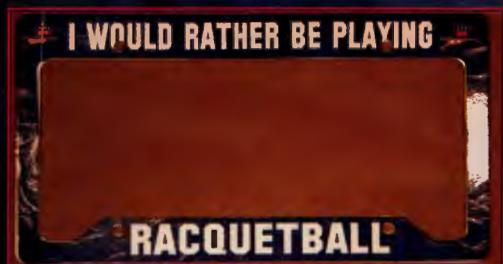
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ASHAWAY EXTENDS STRING AND SHOE SPONSORSHIP DEAL WITH JACK HUCZEK

Legendary player to also assist with product development and marketing

Officials at Ashaway Racket Strings announced today that the company has signed a new two-year sponsorship agreement with well-known racquetball pro, Jack Huczak. Per the agreement, Huczak will continue to support his favored Ashaway Superkill® II string as well as his signature Jack Huczak/AMPS 311M racquetball shoes. In addition, Huczak will become more involved with Ashaway product development and marketing efforts.

"As a longstanding member of the Ashaway sponsorship team, Jack has already made a number of contributions to our products," said Ashaway Vice President Steve Crandall. "He was a very hands-on member of our AMPS shoe technology development team and is already working with us on developing a new string. We look forward to expanding his role."

Having just finished his MBA with a focus in marketing and entrepreneurship at Oakland University in his hometown of Rochester, MI, Jack is also ready for new challenges. "One of the things I have been looking forward to, once my schooling was done, is to develop my skills on the business side of the sport. One of the best ways I can do that is to work more closely with my sponsors. Ashaway has been very supportive of my goals, and I'm looking forward to getting even more involved."



Known for his strong work ethic and extreme fitness level, Jack is expected to be a continued asset to Ashaway Racket Strings.

Ashaway AMPS 311M shoes are designed for serious and recreational racquetball, squash and tennis players who want a dynamic look, ultra comfort, and enhanced performance. Built for speed and traction, the AMPS design incorporates wet-grip rubber outsoles which provide high durability and incredible grip, even on wet surfaces.

HEAD PENN RACQUET SPORTS ANNOUNCES NEW REPRESENTATIVES

HEAD Penn Racquet Sports is pleased to announce two new Sales Representatives, Jason Thoerner and Chuck Bahn.

Jason Thoerner is currently ranked in the Top 10 in the world for racquetball and has a strong history of success on the pro tour. He plays with HEAD and Penn products. Besides his knowledge in the racquet sports industry, Jason has a successful history of sales experience. Jason will immediately step into the sales position and will be covering the Midwest Territory including Southern Illinois, Iowa, Nebraska, Kansas and Missouri.

Chuck Bahn has over 22 years of experience in the sporting goods industry and has represented companies

like Louisville Slugger, Puma, Adidas/Reebok apparel and others. Chuck will be representing the Southwest Territory, which includes Arizona, New Mexico and Nevada. He is extremely well respected in the territory as a true professional with a great work ethic and commitment to the brands he works with. With his strong background, Chuck will immediately step into the role and continue to build HEAD Penn in the Southwest.

"Both Jason and Chuck will be great additions to our sales team," said Greg Mason, Senior Director of Sales at HEAD Penn. "The recent Sport Marketing Survey ranked our sales force the best in the industry, and these two will strengthen what is already a strong team."



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USA Racquetball

In recognition of contributions during

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**Ministry of Interior Operations Directorate
Transition Team
15 December**

The Ministry of the Interior Transition Team commends the selfless and generous service of USA Racquetball. Many thanks to your fine organization for everything you have done for those of here in Iraq. The many care packages you sent were greatly appreciated by dozens of service members and civilian coalition partners. The Christmas spirit is alive and well with us in Baghdad due in large part to your thoughtful gift. On behalf of the entire team, thank you.



Donald J. Hard
Colonel
United States Marine Corps
Director, Operations Group
Ministry of Interior Transition
Team, DoIA



USA Racquetball
Attn: Cheryl Kirk
1685 W. Uintah St.
Colorado Springs, CO 80904

Dear Cheryl,

Thank you for your support of the Soldiers, Sailors, Airmen, Marines, Civilians and Coalition partners in the Directorate of Interior Affairs. We all greatly appreciate and promptly use the donations we receive. In addition, these gifts remind us of the generosity of the American people and their support of our mission as we continue to assist the Iraqi police in developing the capacity to secure themselves and govern based on the Rule of Law.

We often use donations from patriotic Americans such as you to assist extremely needy families and orphans living in the heart of Baghdad. To say that these families and orphans are grateful for these acts of generosity would be a gross understatement. Your acts of kindness assist our operations as we build the goodwill that will help shape the future of a stable, peaceful, and free Iraq.

You may contact me, Command Sergeant Major Bronson and other DoIA leaders at MNSTCI.DOIA@iraq.centcom.mil. Also, I suggest you visit <http://www.mnstci.iraq.centcom.mil/pao/Pages%202/Advisor.htm> to read "The Advisor," a bi-monthly publication from Multi-National Security Transition Command – Iraq, our higher headquarters. "The Advisor" tells the story of our operations here.

Although we are far from home and our Families, we are comforted daily by the goodness and compassion of the American people. Those of us serving in Iraq send you our sincere gratitude. Thank you for your continued support and patriotism.

Respectfully,

JAMES M. MILANO
Major General, US Army
Deputy Commanding General

PSYCHING OUT YOUR OPPONENTS

By Charlie Garfinkle,
"HOF Class of '89"



Many players have accused me of being one of the greatest "psych out artists" in the history of racquetball. I greatly resemble that remark! This probably stems from the fact that I had "The Gar" embroidered on my warm-up jacket, my shirts, and my size 15 sneakers. However, there is no truth whatsoever to the rumor that my name was emblazoned on my athletic supporter.

Add to that the fact that I am 6'6" and was known for having the most psych out remarks (except for the renowned Charlie Brumfield) of any player during my heyday.

I liked nothing better than to be asked "How are you playing?" by another player, especially when I was playing in the age divisions. (I won 24 national age group titles.) I would always respond, "Phenomenal! Spectacular! And awesome!" And, that's when I felt I wasn't playing my best.

I would then ask the other player, "Are you in my division?" If the answer was yes, I would drape my arm around my competitor's shoulder and say, "I'm so sorry."

Warming up before a match, I would always try to hit the ball as hard and low as I could. I would then turn to my opponent and say, "I hope you haven't been watching me warm up. I always hit the ball like that." Needless to say, I would usually see my opponent's shoulders drop.

As for entering tournaments, I always sent in my entry with the following note: "Please low-key the fact that the Great Gar is entering your tournament. Otherwise, you will have 25 to 50 % of the players dropping out once they know that I am in the tournament."

Now for some stellar advice: regardless of how much your opponent has tried to "psych you out," ignore him. Your opponent will generally know there are certain things he could say or do that would greatly upset you. He wants you to get upset to make sure that you don't play your normal game.

Jim Winterton, our former great U.S. Team Coach, always said that I would make comments to the players, like, "Boy, you're really hitting your backhand much better. I remember when you'd always miss that shot at crucial places in a match."

Winterton claimed that I would make those comments on purpose to psych out my opponents. Guess what? He was right!

Let's be realistic. Players who psych out their opponents are fully aware of what they are doing. They know how to get inside their opponents' heads and know which methods to use on certain players to get the results they want to achieve to win the match.

Therefore, be aware of two scenarios. First, how do you protect yourself from these psych out artists? Second, if your opponent's psyching is helping him win, what are some ways you can counteract his methods?

In many instances, players who are susceptible to being psyched out by their opponents are players who really aren't that confident in their own game. If they were, the "psych out artist" wouldn't bother them. To defeat the "psycher," you must feel confident that you are capable of beating him no matter what shenanigans he tries. In short, you must have confidence in your own game.

The following suggestion could be helpful in combating the psych out artist. You must firmly believe you can beat the psycher if you play your best game. Practice all your shots until you are proficient in every area of your game. If you can't develop all of your shots to a level that will defeat the psycher, be realistic. Perhaps you should consider moving down to a lower level, whether it is A, B, or C.

Once you identify your proper level of play, you will find that your confidence will increase and these so-called "psych out artists" won't bother you anymore.

Remember that psych out artists, in addition to delivering belittling remarks, are also famous for stalling, shouting, crowding, and employing other sneaky methods that are all designed to affect you mentally and physically.

Whatever you do, keep your cool! Once the psych out artist sees his psyching methods aren't working, he will start to lose confidence in his own game.

Another important note... Be sure you have an excellent referee when you are playing the psych out artist in tournament action. That will greatly help to negate the psycher's negatives.

Some players become so frustrated with psych out artists that they try to use some of their own psych out methods. Be careful that your psych out methods don't rebound against you.

I still remember playing "Iron Mike" Frankel, the reigning Eastern 45 & Over Singles Champion, over twenty years ago. I had just entered the division and was the reigning National 40 & Over Singles Champion. For some reason, we were meeting in the semifinals of the tournament and not the finals. Our match was scheduled for 9 a.m.

As we were warming up, Iron Mike caught me completely off guard when he said, "I hope I don't tire you out for the third and fourth place playoff later today after I defeat you." (Note: Losers of the semifinals played off for 3rd and 4th.) Unbelievably, I was actually caught off guard for a few seconds, almost speechless, which would have been a first. However, I quickly regained my composure and said, "Do you have to be anywhere by 10 a.m.?" "Iron Mike" replied, "No, why do you ask?" I said, "If you did, I was going to make sure you would be a half hour early."

I was so taken aback by his original remark that I told myself to concentrate on every point and to show no mercy. I won easily by the scores of 15-2, 15-3.

If you are going to try to psych out your opponents, you must be aware of your reputation. You will not be particularly well-liked and may not get invited to as many racquetball gatherings as you are used to. Fortunately, I was always known as a fair competitor, so my psyching was often overlooked since I usually had the game to back up whatever I said.

Remember that the psych out artist only feels he or she is a success if they know they are affecting your game. So, remain calm, don't show any emotion, and you'll be pleasantly surprised to see you are effectively warding off the psych out artist's antics.

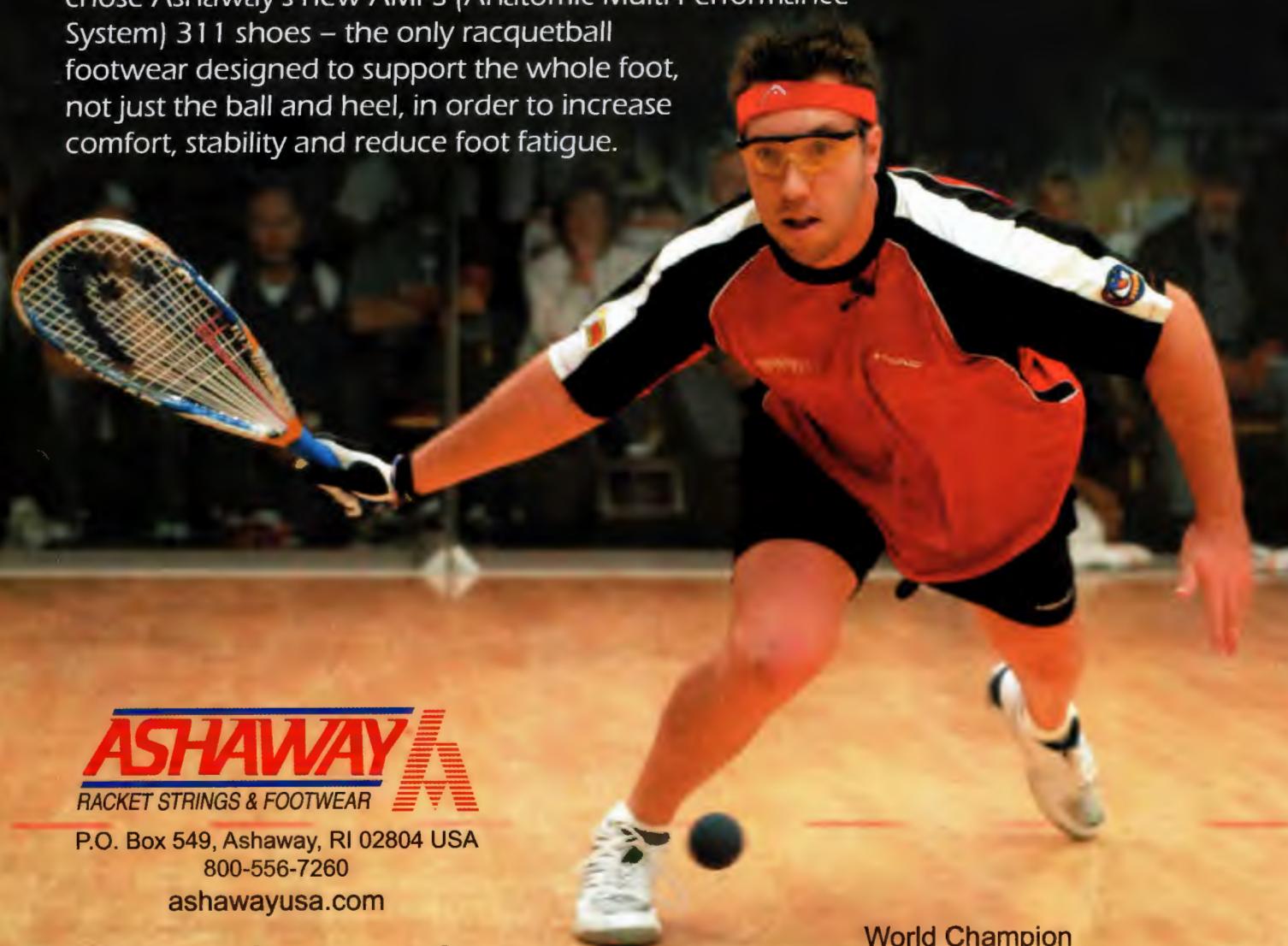
In fact, at this point, your opponent is pretty psyched out himself!

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