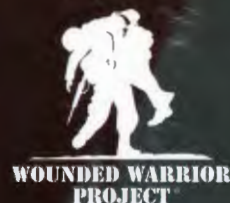


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PLUS

- 2010 U.S. Open
- 2011 Official USAR Rulebook



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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.



U.S. OPEN



MILITARY SPECIAL



WORLD OUTDOOR RACQUETBALL

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By James Hiser, Ph.D.
USAR Executive Director

"Although it is disappointing to always be the country that other countries cheer against... the pride of being #1 really goes far beyond the boundaries of competition."

The Pride of Representing **YOUR COUNTRY**

During my trip back from the IRF World Championships in Korea, I had time to reflect not only on the team and the cultural experience but on what it means to live in this great country.

Without doubt, this entire experience was an awakening. The trip to the DMZ really was the catalyst of the introspection, but the experience of helping with the team and being there for their victories and defeats was also extremely significant.

Prior to this trip, for about 20 years I just worked these events and never got to experience the real feeling of being part of the team. What a rewarding opportunity! To see Rhonda's focus every morning in preparation for combat against the world's top (now former top) player; to experience the disappointment of Cheryl's loss to

Mexico; to witness Aimee and Jackie's determination and humility in defeat; to view Rocky's exuberance and Jack's frustration and self control under difficult conditions; to witness Mitch and Ben's struggle and then rebounding confidence; and to see Mike Guidry, always the coach and strategist, pull together plans for victory, are experiences that will not be forgotten.

And yes, the city (Seoul) and country are remarkable, but what will forever stick as my most prevalent memory of the trip is respect and admiration for our military and the country they defend.

Although it is disappointing to always be the country that other countries cheer against (the U.S. always seems to be the focus), the pride of being #1 really goes far beyond the boundaries of competition. When the Olympics were in Seoul, I can still remember the surprise many had when the Soviet Union and U.S. teams walked into the stadium. The Soviet Union was enthusiastically applauded; the U.S. was jeered. Why, when the U.S. had sacrificed so much during the Korean War (over 36,000 deaths) and the Soviet Union was the defender of the North Koreans? Politics and cultural bias is sometimes difficult to understand and the ignorance of history is sometimes hard to accept. But what everyone should admire is the consistency of the U.S. policy to fight for others' freedom and independence. All the great experiences of that tournament week in Korea would most certainly not have been possible without the many sacrifices of U.S. men and women in uniform.

The DMZ had been quoted by President Clinton as "the scariest place in the world," and when you realize there are a million troops just a few miles away, always at battle readiness, the security and stability of such a wonderful country seems tenuous. But what maintains the balance of power as a stable deterrent is the military of the U.S. and South Korea. Although while in South Korea you seldom feel the stress of such a close enemy, I would imagine the elders of the country must feel consistent apprehension.

Although it is easy to simply accept our freedoms and opportunities, it is valuable to occasionally look back and appreciate our privileges.

It is a privilege and an honor to represent a country that has done so much for others, and when you witness the results of these sacrifices and see the opportunities given to millions of others, the honor becomes even more significant.

Thank you, U.S. Team, thank you, Korea, but most importantly, thank you to each U.S. soldier who sacrifices each day to allow us these opportunities.



Members as Investors

Good News to Report

By Cheryl Kirk,
USAR Board President

“Fifty dollars for a USAR membership? What is that for? Why does USAR need my \$50??”

Having heard these sentiments expressed one too many times, Jim Hiser and I engaged in a brainstorming exercise to identify all the good “stuff” that’s taken place over the past couple of years. There’s a lot going on! We even impressed ourselves...so allow me to paint the “good news” picture USA Racquetball members help create via annual membership dues.

Members of USAR, you not only receive the magazine, secondary accident insurance coverage, rankings, etc. (all the things you usually hear when someone asks, “What value is there to being a USAR member?”), but you are also racquetball benefactors both for the present and the future. Here’s a look at what’s going on inside USA Racquetball:

PEOPLE

Staff – 7 including Executive Director Jim Hiser at the National office in Colorado Springs, CO

Board of Directors – 14, currently (including three athlete representatives, two appointed members and a military representative)

U.S. Team Coach – Mike Guidry

U.S. Junior Team Coach – Kelley Beane

National Rules Commissioner – Otto Dietrich

USAR-IP Master Instructors – Fran Davis, Tom Travers and Jim Winterton

Webmaster – Leo Vasquez

NEW PARTNERSHIPS/AFFILIATIONS

Life Time Fitness (host of the 2010 US Open in Minneapolis), Military Racquetball Federation, National Police Racquetball Association, World Firefighter Racquetball Association, World Outdoor Racquetball, U.S. Racquetball Foundation

PUBLICATIONS

Racquetball magazine (quarterly) and the USAR eNewsletter (8 times annually)

INITIATIVES

- Over 540 regional and local tournaments and clinics sanctioned annually
- Six national events offered annually by USAR (Doubles, High Schools, Intercollegiates, Singles, Junior Olympics, and US Open)
- Leadership Conference (state directors and leaders) – September 2009 – Colorado Springs

- U.S. Racquetball Foundation – independent fundraising association created in support of future racquetball development (Board officers Shannon Wright and Randy Stafford)
- USA Racquetball Instructor Program (USAR-IP)
- Grant Fund Program – designed to promote grassroots racquetball development nationwide by supporting programs that can be replicated
- Online membership system implemented June 2010
- Referee certification program and expanded testing

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The menu on the left side contains various links (listed below) that direct users to other pages on our website.

Member Benefits, Member Services, President's Page, Tournaments, Event/State Directors, Programs, Racquetball Month, Racquetball University, Instructors Program, Junior Racquetball, Collegiate Racquetball, History of Racquetball, Rulebook (hard copy pullout included in this issue), Forum, Hall of Fame, Annual Awards, Record Books, Lists & Links, About USAR, Mission Statement, Merchandise, Archived Stories, and Facility Directory

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Chaired and populated by Board members and volunteers:

Collegiate, Due Process, Election, Ethics/HR, Finance, Grant Fund, Hall of Fame, High School, Junior, Legislative, Marketing, Membership, Referee Certification, Rules, Scholarship, Systems & Technology, US Team, Women

So...the next time someone says, “Gee, I just don’t see any value in USAR membership,” please share this information with them and ask which of the above services and initiatives should be allowed to fade into the sunset. A lot of people expend a lot of time and effort to make sure the infrastructure of our sport is intact and professionally administrated. Be our ambassador!

I salute the military, police, fire and EMS personnel who are a wonderful part of our sport and so important in our lives as well. Much gratitude to you and your families for your service and sacrifices.

Wishing you and yours a safe and happy holiday season and a successful New Year!



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This program includes the most complete instructional information featuring the sport's top instructors. It is endorsed by the best instructors in the sport including Hall of Famers Jim Winterton, Fran Davis, and Steve Strandemo, as well as the IRT, United States Olympic Committee and USA Racquetball.

Testimonials

"The ten benchmarks were very helpful. This will enable instructors to stay on task when we get back to our clubs. Fran Davis, Jim Winterton, and Tom Travers were a GREAT TEAM with a wealth of knowledge that was priceless!"

-- **Manny Villareal**

"Our Life Time Fitness Instructors concluded that having the opportunity to teach the benchmarks of your program to other participants and then being critiqued on their presentation was an invaluable part of their weekend experience."

-- **John Wilinski**

"This class was a great experience and gave me additional tools to help me become a better instructor. I would recommend it to anyone who is interested in teaching at any level."

-- **Drew Wilson**

INSTRUCTORS



Master Professional

Davis, Francine	USA	WA	Seattle
Hiser, Jim	USA	CO	Colorado Springs
Martin, Connie	USA	OR	Gresham
Travers, Tom	USA	FL	Delray Beach
Winterton, Jim	USA	NY	Liverpool

Professional Clinicians

Beane, Kelley	USA	NH	Manchester
Buchanan, Doug	USA	CO	Colorado Springs
Collins, Wanda	USA	WA	Bellingham
Croom, David P	USA	WA	Seattle
Davis, Francine	USA	WA	Seattle
Guidry, Mike	USA	TX	Carrollton
Hawthorne, Andy	USA	OH	Seven Hills
Herrera, Anthony	USA	CO	Grand Junction
Hiser, Jim	USA	CO	Colorado Springs
Kowalski, Steve J	USA	WA	Seattle
Kulju, Richelle	USA	WA	Seattle
Lehman, Ernie	USA	WA	Seattle
Mannino, Jason	USA	CA	Temecula
Shattuck, Jo	USA	CO	Denver
Strandemo, Steve K	USA	CA	San Diego
Vanderson, Shane	USA	FL	Tampa
Williams, Mitch R	USA	NM	Albuquerque
Wilson, Drew	USA	WA	Kent

Professional Instructor

Arluck, Robert	USA	NY	Rego Park
Berger, Peter S	USA	FL	Pembroke Pines
Bernardo, Patrick M	USA	NY	Schenectady
Buchanan, Doug	USA	CO	Colorado Springs
Cardenas, Abe I	USA	CT	Port Chester
Clay, Jonathan	USA	NJ	Middletown
Collins, Wanda	USA	WA	Bellingham
Croom, David P	USA	WA	Seattle
Cuesta, Ralph	USA	FL	Hialeah
Ferrin, Rick C	USA	FL	Cocoa
Fronczak, Jerry	USA	IL	Hinsdale
Hill, Rich R	USA	MN	Spring Lake Park
Hiser, Jim	USA	CO	Colorado Springs
Keogh, Tom F	USA	NY	Huntington Station
Meredith, Eddie	USA	CO	Colorado Springs
Nannemann, Christopher	USA	WY	Gillette
Pearson, Brian T	USA	MN	Robbinsdale
Sambor, Craig A	USA	NY	New Hartford
Strandemo, Steve K	USA	CA	San Diego
Strom, Gary	USA	FL	Boynton Beach
Suarez, Jorge A	USA	MN	Apple Valley

Tcheou, Pao	USA	FL	Delray Beach
Turner, John	USA	MN	Minneapolis
Villareal, Manny	USA	TX	Victoria
Wiegand, Andy	USA	MN	Lakeville
Wiliński, John D	USA	MN	Plymouth
Wilson, Drew	USA	WA	Kent
Winterton, Jim	USA	NY	Liverpool
Wright, Eric	USA	NY	Rochester

Certified Instructor

Andrade, Claudia	USA	FL	Miami
Berger, Peter S	USA	FL	Pembroke Pines
Caruso, Rich	USA	FL	Boca Raton
Colden, Spencer A	USA	NY	New York
Downing, Dennis R	USA	KY	Lexington
Fidecaro, Gloria	USA	NJ	Somerset
Folger, Rick	USA	NJ	Piscataway
Franco, Jeff L	USA	TX	Keller
Fronczak, Gary	USA	IL	
Gazelka, Lawrence D	USA	MT	Great Falls
Glynn, Jeffrey	USA	MA	Danvers
Gutierrez, John M	USA	FL	Port Saint Lucie
Harch, Ann P	USA	NY	Brooktondale
Hiller, Craig	USA	AL	Huntsville
Hiser, Jim	USA	CO	Colorado Springs
Howard, Twayne M	USA	MI	Byron Center
Knezek, David	USA	MI	Dearborn Heights
Kowalski, Steve J	USA	WA	Seattle
Kulju, Richelle	USA	WA	Seattle
Lammer, Michael	USA	WI	Baldwin
Lewis, Keith	USA	FL	Stuart
Magruder, Andre M	USA	GA	Atlanta
Newport, Gerald R	USA	NY	Syracuse
Rao, Arhant	USA	NJ	Edison
Rivera, Leon	USA	MI	Sterling Hts
Tish, Ronen	USA	FL	Royal Palm Beach
Van Horn, Ron	USA	NJ	Flemington
Vosika, Janice L	USA	WY	Riverton
Waters, Jeffrey	USA	TX	San Antonio
Weinstein, Jeff H	USA	FL	Plantation
White Sr., Michael	USA	FL	West Park

Non-Certified (Educational)

Apple, Nolan	USA	TX	White Oak
Barberis, David J	USA	TX	McKinney
Bowen, Greg S	USA	OR	Tigard
Bowles, Jonathon	USA	IL	Champaign
Boykin, Cameron G	USA	TX	Lubbock
Bray, Gene	USA	CO	Colorado Springs

Cobb, Gillian	USA	NY	Poughkeepsie
Corbett, Byron	USA	CO	Grand Junction
Curt, Joe	USA	TN	Goodlettsville
Easterling, Jim	USA	MI	Lansing
Fidecaro, Gloria	USA	NJ	Somerset
Fudge, Travis	USA	IN	Unknown
Gardner, Nathaniel L	USA	TX	Lake Jackson
Gibbs, Mark A	USA	SD	Sioux Falls
Gillespie, Brian C	USA	WA	Marysville
Heggen, Neal	USA	WA	Enumclaw
Howard, Twayne M	USA	MI	Byron Center
Hughes, Jack	USA	CA	San Mateo
Kirk, Cheryl	USA	IL	Naperville
Knezek, David	USA	MI	Dearborn Heights
Lammer, Michael	USA	WI	Baldwin
Lanford, Randy	USA	TX	Wichita Falls
Luyando, Nancy	USA	NJ	Manalapan
Maduell, Paul	USA	OR	Beaverton
Maio, Bruno	USA	MS	Moss Point
McLynch, Kevin R	USA	NJ	Butler
Meeks, Kamryn J	USA	VA	Roanoke
Mora, Fabrizio	USA	OH	Fairfield
Penders, Michael	USA	WA	Puyallup
Ricci, Tony J	USA	ND	Minot
Rodriguez, Daniel R	USA	VA	Rustburg
Rosidivito, Daryl	USA	PA	Hatfield
Stee, Dan T	USA	SD	Sioux Falls
Stein, Bob	USA	MN	Edina
Stephens, Lynn	USA	NC	Carthage
Tornell, David	USA	MN	Lakeville
Tyler, James	USA	AL	Madison
Voss, Jim	USA	GA	Cumming
Wallace, Nathaniel F	USA	GA	Atlanta
Wedel, Mike L	USA	KS	Louisburg
Wetherill, Ben	USA	TX	Paris
Williams, Anthony W	USA	TX	Irving
Williams, Joe	USA	CO	Colorado Springs
Wilmoth, Rebecca M	USA	MD	Millersville
Winterton, Jim	USA	NY	Liverpool
Wolford, Scott	USA	KS	Wichita
Yi, Angel	USA	CA	Chino Hills
York, Jimmie L	USA	TX	Helotes

Participant

Cress, Brad	USA	TX	Tomball
Lehman, Ernie	USA	WA	Seattle
Martin, Fred L	USA	GA	Carrollton
Williams, Joe	USA	CO	Colorado Springs
Wilson, Drew	USA	WA	Kent

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US OPEN

Settles Into the Twin Cities

photos by Mike Boatman

The 15th 2010 US OPEN Racquetball Championships made its move to the Twin Cities October 20-24, 2010 as the event hosted over 700 of the world's best professional and amateur racquetball players from 13 countries. The tournament featured nearly 1,300 matches at three Life Time Fitness locations in Minneapolis, Minnesota. In addition to the Minneapolis Athletic Club and St. Louis Park Club, the main host club was situated in Downtown Minneapolis at the Target Center, home of the NBA's Minnesota Timberwolves.

The city of Minneapolis, the volunteers, local organizing committee, and staff of the host clubs made the players and fans feel right at home. Their warm hospitality, enthusiasm and friendly atmosphere enhanced the sport's largest Grand Slam event. The downtown area was clean and filled with restaurants, plenty of shopping and Minneapolis' excellent "Skyway" system. With almost eight miles of elevated climate-controlled walkways, players could get almost anywhere in Downtown Minneapolis without stepping outdoors.

Along with all the players, there were an additional estimated 3,000 spectators. The tournament was projected to bring more than \$4 million in economic impact to the region over the course of the weeklong event. Local Minneapolis television stations aired ten segments promoting the US OPEN. This free press coverage resulted in the equivalent of \$318,091 in estimated publicity value and reached approximately 3.4 million viewers.

The US OPEN moved to Minneapolis from Memphis this year, but fans would be excused for thinking it was 2009 all over again as the International Racquetball Tour (IRT), Women's Professional Racquetball Organization (WPRO) and Classic Professional Racquetball Tour (CPRT) winners

successfully defended their titles. In doing so, two became the winningest US OPEN professionals.

The exception to that was Kane Waselenchuk, who was already the winningest IRT player at the US OPEN. He'd won the last five times he played in Memphis and captured his 6th US OPEN Championship in Minneapolis, defeating first-time US OPEN finalist Alvaro Beltran, 10-12, 11-2, 11-2, 11-6. The final of the IRT Men's Professional Division was the first US OPEN men's final not to have an American-born player on the court. On his way to the final from the qualifier draw, Beltran defeated Cliff Swain, Rocky Carson, Jose Rojas and Ben Croft – two US OPEN Champions and three of the top eight players in the world.

In Game One of the final, it looked like Beltran might end Waselenchuk's winning streak that began 22 months ago after Beltran defeated him in January 2009, as the Mexican took the first game 12-10.

Waselenchuk then struck back with two decisive 11-2 wins in Games Two and Three. In the fourth game, Beltran showed signs of life, and the possibility of the first five-game US OPEN men's final loomed with Beltran

ahead 3-2 before Waselenchuk got back in his groove and made it 6-3. Beltran closed it to 9-6 and fought off the first match point with a flat rollout serve return, but still it seemed only a matter of time. That time came on the next opportunity, when Waselenchuk hit a pinch winner to take the game 11-6 and the match in four games.

This was the first time that Waselenchuk has had to play four games in a US OPEN final and only the fifth time in the 15-year history of the US OPEN that a men's final was more than three games. Waselenchuk said the win was "the most emotionally draining" of his six US OPEN wins, as Beltran and Jack Huczek (defeated by



Waselenchuk in the semifinals), were both very strong. Like Beltran, Huczek also won the first game against Waselenchuk, only to see the champ come back and win the match, 9-11, 11-6, 11-4, 11-6.

Beltran reached the final after a curious semifinal in which he lost the first two games to Ben Croft, who blanked Beltran in Game Two, and then came back to win three straight, taking the match, 3-11, 0-11, 11-5, 11-7, 11-3. Anyone wondering whether Beltran has fully recovered from the knee injury he suffered last year should speculate no longer.

The saddest result from Minneapolis on the men's side was Mitch Williams's loss to Croft in the quarterfinals. Mitch had to retire after injuring his left shoulder in Game Four of their match. At the time, Williams was two points from his first US OPEN semifinal, up 9-4 in the fourth game and leading 2-1 in games. But in a lunge to the left, Williams came down on his left arm and dislocated his shoulder. He tried to continue, but after two rallies realized it was just too painful to hit forehands and retired.

On the women's side, Rhonda Rajsich successfully defended her US OPEN title by defeating Paola Longoria, 11-8, 8-11, 11-9, 11-5, in the WPRO Women's Professional final. They have met in each of the last three US OPEN finals, with Rajsich winning the last two. The win is Rajsich's fourth US OPEN title, which is more than any other woman and one ahead of Christie Huczek (formerly Van Hees). Rajsich has also now appeared in seven US OPEN finals (3 wins, 4 losses) behind only Cliff Swain who's been in 8 (2-6).

Afterwards, a disappointed Longoria said "I was so close," as she had leads in the first three games, but lost two of them. In Game Four, though, Rajsich got the lead at 5-3 then made it 9-3. Longoria kept battling but was only able to get a couple of points back before Rajsich won it with a perfect three-shot rally: She hit a lob Z-serve to the right; Longoria returned it down the line, but it came off the back wall setting up Rajsich, who hit a kill shot back down the line to win her 4th US OPEN.

In the semifinals, Rajsich had defeated Christie Huczek, 11-5, 11-5, 11-9. In Game One, Huczek led 5-0 before Rajsich won it with eleven consecutive points. Game Two was close early, but with Rajsich leading 6-5, she pushed

on to win 11-5. Huczek led 5-4 in game three. Then they were tied 8-8 before Rajsich made it 10-8. Huczek fought off three match points and closed the gap to 10-9. But on her fourth opportunity, Rajsich finished the job, winning the match in three games.

Christie Huczek continues to impress the fans with her remarkable performances each year at the US OPEN. Because of her lack of playing time after becoming a full-time mom in June to a beautiful baby girl, Eve, Huczek came to the US OPEN ranked #22. She had only played one indoor tournament this year prior to the US OPEN with little time to train.

In the other semifinal, Longoria beat Samantha Salas Solis, 11-3, 11-5, 12-10. Longoria thoroughly controlled game one but Salas Solis led 4-0 in game two before Longoria stormed back using her strong drive serve and some great shot making. In Game Three, Longoria led 9-2, only to see Salas Solis come back and tie it 10-10. Longoria then switched from her drive serve to a lob to the left (Salas Solis's backhand), and it paid off as she got the next two points with the winning point coming when Salas Solis skipped a return of the lob serve.

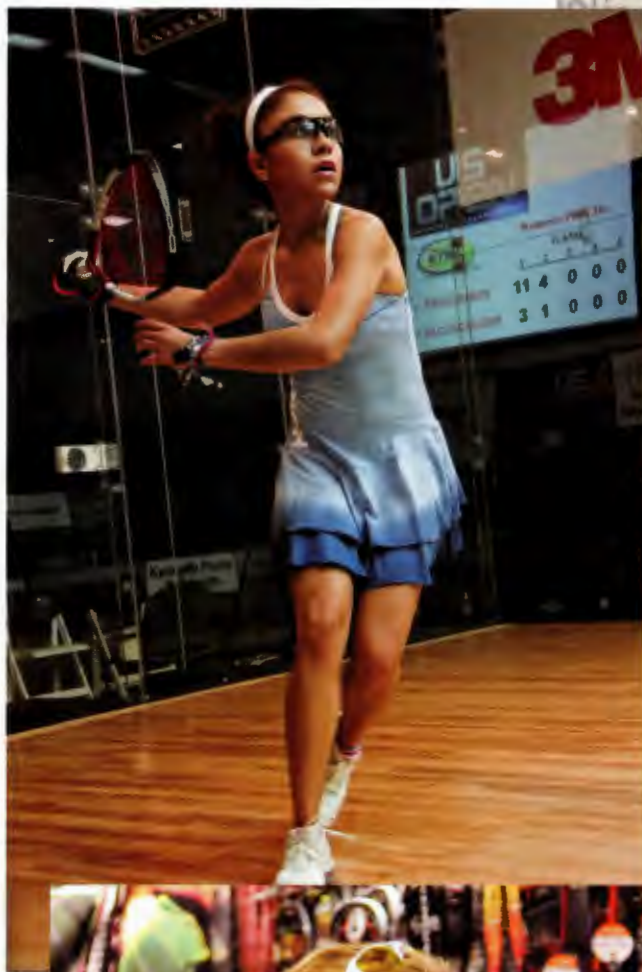
The presence of the talent coming from Mexico continues to be promising in the women's divisions. With Longoria leading the way, Salas Solis and Susana Acosta are not far behind. Fellow countrywomen Jessica Parilla and Nancy Enriquez also have the potential and ability to compete at the highest levels.

In the CPRT Men's 40+ competition, Woody Clouse successfully defended his 2009 title with a four-game victory over Jeff Bell, 9-0, 5-9, 9-2, 9-0. Clouse, a left-hander, played well throughout the match, hitting aces and diving for balls. With two CPRT US OPEN titles under his belt, Clouse has one more than Ruben Gonzalez and Jimmy Lowe, the 2007 and 2008 winners, respectively.

Don't forget to mark your calendars for October 26-30, 2011 and make plans to attend the 16th US OPEN Racquetball Championships which will again be hosted by Life Time Fitness. Doug Ganim, US OPEN Tournament Director, announced that next year's US OPEN would be held one week later since many of the top players from the Americas will be playing for their countries at the 2011 Pan American Championships in Guadalajara, Mexico.







IRF WORLD CHAMPIONSHIPS

Seoul, Korea

by Jim Hiser

THE VENUE

This was perhaps the best venue in the history of International Racquetball. Although the cost will be prohibitive for most other countries to be able to replicate the experience, the coordination, effort and support of the Local Organizing Committee and the City of Seoul should be recognized. The seven portable courts were enclosed under a temporary domed structure and played extremely well. What a terrific environment for a world championship!



THE CITY

Seoul is a remarkable city, very clean, safe and vibrant with an interesting mixture of historical sites and culture interspersed with some of the most modern technology in the world.



CONTINUED IMPROVEMENT AND SOME DISAPPOINTMENT

Many countries continue to improve their programs, and their results reflected their efforts. Bolivia will continue to be a major force on the world scene as witnessed in their overall team finish. Ecuador, Ireland, Guatemala and Costa Rica showed improvement while the Korean women surprised everyone with a fourth place finish.

Mexico's men were disappointing with their worst showing in recent history, but their women's team remained strong. The young ages of the women's team indicate they will be a significant force in future world championships.

ONE OF THE HIGHLIGHTS

The participation and support of the U.S. troops stationed in Korea was inspiring. Their enthusiasm and constant support for the U.S. Team provided an extra incentive for our team members. They certainly made everyone proud to be a member of Team USA.

THE TEAM

Rhonda Rajsich – Focused and determined to repeat her U.S. Open victory. Great to see her perform at such a high level.

Cheryl Gudinas – Exhibited the professionalism and control of a true veteran. Bounced back from a discouraging defeat in singles to lead the women's team to victory. **Aimee Ruiz and Jackie Paraiso** – Although disappointed by their loss to Mexico in the first round, they came together as the true champions they are to easily defeat the Mexicans in team competition.

Rocky Carson and Jack Huczek – I comment on these two together because they both played with such class and dignity that it was difficult to label either a loser. Both struggled early but acclimated to the court and environment quickly to face each other in the finals.

Mitch Williams and Ben Croft – Mitch was the veteran, but Ben was definitely the motivator and cheerleader. They played well as a team and picked each other up when needed.

Mike Guidry – The experience of international competition and the professional tour allowed Mike to make adjustments when needed. He is respected both by team members and competitors.

THE LOCAL ORGANIZING COMMITTEE

The LOC should be congratulated for not only organizing the most impressive IRF event in recent history but also for recruiting a large number of volunteers and professionals to assist with the operations. From personal guides to acupuncture specialist, every volunteer performed beyond expectations.



CSM Ortiz presents Jackie Paraiso with a commemorative plaque and flag recognizing her father who fought in the Korean War.



2010 World Championship Team

Results *IRF World Championships*

WOMEN

- 1 USA
- 2 CANADA
- 3 MEXICO
- 4 KOREA
- 5 JAPAN
- 6 BOLIVIA
- 7 ECUADOR
- 8 VENEZUELA
- 9 IRELAND
- 10 GUATEMALA
- 11 TONGA
- 12 DOMINICAN REPUBLIC
- 13 COLOMBIA
- 14 ARGENTINA
- 15 COSTA RICA
- 16 INDIA
- 17 TAIPEI
- 17 ENGLAND
- 17 CHINA
- 17 CATALUNA
- 21 URUGUAY
- 21 UKRAINE
- 21 PHILIPPINES
- 21 VIETNAM
- 21 SAMOA

MEN

- 1 USA
- 2 CANADA
- 3 BOLIVIA
- 4 COSTA RICA
- 5 VENEZUELA
- 6 ECUADOR
- 7 KOREA
- 8 MEXICO
- 9 COLOMBIA
- 10 JAPAN
- 11 DOMINICAN REPUBLIC
- 12 GUATEMALA
- 13 INDIA
- 14 ARGENTINA
- 15 IRELAND
- 16 TONGA
- 17 TAIPEI
- 17 ENGLAND
- 17 CHINA
- 17 CATALUNA
- 21 URUGUAY
- 21 UKRAINE
- 21 PHILIPPINES
- 21 VIETNAM
- 21 SAMOA

COMBINED

- 1 USA
- 2 CANADA
- 3 BOLIVIA
- 4 MEXICO
- 5 KOREA
- 6 VENEZUELA
- 7 ECUADOR
- 8 JAPAN
- 9 COSTA RICA
- 10 COLOMBIA
- 11 GUATEMALA
- 12 DOMINICAN REPUBLIC
- 13 IRELAND
- 14 INDIA
- 15 ARGENTINA
- 16 TONGA
- 17 TAIPEI
- 17 ENGLAND
- 17 CHINA
- 17 CATALUNA
- 21 URUGUAY
- 21 UKRAINE
- 21 PHILIPPINES
- 21 VIETNAM
- 21 SAMOA





The Making of a **CHAMPION**



by Fran Davis,
Diana McNab (Sports Psychologist)
and Dan Obremski (Fitness Expert)

Okay let's continue "Making You a Champion" using the core principles of "Building Your Racquetball Dream House" as you build your championship racquetball game one assessment at a time. This will allow you to achieve the "Racquetball Success Triangle" explained in a previous issue.

Hopefully you continue to keep in mind the Four Assessments: Racquetball Skills, Mental Skills, Fitness Skills, and Nutrition Skills, so you can gauge where you are in your game on a continual basis. With this information you will now know what you have to work on in order to begin the road to "Becoming the Champion" you want to be.

Now let's continue to give you the tools to "Make You a Champion."

1 RACQUETBALL SKILLS

In order to achieve the consistency level of a champion, you need to be fundamentally sound, and it begins with your stroke mechanics. There are no short cuts when it comes to developing your strokes – you want to be strong from both sides of the court, relying on both your forehand and backhand equally. You don't want to be known as a lopsided player where you have an "A" forehand and a "C" backhand, because your opponents will pick on the weaker side.

We have broken down the strokes into five different components: (1) grip, (2) stance, (3) step and swing, (4) contact point, and (5) follow-through*. Each of these stroke areas are equally important and are best described as the cogs of a clock. Each component of a clock acts independently but in unison for the clock to keep accurate time. The same is true for your stroke—each of the areas described works independently but in unison for you to have a stroke that is aggressive, consistent, and strong.

2 MENTAL SKILLS

Pre-game Psych Plan

For elite athletes, the pre-game psych plan begins 48 hours before their competition. If they prepare before each match by eating properly; warming up their bodies properly; sleeping enough; visualizing their game plan; having routines before, during and after the match (humans are creatures of habit); saying their affirmations (positive statements); and staying calm and relaxed, the easier it will be to get into their zone, which will allow them to play their personal best.

3 FITNESS SKILLS

Agility

Agility for a racquetball player can be most clearly defined as the ability to maneuver your way around the court as you are getting into position to hit the ball as it comes off the wall at different angles, heights, and speeds, all while having a sense of where your opponent is on the court. Being on the balls of your feet and ready to move allows you to make adjustments on a dime.

Thinking of agility in terms of football, visualize a running back approaching the line knowing there are big guys ready to hit him from all directions. He recognizes an opening and accelerates toward it, but he finds an even bigger guy running toward him. In an instant, the running back is able to maneuver his body and feet to make the quick adjustment to avoid the collision. Back to racquetball, when you watch Jason Mannino during a rally, his mind is intent on getting to every ball, no matter who is in his way. If a ball is in front court and his opponent is between him and the ball, Jason has the ability to make the same quick footwork and body adjustments to get around that opponent to get to the ball.

Concentrating your efforts on maneuvering your body around the court and around your opponent will not only enable you to get to more shots but also enhance your ability to perform the techniques and shots you've learned once you get there because you will have more time.

4 NUTRITION SKILLS

Sleep:

An athlete needs 6-8 hours of deep sleep. We go through Rapid Eye Movement (R.E.M.) sleep cycles, and each cycle has its own purpose. Sleep is imperative for peak performance, and it is the only real time that our bodies heal and repair. Jason likes to get nine hours of sleep and Paola Longoria ten hours of sleep before a big match to feel fully rested.

My new book, *Championship Racquetball*, to be released February 2011, provides more detail on the concepts discussed in this article: the five components of strokes, the Pre-game Psych Plan, specific exercises that develop your agility, and much more.

Hope to see you at one of my camps for live personal instruction. Or, buy my video if you can't make a camp at this time. For details go to www.FranDavisRacquetball.com.

Fran Davis coaches Jason Mannino (#4 IRT Pro Player) and Paola Longoria (#1 WPRO Pro Player). She is one of the Master Instructors of the new USA Racquetball Instructor Program (USAR-IP).

Diana McNab is a renowned sports psychologist who has worked with many Olympic and professional athletes such as two-time Olympian and X-Games Half Pipe Snowboarding Champion Gretchen Bleiler, three-time Canadian Olympic Team Skier Emily Brydon as well as NHL hockey players and other elite athletes in many sports.

Dan Obremski developed the FASTFIT Training System twelve years ago with an emphasis on helping athletes develop all of their movement skills. FASTFIT is an acronym for "Fitness Agility Speed Training For Individuals and Teams." He is a member of the USA Racquetball Hall of Fame and has won several national and world championships.





THE CANADIAN/AMERICAN Police & Fire Games

The Canadian/American Police & Fire Games were held in Dublin, Ohio, August 16th - 21st. Many officers and firefighters come from across the U.S. and Canada to participate in this Olympic-type event, and racquetball was well represented by players from Minnesota, Iowa, Kentucky, Ohio, Texas and Canada. The National Police Racquetball Association and World Firefighter Racquetball Associations governed the racquetball event and CPRT Commissioner Steve Lerner was appointed as racquetball coordinator.

The first serve was "blasted" on Wednesday morning at Life Time Fitness, and the fierce competition never stopped until the early evening hours on Thursday. Among the winners, NPRA's own Bill Bearden teamed with fellow Texan Jayson Jordan to capture gold medals in the Men's Open Doubles and Open Senior doubles divisions. Bill also took a bronze in the Men's Senior Singles and Jordan took silver in the Men's Open Singles. Other notable winners were Ed Davidson (Columbus, OH PD) who took double gold in Men's Open Singles and Senior/Master Singles; Ron Zinn (Canada's Ministry of Corrections) who earned his first gold in the Men's Grand Master Singles then teamed up with fellow Canadian Tanya Hodgins (Ontario Provincial Police) for his second gold in Open Mixed

Doubles. Tanya also took home a gold medal for her success in Women's Open Singles.

At the end of this event, a racquetball social was hosted by Bill Bearden and the NPRA at a nearby sports restaurant. This social event allowed players to get better acquainted in a more relaxed environment outside of the racquetball courts. At the social, there were prizes given away (courtesy of Ektelon); an official NPRA customized racquet from RacquetSkinz was raffled (won by Eddie Pearson from Kentucky); and t-shirts and police/fire patches were exchanged. Conversations turned to the upcoming US Open, the 2011 World Police & Fire Games in New York City, and the 2012 Can/Am Games in St. Cloud, Minnesota.

The Can/Am Games is not just about competition between these groups of first responders, but it's about the camaraderie as well. This was evident during all the self-officiated matches. If there was a questionable call, the players would simply ask someone watching the match or they would just replay the point.

The National Police Racquetball Association would like to thank Ektelon for providing products and equipment for the games and CPRT Commissioner Steve Lerner for his management of the event. All results and pictures can be seen at www.policeracquetball.com.

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AVID PLAYERS.
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TRUE BOUNCE



by Otto Dietrich
USA Racquetball National Rules Commissioner



THE OFFICIAL RULES

“... the new rules and the rulebook will go into effect on January 1, 2011!”

This has been a long rule change process for so few rule changes, but it is finally complete. The result is the brand new 2011 Official Rules of Racquetball that appears in the center of this issue. It is (1) easily removed, (2) not quite as easily read, and (3) convenient to place in your racquetball bag for quick reference. Be sure to complete all three of these steps. At most tournaments, there are never enough current rulebooks or, for that matter, people who are knowledgeable about the rules of the game.

If you look closely enough, you will find numerous places in the new rulebook where the wording, but not the underlying rules, was changed a bit to clarify meaning. A good example of this is Policy A.6 that really says nothing more than it did before, but we think it explains the process more clearly.

The only true rule changes were (1) to set a limit on the length of wrist cords [Rule 2.4(d)] and (2) a very

significant change to the doubles rules that now allows partners to serve in any order every time the team steps in to serve during a game. Of course, opponents and referees both will now have to keep closer track of who should be serving to prevent allowing extra serving opportunities for one team.

Finally, a small word of caution: even though you may now have this brand new rulebook in your hands and you can also find it posted at the USAR website, please note that the new rules and the rulebook will go into effect on January 1, 2011! In the meantime, the 2007 version of the rulebook will remain in effect and continue to be available as a downloadable PDF file under the Rulebook tab on the left side of the USA Racquetball homepage.

Do you have a rules/refereeing question? Be sure to email it to me at ODietrich@usra.org and not only will I answer it, but you just might find it featured in an upcoming issue of *Racquetball*.





WOR + WPH + 3WB = *Court Sport History on the Strip!*



The World Outdoor Racquetball and the World Players of Handball converged on the Stratosphere Hotel, September 23-26, 2010 for the first-ever 2010 World 3-Wall Ball Championships in Las Vegas, NV. The hotel's parking lot on the world-famous Las Vegas Boulevard was transformed with the construction of nine outdoor courts to host the richest outdoor event in the history of combined handball and racquetball. This was the first time that professional outdoor racquetball and professional outdoor handball have shared the same

stage. Along with the professional divisions offering over \$35,000 in cash prize money, amateur divisions for men, women, and junior players were offered in both racquetball and handball singles, doubles and mixed doubles.

The men's pro racquetball singles division was won by Rocky Carson as he defeated Alvaro Beltran in the men's final and Rhonda Rajsich defeated Jackie Paraiso in the women's final. The men's pro handball singles division was won by David Chapman as he defeated Luis Moreno in the finals.

2010 Racquetball Warehouse WOR Championships presented by Ektelon

MARINA PARK – HUNTINGTON BEACH, CALIFORNIA JULY 8-11, 2010

Marina Park hosted 330 players and thousands of spectators in 56 divisions over four days and nights. The competitors represented four countries and 24 states with seven of the Top 10 ranked IRT professionals and seven of the Top 20 WPRO professionals competing. "National Champ" was everybody's nickname! We had the best men, women, and juniors from both the outdoor and indoor games. People came from far and wide to see and be seen, but most of all to test their mettle against the best outdoor players in the world and of course to try and bring home a National Championship. Nothing shows the excitement WOR has brought back to outdoor more than the appearance on Sunday of leaders and National Outdoor Champions from the beginnings of the sport, including Brian Hawkes, Charlie Brumfield, Barry Wallace, and Bob Wetzel. It is truly an honor to see the past and the present of outdoor together!

2010 WOR BELLE ISLE RACQUETBALL CHAMPIONSHIPS

The Motown tradition continues! This year's Belle Isle Championships featured players from Michigan, Ohio, Florida, New York, and Ontario, Canada. The participants came from great distances to be a part of the greatest outdoor racquetball tournament series in the country and for a chance at the coveted title of WOR Belle Isle Champion. They also came to because the party is legendary...and Belle Isle did not disappoint! The DJ was rockin' all day with a little bit of Motown music bias, while the barbecue and refreshments were keeping the players and spectators delighted. This was Belle Isle Racquetball at its BEST!

If you missed the party this year... Don't forget to mark your calendars next year for the 3rd weekends in June, July, and August to play in the Belle Isle tournament series... you'll never have more fun playing racquetball than on the island!



WSMRA NEWS

By Kendra Tutsch, WSMRA President

The WSMRA is an organization dedicated to promoting racquetball as a lifetime sport. Our members are women 35 and over who want to compete at a high level and have fun at the same time. We sponsor a yearly national tournament of self-refereed, round robin play within age groups. All matches in our tournament count in the current USAR ranking system. In this tournament you will not only find yourself competing against some of the best women players in the country, but you will have a great time as well. We stress fun, friends and good sportsmanship. You are never out of the draw at this singles round-robin tournament. We offer Open/A and B/C (intermediate) divisions for all age groups.

We are heading to Colorado for our 22nd Annual Women's Senior/Masters National Racquetball Championships to be held January 14-16, 2011 at the Highlands Ranch Recreation Center in Littleton, CO (Denver area). This will be a great tournament at an outstanding facility. The WSMRA is continuing its long-time partnership with our National Sponsor, Wilson Racquetball. Wilson will donate merchandise for our fundraisers and plans to sponsor a clinic by a top WPRO athlete during the tournament.

This is the first time that the tournament will be in Colorado and we plan to be "Rockin' the Rockies" with some great racquetball! The annual "Fun Doubles" to benefit Breast Cancer Research is scheduled for the afternoon of January 13th. This will be a great opportunity to get used to the courts and the altitude.

There will be time for sightseeing in the Denver area. Bring some friends, and plan to come early or stay late – the tournament organizers have planned an exciting post-tournament trip to the Breckenridge ski area.

The WSMRA is a partner of USA Racquetball and donates a portion of funds raised in our yearly silent auction to support the USAR Scholarship Program.

For more information on the WSMRA, pictures, results, and information as well as an entry form for the 2011 tournament, please visit our web site: www.wsmra.com or contact WSMRA Chair Kendra Tutsch at kdtutsch@wisc.edu. Please enter on R2 Sports (www.r2sports.com/tourney/home.asp?TID=7190) by January 7, 2011 or download the entry form and postmark by January 5, 2011. We look forward to seeing you in beautiful Colorado!

NATIONAL MASTERS RACQUETBALL

NMRA UPDATE

by Bruce Adams, NMRA Secretary



The National Masters Racquetball Association (NMRA) held its International Championships in Allentown and Bethlehem, Pennsylvania from July 14th to 17th at the 24/7 Fitness Clubs. The event was the home of the NMRA, started 39 years ago as an "Invitational." Participants numbered 144, with 31 being either first-time players in an NMRA event and/or new members. We thank you all for joining us!

Our Friday night banquet opened with the American Legion Post 215 serving as the Color Guard. The Honorable Mayor Ed Pawlowski welcomed the banquet crowd to the Allentown area. Many door prizes were given away during the evening. Awards were given to Paul Banales for decades of work with the NMRA. Joe Lee was recognized for traveling the farthest (Hawaii). Over \$1,400 was raised for Junior Racquetball – two auctioned racquets that went to Joe Lee and Cap Hiles.

The highlight of the evening was the induction of the 39th Hall of Fame recipient, Amos Rosenbloom of Minnesota. His wife Marsha attended along with other family members. Amos is proud of his 42-year racquetball career and especially the local racquetball organizations he founded to help promote non-tournament players. He is seen with his jacket from Journeyman Players – "Play For The Health Of It." Amos, owner of an insurance business, has partnered with Cap Hiles in doubles for many years.

At this Pennsylvania event, 145 participants covered the

45 to 90 brackets in singles, doubles and mixed. Leon Jackson Jr. / Scott Kraemer were Men's 45 winners; Gladys Leonard / Sallie Benedict were the Women's 45 winners; Jean Halahan and Salvador Acosta were the 45 Singles winners. The 45 Mixed Doubles was won by Scott Kraemer / Gladys Leonard over Curtis Perry / Thao Le.

We are planning our Doubles-Only event, to be held in Fullerton, CA (22 courts) on December 2-4, 2010, the future site of the USAR National Singles Championships. We are working on future venues, specifically Portland for March 2011 and other locations for July 2011 and beyond. Please feel free to contact any board member with location possibilities and questions.

For more information, please visit our website at www.nmra.info. For tournament registration, visit www.R2Sports.com. We also encourage our members and readers to visit the USA Racquetball website at www.usaracquetball.com.

Come try one of our events – you'll become hooked like so many others! The NMRA is dedicated to the mature racquetball player 45 years old and older. All matches at our two annual events (singles, doubles and mixed doubles) are self-officiated and round-robin format – No More One Round and Out. Your first event does not require membership to the association, but we hope you will choose to join. We look forward to seeing you at an upcoming event!



John LoMonaco

Memorial Grant

For the second year, the LoMonaco Memorial Grant will be awarded for an all-expenses paid trip to the May 2011 USAR National Singles Championships in California.

The recipient of the John LoMonaco Memorial Grant:

- May be male or female and must be at least 18 years of age.
- Must be a citizen of the United States.
- May not have previously competed in the USAR National Singles Championships.
- Will submit an application and write an essay no longer than 500 words expressing why he/she wants to attend and compete in the 2011 National Singles Championships next May.
- Will sign a USAR liability waiver as well as a release for use of his/her likeness in publications at USAR's discretion.
- Will be given the opportunity to write an article describing his/her experiences as a first-time National Singles player for possible publication in the USAR eNewsletter or *Racquetball* magazine.

Covered expenses will be: entry fee (two divisions), meals, five nights' lodging at the Hyatt Regency Downtown Houston, coach airfare, ground transportation, and a VIP pass. The recipient will submit receipts to USA Racquetball for reimbursement not to exceed \$2,000. Companion costs will be at the expense of the recipient or his/her companion.

The essay and application become the property of USA Racquetball and will not be returned. The Executive and Grant Fund Committees of the USAR Board, along with the anonymous contributor, will make the final determination as to who will receive the grant.

The application form and more information can be found on the USA Racquetball web site. The deadline for submissions is December 31, 2010, with the recipient announced on or before February 28, 2011.

Anthony Herrera: Stepping up his Game, Moving up the Pro Rankings

by Jennifer Sinclair Johnson



As the echo of rebounding racquetballs faded away after the last major Pro Stop before the US Open, Anthony Herrera had proven he'd joined the tour full time – not just to play against the best but to challenge them – taking his game and ranking to a higher level.

Herrera stepped onto the court at the NovaSors Ghost of Georgetown Kansas City tournament for the fall's first Tier 1 Pro Stop. By the time he closed the glass doors behind him and walked away, he'd forced heavily-favored Ben Croft (#5) to a five-game battle that lasted over two hours. The following weekend in Cali, Colombia, he took #5 Shane Vanderson (who had slipped from #4 after losing to Ben Croft in the KC quarterfinals) to four games. Two weeks later he pushed #6 Andy Hawthorne into another five-game match during the San Diego Racquet House Pro/Am, the third major tour stop of the season.

I asked him how he felt about how well he'd done. He didn't hesitate before answering, "I usually let my playing do the talking." Indeed.

"He caught my eye because we'd played when he first came on the tour," said IRT President Jason Mannino. "Now he has refined his game and taken it to a new level."

John Scott, IRT Network Announcer and pro player agreed. "Anthony is a young breed of player. His explosive gets mean he doesn't just go to the ball with little effort, but he also re-kills it. Many of us can get a defensive shot off, but Anthony is very effective offensively, too."

Herrera plans to be able to put even more focus on racquetball as he finishes college coursework online to earn a Bachelor of Science degree in Chemistry from the University of Colorado at Colorado Springs. "This year is different than the last two years," he said, referring to when he first starting playing the pro tour. "Now that I'm finishing up school, I can focus on training and playing racquetball. I want to dedicate a couple of years to succeeding in the sport."

He started last summer with a renewed focus and new sponsors, Gearbox Racquetball and Back to Health Wellness, a chiropractic clinic in his hometown of Grand Junction, Colorado. "Before and after tourneys and training, Dr. Dan Lonquist works on different parts of my body. I feel it gives me a little extra edge to have confidence in my body as a machine."

So far, it's paying off. "I approach it like a full-time job. You have to if you're going to compete with the top guys. My philosophy is to train harder than anyone else I play." Currently he's working with sports therapist Pablo Fajre, who has helped him with footwork and game psychology by setting up a training program that includes on- and off-court drills targeting areas in his game he'd like to improve.

Scott recognized Fajre's influence on Herrera's game, noting the mental, physical, and on-court impact. "The biggest improvements have been in strength and footwork. Herrera has added muscle and therefore power. Pablo is a former pro player out of Chile and a great mind in racquetball. He can look at the game from a distance for strategy. He's

meticulous, a doctor of racquetball."

Herrera's winning prescription means he's learned how to play the game rather than just hit the ball. Scott explained the difference. "Anyone can learn to drop and hit and to make a particular shot. The key is in knowing how to win when you don't have the best game by anticipating and covering a particular player's shot, for example. He's close to becoming a Top 8 player."

Like the full-time job it has become, Herrera takes his racquetball seriously. Yet, he still has fun. "I train inside the gym and out. Living in Colorado means I can do everything outside, like bike and hike up a mountain for a cardiovascular workout." An avid snowboarder and wakeboarder, he enjoys an annual trip to Lake Powell with his family and likes to spend his off time with girlfriend Ashley Jimenez in Tempe, Arizona.

It's just hard sometimes to get there. "Life is not simple being a touring pro – you're traveling all the time." He credits his family as a tremendous support. "I've been on a two-and-a-half month road trip without seeing them. At least Skype lets us stay connected."

Anthony will likely log more winning matches as he continues to break through. "I would not be surprised to find Herrera playing in the quarters this year, which would be his first in a pro stop," predicted Scott. Mannino added, "He's the type of guy who seems to come out of nowhere, no one seems to talk about, you don't hear about." Until now. As Anthony Herrera steps up his game, talk around the pro circuit will change.

IRT RANKINGS

1	WASELENCHUK, KANE	3795	1459	1	2145
2	CROFT, BEN	2336	11	2	1375
3	CARSON, ROCKY	2325	323	3	1196
4	HUCZEK, JACK	2003	38	5	1043
5	CROWTHER, CHRIS	1965	8	4	1161
6	WILLIAMS, MITCH	1958	375	6	1013
7	VANDERSON, SHANE	1582	195	10	683
8	HAWTHORNE, ANDY	1388	60	7	848
9	ROJAS, JOSE	1328	102	8	803
10	MANNINO, JASON	1225	211	121	0
11	HERRERA, JUAN	1015	51	11	602
12	BELTRAN, ALVARO	964	0	9	731
13	PRATT, CHARLIE	963	26	13	593
14	HERRERA, ANTHONY D.	937	10	12	600
15	LANDA, ALEJANDRO	928	72	15	484
16	HERRERA, ALEJANDRO	856	327	14	488
17	MORENO, JAVIER	530	18	24	146
18	SWAIN, CLIFF	512	122	22	167
19	ODEGARD, KRIS	390	37	41	45
20	SHIMIZU, HIROSHI	353	1	34	68
21	MUNOZ, FELIPE	352	13	29	92
22	CAMACHO, FELIPE	339	26	21	170
23	CARSON, TONY	313	40	18	209
24	HERRERA, ANDRES	273	20	16	213
25	HORN, DAVID	253	34	26	122
26	GOMEZ, FRANCISCO	219	8	20	195
27	GREEN, MIKE	212	2	17	212
28	MONTALBANO, NICK	210	4	32	71
29	SCOTT, JOHN	206	10	19	206
30	SIMPSON, BRIAN	196	8	74	20
31	CONNELL, LEE	188	1	121	0
32	DEROCHERES, ERIC	186	10	85	11
33	KIRCH, BRAD	176	6	39	56
34	GONZALEZ, RUBEN	171	2	121	0
35	KNOTH, TAYLOR	168	3	28	113
36	GAGNON, VINCENT	165	10	41	45
37	ACKERMAN, ALEX	155	3	23	155
38	GUTIERREZ, POLO	152	6	39	56
39	ROJAS, MARCO	146	7	24	146
40	FRANCO, SEBASTIAN	139	19	27	119

IRT SCHEDULE

NOVEMBER 18-21	T2	20TH ANNUAL TURKEY SHOOT	GARDEN CITY, KS
DECEMBER 3-6	T3	ROSE CITY Pro/Am	PORTLAND, OR
DECEMBER 3-6	T3	ST. NICK SPLAT	MILLERSVILLE, MD
DECEMBER 10-12	T4	ND MINOT OPEN	MINOT, ND
JANUARY 6-9	T1	COAST TO COAST CALIFORNIA OPEN	LOS ANGELES, CA
JANUARY 13-16	T1	NEW YORK CITY Pro/Am	LONG ISLAND, NY
JANUARY 20-23	T1	LAWLER SPORTS Pro/Am	TERRE HAUTE, IN
JANUARY 21-23	T4	NEW JERSEY OPEN	FAIRFIELD, NJ
JANUARY 21-23	T4	CONCORD OPEN	CONCORD, CA
JANUARY 27-30	T4	WICHITA OPEN	WICHITA, KS
JANUARY 27-30	T2	LEWIS DRUG Pro/Am	SIOUX FALLS, SD
FEBRUARY 4-6	T4	CINCINNATI OPEN	CINCINNATI, OH
FEBRUARY 11-13	T4	KEYSTONE CLASSIC	WINNIPEG, CANADA
FEBRUARY 17-20	T1	SEATTLE OPEN	SEATTLE, WA
FEBRUARY 24-27	T1	SAN DIEGO OPEN	SAN DIEGO, CA
MARCH 3-5	T2	CARL MYERS MEMORIAL	GARDEN CITY, KS
MARCH 3-5	T4	LEAMINGTON RACQUETBALL CLASSIC	LEAMINGTON, CANADA
MARCH 10-13	T1	FLORIDA SPRING BREAK Pro/Am	TAMPA, FL
MARCH 17-19	T1	SALT LAKE CITY Pro/Am	SALT LAKE CITY, UT
MARCH 18-20	T4	NORTHWEST OPEN	BELLINGHAM, WA
MARCH 24-27	T1	PARTY WITH THE PROS	ST. LOUIS, MO
APRIL 1-3	T4	TOPEKA OPEN	TOPEKA, KS
APRIL 7-10	T4	SOUTH CAROLINA OPEN	TBD
APRIL 14-17	T1	MEXICO OPEN	TIJUANA, MEXICO
APRIL 28-MAY 1	T1	ALISO VIEJO Pro/Am	ALISO VIEJO, CA
MAY 5-8	T1	CAMPESTRE JUAREZ OPEN	JUAREZ, MEXICO
MAY 6-8	T4	CINCO DE MAYO SHOOTOUT	PUEBLO, CO
MAY 12-15	T1	BOSTON Pro/Am	BOSTON, MA
MAY 18-21	T3	COSTA RICA OPEN	SAN JOSE, COSTA RICA
MAY 25-29	GS	IRT PRO NATIONALS/USAR FINALS	FULLERTON, CA
JUNE 10-12	T4	MARYLAND OPEN CHAMPIONSHIPS	LAUREL, MD
JULY 22-24	T3	TAMPA OPEN	TAMPA, FL

2010-11 WPRO SEASON IS UNDERWAY

Paola Longoria wins the first Tier 1 Stop over National Team Partner

By Dave Ellis



The Landmark Fitness Club of North Dallas was the scene for the 2010-11 Women's Professional Racquetball Organization's season opener. The tournament hotel was the beautiful Westin, and, to everyone's delight, the hotel and club are under the same roof. I arrived Wednesday night and didn't go outside until Friday. Tournament Directors Mike and Keely Franks welcomed the players on Thursday night with the traditional sponsor doubles which was won by Vivian Gomez and partner Chase Robinson. Vivian and Chase defeated Samantha Salas and Jose Rodriguez in the final.

The Landmark Fitness Club has six courts, with the championship court in view immediately after entering the

club. It features two glass side walls and a glass back wall, which allows for plenty of viewing. Since the glass was covered with "Twin View" filament, visibility for the players was good. With 175 players entered in the tournament, tournament play began early Friday morning. In spite of the large number of entrants, it ran on time throughout the weekend. As an additional bonus for the spectators, there was also an IRT satellite event, and this was particularly interesting with the recent men's tour rule change to two serves. In the satellite event, young Jose Rojas defeated Ben Croft in three straight games.

In the opening round, Aubrey O'Brien defeated Sharon Jackson in a tough five-game battle. Da'monique Davis

WPRO SCHEDULE

DATE	TOURNAMENT	LOCATION	LEVEL
NEW! Dec. 3-5	New Jersey Open	Woodbridge, NJ	SAT (\$3,000)
Dec. 10-12	Christmas Classic	Arlington, VA	T1
NEW! Jan. 7-9	Coast to Coast California Open	Canoga Park, CA	T1
NEW! Jan 28-30	Wilson Tour for Hope	Cincinnati, OH	SAT (\$3000)
Feb. 25-27	Great Balls of Fire	Miami, FL	T1
Mar. 18-20	SCS Worldgate Pro-Am	Herndon, VA	T1
Mar. 25-27	Terrapin Shootout	Laurel, MD	SAT (\$5,000)
Apr. 1-3	Miller Lite Open	York, PA	T1
Apr.29-May 1	In Shape WPRO Championships presented by Ektelon	Stockton, CA	T1
May 12-15	WPRO Ektelon World Championships	New Orleans, LA	

started the landslide of upsets by defeating ninth seed Vivian Gomez in three straight. Claudine Garcia of the Dominican Republic defeated number 8, T.J. Baumbaugh, in four games. Christie Huczek defeated the number 11 seed, Krystal Csuk, in three straight games. In the round of 16, the upsets continued with Claudine Garcia defeating Da'monique, Canada's Jen Saunders defeating #5 Adrienne Fisher, and Mexico's Suzy Acosta defeating USAR National Champion and #3 seed Cheryl Gudinas. Christie Huczek defeated number 6, Jo Shattuck, and Mexico's Samantha Salas defeated tournament director Keely Franks, the number 7 seed, in four games.

All of these upsets resulted in quarterfinals match-ups that included six international players. Only three of the top eight seeds made it to the quarters. Christie Huczek continued her return to the tour by defeating Suzy Acosta in five hard-fought games. Suzy was up two games to one with a nice lead in the fourth game. Veteran Christie kept her composure, won Game 4, and then played a solid tiebreaker to move into the semifinals. In the second quarterfinal, it looked like a routine win for Rhonda Rajsich as she won the first two games over Samantha Salas. But Samantha kept her composure and began to execute her drive serves. Rhonda learned that there is a "new Samantha" – one who is fit, fast, and mature. "La Violenta" can no longer serve as a nickname since Samantha has learned to shake off tough calls and disappointing errors. Samantha won the last three games with scores of 11-2, 11-7, and 11-8. The next quarterfinal pitted Claudine Garcia against #1 player Paola Longoria. Paola proved too much for Claudine, winning the match in three games, 11-2, 11-2, and 11-6. What makes Paola so good? Her mobility, anticipation, precision, and consistency are four obvious assets. In the last quarterfinal, Jen Saunders defeated #4 seed Kerri Wachtel in four games. Jen and Kerri are both excellent control players. Jen served well predominantly using a lob knick on the left side wall. Kerri hates the ceiling and continued to attempt aggressive returns, many of which resulted in opportunities for Jen.

Thus the semifinals consisted of two players from Mexico against two players from Canada. The first semi was a war, even though it resulted in a victory for Samantha in three games over Christie. Samantha's persistence, quickness, and endurance proved to be the difference. Her backhand off the back wall was precise throughout the match. All three games had multiple lead changes and a lot of suspense. At the end of the day, Samantha had defeated two former season ending #1 players. In the second semi, Paola brought the entire package against Jen Saunders and defeated her in three straight, 11-7, 11-5, and 11-6.

In the finals, Paola continued to execute as she had done throughout the draw. Her semi screen serves to the back left corner were perfect over and over again. From right of center in the service box, Paola will deceptively drive either left or right or hit the Z to the right hand corner. Weak returns result in Paola executing tight pinches or good solid passes. Her mobility makes an opponent's attempt to tap the ball softly into one of the front corners for a winner almost impossible to execute. Samantha, perhaps showing a bit of fatigue from the tough Saturday matches, just couldn't get on track. Her drive serves just were not there as they were the day before. Many were off the back wall or hit at slightly at the wrong angle. Although there were many side-outs, Paola won the match 11-4, 11-4, and 11-5.

What a tournament, with fantastic hospitality throughout! Mike and Keely Franks do a wonderful job in hosting, and it is such a pleasure to play in one of their events. Videographer Larry Commons recorded the quarters, semis and finals, and these matches are posted on www.wpro-tour.com for free-of-charge viewing. In the end, it must be said that Paola Longoria served notice to her competitors that she is on a mission to make it three straight as the season ending #1 player. In the IRT, Kane incredibly went through the entire 2009-10 season losing only three games. Paola went through the first tournament of this season without losing a game. The question now is, when will she lose her first?



WPRO CURRENT RANKINGS

1	Paola Longoria	Tijuana, Mexico	1602.78
2	Rhonda Rajsich	Phoenix, AZ	1310.30
3	Cheryl Gudinas	Naperville, IL	872.60
4	Samantha Salas	Monterrey, Mexico	500.20
5	Kerri Wachtel	Cincinnati, OH	390.10
6	Adrienne Fisher	Centerville, OH	385.90
7	Jennifer Saunders	Winnipeg, MB, Canada	331.10
8	Jo Shattuck	Denver, CO	318.35
9	Krystal Csuk	Chicago, IL	289.60
10	Keely Franks	Eules, TX	243.50
11	T.J. Baumbaugh	Reston, VA	231.70
12	Vivian Gomez	Miami, FL	230.00
13	Cristina Amaya	Colombia	207.98
14	Susy Acosta-Mendoza	Chihuahua, Mexico	188.00
15	Christie Huczek	Trophy Club, TX	150.00
16	Aubrey O'Brien	Auburn, CA	134.00
17	Claudine Garcia	Dominican Republic	128.60
18	Doreen Fowler	Silver Spring, MD	125.50
19	Aimee Ruiz	New York	113.20
20	Nancy Enriquez	Mexico	87.08
21	Kristen Bellows	Pleasant Grove, UT	86.00
22	Laura Brandt	Ft. Lauderdale, FL	81.20
23	Anita Maldonado	Bronx, New York	79.50
24	Sharon Jackson	Shelbyville, IN	71.00
25	Angela Grisar	Santiago, Chile	70.00
26	Danielle Emerson	Parkville, MD	60.75
27	Jessica Parilla	Mexico	60.00
28	Maiko Sato	Tokyo, Japan	56.50
29	Karen Morton	Harrisburg, PA	47.00
30	Diane Moore	Griffith, IN	44.00

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A SALUTE TO RACQUETBALL IN THE MILITARY





MILITARY RACQUETBALL FEDERATION

From Inception to the Present

BY STEVEN HARPER, EXECUTIVE DIRECTOR,
MILITARY RACQUETBALL FEDERATION

Approximately three years ago, Steven Harper, Hank Marcus, and Peggie Tellez formed a new racquetball organization for those serving or have served in the Armed Forces. Military Racquetball Federation (MRF), a non-profit organization, was created to organize and promote racquetball and fitness throughout all branches of the military worldwide. MRF is dedicated to Active Duty, Veterans, Retirees, National Guard, DOD ID card holders, Reservists, and Dependents age 16 or older – both here and abroad.

MRF has provided rehabilitative clinics, educational pro-



grams, and tournament competition. Its first major accomplishment was a three-day outdoor racquetball demonstration onboard an operational large-deck navy warship, USS BON-HOMME RICHARD. Thereafter, MRF hosted an eight-week racquetball clinic for military personnel and their dependents and even had a surprise guest appearance by Rhonda Rajsich. MRF has held two National Military Racquetball Championships in San Diego, CA and partnered with the local San Diego chapter USO to promote an outdoor family-day racquetball demonstration for 200 family members. MRF is the first racquetball organization to partner with the largest non-profit organization dedicated to injured soldiers – the Wounded Warrior Project (WWP). Over time, MRF has gained support and recognition from several other racquetball organizations: USAR, IRT, CPRT, NMRA, WOR, WFRA, as well as the financial backing from Ektelon, E-Force, and Racquetworld. Without these organizations, MRF would not have been able to gain as much ground as it has over a relatively short period of time. MRF's greatest milestone thus far is recently when Executive Director Steven Harper had the rare and unique opportunity of meeting our Commander-In-Chief, President Barack Obama.

With so many new activities and events taking place so quickly, MRF recruited a National Program Director, Jack Hughes, who has been responsible for sanctioning and/or coordinating over fifteen tournaments nationwide and internationally. These major tournaments include:



JOINT BASE BALAD ROLLOUT RACQUETBALL TOURNAMENT

SPC Broeker (US Army) started off with a small idea to coordinate a racquetball event that allowed fellow deployed racquetball players at Joint Base Balad, Iraq to play in some type of racquetball competition. That small idea quickly grew as he ran across the MRF. With the organization's help, he was able to hold the first MRF sanctioned racquetball tournament in Iraq. In all, 36 hard-fought matches were played within a week's time. With the assistance of Pat Bernardo of RacquetWorld, Jonathan Clay of Rollout Racquetball, Jen Tranchilla and Dan Whitley of Vetta Sports-Concord Fitness and Racquetball in St. Louis, MO, Ektelon, and E-Force, they were able to provide a ton of prizes and giveaways to the players. The services and support those individuals and organizations showed to our military men and women stationed in a war zone will always be remembered.

FORT HOOD IRON HORSE OPEN

Reaching out to the Fort Hood families of recent fatal shooting of twelve soldiers and one civilian and the wounding of 31 people became the mission of a group of Fort Hood racquetball



players via the Fort Hood Iron Horse Open, a racquetball tournament held at Fort Hood, TX which was initially intended to help raise

funds for local charities but was redirected to assist the Victims of Fort Hood Family Fund. Fort Hood is home to 40,000 troops of the Army's 1st Cavalry Division and 3rd Armored Cavalry Regiment as well as elements of the 4th Infantry Division. It is the largest U.S. military installation in the nation.

Tournament Director Kimo Hansen leveraged the assistance of the Fort Hood staff and the MRF, collecting over \$2,000 towards a Fort Hood Fund that was disbursed through Morale, Welfare, and Recreation (MWR) channels to the immediate families affected by this tragedy.

MRF TEXAS OPEN HELD AT RANDOLPH AFB

The Rambler Fitness Center at Randolph AFB in Texas hosted its second annual MRF racquetball event involving combined service personnel. Players came out from local bases Randolph, Lackland and Ft. Hood and some from as far away as California, Oklahoma and Louisiana. These players represented the loyalty to racquetball in our Armed Forces that we are committed to serving. The Coast Guard's Glenn Martineau and Rambler regular Clarita Parra worked efficiently to take care of the players. The tournament featured pool play and round robin formats to allow for maximum match play.

HONORING THOSE AT THE PENTAGON 9 YEARS LATER — THE FORT MYER OPEN

Honoring and remembering service men and women who lost their lives nine years ago on September 11th, the MRF paid tribute by hosting its second annual MRF Fort Myer Open at Fort Myer Army Base in September 2010. Players from as far as Texas and Pennsylvania came to support this tournament. We thank the staff at Fort Myer (Pete, Todd, Mike, Brandon, and Sylvia) for providing the venue for another successful tournament.



MRF ASSISTS TRUE HEROES — THE WOUNDED WARRIORS

The idea of a Military Racquetball Rehabilitation clinic for Wounded Warriors was conceived about two years ago when Steven Harper teamed up with Aaron Embry (a certified AMPRO racquetball instructor) to start

a new program at Balboa Naval Hospital teaching racquetball fundamentals to Wounded Warriors.

To date, there are over 34,000 service members have been physically wounded during the Iraq/Afghanistan war and an estimated 300,000 suffer from the effects of post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI). Military Medicine Journal estimates that over 30% of those who spend time in a war zone will develop some form of PTSD, and in 2009 alone, nearly 80,000 soldiers have been officially diagnosed with PTSD. Many Wounded Warriors returning from combat have lost limbs and/or are wheelchair bound for life. Soldiers dealing with amputated limbs, however, are making progress; seeing them learn to walk again is powerful.

From that time, Steven Harper has been on a personal crusade, traveling to several Army and Marine Corps bases to establish the groundwork on which to begin a racquetball rehabilitation program. Thus far the following bases have agreed to implement this program as part of their physical fitness regimen: Walter Reed in Washington, DC; Fort Bragg, NC; Fort Benning, GA; Camp Lejeune, NC; and Fort Gordon, GA.

One of MRF's Racquetball ambassadors is Michael A. Carrasquillo, SGT US Army (Ret) - Wounded Warrior. His MOS is 11B1P Airborne Infantry. His duty stations / tour of duties included Vicenza, Italy, Iraq and Afghanistan. While in Afghanistan, Michael was assigned to the 1st of the 508th Infantry Battalions, responsible for the Pactika province. Their primary mission was area denial through the Kungar mountain area of the Afghan border. After being very seriously

wounded in Afghanistan, he was returned to the United States to begin his rehabilitation at Walter Reed Hospital.

Michael had played racquetball in the past. After two years of rehab and relative inactivity, and having gained over 45 pounds, he decided to find something that not only would give him great exercise but also something that he could do well. It had been tough to identify something that meshed with the type of injuries he had sustained. Racquetball was easy enough for his body to do while hard enough to get great exercise out of it. He watched guys play, watched videos online, read some books, and most of his practice came from playing with his dad.

This past August, the MRF showcased racquetball at Walter Reed Army Medical Center with some very special and talented Wounded Warriors. Michael, along with Amp Phommachanh (Chapter President of Fort Belvoir), Kevin Jones (an Active Duty Army Soldier currently serving in the DC area) and Steven Harper spent a day teaching 20 Wounded Warriors the fundamentals of racquetball. Some of these Warriors are dealing with unique and serious combat injuries but still find the courage and strength to keep getting back up. The theme at Walter Reed is, "although life is tough and has handed you sour lemons, you must choose to make lemonade." That's what the students who participated in this one-day demonstration concentrate on...some of their injuries were loss of limbs, PTSD/depression, and one Warrior was quadriplegic (meaning he had lost both arms and legs) but he still played racquetball for the day — Real Courage! All in all, each Warrior appeared to have a great time, but it was us at MRF who were honored to be able to spend a day with those who sacrificed for our country. Special thanks to Ms. Tiffany Smith, Ms. Penny Miller, and Mr. Harvey Naranjo who allowed us the opportunity to spend a day with their Wounded Warriors.



A DAY WITH SOLDIERS AT FORT BENNING, GA

Any day spent with Wounded Warriors is be a day that won't be soon forgotten. In October, the MRF hosted a one-day demonstration to the Wounded Warrior Transition Battalion (WTB) at Fort Benning, GA. With 110 soldiers participating at Wright Hall Fitness Center, the Battalion was broken up into three smaller groups for the demonstration. From there, the soldiers were introduced to fundamental racquetball drills. Under the instruction of Steven Harper, they used frisbees donated by Ektelon to develop a beginner's backhand. They also used special practice balls to understand how to hit a forehand. The soldiers also learned the concept of "footwork" and court position then were given the opportunity to play among themselves to experience racquetball participation.

Thanks to William Gill and Pedro Maladero from E-Force and Jata Johnson and CDR (Ret) David Flynn who all helped the soldiers with stroke fundamentals. Also, a huge thank you goes to Ms. Cobb and SFC (US Army) Black of the WTB for coordinating these efforts.

The MRF looks forward to working with the bases mentioned above and other bases in the near future. If you would like to be part of the MRF and become a volunteer on any of our upcoming programs, please contact us via our web-site: <http://www.militaryracquetball.com>.

MILITARY FIREPOWER ON THE COURT

Racquetball has been heavily influenced by talented military players for many years. With over 300 fitness facilities worldwide, Soldiers, Sailors, Airmen, Marines, and Coast Guard men and women have access to the greatest game on earth! With thousands of courts in the military infrastructure, battles on the challenge court continuously rage. Chances are that most tournament players have competed against one of our nation's military members. Over the years, there are a few standouts from the military ranks that have risen to top national, and even professional, levels of play. Each fulfilled their obligations to defend our nation through countless deployments and rigorous work schedules. Despite formidable challenges, their exceptional skills and love for the game propelled them to incredible heights.



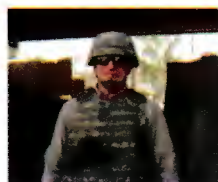
Dan Fowler served four years in the Army and is arguably the most accomplished military member to ever play the game. He competed on the IRT tour in the 1990's and rose to #6 in the world. His discipline, shot selection, and incredible court coverage made him one of the world's greatest players and a threat to win any tournament. He remains

active in the sport as a professional instructor and host to satellite pro stops and annual tournaments at his home club in Laurel, MD. He is married to Doreen Fowler, who is one of the world's top female players and is still competing on the women's professional tour.



From our highest ranking on the tour, to our highest ranking title holder in the military, **Brigadier General Barbara "Barb" Faulkenberry** is known as the most decorated female racquetball player in military history. She won the women's division of the inter-service military tournament no less than twelve times and also made an impact outside DoD, earning a silver medal at the Pan American Games

and placing third in the Women's Open at the USRA National Singles in 1981. General Faulkenberry is currently the Deputy Director for Operations and Logistics, U.S. Africa Command, Stuttgart, Germany. Her duties don't allow her as much court time as she once enjoyed, but she has never lost her love for the game and can still hand out a donut to the unwary.



Army Colonel (Ret) Frank Taddonio has been a huge influence on the sport. He has served as the president of USAR and a USAR board member and took on coaching responsibilities for the U.S. Junior Team. Colonel Taddonio also has a

strong game featuring a booming serve and a deadly overhead pinch that earned him the US Open title for the Men's 60+ division in 2010. The hard hitting colonel also won 55+ and 60+ at the IRF World Seniors Racquetball Championships. He closed the 2010 season by receiving the Bud Muehleisen Male Age Athlete of the Year Award.



Our next standout shows no signs of slowing down. During his 20 years of service in the Army, **Jimmy Lowe** drew a crowd whether he was playing a challenge match on base or winning a national title. He has amassed 16 national titles and frustrated thousands of players along the way with his truly unorthodox but extremely effective play. He is a brilliant strategist who keeps his opponents off balance by constantly changing direction with three wall Z shots, awkward angles, and cutting off ceiling balls. Jimmy always seems to be in the correct defensive position to retrieve or kill the ball with incredible consistency. He is now a civilian contractor for the Army living in Hawaii. A regular on the national scene and the CPRT, there are certainly more titles to come for this Army veteran.



Our next veteran dispensed with the angles and dealt his opponents a "photon serve" at 160 miles per hour. If they could get past that, **Rob DeJesus** would go on the attack, flying around the court like a cat and delivering crushing kill shots and textbook splats with demoralizing consistency. He won three U.S. national

titles between singles and doubles play. He also represented the Puerto Rican national team, twice earning bronze medals at the Pan Am games and the Tournament of the Americas. Rob served four years in the Air Force as a maintenance crew chief on the F-111, a fast-moving bomber, and the F-16 Falcon. His professionalism and love of flying served him well through Delta flight training, and he is now living his dream as a CRJ pilot for American Eagle.



Another Air Force veteran, **Tom Fuhrmann**, has collected seven national age division titles by executing kill shots from anywhere on the court and demonstrating an "ESPN highlight reel" of retrieval ability that may have him airborne multiple times during any given rally. Like many champions, his court positioning and retrieval skills put extreme pressure on opponents to hit the perfect shot. Tom picked up the call sign "Legend Slayer" at the 2008 Team Qualifiers by taking out the legend himself, Ruben Gonzalez, in a grueling tie-breaker recognized as much for the sportsmanship by both players as the play. Tom served ten years as an air traffic control officer before joining Johnson & Johnson as a pharmaceutical sales representative. He still competes in regional, national and some professional events.



National Masters Racquetball Association Hall of Fame member **Dick Kincade** is a military veteran and a staple in the 75+ divisions and up. Kincade earned silver in the men's 80+ division and gold in the 80+ doubles division at the 2008 IRF Pan Am games. He also holds titles in the NMRA's 70+, 75+ and 80+ divisions. This stalwart has been a familiar fixture in the top national rankings for almost two decades.



John O'Donnell, Jr., a former Air Force pilot, served one tour of duty in Korea and two tours in Vietnam. He served 33 years, rising to the rank of colonel and flying for 24 of those years. John began playing racquetball during his second tour of duty in Vietnam when he was based in Thailand.

Tournaments became his passion beginning in the late '80s and he has consistently won title after title ever since. For example, in 2005, John placed first in Men's 75+ at National Singles, NMRA Championships, Midwest Senior Masters and the US Open. He was inducted into the ISRA Hall of Fame in 2006. At age 80, John continues to consistently medal at national events, most recently taking the gold medal at the 2010 US Open in Men's 75+. Formerly the Director of Facilities at the University of Illinois Division of Intercollegiate Athletics, John conducts numerous free clinics each year at the facility, runs leagues, and has recently been named Coach of the U of I Racquetball Team.



Retired Air Force Major and World War II veteran **Dr. Robert McAdam** is a Purple Heart recipient and ex-POW. Always associated with fitness, he helped develop the fitness testing program at the Air Force Academy.

Dr. McAdam became a university professor in his second career. He was a dominating player in USAR as the reigning 80+ champion from 2001-2005 and the 85+ gold medalist in 2006-2007, and he also holds multiple NMRA singles titles in the 80+ and 85+ divisions. Dr. McAdam was inducted into the NMRA Hall of Fame in 2005.



Retired Army Colonel **Ben Marshall** is a veteran of WWII, Korea, and Vietnam. He has gained acclaim as a gold medalist at NMRA and National Singles events, and he was named the NMRA Sportsman of the Year in 2010. At the age of 94,

Colonel Marshall demonstrates that racquetball is truly a sport for all ages. He is setting the example of service, longevity, and sportsmanship for all players in this great sport.



Brigadier General Earl Acuff is racquetball's resident hero. He served in the defense of Alaska in 1942, living off the land and conducting reconnaissance missions instrumental in the defeat of the enemy in the Battle of the Aleutian Islands. Earl later served in the Korean and Vietnam wars, making him a rare owner of three combat infantry badges. He closed out his legendary career as the commandant of cadets at Virginia Tech from 1973-1980. The general continued his amazing drive for excellence on the racquetball courts. He earned his first big win in the Men's 60+ division in 1984 and went on to medal 34 times at major national and world senior events, including 20 gold medals. He simply dominated the 70-80+ age divisions, earning world titles and three world seniors crowns. In 1999, the general joined his wife Mary Low in the USRA Hall of Fame – the two are the only husband-and-wife pair to have shared this honor.





VANBEMMELEN

The military has a long history of racquetball competition, and this year was no exception. In what was a notably deep field of would-be champions, two stood out at the USAR National Singles Championships in the Military division. **Captain Travis Passey** collected his second all-military championship, holding off **Colonel Troy VanBemmelen** in the final in a well-fought tie breaker. Passey's court coverage and quick hands in the front court were the difference as he fended off VanBemmelen's booming drive serves and notoriously strategic play.

Fierce competitors, both can draw from their professional careers for focus and success on the court. Captain Passey is a former F-15 Eagle driver and now an F-22 Raptor fighter pilot in Langley AFB Virginia, specializing in air-to-air combat. Preparation and intense training provide him the fundamentals required to get through the fight both on and off the court. As an F-22 pilot, his job, simply put, is air dominance! His Raptor represents the leading edge of air-to-air combat for the United States. They focus on shooting down enemy aircraft so the rest of our forces can accomplish their missions. His squadron flies and trains with several different aircraft within the Air Force, within other services, as well as with our international allies. The F-22 brings new and exclusive capabilities to the fight such as stealth, supercruise (sustained supersonic flight), increased maneuverability, and integrated avionics. With these tools, there is an increased ability to detect, shoot and kill enemy aircraft before being seen. Captain Passey began com-

PASSEY AND VANBEMMELEN EXCEL IN MILITARY CAREERS, RACQUETBALL



PASSEY

petitive racquetball at the intercollegiate level at Brigham Young University and continues to participate in state and regional events as his schedule allows.

Colonel VanBemmelen "VB" is the senior ranking team member on the 2010 Air Force racquetball team. He is an experienced pilot flying T-38, B-52 and B-2 bombers. Colonel VanBemmelen had the rare opportunity to fly America's most recognized bomber, the B-52 (in service for over 40 years) and the B-2, the most advanced bombing platform in the world today. The B-2 is a \$2.2 billion stealth bomber known as the "Spirit." The colonel earned the Distinguished Flying Cross for a 44-hour mission in his B-2 where he and his pilot delivered the first ordnance in Afghanistan during Operation Enduring Freedom. Prior to his military career, VB competed on the pro tour during the '82-'83 season with the likes of Dave Peck, Mike Yellen and Marty Hogan. That experience became the baseline for a very long list of amateur achievements including his latest gold medal in the 45+ division at the International Racquetball Federation's 22nd World Senior Championship held in Albuquerque, NM in August.

Both of these Airmen are exceptional athletes who show no sign of slowing down; in fact, both continue to improve their games. Like most racquetball players, it is a "game for life" to them, and they will continue to employ aspects of their unique military training to retain their competitive edge!

AMERICAN EUROPEAN RACQUETBALL ASSOCIATION

BY MIKE BOWERS

Military racquetball in Europe remains alive despite the challenges of overcoming a limited pool of military players caused by the drastic decreases in installations. At the forefront of promoting a once-thriving sport is the American European Racquetball Association. The organization was most active in the 1980s and resurrected itself in 2001.

Now, the AERA has members-at-large at five major military installations, mostly in Germany, Belgium, Italy and the United Kingdom.

Sponsored by Ektelon, the AERA is seeking ties with the European Racquetball Federation to provide players with additional playing and ranking opportunities. While the days are gone when AERA tournament participants numbered in the hundreds, military players still have the chance to showcase their skills at more than a dozen military-sponsored tournaments and an

equal number of European events hosted by the ERF.

The highlight of the military calendar is the U.S. Forces Racquetball Championship now hosted at Ramstein AB, Germany. This year's event was October 9-10 with military players participating from Italy, England and host Germany.

New AERA president James Johnson said the AERA came into existence to bridge the gap between American and European players. "Now we're focused on keeping racquetball alive in the sparse European military communities left, while encouraging participation and cooperation

with our host nation players," he said. "Becoming a member of the Military Racquetball Federation was a big step in attaining credibility and recognition stateside." Johnson said that the benefits of being a part of the MRF is not only for the military players but also for military family members, Department of Defense civilians and other American civilians stationed in Europe.

Still, Johnson believes ties with host nation Germany and the ERF are vital to the AERA's future. "Being a part of the

ERF will give us the chance to grow the sport even bigger," he said. "More people involved equals more interest. We want to attract the tennis and squash crowd. Europeans always think racquetball is squash. However, when they see the game played, their views change."

Attracting military players remains the main focus of the AERA. Johnson said that although the tournaments are smaller in scope and fewer in number, racquetball remains great exercise and a source of competition in places resembling a European vacation.

Tournaments are held in Paris, The Netherlands, Belgium, Spain, Turkey, Ireland and Italy. Pro players such as Alvaro Beltran, Ruben Gonzalez, Cliff Swain and Tom Travers have traveled to Europe to showcase their skills at European events.

"The AERA will continue striving to keep the sport alive by fostering relationships in Europe and maintaining connectivity with our stateside counterparts," vowed Johnson.

Johnson can be contacted in Germany at +1-49-621-730-2486.





RACQUETBALL DIPLOMACY IN KOREA

BY MIKE BOWERS

Sports have long been regarded as one of the most powerful facilitators of dialogue, understanding and trust.

The concept dates as far back as Ancient Greek civilization and the creation of the Olympic Games. Sports can be considered a starting point when getting two cultures together and can act as the common denominator among local, regional and international communities. Therefore, sports can be used to promote a network of sustainable cooperation, dialogue, understanding, ethics and trust.

Racquetball continues to gain in popularity across the Republic of Korea. Koreans love the sport, as was demonstrated with the recent sponsoring of the 15th IRF World Racquetball Championships, August 14-21, 2010. There were many great matches, and Team USA dominated. Even though August is a busy month for the U.S. Armed Forces in Korea, we had three active duty military personnel, one military retiree and one family member participate and medal in the Friendship Cup Division during the Worlds. During a break in their matches, Team USA had the experience of a lifetime with a tour of the Joint Security Area and the Demilitarized Zone (DMZ).

We also continue to grow interest of racquetball on our military camps. Professional players Chris Crowther and Tim Doyle came to U.S. Army Garrison Yongsan for a well attended one-day clinic. We hope to have similar events in the future.

So, where does racquetball fit in with sports diplomacy? There is a part of diplomacy called "grassroots diplomacy" which is when unofficial parties work with people from all walks of life and sectors of their society to find ways to promote peace and understanding. As part of grassroots diplomacy, the United States Forces in Korea have developed a Good Neighbor Program on the Korean peninsula. It has been key to maintaining a successful Republic of Korea - United States relationship that has lasted over 60 years. However, being a good neighbor is more than informational events, speaking engagements by United States military personnel, and tours of U.S. military installations. It is also sports racquetball diplomacy, as a part of the Good Neighbor program, that has occurred over the years "under the radar." Not much press has been given to our events, but it has continued. Racquetball events have directly improved our mutual understanding of one another's cultures, customs and lifestyles.



As U.S. racquetball players in the Republic of Korea, known as the "USA ROK'ers," we participate in racquetball events and tournaments at U.S. military installations and Korean athletic facilities across the Korean peninsula.

The USA ROK'ers have been involved in the Korean national racquetball scene for a few years, and we've had some great experiences. We've come to represent the American racquetball players in the Republic of Korea and serve as ambassadors of our country, our military and our great sport.

We coordinate the annual Korea-US Forces Open Racquetball Tournaments at Camp Humphreys in Pyongtaek, Korea, which attract all the top players from the Republic of Korea and the U.S. military. Racquetball tournaments in Korea normally run over a two-day period. There are normally 100+ Korean players with USA ROK'ers participating.

The formats vary from event to event but they are always fun and exciting. As with Korean culture, socializing is a big part of the event: food, drink, and more food accompany each event. We have established close relationships with many of the Korean players and the tournaments become a sort of reunion. Even though military personnel schedules are constantly changing, we continue to solicit involvement from as many U.S. players to these events as possible. The Korean players want to test their skills against U.S. players and enjoy the "international" competition.

Racquetball diplomacy is about changing attitudes and building relationships through common interests, helping to break down stereotypes and generalizations of the other side. Participants develop a deeper understanding of the other's customs, behavior and standards. Participants learn more about the others and often realize we aren't that different. We share experiences and develop better understandings of the experiences, perspectives, and needs of the others that form the basis for trust and friendship.

These grassroots diplomacy efforts should be supported by all levels of the U.S. Government as they spread the seed of goodwill at minimum cost for maximum benefit. Korea is not unique. Any sport can be used to connect with the local community.

We are always looking for players. If you know a racquetball player coming to the Republic of Korea who may be interested in getting connected, have them contact us. They won't regret it. Play racquetball!

WOUNDED WARRIOR PROJECT

A MISSION TO HONOR AND EMPOWER WARRIORS

BY BECKY MELVIN

The Wounded Warrior Project (WWP) began when several individuals took small, inspired actions to help others in need. While watching the evening news, a group of veterans and brothers were moved by the difficult stories of the first wounded service members returning home from Afghanistan and Iraq. They realized that something needed to be done for these brave individuals beyond the brass bands and ticker tape parades. They wanted to provide tangible support for the wounded to help them on the road to heal both physically and mentally. What they viewed as a small contribution compared with what the warriors had sacrificed became WWP's founding program: WWP backpacks delivered bedside to wounded warriors. These backpacks contain essential care and comfort items including clothing, toiletries, calling cards and more, all designed to make a warrior's hospital stay more comfortable. The backpacks are provided to wounded service members arriving at military trauma centers throughout the country. Transitional Care Packs, a smaller version, were later developed to be sent directly to Afghanistan and Iraq to provide immediate comfort during a warrior's relocation to a U.S. military trauma center. What started as a program to provide comfort items has grown into a complete rehabilitative effort to assist warriors as they recover and transition back to civilian life.

Since its founding, WWP has sought to maintain programs and services that are innovative and meet the developing needs of today's wounded warrior. As the conflicts in Afghanistan and Iraq continue and the landscape of veterans of these wars evolve, so, too, do WWP's priorities and initiatives. Over 39,000 of our nation's armed forces have been physically wounded during the current conflicts. Hundreds of thousands more are estimated to be recovering from invisible wounds of war, including post traumatic stress disorder (PTSD), depression, and traumatic brain injury (TBI). The physical and mental stress warriors face has long-lasting effects on their readjustment. Physical recovery is not enough; these brave individuals need empowerment to succeed and thrive in life after injury.

Project Odyssey brings veterans with PTSD and readjustment challenges together for outdoor activities that support the healing process. Through outdoor recreation activities, warriors discover their inner strength and find the courage to continue their journey. Project Odyssey is a

supportive environment where warriors can share their strengths and challenges with peers, Wounded Warrior Project staff, and Vet Center counselors. WWP believes that nature and recreation are powerful tools for healing the spirit and mind. Soldier Ride is a WWP initiative that provides adaptive cycling opportunities for wounded warriors across the country. Generally two to four days long, rides are geared toward warriors of all abilities, with both adaptive and standard cycling equipment provided. In addition to the physical benefits, Soldier Ride raises public awareness of the issues warriors face through public events held throughout the ride.

Advocacy on behalf of our wounded warriors is providing injured service men and women a voice in local and national issue and ensures current legislative and government policies reflect sensitivity to the unique needs of wounded warriors. Earlier this year, the Caregivers and Veterans Omnibus Health Services Act went into law. For the first time in history, families of veterans severely wounded in Afghanistan and Iraq will receive comprehensive, coordinated support that will enable them

to provide these warriors with needed home care. Caregiver Retreats are essential to the well-being of spouses, parents, and siblings, and these retreats ultimately benefit the warriors who rely on their care. WWP's caregiver retreat series provides these unsung heroes with an opportunity to get physical and mental rest and rejuvenation as well as connect with others facing the same challenges. TRACK is the first and only education center in the nation designed specifically for wounded warriors. The program consists of classroom-based learning with ancillary support services like health and wellness training, personal finance workshops, and resume and interview preparation. An externship component with a local employer is also an integral part of the twelve-month program.

TRACK focuses on the "whole warrior" and provides a bridge from previous military and combat life to a new successful civilian life.

Thousands of warriors and caregivers each year participate in any one or many of the various programs offered by WWP, designed to nurture the mind and body and encourage economic empowerment. Wounded Warrior Project is continually working towards honoring and empowering American heroes and making this generation of warriors the most successful and well-adjusted in our nation's history. To learn more and get involved, please visit www.woundedwarriorproject.org.



**WOUNDED WARRIOR
PROJECT®**

**SPECIAL NOTE – USA RACQUETBALL WILL TEAM WITH THE WOUNDED WARRIOR PROJECT
AS THE OFFICIAL CHARITY OF THIS YEAR'S "FINALS" IN FULLERTON CALIFORNIA**

EVENT TITLE	EVENT START	FACILITY NAME
2010 ROSE CITY PROAM	12/1/10-12/5/10	SUNSET ATHLETIC CLUB
2010 NMRA DOUBLES CHAMPIONSHIP	12/2/10-12/4/10	MERIDIAN SPORTS CLUB - FULLERTON
2010 MO HIGH SCHOOL RACQUETBALL LEAGUE WINTER ROLLOUT	12/3/10-12/4/10	VETTA SPORTS - CONCORD
2010 VA MISTLETOE HOPE TOUR	12/3/10-12/5/10	GREENBRIAR NORTH YMCA
RAM STATE DOUBLES	12/3/10-12/5/10	TOTAL SPORTS
2010 MARTY HOGAN SUPER SERIES EVENT	12/3/10-12/5/10	RICHEY RACQUET
2010 ND HAPPY JOE'S OPEN	12/3/10-12/5/10	CENTER COURT FITNESS CLUB
2010 LA TURKEY SHOOT	12/3/10-12/5/10	ELMWOOD FITNESS CENTER HARAHAN
2010 SAN ANTONIO RACQUETBALL CHAMPIONSHIPS	12/3/10-12/5/10	TRITON SPORTS CENTER
TRI-STATE OPEN	12/3/10-12/5/10	PHILADELPHIA SPORTS CLUB AT HIGHPOINT
2010 MD ST. NICK SPLAT	12/3/10-12/5/10	SEVERNA PARK RACQUETBALL AND FITNESS CLUB
2010 HOLIDAY MAGIC TOURNEY	12/3/10-12/5/10	PREMIER AT SAWMILL ATHLETIC CLUB
2010 IN STATE DOUBLES	12/4/10-12/5/10	OMNI 41
2010 GA STATE DOUBLES	12/10/10-12/12/10	RECREATION ATL
2010 18TH ANNL CHRISTMAS CLASSIC WPRO PRO-AM TOURNAMENT	12/10/10-12/12/10	CRYSTAL GATEWAY SPORT & HEALTH CLUB
2010 MASSACHUSETTS STATE DOUBLES	12/10/10-12/12/10	METRO SOUTH ATHLETIC CLUB
NAUTILUS CHRISTMAS TOURNAMENT	12/10/10-12/12/10	NAUTILUS FITNESS CLUB
2010 ND MINOT OPEN IRT TIER 4 SATELLITE EVENT	12/10/10-12/12/10	MINOT YMCA
2010 TX MAVERICK HOLIDAY RACQUETBALL SHOOTOUT	12/11/10-12/11/10	MAVERICK ATHLETIC CLUB
TOYS FOR TOTS FUND RAISER	12/11/10-12/11/10	CLUB SPORT SAN RAMON
2010 JRMC'S 2ND ANNL ONE DAY SHOOTOUT	12/11/10-12/11/10	JRMC WELLNESS CENTER
2010 6TH ANNL KRA WINTER SHOOTOUT	12/11/10-12/11/10	THE ATHLETIC CLUB
TURNING STONE SPORTSPLEX RACQUETBALL CAMP	12/11/10-12/12/10	TURNING STONE SPORTSPLEX
2010 FLORIDA SENIOR GAMES	12/11/10-12/12/10	NAPLES FITNESS CENTER
2010 USAR-IP CERT CLINIC CINCINNATI	12/17/10-12/19/10	HYDE PARK CLUB
2010 CO JUNIOR BENEFIT	12/18/10-12/18/10	YMCA - LITTLETON FAMILY
2010 MO VETTA SPORTS HOLIDAY CHARITY CLASSIC	12/18/10-12/18/10	VETTA SPORTS - CONCORD
2011 FL HARBOUR ISLAND OPEN	1/7/11-1/9/11	TBD
2011 OH WINTER FREEZE	1/7/11-1/9/11	TBD
BAC DOUBLES	1/8/11-1/8/11	BRONSON ATHLETIC CLUB
2011 MO RACQUETBALL BLIZZARD	1/14/11-1/15/11	VETTA SPORTS - CONCORD
2011 CO WSMRA CHAMPIONSHIPS	1/14/11-1/16/11	HIGHLANDS RANCH REC CENTER
LONGHORN OPEN	1/14/11-1/16/11	GREGORY GYM
10TH ANNL YMCA SPIRIT TOURNEY	1/14/11-1/16/11	YMCA
2011 ORANGE & BLUE SHOOTOU	1/14/11-1/16/11	UNIVERSITY OF FLORIDA, SOUTHWEST REC CENTER
SALINA YMCA MID-AMERICAN CLASSIC	1/14/11-1/16/11	SALINA FAMILY YMCA
8TH ANNL CARDILE BROS. STATE DOUBLES CHAMPIONSHIP	1/15/11-1/16/11	KIRKWOOD FITNESS & RACQUETBALL CLUB
2011 USAR-IP CERT CLINIC VIRGINIA	1/15/11-1/16/11	GREENBRIAR NORTH YMCA
2011 LAWLER SPORTS IRT PROAM	1/20/11-1/23/11	INDIANA STATE UNIVERSITY
2011 USAR-IP CERT CLINIC OHIO - TOM TRAVERS	1/21/11-1/22/11	BALDWIN WALLACE COLLEGE
MAC OPEN	1/21/11-1/23/11	MICHIGAN ATHLETIC CLUB
2010-2011 MERC TOURNAMENT #2	1/21/11-1/23/11	BALDWIN WALLACE COLLEGE
2011 WILSON TOUR FOR HOPE - CINCINNATI	1/28/11-1/30/11	COURTHOUSE FITNESS CENTER
2010-2011 EASTERN COLLEGIATE RACQUETBALL CONFERENCE - MEET #4	1/28/11-1/30/11	PENN STATE UNIVERSITY
2011 FLORIDA STATE SINGLES	1/28/11-1/30/11	SARASOTA BATH AND RACQUET
33RD ANNL LEWIS DRUG RACQUETBALL PRO-AM	1/28/11-1/30/11	SIOUX FALLS FAMILY YMCA

EVENT PHONE	CITY	STATE	CONTACT NAME	CONTACT EMAIL
503-245-7588	PORTLAND	OR	PAUL MADUELL	PAUL@MADUELLASSOCIATES.COM
714-767-4622	FULLERTON	CA	STEVE COHEN	SCOHEN@NMRA.INFO
		MO	DAN WHITLEY	
757-366-9622	CHESAPEAKE	VA	MALIA BAILEY	MBAILEY@YMCASHR.ORG
	MT. CLEMENS	MI	WELDON BLAKESLEE	RACKETBOAT1@AOL.COM
	NEW PORT RICHEY	FL	KIM ROY	
701-746-2790	GRAND FORKS	ND	MICHAEL ORR	MORR@CENTERCOURTFITNESSCLUB.COM
	HARAHAN	LA	ANTHONY ZERINGUE	
210-573-2324	SAN ANTONIO	TX	LANCE GILLIAM	LANCE@GILLIAMCPAPC.COM
610-716-0643	CHALFONT	PA	TOM GAFFNEY	TOM@ARCHWAYPRESS.NET
	SEVERNA PARK	MD	REBECCA WILMOTH	
614-365-0959	COLUMBUS	OH	JERRY MURLAND	JMURLAND@GMAIL.COM
		IN		
404-317-7992	LILBURN	GA	WILL COSTANZA	GRPATOURNMENTS@EARTHLINK.NET
	ARLINGTON	VA	BILL MILBACH	BILLRACQUETBALL@GMAIL.COM
		MA	ROB VANSCHALKWYK	
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650-867-2174	SAN RAMON	CA	JACK HUGHES	RACQUETBALLPLUS@COMCAST.NET
		AR	JOE CLARK	
913-383-9060	OVERLAND PARK	KS	MIKE WEDEL	MWEDEL@ATHLETICCLUBOP.COM
315-361-8074	VERONA	NY	JIM WINTERTON	COACHRBALL@GMAIL.COM
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	CINCINNATI	OH	JIM WINTERTON	COACHRBALL@GMAIL.COM
	LITTLETON	CO	MARCIA RICHARDS	
	ST. LOUIS	MO	DAN WHITLEY	
603-491-1494	TAMPA	FL	KIM ROY	KIMBERLY_ROY@HOTMAIL.COM
937-284-2753	DAYTON	OH		YKSFODLIW@YAHOO.COM
	KALAMAZOO	MI	MARTIN VANDEWEERD	JVANDEWEERD@AOL.COM
	ST. LOUIS	MO	DAN WHITLEY	
303-738-9797	HIGHLANDS RANCH	CO	MARCIA RICHARDS	IAMACOACH@MSN.COM
512-351-4342	AUSTIN	TX	SOLY KOR	SKOR@COXANDKOR.COM
		KY	BARRY STEWART	
904-534-5165	GAINESVILLE	FL	MICHAEL KNUDSEN	GATORSRBALL@GMAIL.COM
	SALINA	KS		
		DE	MICHAEL OHR	
4406697723	CHESAPEAKE	VA	TOM TRAVERS	COACHTRAVERS@AOL.COM
812-264-2053	TERRE HAUTE	IN	MANNY RODRIGUEZ	MANNY@LAWLERSPORTS.COM
440-669-7723	BEREA	OH	TOM TRAVERS	COACHTRAVERS@AOL.COM
616-540-7925	GRAND RAPIDS	MI	TWAYNE HOWARD	PRESIDENT@MICHIGANRACQUETBALL.NET
		OH		
513-383-4882	CINCINNATI	OH	ANDREW KULBACK	AMKULBACK@YAHOO.COM
978-273-3110	STATE COLLEGE	PA	ROB VANSCHALKWYK	VANSCHALKWYKR@HOTMAIL.COM
	SARASOTA	FL	JEAN TRIMBLE	
605-868-2813	SIOUX FALLS	SD	DAN STEE	DAN.STEE@USIOUXFALLS.EDU

2011 NATIONAL EVENTS

USA RACQUETBALL

2011 NATIONAL DOUBLES CHAMPIONSHIPS

Pro
Denn

TEMPE, AZ

44TH NATIONAL DOUBLES CHAMPIONSHIPS

February 9-13, 2011

Arizona State University
Student Recreation Center
400 East Apache Blvd.
Tempe, AZ 85287
480-965-8918

HOST HOTEL:

Twin Palms Hotel
225 East Apache Blvd.
Tempe, AZ 85287
800-367-0835
\$109.00 per night – Mention USA Racquetball

All entries must be completed online or over the phone (no mail/faxed in entries will be accepted)

Register online at WWW.USARACQUETBALL.COM
Click on link for National Doubles

24TH NATIONAL HIGH SCHOOL CHAMPIONSHIPS

March 2-6, 2011
Vetta Sports Concord
12320 Old Tesson Rd.
St. Louis, MO 63128
314-842-3111



HOST HOTEL:

South County Center Holiday Inn
6921 South Lindbergh Boulevard
St. Louis, MO 63125
314-892-3600
\$86.00 per night – Mention USA Racquetball

39TH NATIONAL COLLEGIATE CHAMPIONSHIPS

April 5-9, 2011
Arizona State University
Student Recreation Center
400 East Apache Blvd.
Tempe, AZ 85287
480-965-8918



HOST HOTEL:

Twin Palms Hotel
225 East Apache Blvd.
Tempe, AZ 85287
800-367-0835
\$109.00 per night – Mention USA Racquetball

ENTER ONLINE OR DOWNLOAD COMPLETE ENTRY FORMS FOR MORE INFORMATION AT WWW.USARACQUETBALL.COM



2011 REGIONAL QUALIFIERS

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APRIL 15-17, 2011

Sportset – Syosset Club	Long Island, NY	Tom Keogh	516-305-5670
The Athletic Club of Overland Park	Overland Park, KS	Mike Wedel	913-383-9060
Cascade Athletic Club	Gresham, OR	Brian Ancheta	503-665-4142
Richey Racquet Club	Port Richey, FL	Kim Roy	603-491-1494
Vetta Sports Concord	St Louis, MO	Dan Whitley	314-842-3111
Recreation ATL	Lilburn, GA	Will Costanza	404-317-7992
Severna Park Racquet and Fitness	Millersville, MD	Susan Flaesch	410-365-6144
Boston Athletic Club	Boston, MA	Rob Van Schalkwyk	978-273-3110
Bally's Beachwood	Cleveland, OH	Doug Ganim	614-890-6073
Greenbrier North YMCA	Chesapeake, VA	Malia Bailey	757-366-9622

APRIL 29-MAY 1, 2011

Triton Sports Center	San Antonio	Lance Gilliam	210-979-7055
The Glass Court Swim & Fitness	Lombard, IL	Geoff Peters	773-251-4413



PHOTO BY MIKE BOATMAN



Blanket - \$25



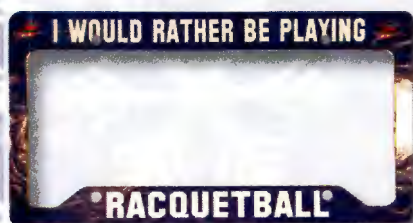
Window Cling - \$2.98



Racquetball Sculpture - \$100



Mouse Pad - \$11.95



License plate - 14.95

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HEAD Blackjack

Stack the Deck in your favor with HEAD's new YOUTEK Blackjack racquetball racquet. This 160g lightweight frame offers exploding power and features revolutionary technology d3o which allows the racquet to adapt to every shot you hit so you can overpower every opponent! More info at head.com.

HEAD Raptor Eyewear

Official Eyewear Choice of HEAD Pros. The Raptor features a new modern and lightweight impact resistant frame that includes interchangeable anti-scratch, anti-fog treated lenses for any court condition (clear—for all court conditions, amber—ideal for glass courts and darker playing conditions, and smoke—ideal for outdoor or extremely bright conditions). The Raptor offers fitted temples for a comfortable fit and an adjustable elastic strap to hold your eyewear in place during play. More info at head.com

Pro Penn Racquetballs

The Official Ball of USA Racquetball makes the Pro Penn the most widely used ball in tournament play. The bright green color has great on-court visibility and the consistent speed, playability and durability make Pro Penn the choice of players who know The Ball Matters. More info at pennracquet.com

HOLIDAY PROMOS
Available Nov. 15th 2010 to Jan. 15th 2011

PROMO #1
\$14 SAVINGS
1 VISION EYEWEAR
18g MONO CORE STRING
1 NEW HEAD BAND
1 NEW WRIST BAND
1 SMOOTH WRAP GRIP
FOR \$35.00

PROMO #2
\$20 SAVINGS
BUY ANY BAG
RECEIVE A FREE HAT



Check out Gearbox Racquetball's Holiday Promos available at participating dealers and www.gearboxrb.com.



Gearbox Racquetball's New Movement glove has a Hot New Look and features such as an Improved Neoprene® backing to retain a Snug Fit. A great stocking stuffer!



This holiday don't forget to ask Santa for the Ultimate Racquetball Racquet. The Teardrop 165g is Gearbox Racquetball's first light teardrop and is sure to put a smile on even the Grinch's face this holiday season.

Available now at Gearbox Dealers across the nation. For more info check out www.gearboxrb.com.

Wilson



Hope Ball

The perfect economical gift for both men and women. The fluorescent pink color was tested as the best color for your eyes to see for both the younger and older players. Perfect color - perfect speed - perfect ball. And a portion of all sales goes to the Breast Cancer Research Foundation.

Warlock BLX

One of the most popular selling racquets this fall, the Warlock BLX is not only cool looking but perfect for the player that wants power and control with a little extra feel on your shots. The Warlock features Basalt volcanic fibers along with 5 frame technologies to give your game everything you need to take out your next opponent. You may find the Warlock BLX at one of the authorized Wilson Internet Dealers or at your local pro shop.

nVue

For the players that say eyeguards are not comfortable we say you haven't tried the nVue yet. Adjustable nose bridge and side arms customizes this piece to fit everyone's face. And it comes with three lenses (clear, smoke and amber) so you may wear them for other activities as well.



EKTELON



Carry it all in Style!

The Ultimate all-in-one bag loaded with 12 compartments including:
2 separate racquet compartments (easily holds 3 frames each), vented shoe compartment and cell phone pocket. Special removeable mesh laundry bag included. Designed to carry as a backpack, over the shoulder or with reinforced handle.

Size: 27.5" x 16" x 12"
Retail Price: \$60.00



What in the World is Zyex, Anyway?

by Steve Crandall
Vice President, Sales & Marketing
Ashaway Racket Strings

One of my pet peeves are those TV ads that tell you a product is wonderful because it "contains Hydromethoxoflam," or some such miracle ingredient, but then never tell you what "Hydromethoxoflam" is or why it makes the product so good. Well, it should be no secret by now—at least, I certainly hope it's not a secret—that Ashaway is introducing a new line of Zyex® strings. And we're making claims about how wonderful they are (which in our case are all true, of course). So, I think it's a reasonable question to ask, just what is Zyex, and why does it make such wonderful string?

Actually, Zyex is rather neat stuff, and I'll try to describe it with as little technical jargon as possible. Zyex is the trade name for a high temperature, engineering grade polymer known as polyetheretherketone, or PEEK. According to the online encyclopedia, Wikipedia, "Polyketones are a family of high-performance thermoplastic polymers. The highly polar ketone groups in the polymer backbone of these materials give rise to a strong attraction between polymer chains, which increases the material's melting point. Such materials also tend to resist solvents and have good mechanical properties."

In layman's terms, this means that PEEK materials like Zyex have several physical properties of interest to manufacturers. Specifically, PEEK monofilaments and fibers are very tough and durable, and have excellent abrasion resistance, particularly at higher temperatures. The material's melting point is 633°F (334°C)—which is very high for plastic—and it has a maximum continuous service temperature of 500°F (260°C). Short-term service can be up to 570°F (300°C). This means that when exposed to hot air, PEEK retains approximately 90% of its strength up to 570°F. By contrast, the material typically used for soda bottles, PET, loses strength rapidly as temperatures reach 200°F. And even vaunted aramid fibers begin to lose it around 450°F. So PEEK is hot stuff!

In terms of abrasion resistance, PEEK also offers good performance. In tests measuring "thread on thread" abrasion conducted at room temperature, PEEK multifilaments outlasted aramid fibers by a factor of approximately 5.5. PEEK also has very low moisture uptake at 0.1%, which means you don't need to worry about carrying your racquets around in thunderstorms. And if perchance you want to play outside in thunder and lightning, PEEK is also a very good insulator.

In fact, one of the original applications for PEEK was for aerospace insulation designed to protect electrical wiring from abrasive damage, especially at extremes of

temperature. PEEK monofil braids have also been successfully used in automotive and nuclear installation wiring. According to the Zyex website, the material can be ideal in "any enclosed situation when toxic fumes from burning wiring could pose a threat to life." I don't know if this will help with those old socks in the bottom of your gym bag, but you can't be too careful.

Other interesting applications include very fine filaments tightly woven into precision filters for fuel or clean air systems. Tougher versions of PEEK yarns are woven in multi-layers to withstand the pressure dewatering of chemical slurries or the heat compaction of fibrous board. In composite structures, PEEK fibers are mixed with carbon fibers at between 40% and 60% by weight. The PEEK fibers melt and coat the carbon fibers, encasing and protecting them. These are used to make advanced aerospace components, lightweight surgical tools and other medical devices, taking advantage of PEEK's inherent cleanliness and biocompatibility.

But perhaps the most interesting application for Zyex—other than racquet strings, of course—is in musical instrument strings. A number of manufacturers now offer Zyex violin, guitar and other musical strings. Zyex provides a subtle but appreciably fuller tone than other synthetic string materials such as nylon. It also stays in tune much longer on a guitar or violin than is possible with other conventional music strings. So when

users of Ashaway's UltraKill® say they love the sound their Zyex strings make, they have good reason.

In racquet strings, Zyex offers low dynamic stiffness which allows it to deform and recover more completely than other synthetic materials. It can also be made to have exceptionally low creep under continuous tension, allowing racquet strings to maintain tension and playability longer. And as noted previously, the manufacturer of Zyex continues to improve and "tweak" the material, making it even better for string applications. Recent advances have produced Zyex filaments that are even finer and stronger than before.

However, it takes more than Zyex to make a string. We've been working with these new filaments in our R&D lab to develop even thinner multifilament core packages with increased linear density and more cross-sectional strength. The result, we feel, is a significant advance in string technology: thinner, softer, lighter-weight strings that provide superior feel, more power, and improved ball control, while still offering the well-known Zyex playing characteristics and tension holding properties. Any questions?



One of the most interesting applications for Zyex—other than racquet strings, of course—is in musical instrument strings.

2011 European Championships Venue Set

The European Racquetball Federation (ERF) has granted the 2011 European Championships to Bad Tolz, Germany. It will be the third time after 1990 and 1999 that Bad Tolz will host an ERF event. The date for the EURO 2011 has been provisionally set for the first week of August. Bad Tolz is a town in Bavaria, Germany. The city sits on the Isar River, 670 meters above sea level. This historic medieval town is known for its spas and spectacular views of the Alps. It is about 50 km south of Munich.

ERF President Erik Meyer (Belgium) thanked the German Racquetball Federation and the local officials in Bad Tolz for their willingness to host the EURO 2011. "Bad Tolz is a wonderful venue for our major event. We have had great events in the past and in 2011 we expect nothing different," Meyer said.

Players from ten nations are expected to compete in Bad Tolz next year. The EURO 2011 consists of three major competitions. With the Open Individual and National Team Competition for Men and Women and the Senior Competitions in various divisions (30-85 years) as well as the Junior Championships (12-18 years), the three courts in Bad Tolz will be filled with many matches in just one week. A free day right in the middle of the action will ensure that all players and delegates will have the time to enjoy the famous Bavarian hospitality and side trips to Munich or Salzburg (Austria).



Ektelon Expands Its Popular T-22 Footwear Line



Racquetball Canada Chooses Ektelon as Official Ball

The wildly popular Ektelon T-22 Low introduced last season is the genesis for a line of new styles in 2010, and players are psyched. Beginning this fall, the company will introduce two new Mid styles in two color-ways to complement the T-22 Low, allowing even more players the opportunity to take advantage of the high performance features of this model.

The new T-22 series is currently available at retail outlets nationwide with a Suggested Retail Price of \$89.99 (Mid) and \$79.99 (Low). The entire line of Ektelon footwear, as well as all other Ektelon products, can be found by logging onto www.ektelon.com.

Ektelon is proud to announce that Racquetball Canada (RC) has chosen Ektelon Racquetballs to be the "Official Ball of Racquetball Canada" effective immediately and continuing through August 2013. Racquetball Canada will use both the Ektelon Classic (black) and Premium Select (blue) as its balls for tournament play throughout the term of this agreement.

"Racquetball Canada looks forward to our new partnership with Ektelon," added Racquetball Canada President Ron Brown. "This will be a real team effort as we promote and grow the great sport of racquetball across Canada."

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Video

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- Be deceptive - vary serves to keep your opponent guessing
- Learn to hit the perfect background
- Think like the pros - improve shot selection
- Find out why game plans and strategies are a must
- Learn to be aggressive on return of serve
- Perfect Practice makes perfect - have fun drilling

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2003 #1 Pro Player and 1999 & 2006 US Open Champion

Book

"NEW...Championship Racquetball Book, for Intermediate and Advanced Players. Written by Fran Davis and Jason Mannino. Published by Human Kinetics. Release Date: February 2011. Pre-Orders will be taken Fall 2010.

Fran's Credentials

- 20+ Year Camp Experience
- 2004 Racquetball Hall of Fame
- US National Team Coach 1990-96, 2002, 2003
- United States Olympic Committee National Coach of the Year 1997
- Coaches Jason Mannino and Sidsy Monchik
- Coached Jrs. to over 20 National and World Titles

Camps

Camp Schedule

Weekend Racquetball Fantasy Camps

	2010	
October 15-17		Atlanta, GA
November 5-7		Chicago, IL
	2011	
January 21-23		Los Angeles, CA
January 29-31		Las Vegas, NV
February 4-6		Seattle, WA
March 4-6		Ohio
April 1-3		Mobile, AL
June 10-12		San Diego, CA
July 29-31		Woodbridge, NJ
August 5-7		San Francisco, CA
August 26-28		Sarasota, FL
	Spring/Summer MD/VA	
	Spring/Summer New England	

Week Long Racquetball Fantasy Camps

December 2-9, 2010 Aruba
 (Caribbean Island...Advanced Camp)
 December 1-8, 2011 Aruba
 Possible Future Cities...AZ, NM, MD/VA, New England -> more
 The above dates are subject to the IRT schedule

Fran Davis
 A Healthy Racquet, Inc.
 1037 NE 65th St. #343, Seattle, WA 98115
 Phone: 206-522-3726, Fax: 206-260-7909

HEAD Penn

Questions? Upcoming camp dates...
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with Zyex® Multifilament Fibers for

Ultra Performance Technology

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- **Ultra Sharp Control**
- **Ultra Tension Stability**

UltraKill 18



- Zyex multifilament core increases power and resilience
- Zyex multifilament core prevents tension loss
- Braided surface maximizes control and increases spin
- 18 gauge maximizes softer feel

UltraKill 17



- Zyex multifilament core increases power and resilience
- Zyex multifilament core prevents tension loss
- Braided surface maximizes control and increases spin
- 17 gauge maximizes durability and string life

Racquetball
Champion
Jack Huczek
switched to
UltraKill in
August 2009

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