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**VOLUME 17
NUMBER 4
JULY - AUGUST 2006**

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MISSION STATEMENT

USA Racquetball (USAR) is the National Governing Body for the sport of racquetball, recognized by the U.S. Olympic Committee, and is committed to excellence and service to our members. We provide opportunities for members and enthusiasts to actively participate in the sport, through sanctioning of events, administration of programs and development of competitive teams.

VISION STATEMENT

To provide 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.

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THE FINALS



JUNIOR OLYMPICS



COURT CLUB SPECIAL



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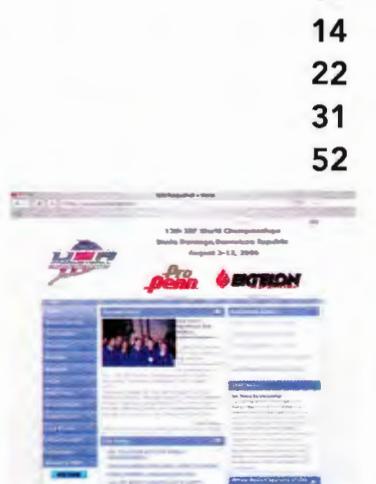
Geoff Thomsen

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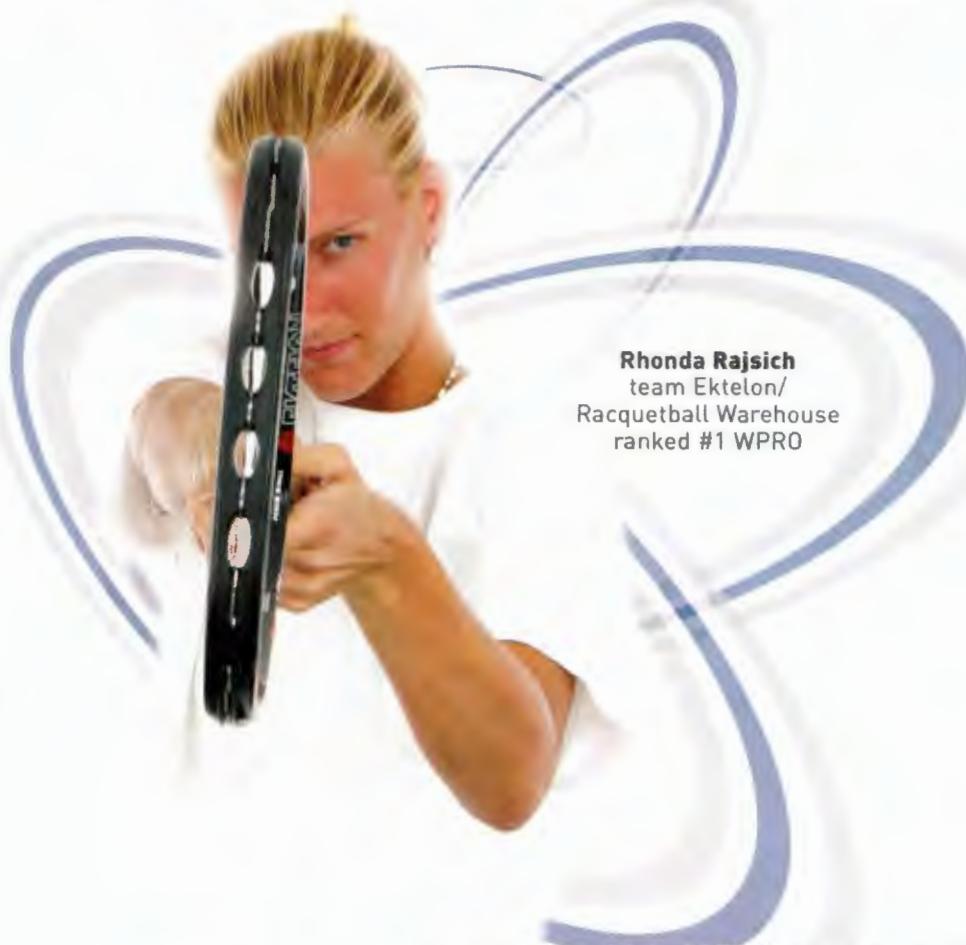
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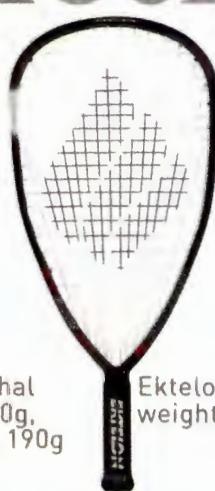
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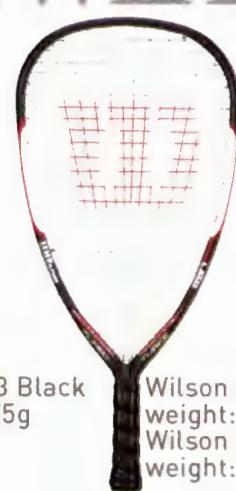
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FROM THE TOP

BY JAMES HISER, PH.D.
USAR EXECUTIVE DIRECTOR



In my last article, I emphasized the importance of television in increasing the popularity of our sport. Since this issue is dedicated to the club, club owners and programmers, I want to emphasize the importance of The Club to growing our sport.

only fitness activity in many clubs. As other activities become popular, it is true many clubs had too many courts and thus converted some courts to other activities. This would be no different from a club building six aerobic studios, but then realizing it had dedicated too much space to aerobics. This does not mean that aerobics isn't important to the club, but it does indicate that some reorganization is required to adjust to the shifting market. What happened with many club owners is they gave up on racquetball—and that is partially our fault. Clubs hired aerobic directors, fitness directors, tennis pros, etc., but did little, if anything, to revitalize their racquetball programs. The sport struggled to find ways to help the club owners. What was needed was a one-on-one meeting with club

members, there are no players! Fitness sells and the fitness benefits of racquetball have never been marketed effectively. Next, we need to recruit different demographics of players – juniors, women, seniors. Racquetball is a very social sport. Junior High and High School teams, leagues, and evening social activities all need to be promoted as group events.

Remember, we need to get people onto the courts. Fitness and social aspects may attract some new players. Once these players are attracted, there needs to be a dedicated club person to keep them involved. Juniors will play if their peers play, women will play if other women play. Leagues will be successful if someone organizes and promotes the matches. The key – someone to

THE CLUBS NEED TO RECRUIT MEMBERS – ALL THE PROGRAMMING IN THE WORLD WON'T HELP IF THERE ARE NO MEMBERS.

Let's not fool ourselves, the club (including Y's, churches, JCCs, etc.) is the foundation of our sport. Without courts, we have no sport. Club owners have to be convinced that racquetball is both a profitable and a fitness-oriented activity that complements other activities within the club.

Unfortunately, many owners/programmers only recall that many courts were either removed or transformed to another activity. They relate this to a lack of success. Realize that at one time, racquetball was the

owners/programmers to present viable racquetball programming. Unfortunately, neither the finances nor personnel were available. So clubs without information simply gave up on racquetball, hoping the sport would survive by itself.

First, we need to stop the bleeding – we do this by inundating clubs with materials stressing the fitness benefits of racquetball. The clubs need to recruit members – all the programming in the world won't help if there are no members. Without

make sure people have other players to play, someone to organize social events and other related activities, someone to make calls and promote activities. The clubs need to recruit dedicated individuals to promote their programs. The sport needs to help by providing the information to help these people. The players need to help by volunteering services to their clubs.

We can all make a difference – so, let's get started! ■

PLAYERS HELPING PLAYERS

SIGN UP A NEW MEMBER

BY RANDY STAFFORD
PRESIDENT, USAR BOARD OF DIRECTORS



Any current member who sponsors a new member will have his name listed in Racquetball Magazine and qualify for a drawing to be held January 1st for a free entry and airfare to the 2007 National Singles Racquetball Championships.

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Jim Easterling	Charlie Mills (MI)
Jim Hiser	Tony Palazanni (CO)
Cheryl Kirk	Lynn Yeazell (IL)

To qualify, send the membership application and information to USA Racquetball. USA Racquetball will send the new member a letter indicating that they have been sponsored by the indicated person, welcoming them to the organization and also explaining the various benefits now available to them. There is no limit to the number of players you can sponsor. Every sponsorship qualifies as a separate entry in the drawing. New members signed up at or for events do not qualify. ■

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→ THE 2006 MOTOROLA IRT PRO NATIONALS

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on tour

SCHAUMBURG TENNIS
PLUS & FOREST VIEW
RACQUET CLUB

April 26-30, 2006

The 2006 Motorola IRT Pro Nationals was a huge success again this year as over 300 players converged on Schaumburg Tennis Plus and Forest View Racquet Club for this prestigious event. Fans witnessed unbelievable matches in the Pro division that culminated in a final that determined the year-end #1 ranking: #2 Kane Waselenchuk defeated #1 Jack Huczak to take his third title in a row. The amateur portion of the event, USAR Adult Regionals, showcased some of the best players from around the country. Complete results can be viewed at www.usra.org. This event also featured ladies from the WPRO and to the fans' delight, local favorite Cheryl Gudinas defeated Rhonda Rajsich to take the final in a hard-fought tiebreaker.



For number one. Kane vs Jack

THE IRT SEMI-FINALS

Well, the #1 and #2 players in the world showed Saturday afternoon why they hold these positions. If you stepped out to get a cup of coffee, you missed the entire Rocky Carson and Kane Waselenchuk match. With Rocky's recent stellar play, it was expected that we would see a match comparable to their past US Open battle. However, it was more like the US Open a couple years ago when Kane didn't lose a single game and finished half of the rallies with kill shots from his knee.

Kane opened the match with a between-the-legs touch shot kill and ran up a 4-0 lead. Rocky chipped away and was able to bring it as close as 5-4, but Kane decided to tighten up his game and started rattling off consecutive points, finishing 11-4.

Kane opened Game Two with a skip to give Rocky a 1-0 lead, but that would be the only time Rocky would lead the entire match. It was as if everything Kane touched turned golden and he dominated 11-1.

Kane punctuated the match with an exclamation mark and held Rocky scoreless to finish the match 11-0.

Jack and Jason have essentially split wins over their careers, but Saturday it was Jack who moved ahead. Jack was pressing a little too much in Game One and Jason was able to take advantage and pull it out 11-7. After that, Jack settled down and locked in. His solid hits allowed him to control much of Game Two. You could never question Jason's effort as he

cleaned the floor on many dives, but came up short 11-7. Game Three was much of the same and Jack's consistency continued to put pressure on Jason; Jack won 11-4. Jason gave it his all but was unable to answer Jack's consistent play. Jack's development as



Motorola Pro Court

a player has really strengthened in the last year. Game Four 11-7 took game and match.

THE IRT FINALS

The event ended on a high note as the fans were treated to a showdown for the year-end #1 ranking as #1 Jack Huczak faced off against #2 Kane Waselenchuk. This would be the second time in three years that the year-end #1 ranking would come down to the last match of the season. These two incredible talents have used the past several seasons to help elevate the level of play in this fine sport. As has been the case quite frequently over the past couple years, the finals of this tournament came down to Kane versus Jack. There were several differences this time. First, Jack entered the tournament as the #1 seed and Kane anchored the lower draw. Second, Jack had beaten Kane more often in their most recent match-ups. The racquetball media has tried to create a rivalry between these two players over the past several years, but it proved inaccurate since Kane dominated their initial match-ups. The two separated themselves from the rest of the pack, but Kane separated himself from Jack. That has changed, however,



Juniors watch the Pros!

and Jack has worked countless hours to further develop his game and enhance his execution under pressure. The play was stellar as both players put on a show for the capacity crowd at Schaumburg Tennis Plus. In the end, it was Kane Waselenchuk winning his third consecutive year-end #1 ranking.

THANKS!

The event could not have happened without the great support staff that assisted with the event: you all made it happen! Special thanks go to Julie Vincent, Martha Huske, Liz Molitor,

Karen Denu, Carmen Browne, Donna Heinzl, Janet Christie, Patti Moser, Patti Ummel, Lynne Weisbart, John Mason and Diane Bunker for their endless hours of help at the event. Big thanks to Pat Negrete and Dennis Negrete for all the support. Also, thanks to the ISRA volunteers and to Jaime Vine and the staff of STP for their assistance.

Our congratulations and gratitude go to Jim Thurber and the staff at Forest View Racquet Club: you all did a super job hosting your first major racquetball event in quite a few years! Also, thank you to Bryan Shaw for doing the daily write-ups and contributing to this article.

The event raised \$8,000 for the Chicago chapter of the JDRF Juvenile Diabetes Research Foundation, so thanks to all the locals (and the Pros!) who competed in the Pro Am Doubles.

THE SPONSORS

Nuveen Investments and Verizon Wireless came on board in a big way with this years' event. Many thanks also to The Klimaitis Family, the Taylor Family, the Miller Family, the Minor Family and the Aderhold Family for making the event a reality.

Thanks to the AC/DC cover band Dirty Deeds for rockin' the house at the Friday night bash. Local racquetballer Sean Nelson supplied the food for the event from his fantastic restaurant, Rox's Pizza -- make sure you visit his place soon! Great beer was available at the event all week from Prairie Rock Brewery, also the host of the Saturday night party.

Last but not least, Jim Hiser and Doug Ganim deserve our gratitude -- they are true leaders in our sport and will continue to help it grow to the next level.

Support for this event continues to grow and sellout crowds enjoyed the IRT and WPRO matches all weekend. Many of the matches will be aired locally, so keep your eyes on www.irt-tour.com and www.ripitracquetball.com for air times on Comcast Sports net.

Mark your calendars for April 25-29, 2007...can't wait 'til next year!

INTERNATIONAL RACQUETBALL TOUR SCHEDULE

2006-07 SEASON

Aug. 24-27	New Orleans Louisiana T1
Sept. 7-10	Stockton, California T2
Sept. 14-17	Kansas City, Missouri T1
Sept. 21-24	Chihuahua, Mexico T3
Oct. 5-8	Bowling Green, Kentucky T1
Oct. 12-15	Toronto, Canada T1
Oct. 19-22	Madison, Wisconsin T4
Oct. 19-22	Grand Rapids, Michigan T4
Oct. 26-29	Albuquerque, New Mexico T1
Nov. 3-5	Long Island Open, New York T4
Nov. 3-5	City, TBA T1
Nov. 15-19	Memphis, Tennessee T1
Jan. 11-14	Orange County, California T1
Jan. 18-21	Long Island, New York T1
Feb. 8-11	Sioux Falls, South Dakota T2
Feb. 15-18	City, TBA T1
Feb. 22-25	San Diego, California T1
March 2-4	Scherville, Indiana T4

March 2-4	City, TBA T1
March 8-11	Colorado Springs, Colorado T1
March 15-18	City, TBA T2-4
March 22-25	Boston, Massachusetts T1
March 29-April 1	Chesapeake, Virginia T1
April 12-15	Allentown, Pennsylvania T1
April 25-29	Motorola Pro Nationals Chicago, Illinois T1

Dates Are Pending For The Following Cities:
Greensboro NC., Dallas TX., Seattle WA.,
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T3 Tier Three \$5-\$10k
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2005-2006 SEASON RANKINGS

Rank	Pro	Pts	Prev Rank	S-TD Rank
1	Waselenchuk, Kane	3248	2	1
2	Huczek, Jack	3188	1	2
3	Swain, Cliff	2243	3	3
4	Beltran, Alvaro	2213	4	4
5	Mannino, Jason	2130	5	5
6	Carson, Rocky	2100	6	6
7	Vanderson, Shane	1568	7	7
8	Thoerner, Jason	1421	8	8
9	Williams, Mitch	1166	9	9
10	Crowther, Chris	1043	11	10
11	Hawthorne, Andy	1013	12	11
12	Tucker, Josh	975	10	12
13	Herrera, Alejandro	833	14	13
14	Croft, Ben	775	16	14
15	Granberg, Aaron	710	15	15
16	Guidry, Mike	702	13	16
17	Veenstra, Kyle	652	17	17
18	Gutierrez, Polo	604	18	18
19	Gonzalez, Ruben	496	30	19
20	Clouse, Woody	494	25	20
21	Shimizu, Hiroshi	455	19	21
22	Istace, Brian	420	20	22

RHONDA RAJSICH CLAIMS #1 RANKING FOR 2005-2006 SEASON

Rhonda Rajsich, the 27-year-old diving phenom who is known for playing through broken bones, bloodied knuckles and bruised ribs, proved that consistent high level performances at every WPRO stop could earn the season ending #1 title.

Rajsich overtook Christie Van Hees for the top spot after finishing strong at the final event of the year -- the Wilson/Piper Pub Pro Nationals in Boise, Idaho. She faced Cheryl Gudinas and was defeated after five grueling games, but her appearance in the finals was enough to guarantee the #1 ranking for the 2005-2006 season.

This is the first time Rajsich has sat atop the WPRO throne, even though she has many tour titles and accolades to her credit, including 2004 & 2006 U.S. National Singles champion; 2003 U.S. Open champion; 2001 & 2005 U.S. Open finalist, and countless others since her tenure on the U.S. Junior National Team from 1994-1996. Rajsich has also been a member of the U.S. National Team and was reappointed with her win at the U.S. National Singles Championships in May. Congratulations, Rhonda!

For complete rankings, go to <http://www.ladiesproracquetball.com/rankings.htm>.

GUDINAS CAPTURES SECOND STRAIGHT TITLE AT WILSON/PIPER PUB PRO NATIONALS

The WPRO concluded its season with the 2006 Wilson/Piper Pub Pro Nationals May 11-14 in Boise, Idaho. The field was strong and boasted top players from the United States, Canada, Mexico and Japan. Last year's Pro Nationals and current U.S. Open Champion Christie Van Hees withdrew from the tournament citing a groin injury, leaving the championship up for grabs. Number 2 seed Cheryl Gudinas played nearly flawless racquetball and didn't drop a single game heading into the finals. Rhonda Rajsich (#1 seed) had a more difficult journey to the championship round, but her appearance in the finals guaranteed the Phoenix native the year-end #1 ranking for the first time in her career.

The Gudinas-Rajsich final was the fourth matchup in as many months between the two champions. Wall-hugging ceiling balls and passing shots dominated the rallies to even the score at 8-8 when Gudinas pulled away to close out Game 1. Rajsich regained the momentum in Games 2 and 3, firing drive serves and blistering kill shots to go up 2-1. Game 4 was a nailbiter, with both players coming up with tough shots to keep the crowd on the edge of their seats. Rajsich strung together a series of bone-crushing gets that have become her trademark, but they weren't enough to stave off Gudinas's pinpoint accurate passes and rally-ending kills to finish the game.

Gudinas's precision, composure and determination overtook Rajsich's pure athleticism in Game 5. Rajsich made some costly unforced errors on the forehand side, which ultimately doomed her chances of beating Gudinas on this day. After the match, Gudinas acknowledged she felt great on the court all week and that it suited her game. Rajsich graciously thanked the crowd and commended Gudinas's performance. Final results, Gudinas over Rajsich: 11-8, 6-11, 3-11, 11-8, 11-5.

The WPRO would like to acknowledge its title sponsors Wilson Sporting Goods and The Piper Pub & Grill for their generosity, as well as the contributions of our supporting sponsors: Bacardi, Spirit Distributing Co., Cyclone Sportswear, Wired 3000, DoubleTree Club Hotel, United Dairymen of Idaho, Pyramid Ales & Lagers, The Grove Hotel, The Holiday Inn - Boise, Food Services of America, Miller Lite, Advocare, Pro Kennex and Meadow Gold.

We would also like to thank Tournament Directors Sharon Brockbank and Diane Dodds and the Idaho Athletic Club's management and staff for hosting the Wilson/Piper Pub Pro Nationals.

As part of the WPRO's goodwill activities, the pro players visited young patients at St. Luke's Hospital and St. Alphonsus Hospital. Another group taught a clinic for junior high students at the local YMCA. The pros donated items for the silent auction and played with the sponsors in a Pro-Am doubles event on Thursday evening, raising nearly \$3,000 for the Idaho Ronald McDonald House, a temporary home for families of sick or injured children who are receiving treatment at Boise area hospitals.



WPRO ANNOUNCES NEW BOARD OF DIRECTORS

Silver Springs, MD - The Women's Professional Racquetball Organization (WPRO) is proud to announce its new seven-member Board of Directors for the 2006-2007 season. Brenda Kyzer (Leesville, SC), Dave Negrete (Bartlett, IL), Bobby Thore (Winston-Salem, NC), and Carl Wallace (Yazoo City, MS) have been elected to serve on the Board for a three-year term. These individuals are joined by the top two WPRO players of the 2005-2006 season, Rhonda Rajsich (#1 - Phoenix, AZ) and Cheryl Gudinas (#2 - Lisle, IL), as well as WPRO Commissioner Shannon Feaster (Silver Springs, MD).

Brenda Kyzer has played on the women's professional tour for nine seasons (1980-1984, 2001-present) and has been a member of the South Carolina Racquetball Players Association Board for three years. She is currently the official referee of the WPRO and holds seven U.S. national championships in both singles and doubles.

Dave Negrete is the Commissioner of the International Racquetball Tour (IRT). He has held this position for three years and has turned the men's tour around, boasting nearly 30 events a season at various Tier levels. Negrete was previously the president/owner of the Athletic Club of Bloomingdale and still teaches lessons and clinics at his home club on a regular basis.

Bobby Thore is a strong supporter and endorser of the WPRO and its players. He is committed to enhancing the growth and professional development of the tour through corporate partnerships and community relations. Thore is an active player on the North Carolina circuit. He was named the North Carolina Racquetball Association's Male Sportsman of the Year in 2003 and was awarded the state organization's Jan R. Stelma Contributor Award in 2005.

Carl Wallace and his wife, Marcia, are long-time friends and patrons of the WPRO. They have contributed compelling articles about the WPRO and its players for the tour's website and regularly attend stops to support the WPRO. The Wallaces also keep racquetball enthusiasts up-to-date on the tour by regularly reporting on the Meet and Play Forum.

2006-2007 WPRO EVENT SCHEDULE

Sept. 14-17	Fayetteville, NC – Outback Blast It! Pro-Am
Oct. 19-22	Gaithersburg, MD – Racquet for the Cure
Nov. 2-5	Long Island, NY – Long Island Open
Nov. 13-19	Memphis, TN – U.S. OPEN
Dec. 7-10	Arlington, VA – Christmas Classic Pro-Am
Jan. 4-7	Seattle, WA – Emerald City Open
Jan. 18-21	Stockton, CA – Superbowl Open
Feb. 8-11	Denver, CO – Racquet for the Cure
Feb. 16-18	Rawlins, WY – Pepsi Premier (T3)
Feb. 22-25	Toronto, Ontario – The Great Canadian Challenge
March 8-11	Miami, FL – Great Balls of Fire Pro-Am
May 3-6	New Orleans, LA – WPRO Pro Nationals

Tier 1 Full ranking events (\$8K+); Pro Nationals (\$10K+); Grand Slam (\$12K+);

Satellites: Tier 2 (\$6K to \$7,999.99)

Tier 3 (\$4K-\$5,999.99)

Tier 4 (\$1K to \$3,999.99)

Event dates and locations subject to change

ABOUT THE WPRO

The Women's Professional Racquetball Organization (WPRO) is the governing body of a growing membership of the highest level professional female racquetball players in the world. The WPRO is currently comprised of elite athletes representing over a dozen countries, including the United States, Mexico, Chile, Japan, Dominican Republic and Venezuela. For more information about the WPRO and its players, visit www.LadiesProRacquetball.com.



2005-2006 WPRO RANKINGS

1	Rajsich, Rhonda	777.5	29T Rollins, Haley	20
2	Gudinas, Cheryl	727.525	29T McFadden, Michelle	20
3	Van Hees, Christie	620	29T Holtslander, Khanh	20
4	Walsh, Kristen	458	29T Fonseca, Lynn	19.75
5	Grisar, Angela	448.63	35 Garcia, Claudine	19.75
6	Moore, Diane	266.5	36T Boyea, Sherron	18.75
7	Kyzer, Brenda	236	36T Baumbaugh, T.J.	18.75
8	Shattuck, Jo	224.88	36T Kadosumi, Ayako	18.75
9	Brown, Tammy	218.5	36T Neubauer, Julie	18.75
10	Fenton, Laura	172.5	36T Mi-Lee, Young	18.75
11	Acosta, Susy	137.25	41 Gopie, Jacqueline	14.375
12	Hallander, Kersten	115.5	42 Nakayama, Kazuko	13.75
13	Fisher, Adrienne	109.25	43 Fuller, Jesi	12.875
14	Powell, Lori-Jane	107.13	44T Catron, Annie	12.5
15	Fowler, Doreen	89.75	44T Earl, Michelle	12.5
16	Salas, Samantha	89.5	44T Masuyama, Rie	12.5
17	Wachtel, Kerri	77.5	47T Torres, Karen	11.875
18	Morton, Karen	69.25	47T Tsuruta, Ayako	11.875
19	Gomez, Vivian	63.75	49 Torres, Rosy	11
20	Hirobayashi, Kyoko	54.75	50T Erardi, Denny	10
21	Fisher, Kelley	48.5	50T Vonondarza, Ramona	10
22	GrandMaitre, Josee	47.51	50T Enriquez, Stephanie	10
23	Gellman, Rachel	40	53T Darnell, Sherrika	1.875
24	Enriquez, Nancy	38.75	53T Kajino, Harumi	1.875
25	Saunders, Jennifer	37.5	53T Davis, Da'monique	1.875
26	Guillemette, Veronique	32.5	53T Marenco, Marcela	1.875
27	Longoria, Paola	29.75	53T Guzman, Eleni	1.875
28	Foster, Amy	22	53T Haynes, Denise	1.875
29T	Evans, Cyd	20	53T Nunez, Paola	1.875
29T	Greene, Mimi	20	53T Lynch, Jennifer	1.875

ND STATE FEATURE

Dossier/President Bio

Married: Wife, Teresa (17 yrs.)

Children: Alex, Emily, and Matthew

- Sports Manager at Center Court Fitness Club, Grand Forks, ND
- Certified Strength and Conditioning Specialist & AmPro Certified

A few years ago I couldn't play racquetball for a few weeks due to tendonitis in my elbow... from a long weekend of Minnesota fishing. Since I am stepping down as president, I hope to have a little more time for all of the above.



MIKE ORR

NDRA

**NORTH DAKOTA
RACQUETBALL ASSOCIATION**

What would you say is the key to having a successful organization?

Committed leaders with the time, energy, and desire to make a difference, and members who are willing to express their ideas and get involved in some manner, no matter how small.

What is the number one complaint you hear as president?

Membership fees. Usually when it occurs in conjunction with registering for a tournament.

What are your most successful programs?

Currently, tournaments are our life-blood because they're our main source of revenue via memberships. The NDRA and the clubs in our state have developed consistency in what players can generally expect when playing in a sanctioned event in North Dakota. We've improved in a number of areas, especially a better understanding of the rules, refereeing, and junior participation. Tournament seeding has improved and will continue to do so as the national ranking system is utilized.

If you could share some advice to a struggling state what would it be?

Find ways to make a USA Racquetball membership valuable to league or recreational players.

There are many of those players that don't play in tournaments. This has the potential to increase membership revenue many times over. Use that extra revenue to get young players involved. Work with the clubs to provide programs and market the sport.

If your clubs are not programming your courts and providing certified instructors,

whose fault is it that the courts are empty? Where would the other club programs be without programming, education, and marketing?

What would you consider your state's greatest accomplishment during your tenure?

Our association has grown beyond just membership numbers and players are still utilizing our racquetball facilities during difficult times. Also, we were extremely pleased that North Dakota was the winner of the first USA Racquetball Membership Growth Challenge Award. I remember reading an e-mail comment from one of the other state presidents. He felt the criteria for the award was unfair because it is based on memberships per capita and states with a small population have an advantage. We live in a state with a small population distributed over a large area. Since membership is largely based on tournament players, our members often have to travel 3-6 hours to attend a weekend tournament within our state. We don't have the luxury of having hundreds of thousands or more players and many racquetball facilities in a small area. Also, as with other northern states, our players are traveling in an unpredictable winter climate during the majority of the tournament season. So I'm responding by saying every state has its own challenges. We take pride in the award regardless of the size of our state.

What makes racquetball in your state special?

The players! They are genuinely great people and fun to be around. ■

The North Dakota Racquetball Association earned the 2005 State Membership Growth Award and was recognized in the January/February issue of Racquetball Magazine.

Membership Strength: 177

Board Members

Mike Orr, President
Randy Brogren
Roger Mazurek
Wilson McLaughlin
Kelly Messer
Kurt Ross
Laura Schmidt
Matt Sturlaugson
Mike Walz

State Population: 642,000+

Major Universities

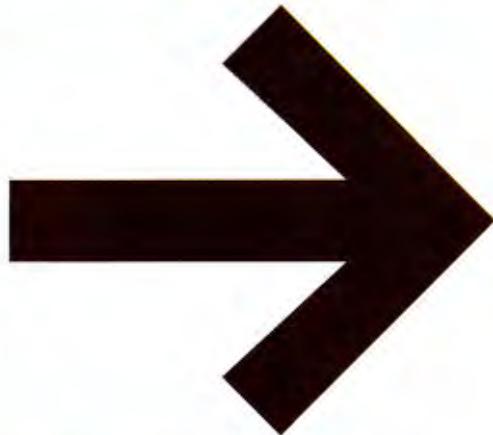
North Dakota State University
University of North Dakota
Dickinson State University
Minot State University
Bismarck State College

North Dakota Features

State Tree: American Elm
State Beverage: Milk
State Fossil: Teredo Petrified Wood
Theodore Roosevelt, Lewis and Clark, George Custer & Sitting Bull all made North Dakota a playground for adventure! The Theodore Roosevelt National Park is in the North Dakota Badlands, a natural treasure the president first visited on a hunting trip in 1883 and later established for preservation.

WHAT'S HOT & COLD

BY OTTO DIETRICH
USA RACQUETBALL NATIONAL RULES COMMISSIONER



"IF YOU GET HIT BY YOUR OWN SHOT WHILE THE BALL IS STILL IN PLAY, YOU



departments

TO PARAPHRASE A RECENT
email I received from Bob Hammond of Arcadia, CA: "If the served ball hits the front wall first and then it hits the crotch formed by the back wall and the floor, is that a good serve? Also, what if a Z-serve lands in the crotch formed by the side wall and the floor?"

OTTO SAYS: Since a shot to a crotch formed by the floor and any other surface assumes that the ball hits the floor first, then yes, they are both good serves and are therefore in play. This is covered by Rule 3.10(g). Generally, if it "rolls" away from the wall, then it can be assumed to have hit the wall first (on a serve that would be a fault), but if it "pops up" then it likely hit the floor first and would be a good serve.

BOB ALSO ASKED: During a doubles or singles rally, if I'm located immediately behind my opponent, who swings and misses the ball, and the ball touches me, is the ball is dead? Is it a point for my opponent who swung and missed, or is it to be replayed?

OTTO SAYS: Your opponent immediately wins the rally because

you were touched by your own shot. [See Rule 3.13(c) 5]

There are a few players out there who think this rule should be changed, but consider the following: Prior to changing the "hit by the ball" rule [Rule 3.14(a) 2] several years ago, whenever someone mis-hit the ball, the opposing player/team would hope that the falling ball would NOT touch them because if it did, the mis-hit would be rewarded with a replay. Seems ridiculous, doesn't it?

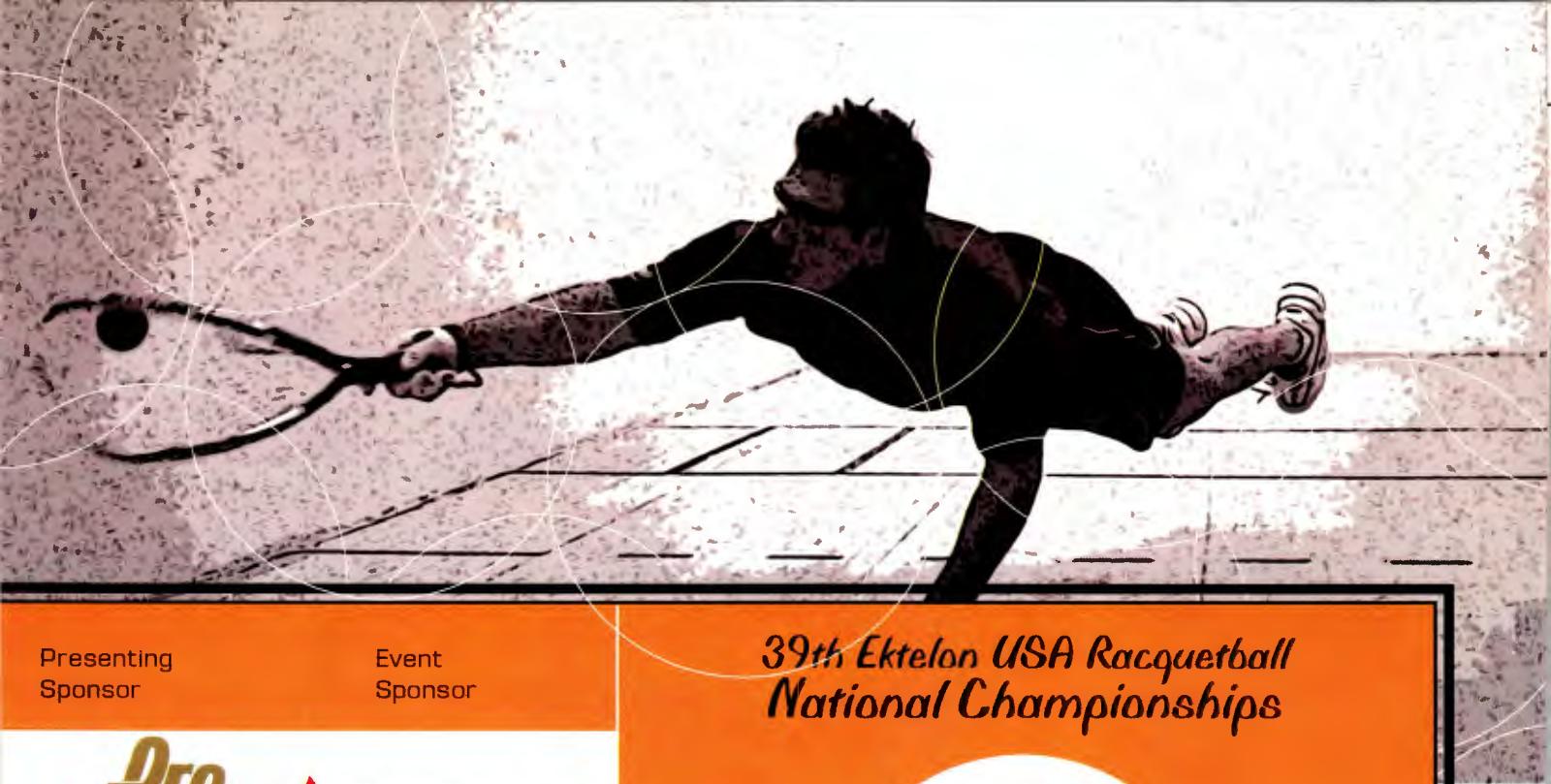
Well, we changed that rule, so that there would be no replay if the ball obviously did not have the velocity or direction to reach the front wall. That was a good way to word it, but note that it still added "judgment" into what had previously been an otherwise "black and white" call -- if it hits you, replay the rally. Now, because of this revised rule, there are times when one player shoots a very low, hard shot from 38 feet that hits the opponent in the back of the ankle some 20 feet in front of him and the guy who gets hit protests that there should be no replay since the shot "would have skipped" had it not hit him. That's where the judgment factor comes in.

So why do I bring this up? Because changing the "hit by the

ball" rule would add the same kind of "judgment" to the call whenever the offensive player gives up on a shot that passes him. What about when the ball that is technically already past him, but "maybe" the player could have turned around and hit it into the back wall, except it touches his opponent first? Who knows if he could have hit it or not? That's a difficult judgment call that would cause more hardship for the poor referee.

So I favor leaving the rule as is. If you get hit by your own shot while the ball is still in play, then you lose the rally. It's clear-cut, black and white, and very easy to call! It's a reasonable rule. ■

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



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Event
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Tournament Notes

Youngest male player – Joseph Lee (CA) – 14
Youngest female player – Kelani Bailey (VA) – 12
Oldest male player – Ben Marshall (TX) – 89
Oldest female player – Mae Rogers (CA) – 74

Number of male players – 405
Number of female players – 111
Number of lifetime members – 48
Number of matches – 1,045
Number of final matches – 87
Number of tiebreakers in finals – 27

39th Ektelon USA Racquetball National Championships

The Finals

Downtown YMCA,
Houston, TX

May 24-29, 2006

Once again, the U.S. National Singles Championships in Houston, Texas, proved to be one of the most exciting and unpredictable events of the year. Both #1 seeds in the U.S. team qualifying divisions fell short in defending their national titles.

Women's Age Brackets

The new Olympic format for women was accepted with mixed reviews. Some ladies were ecstatic with the new format and enjoyed the opportunity to gain experience against upper level players, at the same time continuing to qualify to play against competitors of the same skill level. Others thought it was a waste of time to play against the higher (or lower) ranked players and would rather have competed only against ladies in their own skill

level. The USAR Women's Council will evaluate the format and determine if future events will include a similar structure.

In the Women's 35+, Liz Alvarado easily defeated perennial finals contender Lorraine Galloway to earn her first division title. In the Women's 40+, Brenda Kyzer upset 2nd seed Debra Tisinger. Debra is always a favorite to win every event she enters, but it seemed Brenda's new training and fitness regimen proved to be the difference. As expected in the Women's 24+ and 30+, the top seeds Janel Tisinger and Rachel Gelman took home the gold. In the Women's 45's, Malia Bailey defended her national title by defeating Tisinger, demonstrating why she is considered by many to be one of the best, if not the best, age group player in the country. In the 50's, new Hall of Fame inductee Susan Pfahler was





Super Duper!

by Leo R Vasquez

The men's and women's open finals were nothing short of spectacular as two new champions emerged.

The stage was set for the women with #1 Cheryl Gudinas (Lisle, IL) attempting to claim her seventh women's open facing off against #2 Rhonda Rajsich (Phoenix, AZ). Rajsich, who recently finished the season as the year end #1 player with the Women's Professional Racquetball Organization (WPRO) by only 30 points over Gudinas, made it very clear earlier in the week that she was ready to take over.

Rajsich jumped out to a 5-0 lead in the first game. Rajsich was relentless as she forced Gudinas to shoot on the run and took a commanding 12-2 lead that found Gudinas on her heels. It took Rajsich four attempts at game point to win the first game 15-5. The second game began the same way for Rajsich as she hit a diving kill shot to go up 7-0 in the first game. Gudinas was using a drive wrap around serve that got her a few points and she climbed back in the match and made the score 5-9 trailing a confident Rajsich.

But it was all Rhonda as she was rolling balls from both sides of the court, "I was in a zone and I couldn't miss", said Rajsich. "I wanted to keep all the pressure on Cheryl, she is one of the best competitors in the game, and I had a game plan and stuck with it."

Rajsich kept Gudinas out of the box for the next four straight points and rolled a ball off the back wall to win the second game 15-6, and the match, to claim her second U.S. National Singles Racquetball Championship in the women's open division. Rhonda said, "I'm going to Disneyland and everyone is invited!"

The men were greeted to a standing room only crowd that came to witness history as defending champion #1 Jack Huczak (Rochester, MI) took on #2 Rocky Carson (Ladera Ranch, CA) in the Men's open division. Rocky won the coin toss and established the "Rocky Serve" which is a half-z serve to the left side of the court that forced Jack to shoot from the back left corner. Rocky started out with a commanding 5-0 lead that saw Jack in an unfamiliar position trailing in the first game. Jack typically known for his accurate and powerful backhand had trouble finding his groove and looked a little off, but fought his way to 7-6 lead. Jack uncharacteristically skipped a few forehands that are normally winners and Rocky built a comfortable cushion at 12-9. In the end, Jack hit a pinch that popped up and Rocky pushed the ball into the right front corner to win the first game 15-10.

Game two saw a more intense Huczak as he mounted a 4-0 lead in the second game. Rocky fought back and tied it at 4-4 with some unforced errors from Jack. The score stayed tight all the way throughout the second game until Rocky found himself up 10-5. Then Rocky caught a bad case of "skippies" and Jack found himself climbing back into the game and bringing the score to 14-13. Rocky finished the second game 15-13.

The tiebreaker was all or nothing for both players as Jack had trouble returning the "Rocky Serve" Rocky went ahead 6-0. Jack brought the lob z serve to Rocky's forehand and found a few points to get the score to 6-2. Jack then skipped another backhand, and then another to give Rocky an 9-3 lead. After two dives from Rocky, Jack was out of position as the ball passed him to end the tie-breaker 11-3. Fans stormed the court for photos and grab an autograph from Rocky who won his third U.S. National Singles Championship. "I played my best racquetball this week" stated Rocky. "I guess I'll be going to Disneyland with Rhonda", said Carson.

able to recover from her night of celebration, defeating Marcia Richards in the finals. The women's 50/60 and 65/70 event went much as expected with Elaine Dexter, Merijean Kelley, Mildred Gwinn and Mae Rogers winning their respective divisions.

Men's Age Brackets

A surprising story in the men's age brackets was the return of Aaron Metcalf from Florida after a year's absence. Aaron won the Men's 30+ Division and took third in the very competitive Men's 35+ Division. In the Men's 35+, Keith Minor and Jimmy Lowe met once again (they also played in last year's finals) with Jimmy squeaking out an 11-8 tiebreaker win. Keith was more fortunate in the Men's 40+ where he met good friend John Amatulli in the finals. John had beaten Keith in the Chicagoland Regionals but Keith's game was at its best in Houston and he easily defeated John, 5 and 4. The 45's and 50's went as expected with Ruben Gonzalez defeating Tom Hansen and Tom Travers respectively. Russ Montague successfully defended his Men's 55+ title while Ed Remen, as expected, won his first Men's 60+ title. In the Men's 65+, Warren Reuther upset the #2 seed in the first round, going on to take the championship over unseeded Al Miller, 10-10 in the tiebreaker. Also surprising was the win of David Lind of Michigan in the Men's 70+. David upset #1 seed Dave Snyder in the semifinals and then easily beat unseeded Francis Flowers in the finals (2,1), who had upset long-time national champion Don Alt. In the 75/80/85 group, top seeds John O'Donnell Jr, J.W. Studak and Bob McAdams won their respective divisions.

Skill Divisions - Juniors Show Up

Outstanding performances by juniors punctuated the skill divisions. In the Women's A, 17-year-old Sharon Jackson took the title. Kelani Bailey (aged 12) placed fourth in Women's D in her very first national event. Lily Berry placed 4th in the Women's B Blue division. In the Men's 24-A, Brandon Stanley defeated up-and-coming 14-year-old Joseph Lee in the finals. ■



Hall of Fame
From left to right -
Connie Martin,
Susan Pfahler,
Mary Lyons



Racquetball's Finest
Service Men & Women



Leo Vasquez
accepts cell phone
from Shawn Royster



Master of Ceremonies
Shawn Royster



Halverson Fair Play
Holly Remen



Peggy Steding Award
Debbie Tisinger



State Presidents Award
Jeff Zinga



Joe Sobek Contributor
Dave Ellis



Male Age Group
Jimmy Lowe



Athlete of the Year
Jack Huczak



Athlete of the Year
Cheryl Gudinas

Banquet & Awards Ceremony

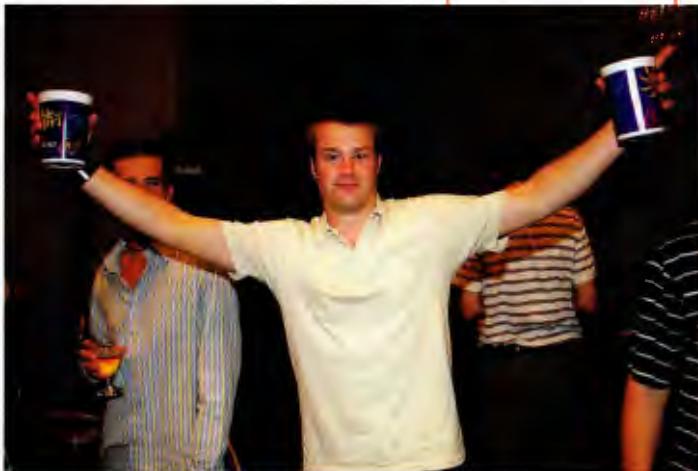
by Leo R Vasquez

The Racquetball Night To Remember Awards Banquet at the Hyatt on Saturday night was standing room only, as racquetball players were treated to a first class menu and live entertainment. Shawn Royster hosted the event as awards were given out to athletes of the year, contributors and career achievers. The end of the awards presentation concluded with a Hall of Fame induction ceremony that was second to none.

Shawn, along with his production company, Royster Productions Inc., was responsible for the high-tech video presentations that were played on the giant screens during the ceremony that electrified players with heart throbbing music and fast action shots of great players over the years. Congratulations to all the winners and especially newly elected Hall of Fame members, Connie Martin, Susan Pfahler and Mary Lyons. ■

Viva Las Vegas

The Friday evening Casino night and Texas Hold 'Em Poker event at the Hyatt was filled with racquetball players trying to win it all at blackjack, craps, and roulette. In the end players cashed in their chips for tickets and were given the chance to win some cool prizes from HEAD/Penn.



Ladies Night

by Linda Mojer



From left to right - Lorraine Calloway, Marcia Richards, Jean Gallagher, Linda Mojer, Malia Barley, Cheryl Kirk

The Thursday evening Ladies Night Out! event at the Hyatt was standing room only, when over 50 female entrants enjoyed their own special cocktail hour, along with a chance to win prizes, donate to a raffle, test their trivia skills and pick up Racquet for the Cure freebies. The evening was hosted by the USAR's Women's Council, which also took the opportunity to promote special initiatives to increase women's participation nationwide, and to introduce the group to the Racquet for the Cure series of fundraisers.

To jump-start the festivities, Wilson's latest promotional poster was unveiled, featuring top age-group player (and board member, and former national team member) Malia Bailey, whose two-year battle with breast cancer is an inspiration to the entire racquetball community. Citing that her fight was fueled by her dedication to the sport — and her goal of playing again at the national level — Ms. Bailey shared her account of successfully battling the deadly disease. Want that same inspiration? Look up her results!

Malia went on to introduce current Women's Council chairman, Lorraine Galloway, who had just concluded a term on the USAR Board of Directors. Lorraine accepted a gift and thank-you card from the Council, and reported that the influx of women's players at nationals had doubled from just a year ago — going

from 50+ to over 111 in 2006. Just some of the initiatives were to adopt the Olympic format for women's competition, host the special party on site, and to support the Racquet for the Cure series of events, based out of Denver.

Remaining speakers included recently-elected board member Cheryl Kirk, who had participated in a special RFTC event in Peoria this year; Brenda Kyzer, representing the WPRO; and Jean Gallagher, who spoke about the historical development of Racquet for the Cure events. At the same time, organizers ran trivia contests, awarded prizes and conducted a raffle for one of Ektelon's signature pink racquets. In all, the evening offered a great time — PLUS it raised over \$500 for the Susan G. Komen Foundation, in a quick series of well-received donor projects and giveaways spearheaded by Colorado state president Marcia Richards.

The RFTC organizers capped the evening with a souvenir t-shirt giveaway from past events, and USAR Executive Director Jim Hiser closed with remarks that contained both a challenge to everyone to "step up" for the cause, and his own promise to support the RFTC series in whatever way he could over the coming year. ■



Singles 06 Results

Men's Singles Open - Single Elimination

1st Rocky Carson - Ladera Ranch, Calif. DEF.
Jack Huczak - Mich.
3rd Shane Vanderson - Dublin, Ohio DEF.
Jason Thoerner - Pekin, Ill.

Men's Singles Elite - Single Elimination

1st Marcelo Laprea - College Station, Texas DEF.
Cesar Castro - College Station, Texas.
3rd CJ Shaffer - San Antonio, Texas DEF.
Raymond Maestas - Albuquerque, N.M.

Men's Singles A - Single Elimination

1st Mark Davis - Clearwater, Fla. DEF.
Ignacio Jaimes - Corinth, Texas
3rd Kipp Atwell - Denham Springs, La. DEF.
Jason Utesch - Theodore, Ala.

Men's Singles B - Single Elimination

1st Kevin Mcallister - Valley Center, Calif. DEF.
Bryan Shaw - Bel-nor, Mo.
3rd Curtis Morgan - Apo Ae DEF.
Gonzalo Castillo - Bedford, Texas

Men's Singles C - Single Elimination

1st Don Russell - Hernando, Miss. DEF.
Joe Wendeborn - Tomball, Texas
3rd Craig Dickensheets - Albuquerque, N.M. DEF.
Raul Henao - Houston, Texas

Men's Singles D - Single Elimination

1st Dave Grigsby - Canton, Ill. DEF.
Ross Dusenbury - Arlington, Texas
3rd Steven Markey - York, Pa. DEF.
Larry Stepp - Beaver, Pa.

Men's Age 24- - Single Elimination

1st Andy Hawthorne - Tallmadge, OH. DEF.
Micah Rich - Paradise, CA
3rd Patric Mascorro - Houston, TX. DEF.
Cesar Castro - College Station, Texas.

Men's Age 24- A - Single Elimination

1st Brandon Stanley - Baton Rouge, LA. DEF.
Joseph Lee - Baton Rouge, LA.
2nd Jorge Nassar - Gloucester, Mass. DEF.
Andrew Clarke - Albuquerque, N.M.

Men's Age 24- B - Single Elimination

1st Alejandro Ron - Colo. DEF.
Nathan Johnson - Flint, Texas
3rd Miguel Wiggins - Albuquerque, N.M. DEF.
Darren Castro - Las Cruces, N.M.

Men's Age 24- C - Single Elimination

1st Paul Burningham - Eugene, Ore. DEF.
Ross Dusenbury - Arlington, Texas
3rd Raul Henao - Houston, Texas DEF.
Michael Loudin - Houston, Texas

Men's Age 25+ - Single Elimination

1st Mike Harmon - Sarasota, Fla. DEF.
James Swift - Sacramento, Calif.
3rd CJ Shaffer - San Antonio, Texas DEF.
Jason Sylvester - Monroe, N.Y.

Men's Age 25+ A - Single Elimination

1st Mike Patalano - Warwick, R.I. DEF.
John Cole - Topeka, Kan.
3rd Eric Vought - Powell, Ohio DEF.
Austin Babb - Fayetteville, N.C.

Men's Age 25+ B - Round Robin

1st Aditya Ekbote - Austin, Texas
2nd Chris Jorgensen - Phoenix, Ariz.
3rd Terry Lambright - Leesville, La.

Men's Age M25/30C - Round Robin

1st Gilberto Villanes - Scottsdale, Ariz.
2nd Michael Welch - LaPorte, Texas
3rd Scott Lagow - Mansfield, Texas

Men's Age 30+ - Single Elimination

1st Aaron Metcalf - Jacksonville, Fla. DEF.
Raymond Maestas - Albuquerque, N.M.

3rd Arturo Burruel - Grapevine, Texas DEF.
Eddie Sada - Weslaco, Texas

Men's Age 30+ A - Single Elimination

1st Kipp Atwell - Denham Springs, La. DEF.
Bill Pobega - Pepper Pike, Ohio
3rd Elliott Mistich Jr. - Belle Chasse, La. DEF.
Alex Ma - Lake Dallas, Texas

Men's Age 30+ B - Round Robin

1st John Welsh - Wellington, Fla.
2nd Mark Ruiz - Kingwood, Texas
3rd Terry Lambright - Leesville, La.

Men's Age 35+ - Single Elimination

1st Jimmy Lowe - Wahiawa, Hawaii DEF.
Keith Minor - Channahon, Ill.
3rd Aaron Metcalf - Jacksonville, Fla. DEF.
Pedro Aranda - Houston, Texas

Men's Age 35+ A - Single Elimination

1st Jeffrey Waters - San Antonio, Texas DEF.
Paul Julbes - San Antonio, Texas
3rd Elliott Mistich Jr. - Belle Chasse, La. DEF.
Julio Estrada - Ft. Walton, Fla.

Men's Age 35+ B - Single Elimination

1st Mark Ruiz - Kingwood, Texas DEF.
Roger Hertzberg - Humble, Texas
3rd Mark Townsend - Houston, Texas DEF.
Jon Davis - North Pole, Alaska

Men's Age 35+ C - Single Elimination

1st Stanley Trent - Mt Juliet, Tenn. DEF.
Craig Dickensheets - Albuquerque, N.M.
3rd Carter Jaynes - San Antonio, Texas DEF.
Chris Thomas - Centerton, Ark.

Men's Age 40+ - Single Elimination

1st Keith Minor - Channahon, Ill. DEF.
John Amatulli - St. John, Ind.
3rd Jim Minked, Dallas, Texas DEF.
Jimmy Lowe, Hawaii

**Men's Age 40+ A - Single Elimination**

1st Ray Cordero - Colorado Springs, Colo. DEF
Mario Curiel - Haltom City, Texas
3rd Eduardo Munoz - Pflugerville, Texas DEF
Jeff Norblade - Flower Mound, Texas

Men's Age 40+ B - Single Elimination

1st Roger Hertzberg - Humble, Texas DEF
Robert Cole - Oklahoma City, Okla.
3rd Kevin McAllister - Valley Center, Calif. DEF
Ruben Martinez - Houston, Texas

Men's Age 40+ C - Single Elimination

1st Greg Labrie - Hudson, N.H. DEF
Paul Kochanowsky - Tallahassee, Fla.
3rd Erano Vasquez - Belle Chasse, La. DEF
Jeff Zegna - Newark, Del.

Men's Age 45+ - Single Elimination

1st Ruben Gonzalez - Staten Island, N.Y. DEF
Tim Hansen - Greenacres, Fla.
3rd Ken Stone - Pleasanton, Calif. DEF
Ivan Sanchez - San Antonio, Texas

Men's Age 45+ A - Single Elimination

1st Tyrone Gilmore - San Diego, Calif. DEF
Rick Scott - Houston, Texas
3rd Jim Durham - Fresno, Calif. DEF
Watmora Casey

Men's Age 45+ B - Single Elimination

1st Karl Wendt - Victoria, Texas DEF
David Michalek - Felton, Del.
3rd Richard Golden - Plano, Texas DEF
Bruce Adams - Tulsa, Okla.

Men's Age 45+ C - Round Robin

1st David Stewart - Houston, Texas
2nd Francisco Martinez - Houston, Texas
Donald Ramirez - St. Robert, Mo.

Men's Age 50+ - Single Elimination

1st Ruben Gonzalez - Staten Island, N.Y. DEF
Tom Travers - Delray Beach, Fla.
3rd Mark Baron - Herndon, Va. DEF
Ken Smith - Yukon, Okla.

Men's Age 50+ A - Single Elimination

1st Edward Fink - Houston, Texas DEF
Joe Clinton Clinton - Killeen, Texas
3rd Rick Betts - Malibu, Calif. DEF
William Cooper - Odenton, Md.

Men's Age 50+ B - Single Elimination

1st Bobby Robertson - Houston, Texas DEF
James Campbell - Roanoke, Va.
3rd Larry Hicks - Vine Grove, Ky. DEF
Timothy Wiley - Darlington, Pa.

Men's Age 50+ C - Single Elimination

1st Steven Markey - York, Pa. DEF
John Mullins - Kingwood, Texas
3rd Tony Ussery - Albuquerque, N.M. DEF
Bob Fulton - Flower Mound, Texas

Men's Age 55+ - Single Elimination

1st Russ Montague - Jenkintown, Pa. DEF
Russell Mannino - Poway, Calif.
3rd Joe Lee - Honolulu, Hawaii DEF
Jim Bailey - Norfolk, Va.

Men's Age 55+ A - Single Elimination

1st Tony Garcia - Brownsville, Texas DEF
Terry Wells - Tomball, Texas
3rd Pete Harvey - Waterford, Mich. DEF
Richard Freed - Bellaire, Texas

Men's Age 55+ B - Single Elimination

1st Bobby Robertson - Houston, Texas DEF
Tom Curran - Cincinnati, Ohio
3rd Randy Williams - Kingwood, Texas DEF
Ron Marr - Elizabethtown, Ky.

Men's Age 55+ C - Single Elimination

1st Dave Grigsby - Canton, Ill. DEF
George Jackson - Houston, Texas
3rd Martin Posey - The Woodlands, Texas DEF
Gary Wilson - Yorba Linda, Calif.

Men's Age 60+ - Single Elimination

1st Ed Remen - Apex, N.C. DEF
Mickey Bellah - Laguna Hills, Calif.
3rd Fred Letter, S. Plainfield, Nevada DEF
Fred Parra Cibilo, Texas

Men's Age 60+ B - Single Elimination

1st Hank Estrada - Alta Loma, Calif. DEF
John Bryant - The Woodlands, Texas
3rd Leon Stanley - Hampton Cove, Ala. DEF
Don Childs - Alvin, Texas

Men's Age 60+ C - Single Elimination

1st Ronald Maestas - Las Vegas, N.M. DEF
Ronald Bouchard - Bedford, N.H.

Men's Age 65+ - Single Elimination

1st Warren Reuther - New Orleans, La. DEF
Al Miller - Wooster, Ohio

Men's Age 70+ - Single Elimination

1st David Lund - Lansing, Mich. DEF
Francis Florey - Superior,
3rd Dave Snyder - Austin, Texas DEF
Don Alt - Dublin, Ohio

Men's Age M75/80/85 - Round Robin

1st John O'Donnell Jr. - Champaign, Ill.
2nd Charles Kaiser - Pickerington, Ohio
3rd Joseph Miller - Miami, Fla.



Singles 06 Results

Women's Singles Open - Single Elimination

1st Rhonda Rajsich - Phoenix, Ariz. DEF.
Cheryl Gudinas - Lisle, Ill.
3rd Tammy Brown - Boise, Idaho DEF.
Kristen Walsh - Salt Lake City, Utah
2nd Charles Kaiser - Pickerington, Ohio
3rd Joseph Miller - Miami, Fla.

Women's Singles Open - Single Elimination

1st Rhonda Rajsich - Phoenix, Ariz. DEF.
Cheryl Gudinas - Lisle, Ill.
3rd Tammy Brown - Boise, Idaho DEF.
Kristen Walsh - Salt Lake City, Utah

Women's Singles Elite Gold

1st Keely Franks - Euless, Texas DEF.
Kara Mazur - Avon, Conn.
3rd Charlie Renken - Houston, Texas DEF.
Shari Coplen - St. Louis, Mo.

Women's Singles Elite Red

1st Genevieve Washington-Cincinnati, Ohio DEF.
Kimberly Ferina-Bethpage, N.Y.
3rd Laura Brandt - Southwest Ranches, Fla. DEF.
Kaylee Pfennig - Salem, Ore.

Women's Singles Elite White

1st Isabel Nagelin - Clifton, Va. DEF.
Leah Upshaw - Evans, Ga.

Women's Singles A Gold

1st Sharon Jackson - Shelbyville, Ind. DEF.
Lia Sullins - Houston, Texas
3rd Sarah Nelzen - Magnolia, Texas DEF.
Sherri Treadway - Magnolia, Texas

Women's Singles A Blue

1st Elizabeth Shaia - Round Rock, Texas DEF.
Teri Labrie - Hudson, N.H.
3rd Christa Davis - Houston, Texas DEF.
Lynn Yeazell - Naperville, Ill.

Women's Singles A Red

1st Debralynn Kahikina - West Hills, Calif. DEF.
Hope Cain - Plum Borough, Pa.
3rd Thao Le - Herndon, Va. DEF.
Carolyn Watkins - Chicago, Ill.

Women's Singles B Gold

1st Marci Davis - Murfreesboro, Tenn. DEF.
Jenny Marts - Wichita, Kan.
3rd Jody Heming - Ellicott City, Md. DEF.
Allison Dauer - Coral Springs, Fla.

Women's Singles B Blue

1st Rhonda Haselbarth - Pasadena, TX DEF.
JoAnna Reyes-Corpus Christi, TX.
3rd Elizabeth Burruel - Grapevine, Texas DEF.
Lily Berry - Columbus, Ohio

Women's Singles B Red

1st Kristina Jennings - College Station, Texas DEF.
Richelle Kulju - Seattle, Wash.
3rd Kim Roy - Tampa Bay, Fla. DEF.
Debbie Roberson - Austin, Texas

Women's Singles B White

1st Rosie Gonzalez - Corpus Christi, Texas DEF.
Patti Baldrick - Powell, Ohio
3rd Sarah Sockolof - Bedminster, N.J. DEF.
Ly Abbott - Homer, Alaska

Women's Singles C Gold

1st Dorette Rynkiewicz - Columbia, Md. DEF.
Carolyn Becker - Cranford, N.J.
3rd Venita Mitchell - San Antonio, Texas DEF.
Tracie Valentine - Columbia, Md.

Women's Singles C Red

1st Kimberly Wilson - Beaumont, Texas DEF.
Jennifer Belger - Kingwood, Texas
3rd Janet Christie - Schaumburg, Ill. DEF.
Diane Wilson

Women's Singles D Gold

1st Alison Dooley - Huntington, N.Y. DEF.
Nancy Davis - St Louis, Mo.
3rd Lauren Abaii - San Antonio, Texas DEF.
Kelani Bailey - Norfolk, Va.

Women's Singles D Red

1st Lindsay Liles - Richardson, Texas DEF.
Beatriz Bowen - Corpus Christi, Texas
3rd Allison Gabbert - Houston, Texas DEF.
Hayley Howard - Huntsville, Ala.

Women's Singles D White

1st Lanece Lisenby - Arlington, Texas DEF.
Amelia De La Garza - Austin, Texas

Women's Age W24

1st Janel Tisinger - Simi Valley, Calif. DEF.
Sherrika Darnell - El Dorado Hills, Calif.
3rd Kristina Jennings - College Station, Texas DEF.
Kaylee Pfennig - Salem, Ore.

Women's Age W24B

1st Carolyn Becker - Cranford, N.J. DEF.
Lauren Abaii - San Antonio, Texas
3rd Alison Dooley - Huntington, N.Y. DEF.
Amelia De La Garza - Austin, Texas

Women's Age W24C

1st Lindsay Liles - Richardson, Texas DEF.
Lily Berry - Columbus, Ohio

Women's Age W30

1st Rachel Gellman - El Mirage, Ariz. DEF.
Vivian Gomez - Miami, Fla.
3rd Kimberly Ferina - Bethpage, N.Y. DEF.
Tina Hagen - Colorado Springs, Colo.

Women's Age W30A

1st Jenny Marts - Wichita, Kan. DEF.
Kim Roy - Tampa Bay, Fla.
3rd Jennifer Belger - Kingwood, Texas DEF.
Tracie Valentine - Columbia, Md.



Women's Age W30B

1st Tish Rodgers - Wylie, Texas DEF.
Nancy Davis - St Louis, Mo.

Women's Age W35

1st Liz Alvarado - San Antonio, Texas DEF.
Lorraine Galloway - Hempstead, N.Y.
3rd Lourdes Sanders - San Antonio, Texas DEF.
Diane Moore - Griffith, Ind.

Women's Age W35A

1st Christa Davis - Houston, Texas DEF.
Hope Cain - Plum Borough, Pa.
3rd Lynn Yeazell - Naperville, Ill. DEF.
Thao Le - Herndon, Va.

Women's Age W35B

1st Elizabeth Burruel - Grapevine, Texas DEF.
Kimberly Wilson - Beaumont, Texas
3rd Lanece Lisenby - Arlington, Texas DEF.
Beatriz Bowen - Corpus Christi, Texas

Women's Age W35C

1st Carolyn Watkins - Chicago, Ill. DEF.
Allison Gabbert - Houston, Texas

Women's Age W40

1st Brenda Kyzer - Leesville, S.C. DEF. Debra Tisinger - Simi, Calif.
3rd Lorraine Galloway - Hempstead, N.Y. DEF.
Lisa Hjelm - Sacramento, Calif.

Women's Age W40A

1st Holly Remen - Apex, N.C. DEF.
Genevieve Washington - Cincinnati, Ohio
3rd Jacqueline Gopie - Coral Gables, Fla. DEF.
Charlie Renken - Houston, Texas

Women's Age W40B

1st Sherri Treadway - Magnolia, Texas DEF.
Teri Labrie - Hudson, N.H.
3rd Laura Brandt - SW Ranches, Fla. DEF.
Jean Gallagher - Littleton, Colo.

Women's Age W40C

1st Leah Upshaw - Evans, Ga. DEF.
Rhonda Haselbarth - Pasadena, Texas

Women's Age W45

1st Malia Bailey - Norfolk, Va. DEF.
Debra Tisinger - Simi, Calif.
3rd Linda Moore - Madison, Neb. DEF.
Jackie Gopie - Coral Gables, Fla.

Women's Age W45A

1st Marcia Richards - Littleton, Colo. DEF.
Melody Gorno - Trenton, Mich.
3rd Shari Coplen - St. Louis, Mo. DEF.
Jere Luttner - Arlington, Texas

Women's Age W45B

1st Therese Lewis - Tulsa, Okla. DEF.
Renee Fish - Dunedin, Fla.
3rd Rosie Gonzalez - Corpus Christi, Texas DEF.
Venita Mitchell - SA, Texas

Women's Age W45C

1st Debbie Roberson - Austin, Texas DEF.
Ly Abbott - Homer, Alaska

Women's Age W50

1st Susan Pfahler - Nep Beach, Fla. DEF.
Marcia Richards - Littleton, Colo.
3rd Marsha Berry - Louisville, Ky. DEF.
Elaine Dexter - Pleasanton, Calif.

Women's Age W50A

1st Connie Martin - Ore. DEF.
Jean Trimble - Orlando, Fla.
3rd Debbie Chaney - Indianapolis, Ind.
DEF Jere Luttner - Arlington, Texas

Women's Age W50B

1st Isabel Nagelin - Clifton, Va. DEF.
Renee Fish - Dunedin, Fla.
3rd Patti Baldrick - Powell, Ohio DEF.
Paula Lemon - Broken Arrow, Okla.

Women's Age W50C

1st Dorette Rynkiewicz -Columbia, Md. DEF.
Janet Christie - Schaumburg, Ill.
3rd Michele George - Sacramento, Calif. DEF.
Cheryl Kirk - Naperville, Ill.

Women's Age W55

1st Elaine Dexter - Pleasanton, Calif. DEF.
Terry Rogers - San Mateo, Calif.
3rd Merijean Kelley - Palo Alto, Calif. DEF.
Sharon Huczak - Rochester, Mich.

Women's Age W55B

1st Sandra Gross - Cordova, Tenn. DEF.
Paula Lemon - Broken Arrow, Okla.
3rd Cece Palaski - Ranchos De Taos, N.M.
DEF
Patricia Schof - Kenner, La.

Women's Age W60

1st Merijean Kelley - Palo Alto, Calif. DEF.
Clarita Parra - Cibolo, Texas
3rd Nidia Funes - Novato, Calif. DEF.
Gail Schaefer - Randallstown, Md.

Women's Age W60A

1st Cece Palaski - Ranchos De Taos, N.M. DEF.
Mildred Gwinn - Waxhaw, North Carolina

Women's Age W65/70 - Round Robin

1st Marquita Molina - Wasco, Calif.
2nd Mildred Gwinn - Waxhaw, North Carolina
3rd Nancy Butts - La Crosse, Wisc.

COURT SPECIAL CLUB

Fitness Facts
Court Maintenance
New Members
Leagues
Insurance
Directory of Companies
Sanctioning Benefits
AND MUCH MORE!

Calories Burned in 30 Minutes

30

Activity	100lbs	120lbs	140lbs	160lbs	180lbs	200lbs	220lbs	240lbs
Racquetball	239	279	326	382	419	465	512	570
Aerobic Light	115	147	173	195	220	246	271	294
Aerobic Vigorous	169	203	237	256	290	327	365	400
Aerobic - Water	101	122	142	162	182	203	223	243
Bicycling - Moderate 13mph	180	216	252	288	324	360	396	432
Golf - Carrying Clubs	124	149	173	198	223	248	272	297
Karate/Kick Boxing	245	293	342	390	440	490	539	582
Running - Machine Moderate	161	190	223	255	288	324	364	400
Running - 12 min mile	180	216	252	288	324	360	396	432
Running - 10 min mile	225	270	315	360	405	450	495	540
Running - 9 min mile	285	342	395	450	503	559	614	668
Stationary Cycle - Moderate	158	189	221	252	284	315	347	378
Stationary Cycle - Vigorous	236	284	331	378	425	473	520	567
Swimming - Slow Freestyle	180	213	247	283	318	354	387	417
Swimming - Fast Freestyle	218	263	305	349	393	446	480	528
Tennis - Singles	180	216	252	288	324	360	396	432
Tennis - Doubles	135	162	189	216	243	270	297	324
Walking Slow - 2 mph	61	74	88	101	114	127	140	153
Walking Moderate - 3 mph	91	108	129	143	160	180	196	213
Walking Fast - 4 mph	118	140	161	186	210	235	257	278
Weight Training - Circuit	180	216	252	288	324	360	396	432
Weight Training - Free Weights	125	150	125	201	225	250	276	300
Yoga	80	105	121	139	156	174	192	209

► court club special

→ HOW TO GET A NEW MEMBER INVOLVED

BY FRAN DAVIS

A: When I was the Racquetball Director at What a Racquet A.C (now Fitness West), Daly City, CA I did just that...got "NEW" members involved in racquetball all the time. It was AWESOME.

I believe the most important thing you need to do is to make sure you are EXCITED and ENTHUSIASTIC about racquetball....that PASSION & that ENERGY will come through loud and clear to that new member. It will be contagious.

Here's exactly what I did when that new member joined:

1 I read over their membership application and information sheet so I would have a little background and I would know what their goals and interests were.

2 I called each one of them personally.

3 I introduced myself and told them what my position at the club was and my role.

4 I told each and everyone of them how RACQUETBALL could help them reach their goals:

- a** They could lose weight....you burn 600 calories per hour playing
- b** It was a GREAT workout and FUN....ALLOT more fun than the stair master or treadmill.
- c** It was exciting and competitive, if you knew they liked competition.
- d** Racquetball was social...clinics, round robins, challenge courts, leagues or even in-house tournaments.



5 I offered a FREE Introductory one on one lesson or a FREE one evening clinic where they could learn the rules and how to play.

I showed a clip from the US Open so they could see how exciting racquetball was.

I showed them a clip of "Building Your Racquetball Dream House" video to show them there is a tool out there that can teach them everything they needed to know about racquetball.

6 Offer a 6 to 8 week Group Lesson Package at a nominal fee...include a racquet, ball, and eyeguards.

*if they signed up the night of the FREE Introductory Lesson or Clinic they would receive \$10 off the price.

7 Hand out FREE Guest Passes to your new members which includes a FREE Introductory Clinic for their guest, friends and family.

8 After the 6 to 8 week Group Lesson Series place them into their VERY OWN beginner league.

9 If after reading over their membership application you discover they have children offer them a FREE Introductory Jr. Clinic

on a Saturday morning. Hand out FREE Guest Passes to them so their kids can bring their friends.

10 Make sure you have follow up programs to get them involved in:

- a** Advanced Group Lesson Series
- b** Beginner League
- c** One day or one evening Round Robin shoot out
- d** One evening Shuttle League
- e** Beginner Challenge Court
- f** One evening Mixers with a "food theme"...pot luck

The key element to getting a new member involved is for you to hold their hand and guide them. Make sure you make them feel safe and at ease. People are creatures of habit, and love routine. Get them into a racquetball routine and get them committed...they will THANK you, because through racquetball they will reach their goals and then some.

Hope to see some of your New Members at one of my camps for live personal instruction or the next best thing have them buy one of my videos if they can't make a camp at this time. Go to www.FranDavisRacquetball.com for details on both the video and camps.

WHAT TO TEACH THE NEW MEMBER



As a dedicated racquetball player receiving this magazine, it is your duty to introduce people you know to our great game. Seems easy, but it's not. You have to be dedicated enough to take that friend to the club several times within a short period, and play or just hit with them when they are not very good. We all know this can be frustrating or just plain not very fun. But, because our game needs more players to keep the industry moving forward, increase competition and because racquetball deserves it!! This game is so exciting and most people realize it after they've been introduced to racquetball by a true racquetball player. It does not matter what age.

Let me help all of you by offering up a few pointers on how to keep a new player excited about the game while they are learning how to play. Remember, most people are not naturals at racquetball the first time, often feeling clumsy and embarrassed. These pointers will help ease your friend into racquetball

and hopefully start them off to becoming lifelong racquetball players.

Key Point #1: Make sure you provide your friend with good quality loaner equipment. Don't force them to start with a super old racquet, no gloves and a goofy pair of eye guards. Make them feel like a player with good equipment.

Key Point #2: Don't put them on the glass court! At least for the first three to five sessions, you should do your hitting and playing on a back court with no glass. Trust me on this one. This point is the most important aspect to having your friend survive the first couple of tries.

Key Point #3: The first two sessions should be about just hitting the ball. There is no need to keep score unless they pick it up quick and want to try a game. After session one, explain the basic rules of racquetball: scoring, serving, illegal shots, hinders, etc. During session two, have them try to hit a few different types of serves. Session two also should include a few pointers on the basics of holding the racquet and hitting a forehand and backhand.

Key Point #4: By the third session, you should be ready to play points with your friend. Take it easy on them even if it's a friend you are very competitive with. If they are good right off the bat, then you will know and that will be great because you will have a new playing partner. Most times, this is not the case. Allow your

friend to serve many times in a row so they can understand the feeling of scoring. Again, let them win a few points. Having fun at this stage is the key. Make that happen based on your friend's personality. Once they understand the competitiveness of racquetball they will lose their fear of embarrassment on the court.

Key Point #5: Stay consistent in playing with your friend for about a month. Once that month is up, help set up another match or at least invite another player into the mix. It's important to get that friend playing with other people. Once they are comfortable branching out to other players, then you're home free and you've done your job creating a racquetball player.

Key Point #6: Make sure they know early on about the tournament schedule for your club and state. The earlier a new racquetball player signs up for a tournament, the more likely they are to lose the fear of playing new people and playing with people watching. Tournament play will also help them learn the game by just watching all the different levels of play.

Apply these steps with a friend you know will be open to trying out racquetball. Be passionate about your love for the game, but not overbearing. Make the process about your friend and not about how good you are at the game. These pointers are the same for junior players with friends at school who have never tried racquetball. You're never too young to promote the greatest game in the world!

COURT MAINTENANCE

KEEPING UP WITH UPKEEP

BY RANDY STAFFORD

▲ court club special



FACT #1: OUR SPORT IS PLAYED ON A COURT

FACT #2: WE NEED THAT COURT TO PERFORM PROPERLY!

Welcome to the fascinating world of court maintenance!

This article will describe how to keep your courts in tip-top performance shape. Maintenance completed on a daily basis and partnered with a comprehensive longer-term plan can keep your courts in mint condition for years...

WALLS

A court typically has either a panel "dry wall" type of system or a "wet wall" system (the latter is usually referred to as plaster walls). Since the most common type of system is a panel system, we'll start there...

PANEL

Panels are composed of plastic laminate similar to kitchen table tops and therefore are cleaned the same way. To remove ball and racquet marks, try a clean towel with water first. You can also use products like 409 or Fantastic; they will remove almost all typical racquetball-caused marks.

For stubborn stains, use a very small amount of mineral spirits on a small rag. (Caution: don't wipe entire panels down with mineral spirits – this can cause damage. And, never use an oil-based product to wholesale clean your panels.) These panels generally require very little maintenance and never need painting. It's important to keep the courts from reaching high humidity levels – this condition can cause permanent damage to the wall system, as can roof leaks that cause water to reach the panels.

PLASTER

A plaster wall requires other types of maintenance techniques. They are typically harder to clean than a panel system. Try the same methods as described above, but you may use mineral spirits more often to remove stubborn stains. Usually a plaster system has a coating of paint that becomes dirty and old-looking after a number of years of play.

It is common to repaint these walls, perhaps every five years, to make them look new again. I recommend an oil-based paint with a gloss finish. (I see people using a two-part epoxy with good results as well.) The gloss finish makes cleaning the marks easier than does a satin finish. Don't forget – the hardest part is preparing the subsurface prior to the painting, which may include sanding the old surface and cleaning up all the dust (an important step).

Cracks in the plaster are the hardest thing to contend with. If your plaster walls have cracked and have lost their original monolithic look, it's very hard to permanently fix these. Replastering these cracks will last for a year or two and then the cracks will appear again. About the only permanent fix for cracked plaster is to overlay the wall with a panel system.

FLOORS

Floor condition is probably the most common complaint we as players deliver regarding a court. The issue usually centers on the floors being too slippery during play, meaning we can't get the grip we need to move about the court in a proper and safe manner. This is generally due to one of two rea-

sons: (1) too much dust and dirt on the floor, or (2) the finish is too old to maintain properly. Almost all racquetball floors are constructed using hardrock maple with an oil-based or water-based poly-type finish over the top; it is actually the poly that we depend upon to keep the floor from being slippery. Therefore, it is this poly that a court owner needs to protect on a daily basis and re-finish after a few years of use.

DAILY MAINTENANCE

It's More Than a Nice-to-do...

It is typical for players to come in off the street, wearing their racquetball shoes, with dirt lodged in between the cavities of the soles. They start to run around on the court and this dirt falls out and gets spread all over the floor. Get the picture?

Each day the court floor should be wiped down with a wide mop that has a slightly damp towel wrapped around it. By removing the grit every day, slipping is reduced tremendously and it will greatly lengthen the life of the floor finish. Look at the grit as sandpaper attached to the bottoms of your shoes...rubbing and grinding it into the finish...every hour...every day. Of course, this removes the finish prematurely.

If you really want to protect your finish the right way and give the players the best floors year-round, add one more step to the maintenance. Available now at hardware stores such as Home Depot is a chemical that is specially formulated to clean hardwood floors with a polyurethane finish. Once a month, add this to the towel during your daily maintenance and it will provide a deeper floor cleaning,

rendering it squeaky clean! It's a great product and can bring a marginal floor pretty much back to new, assuming you still have some degree of poly on the wood.

FLOOR REFINISHING

Yes, it's That Time Again

Look at your game lines. If the edges are starting to fade away, this is absolute proof it is time to refinish your floors. Otherwise, refinish your floors about every three years. Usually, all you need to do is "rescreen", which means lightly sand the floor, fix the game lines and apply one coat of poly to the floor. This is not expensive and is a must to protect the wood and provide the proper surface on which to play racquetball. Once every ten years you may want to completely sand the floor down to the wood and completely refinish the floor. After sanding, a sealer coat and two additional coats of poly are applied. Naturally, new game lines are also applied at this time.

THE GREAT DEBATE

Oil vs. Water

Lastly, there is the debate over the type of finish to use, oil-based or water-based polyurethane. In my opinion, oil-based poly is much better for racquetball play and will last longer than the water-based variety. Since it goes on thicker, it grips better during play and lasts longer. The problem with oil-based poly is that the odor during curing can be a problem. In California and parts of New York, only water-based poly can be used for this reason. There may be other parts of the country where oil-based poly is prohibited, so definitely check your local codes. The water-based poly goes on quicker, the dry time is shorter, and it emits no toxic fumes during curing. It does not yellow over time like oil-based poly and will play fine

for racquetball, but keeping the dirt off the floor is even more important with water-based poly.

THOSE ANNOYING DEAD SPOTS

There are a couple of reasons for those dead or hollow spots in the floor: (1) the floor has undergone much use for many years, i.e. it's old, or (2) the wood and screws have worked loose that are holding the maple to the underlayment. So that you can get a fix on the location of these dead spots, have your players take a washable magic marker and circle these spots as they play. Then, call a floor installer in to countersink a fastener through the maple and into the sleeper or underlayment to secure the boards back down. This procedure will eliminate the dead spots.

GLASS

For those courts so equipped, glass is an integral component. Cleaning is a no-brainer: just use a glass cleaner and a clean soft rag and treat it like any other window. Additionally, go over the glass fittings and make sure all bolts and anchors are in place and tight. Do this at least twice a year. The silicone and bolts are very important -- they keep the glass walls in place and safe from breaking! I've seen glass walls break because the fittings have come loose and someone crashes into the glass (and keeps on going). For the safety of the players, it's critical to check these areas periodically.

LIGHTING

Lighting 101: two types of light fixtures are most commonly used in a court -- metal halide or fluorescent. Metal halide fixtures typically take a 400-watt lamp while the fluorescent require a 32- or 40-watt lamp. The lighting in a court should be designed to measure at about

100 footcandles; if you are not realizing this lighting level, consider testing the ballasts for proper outputs. Note: even though bulbs may not have gone out, they should be replaced as they begin to appear dim and degrade in light output.

STORAGE BOXES

These are handy little places to store your wallet, cell phone, etc. while you play. But, sometimes the latches and hinges break and consequently the lid will not be flush to the court wall. This can cause a ball hinder, but even more important, it can cause injury to a player. These boxes can also become dislodged and fall into the wall. Parts can be obtained from the original supplier that built your courts. You could also reposition the box by simply taking out the screws inside the box, holding the box flush with the court surface, and reinstalling the screws to make it a solid fit again.

AIR FLOW AND COOLING

Courts must be maintained at a reasonable humidity and temperature, around 40 to 60 percent and about 68 F. to 73 F., respectively. Air flow should be around three to five air exchanges per hour along with proper heating and air conditioning to maintain the court at the proper temperature and prevent moisture from forming on the walls. (Note: Remember to replace the air filters periodically.)

If you follow these recommendations, you'll give your players the gift of great courts.

And, since these courts are expensive, protecting your investment by keeping them in good shape will save you money in the long run!

Randy Stafford
President, USA Racquetball

→ LEAGUES SHOULD BE MANDATORY

BY CONNIE MARTIN



Leagues are beneficial to everyone! Leagues promote constant organized and interactive play. With the busy schedules people have these days, they like to know that they have a guaranteed game each week. In fact, if a person is in a league once a week, plays their buddy once a week and then comes to the challenge court, weekly round robin or organized social once a week...you can pretty well bet, they will stay members for a long time. Therefore, organized league play is very important to the Club, the Member and the Racquetball Director or Pro.

It is important to the Club because... the more a person plays and is active in the Club, the more likely they will stay members, introduce friends to their club, make purchases, eat and drink.

It is important to the Member because... they know there are programs for them to keep active, they can meet new people or play the people they like, and they have a guaranteed match.

It is important to the Racquetball Director or Instructor because... it means they still have a job, maybe earn a commission, and develop potential for future revenue from lessons.

Types Of Leagues...

There are so many types of leagues. I may have a different name than you for the types that follow... but what is important, is not the name, but that you run the proper type for your Club. The great thing about leagues is that in most cases it does not matter whether you win or lose, you get to keep playing.

Scheduled:

In these leagues, the day and time is preset. Everyone knows who is in their league, who in that league they are going to play each week, and on what day and time. Usually, everyone plays everyone else in the league. These are probably the most widely run leagues in the country. All the work is done for the players, they just show up and play.

Flex Leagues:

In these leagues, the people you will play is preset as well as what week you play. However, you chose the day and time you will play. This requires that the players arrange their own matches.

Draw Leagues: (Match Play)

This is an interesting concept common to other sports. It is set up just like a tournament. However, the winners advance to the winners' side and the first-round losers advance to the consolation side. Matches are either scheduled by the players themselves (each round must be played every two weeks) or they can be on a set day and time. However, the problem with this type of league, is once you lose, you are out.

THE MEMBER

EXISTING MEMBERS

Need To Keep Them Happy...

We probably need to spend the least amount of time 'hand holding' these people, however, we cannot forget about them. We need to maintain their membership through team activities, leagues, group lessons, clinics, round robins, playdays.

Existing Members Need Organized Programs and Specials...The types and numbers of participants will be dependent on the number of courts and your usage. However, here are some types of programs you should run for your existing members.

1. LEAGUES...

There are many different types of leagues. If you look in the League chapter of this workbook we will go into depth on a few different types you can run. However, in brief, all clubs should offer leagues. Because there are so many different types, all clubs can find one or two which will suit their club.

2. MIXERS/SOCIALS

These are excellent events to keep your existing Members happy. There are so many different types you can run... but the most important thing to remember is Mixers/Socials need to incorporate racquetball play (where the majority of players play throughout the whole evening), and then a social with refreshments and prizes. Depending on the num-

Non-Scheduled Leagues:

A variation of leagues can be found in the non-scheduled leagues format. This is probably the most fun to work with, because you can be creative in the different types you run. In a non-scheduled league, usually you know who is in your particular league, but you must call and arrange games. There is no set order of who you need to call (unless there are restrictions such as in the ladder league), you just need to play people. The great thing about this type of league, you can add people throughout the designated time. Therefore, if a new member joins, they can start into a league instead of have to wait for the next ones to play. But, usually these take the most monitoring, because if you don't, matches don't get played. You can also set up the leagues so it is not just the winner of the matches who win. Sometimes you can win if you play the

once you win (or lose) you take your tag and move it. The goal is to be the one lone tag at the top of the pyramid.

For the challenge ladder, you just have a ladder for each division of play, again with cork board or wood and hooks.

For the Bulls-eye Challenge, you may give points for just playing more matches, so you challenge people in all the circles. The person in the bulls-eye is the one who has earned the most points the prior week.

Use your creativity!

Not as common are ones you make up...but this is where creativity comes in. This is where you start to 'attract' peoples interest or add variety to something that may be stagnant. You can create the leagues at the same time other major sporting events happen. A 'Baseball League'

Don't let existing members leave through boredom or inactivity because you have not helped map out their racquetball (workout) time at the club

most matches. This is very good for a lot of players because they may never have a chance to win a regular type of league, but they can win here.

The most common are the Pyramid League and the Challenge Ladder. In both, challenges are made to the top. People may sign up at anytime. Once signed up, they are added to the bottom of the Pyramid or Ladder. Players challenge those on the level above them. If they win, they get to move up in the league. Then within the guidelines of the rules of play,

during baseball season. A 'Touchdown League' during football season. Awards can reflect the League. The prize may be a pair of tickets to a major game or a sports insignia sweat shirt. These work especially well if you are in a town that has a major pro team.

ber of Members and your court situation, I would recommend at least one or two mixers every month or every other month.

3. TOURNAMENTS

Tournaments come in many forms. Mini-type tournaments for 3-4 hours or major tournaments which are over the course of a weekend. Due to lack of space, this is one area that will not be covered in this first Workbook.

4. TRAVEL LEAGUE

If you live in a metro area or have many clubs within an hour (or two) of your Club, you can run a very successful travel league. Check out the league section for ideas.

5. INSTRUCTION/ DRILL CLASSES/ CLINICS

Most successful Clubs have a Club 'Pro' or a certified AmPRO Instructor or Teaching Professional. They teach the Membership not only Introductory Lessons and Free (teaser) Clinics but also give Group and Private lessons. It is really difficult to create interest in the game of racquetball if you do not offer some type of formal instruction.

6. CHALLENGE COURT

Many clubs have some form of Challenge Court. This is an excellent program for the 'better' player. Especially if you have an exhibition court...the better players like to play where they can be seen. This is a good thing. This is one way we can take care of our existing members and make them feel special. Check out the Weekly Programs in this section.

HEAD

Racquetball sharpens your mind as it shapes your body. The necessity to develop and map out a strategy keeps the brain young and agile. Quick reactions and instantaneous response maintain an active mind and helps reduce stress and tension.



HEART

Increased heart rate that is maintained throughout the workout time results in improved conditioning and cardiovascular fitness.



ARMS

Racquetball leads to enhanced arm strength. It helps tone biceps, triceps, and shoulders and a more sculptured body.



STOMACH

(abdominals) – The proper stroke requires

HANDS Improved hand and wrist strength of the dominate hand. Necessary wrist snap and repetitive swinging results in both greater strength and muscle tone.

LEGS Leads to increased muscle tone in the calves, hamstrings and quadriceps. Racquetball requires powerful explosive movements and the ability to change direction in a split second. It is great to strengthen "fast twitch muscle fibers".

**RACQUETBALL:
A TOTAL Body workout**

Additional Physical Benefits of Racquetball

1. Enhanced mental and emotional health
2. Continual racquetball exercise leads to stronger motor functions thus a greater ability to fight off illness/disease
3. Improves cholesterol levels.
4. Improves cardiovascular functioning
5. Helps reduce weight and maintain weight control
6. Helps maintain stronger bones
7. One racquetball match is usually equivalent to running 1½ miles.

STROKES (continued) The proper stroke requires a rotation around the "core" trunk area using the abdominal and lower back muscles. The strengthening and coordination of this area helps keep your balance, and provides additional power in your stroke.

MIXER IDEAS FOR YOU TO RUN

Be Creative...What Can You Do For Each Of The Following?

Your Players Will Never Get Bored

(let your imagination run wild)!!!

Here are three sample Mixers you can run.

- 1) A Holiday Racquetball Doubles Mixer
- 2) A Halloween Mixed Doubles Mixer
- 3) Racquetball Bingo

CLINIC & TOURNAMENT

(vary what will be covered in the clinic)

EXHIBITION & PLAY

(or Tournament)

PARENT-CHILD HANDICAP MIXER

(have kids play against kids, parents play against parents - using some type of handicap system)

MOMS MIXER

(on a Monday Night during Football Season)

Connie Martin has been playing, programming and teaching at racquetball clubs for almost 30 years. She developed the Racquetball Teaching Association which is now known as AmPRO, has written two Racquetball Program Manuals, was the recipient of the Joe Halverson Award and the first IHRSA International Racquetball Programming Award. She is currently working on a project with the Racquetball Manufacturers Council, still programming at Cascade Athletic Clubs (21st year!) and coaching her sons High School Racquetball Team. Connie can be reached at: Connie@CascadeAthleticClubs.com. Connie was inducted into the National Racquetball Hall of Fame in Houston, Tx in May ■

Appetizer-Mixer

Cajun-Mixer

China-Mixer

Germa-Mixer

Italia-Mixer

Mexi-Mixer

Pizza Mixer

Casino Mixer

Chili Mixer

Nacho Mixer

Western Mixer

Earlybird Mixer

Fitness Mixer

Mixed Up Mixer

New Member Mixer

Crazy Days Mixer

New Years Mixer

Superbowl Mixer

Monday Widows Mixer

Business Mixer

Mardi Gras Mixer

Ghoulish Mixer

Holiday Mixer

Halloween Mixer

Schools Out Mixer

St. Paddy's Mixer

TGIF Mixer

Summer Nights Mixer

Sweetheart Mixer

Parent-Child Mixer

Mom's Mixer

Dad's Mixer

Kid's Mixer

Family Mixer

Staff Mixer

Turkey Mixer

Fall Mixer

RBall Bingo Mixer

Bingo Mixer

7. SPECIALS...

Have a 'Friend Special' just for Racquetball Members. There are so many different types of these specials, but the point is...you are offering something special to the paying Racquetball Membership.

The 'friend special' can be very simple. Every January (or September, you pick the month), all Racquetball Members receive 2 guest passes to bring in a friend to play for free. It can be as complex as offering Membership Specials such as 'Give A Friend A Free Membership' or 2 for 1 Special, or offering a Racquetball Membership Special (racquet, eye guards, balls w/ Membership).

You can add another twist by offering this during the Racquetball Month Program or put all those Members who take advantage of the Free Guest Passes in a drawing for a racquet, lesson, pro shop coupon, suntan beds, etc.

INSURANCE

A MUST FOR ANY
ORGANIZED EVENT!

In today's litigious society, it is absolutely essential that event organizers protect themselves from potential lawsuits.

SOME COMMON QUESTIONS REGARDING INSURANCE...

As a club owner, I already have insurance.

Why do I need more?

Most club insurance policies are aggregate policies. This means that loss frequency (the number of claims) and severity of claims are all factors in determining premiums. Sanctioned events name the club as a co-insured under the racquetball event and cover EACH event with a \$5 million policy (compared to a \$1 million - \$3 million umbrella policy possessed by most clubs). It makes sense for the club to reduce exposure and provide extra protection for very little, if any, cost.

I am an independent promoter and pay the club to host events – is the club insurance enough?

As an independent promoter, you would most likely be included as a separate party entity in any lawsuit. Without sanctioned protection, you (as an individual) or your company (if you are incorporated) would be sued separately from the club. If the event was sanctioned, you/your company and the club would all be protected and defended under the USA Racquetball policy.

I sponsor some events and also recruit sponsors to help with certain events. What exposure do the sponsors have in non-sanctioned events?

All sponsors are likely to be included as separate parties in any lawsuit. Thus, they would be forced to defend themselves

and be responsible for any incurred costs. With a sanctioned event, all sponsors are included and protected under USA Racquetball's insurance policy. Almost every publicly-owned institution requires at least a \$5 million insurance policy (actually, a Certificate of Insurance) prior to the event. Few, if any, will allow non-insured events.

I have been told that even through my event is not sanctioned, it is insured. How can I be sure?

You should ask the director for a Certificate of Insurance. If you are a sponsor or club owner, it is especially important that you receive this proof of insurance prior to the beginning of the event. It is quite expensive to insure independent events (\$600-\$2,000), so make sure you are receiving reliable information.

If I play in an event and it is not sanctioned, what happens if I get hurt?

If you are hurt in a non-sanctioned, non-insured event, your only recourse would be to sue all parties involved in the event (club, sponsors, director). If the event is sanctioned, you would be covered by the USA Racquetball secondary insurance policy. Although this policy does have a high deductible, it helps for major injuries such as ACL, eye, etc. If there is negligence involved, the \$5 million liability policy would be in effect.

Insurance is critical to protect ALL PARTIES involved in presenting an event. Although it represents only one of the benefits of sanctioning, it is perhaps the one benefit that could literally save a club or player from significant personal and financial loss.

THINKING ABOUT HIRING A CLUB PRO?

The three reasons heard most often for not having a Club Professional on staff are that it is an unjustified expense, racquetball and other court sports do not generate revenue, and ownership/management are uninformed on the issue. A Club Pro's job description must include:

- being visible at the facility
- developing continuity between club departments
- enhancing the bottom line
- facilitating member satisfaction and retention
- instilling a professional environment
- leading program development and growth.

While Club Professionals are not and cannot be everything to everybody, they should attempt to identify a niche or small set of niches in their markets, e.g., grass roots programs, under-12 youth, or over-50 seniors. Care should be taken to thoughtfully prioritize these groups, but not to the exclusion of others.

The Pro should possess communication, organization, and teaching skills. IHRSA (International Health and Racquet Sports Association) data have documented that the court sports (racquetball, handball, squash, paddleball, tennis) clientele retain memberships more than twice as long as those who do not use the courts. And, they spend more money while using the club! A function of membership satisfaction is keeping these members active with programming that makes sense, is enjoyable, and provides value. These individuals typically are already paying club dues. The Club Pro is a leader who will delegate as necessary

and network like crazy. He/she will give concentrated attention to new members, all the while not neglecting those who have been loyal over the years.

Whether your racquetball and court sport program is under-developed, developing, or fully developed, retaining a Club Professional is tantamount to a successful operation. Are aquatics personnel, personal trainers, spin teachers, yoga instructors, and other specialists a part of your staff? (If not, then one or all of these potential income centers probably do not exist, or are ambling along to nobody's content.)

The likely answer to this question is that each department has a director and a cadre of instructors

to the players and offering tips, go a really long way...it makes a huge difference not only for the current players but for new ones considering joining."

Having a Club Professional in place is productive to a facility aiming to maintain or build community support and grow with the times. Securing a Club Professional who is certified and qualified can give a club the edge over competition. The Pro will be a conduit between your organization; other organizations, businesses, and associations; and the membership at large. The Pro will help to drive sales, boost club energy, and keep existing members from seeking value elsewhere! ■

"SECURING A CLUB PROFESSIONAL WHO IS CERTIFIED AND QUALIFIED, CAN GIVE A CLUB THE EDGE OVER THE COMPETITION." – GARY MAZAROFF

and/or facilitators. Why would a club operator not retain a Racquetball & Court Sports Director (aka Club Pro)? The infrastructure is already in place (i.e., the courts) and the expense to maintain them on an annual basis is close to negligible.

A testimonial to the theme of this article comes from a member of Olympic Athletic Club in Seattle, Washington. He wrote to Dave Stob, certified Club Pro, "Your actions and participation and the ways you go about it, being helpful

Gary Mazaroff is Director of AmPRO-IPRO, the certification arms for instructors, coaches, officials, and programmers.gmampro@aol.com (505)321-1110

CLUB SANCTIONING BENEFITS

- o General Aggregate per event liability coverage -- \$5,000,000
- o Secondary accident medical insurance for all current licensed members
- o With sufficient notice, your sanctioned event will be listed in the tournament calendar of RACQUETBALL Magazine (deadlines listed in each issue of the magazine)
- o Sanctioned event will be listed in the Online Tournament Calendar at www.usaracquetball.com
- o Weekend exclusivity as defined by your state association
- o Assistance and support from your state association
- o Opportunity for players to earn a state and national ranking position
- o Online access to the membership database for download of mailing labels for states in your region
- o Online exclusive tournament manager to build your roster of participants, capture members into the roster, schedule your event and submit results electronically
- o Online verification of membership status of event participants
- o Online submission of new and renewing memberships on a secure server
- o Online search capability for obtaining state rankings by division to assist with tournament seeding

LIABILITY INSURANCE FOR HOST CLUBS OF SANCTIONED EVENTS

Insurance Company: Lexington Insurance Company
Policy Number: GL 0754842
Policy Dates: January 1, 2006 to January 1, 2007

Limits and Sub-Limits of Liability

- \$1,000,000 for each occurrence
- \$5,000,000 General Aggregate per event
- \$5,000,000 Products/Completed Operations Aggregate
- \$1,000,000 Personal Injury/Advertising Injury
- \$100,000 Premise Damage
- \$5,000 Medical Expenses (any one person)



USA RACQUETBALL MEMBERSHIP BENEFITS

Benefit	Full Member 1 year	Limited Athlete License
Membership Card	X	
Secondary Accident Insurance	X	X
National Ranking Service	X	X
Participate in Sanctioned Events	X	
Event Entry Forms (National & State)	X	
Referee & Coaching Certifications	X	
www.usaracquetball.com	X	
Junior Program	X	
High School Program	X	
Collegiate Program	X	
US National and Junior Team USA	X	
Scholarship Program (annual awards)	X	
Training Camps	X	
Online Merchandise Discounts	X	
Racquetball Magazine – 6 issues	X	X – 1 issue only
Free Rule Book (inside Magazine)	X	
General Liability Insurance	X	
Online Member Services	X	
Option for MBNA Visa Card	X	
Hotel, Car & Airline Discounts	X	
Participate in Sanctioned Leagues	X	X
Participate in One-Day Shootouts	X	X
Upgrade to full member (retroactive)		X @ \$20
Online Newsletter 6 times per year		
Event Announcements via Email		
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Organizations

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 International Racquetball Tour
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 Women's Senior Masters Racquetball
 International Racquet Sports Assoc.
 National Intramural Sports Assoc.
 World Outdoor Racquetball

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International Racquetball Federation WORLD SENIOR RACQUETBALL CHAMPIONSHIPS

August 29 - September 2 Albuquerque, New Mexico USA

THIS YEAR'S EVENT

- Men's and Women's Singles Age-Group Division 35+ through 85+
- **MEN'S & MIXED DIVISIONS BEGIN PLAY ON TUESDAY**
- **WOMEN'S DIVISIONS BEGIN PLAY ON WEDNESDAY**
- Mixed Doubles throughout the tournament
- Players may enter Mixed Doubles as only event
- **LIMIT: 2 EVENTS PER PLAYER** - 1 singles event & 1 mixed doubles event, OR 2 mixed doubles event

EVENT DETAILS: Expanded entry form available online at www.internationalracquetball.com and at www.racquetball.org. To request a full entry by mail, contact Gary Mazaroff at 505-321-1110, or e-mail joel.gellman@gte.net.

EVENT HEADQUARTERS: Sheraton Albuquerque Uptown, 2600 Louisiana NE, 505-881-0000. WSRC room rate - \$82/night for up to 4 people per room.

TRAVEL: United Airlines, 800-841-0460 (use acct. #565 EF for best United rate).



Congratulations Champ!

From Your Family at HEAD/Penn Racquet Sports

HEAD *penn*

Congratulations to Rocky Carson for winning his 3rd National Singles title! He will now lead the U.S. National Racquetball Team on their quest for GOLD at the 2006 IRF World Championships. Only 2 weeks prior to the Nationals Rocky switched to the new HEAD MX 180 racquet and started hitting the ball harder than ever. "I feel like I can knock the front wall down with this racquet!" stated Carson after winning the Nationals. And he was not the only player in Houston putting "holes in the front wall"! As a matter of fact, HEAD players and the new HEAD MX Series of racquets completely dominated the Men's Open division with an unbelievable 5 out of 8 players in the quarter-finals. Congrats to Jason Thoerner, Shane Vanderson, Mitch Williams, Chris Crowther, and of course Rocky Carson on a job well done. HEAD's new MX Series of racquets---get yours today and start crushing the ball. Your opponents won't know what hit them!

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Rocky Carson

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GO IN FOR THE KILL

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HI-COMPRESSION WING TECHNOLOGY

New murderous power, super-sonic swing speed, and lightning-quick maneuverability ... cut your opponents off at the knees!



New Hi-Compression Wing Technology compresses the frame with a never-before-seen and patented, ultra-thin, aerodynamic "Wing" shape with super-thick frame walls.

The result: blinding speed on offence plus armor-like durability and quick-flick maneuverability to play tight corners and unleash murderous power on balls glued to the walls.

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Dual Cylinder Frame

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Longer Strings in Free Space
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160g Quadraform
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NEW
LETHAL

E-FORCE

- HI-COMPRESSION WING TECHNOLOGY
- EXTREME LONGSTRING
- DUAL CYLINDER FRAME

THE BEST E-FORCE RACQUET

SUGG. RETAIL
\$200 / \$250

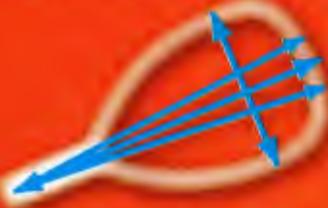


New Hi-Compression Wing Technology

Incredibly thin frame with extra-thick walls combined with patented Extreme LongString and Dual Cylinder technologies for crushing power and maneuverability.

EXTREME LONGSTRING® TECHNOLOGY

ALL STRINGS - MAINS AND CROSSES - ARE THE LONGEST POSSIBLE. THEY CANNOT BE LONGER. THE RESULT IS INCREDIBLE POWER. PATENTED 5,919,104 ONLY FROM E-FORCE.



All mains extend from tip of racquet all the way through the handle. They cannot be longer. All crosses are anchored at outside of frame. They cannot be longer.

E-Force has the longest strings in free-space. Period.

DUAL CYLINDER CONSTRUCTION



THE SUPER-STRONG FRAME REDUCES UNWANTED TWIST AND DISTORTION, CREATES AN AMAZINGLY SOLID HITTING PLATFORM, AND ALLOWS LONGER STRINGS. PATENT PENDING. ONLY FROM E-FORCE.

Frame is made from two graphite tubes (not just one as in other racquets) connected by a stabilizer bridge. Two-tube construction allows all crosses to be anchored at outside edge of frame for added length and power.



E-FORCE

YOU WANNA WIN OR WHAT?

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DRAW FIRST BLOOD

150g TRI-TEAR
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NEW
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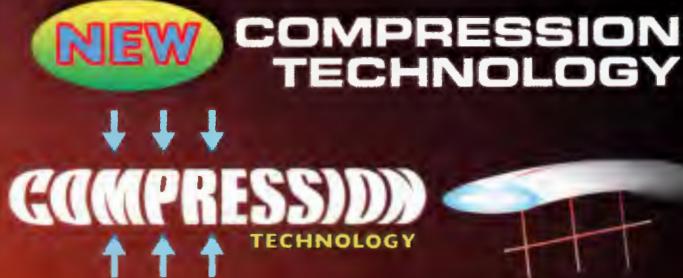
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SUGG. RETAIL
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LONGSTRING® SUPERMAINS

ALL 14 MAINSTRINGS ARE THE LONGEST POSSIBLE. EXTEND FROM RACQUET TIP THROUGH HANDLE FOR EXTREME POWER.



PLUS SIX ADDITIONAL PATENTED, PATENT-PENDING AND EXCLUSIVE OPPONENT-SHREDDING TECHNOLOGIES

The Bedlam Knife combines new Compression Technology and LongString Supermains with six additional patented, patent-pending or exclusive technologies. The Knife slices through competitor racquets and leaves them in shreds.

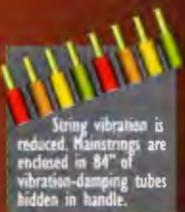
Smoking power, cat-like maneuverability, super-sonic speed and pinpoint control: opponent-demoralizing advantages delivered by new Compression Technology. The frame is incredibly thin while the frame walls are thicker... for massive power and durability.

LongString Supermains create blasting power - the longest mainstrings possible to store the greatest amount of energy - by extending all mainstrings from racquet tip through the handle.

Bedlam knife finishes off your adversary with six exclusive E-Force technologies.



LAUNCH PAD TECHNOLOGY
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FEATURING... THE FOREHAND CEILING BALL

In the past few issues I have been sharing with you the basic stroke mechanics for the offensive forehand and backhand shots: "Sudsy's Forehand Compared to Throwing a Ball Side Arm," March/April 2006 "Sudsy's Backhand Compared to Throwing a Frisbee," May/June 2006

Today, I want to turn your attention to the basic stroke mechanics for a defensive shot...The Forehand Ceiling Ball. The ceiling ball is the #1 defensive shot in the game of racquetball. Remember, a defensive shot draws your opponent out of the middle, 35 feet and back, and puts them in the most difficult

position to score, because they are the furthest from the target, the front wall. It also provides you time to get back to good center court position, January/February 2006, a must in the game of racquetball. Too many players just want to shoot the ball, go offensive all the time, but in order to be a well-rounded

player and one to be reckoned with, you NEED a healthy combination of both offensive and defensive shots. There is a time and place for each shot, so now let's take a moment and examine my "Magical Forehand Ceiling Ball," so you can pick and choose which shots you want to hit.



1 READY POSITION

- ▶ Square to the side wall
- ▶ Racquet up above the shoulder
- ▶ Feet a little wider than shoulder width apart
- ▶ Eyes on ball



2 STEP AND SWING

- ▶ Step straight ahead
- ▶ Racquet begins to move forward and up
- ▶ Hips begin to open
- ▶ Lead with the elbow
- ▶ Hitting arm is starting to fully extend

**3**

CONTACT POINT

- Hitting arm is at full extension
- Wrist is cocked back at a 45 degree angle
- Ball is hit off lead shoulder
- Ball is struck slightly above your head
- Hips completely open

**4**

FOLLOW THROUGH

- Hitting arm comes completely through and across your body
- The ball should hit the ceiling before the front wall about 5 to 7 feet from the front wall so that on its second bounce it hits as close to the back wall as possible.

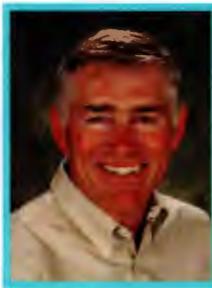
By learning the ceiling ball, as well as using the other offensive shots, you undoubtedly can now be a threat on the court...like me and the rest of the pros. We DO NOT just shoot and kill everything...we use our heads to determine the situation and what would be the best strategy. Don't get caught up in those slam-bang-mindless rallies with your opponent...they don't lead anywhere. By using your head

as well as your body, you can be on your way to the next level.

I'll see you next issue for the Backhand Ceiling Ball.

Hope to see you at one of our camps for live personal instruction or the next best thing, buy our video if you can't make a camp at this time. Go to www.FranDavisRacquetball.com for details on both. ■

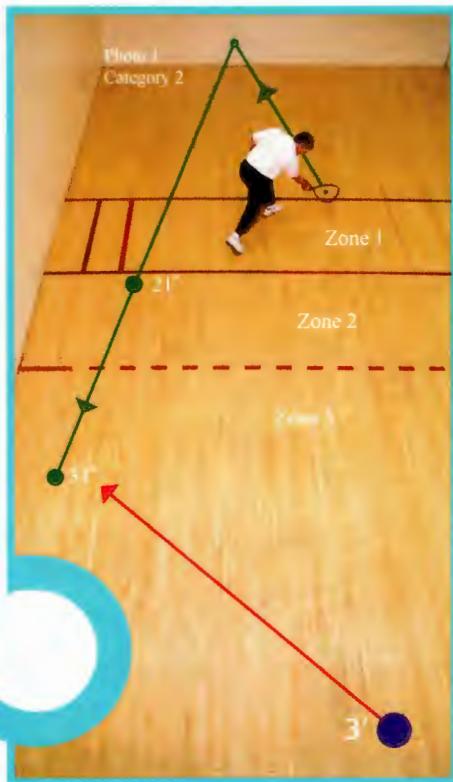
STRANDEMO'S STRATEGIES



I hope this information about the receiver's starting position will be a big help for you in deciding how to defend against your opponent's low drive serve to the back left corner.

Your opponent's low drive serve possibilities fall into 5 basic categories. After I describe each one, I'll make some observations and suggestions how you can use this information to make intelligent decisions on your returns.

2



SECOND CATEGORY

This is when the server hits a virtual perfect serve. The low drive is hit at a great angle towards the back left corner; it hits the perfect height on the front wall (12"-13" high); the upward arc of the serve off the front wall just gets over the short line (20'6" to 21') and the next low arc of the ball makes the serve take its 2nd bounce at about 31'-32' from the front wall. These exact serves don't happen often but when you hit one; it's a great feeling.

C1

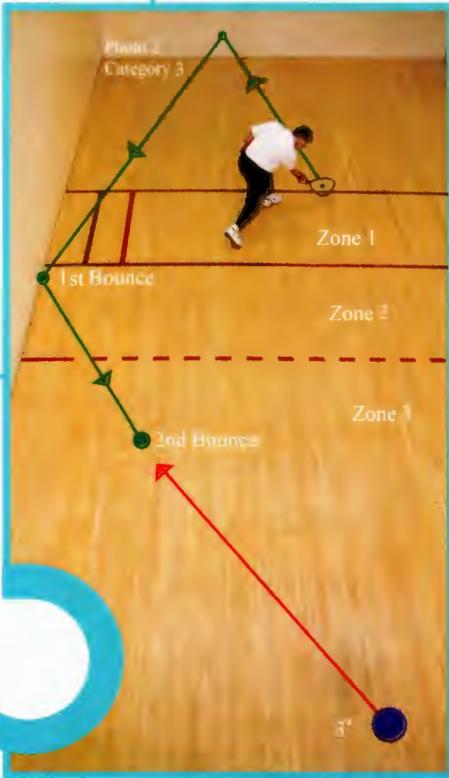
FIRST CATEGORY

This is when the server hits a well-directed low drive that hits the front wall just an inch or two below his desired target. This serve therefore takes its 1st bounce just in front of the short line and is a short serve.

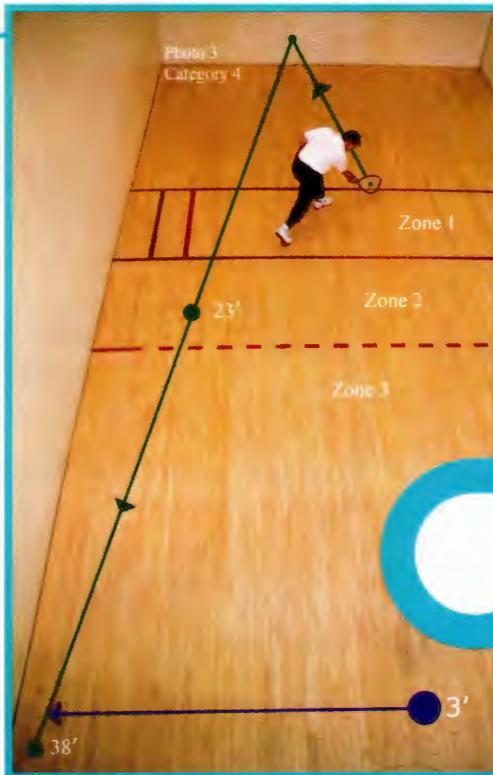
THIRD CATEGORY

This category is what I call a spontaneous miss that goes for a winner (crack ace - photo 2). The height of this serve is very good (like category 2) but the ball angles towards the back corner fractionally to the left and the serve cracks out for a winner. As good as the result is, you never try to hit this crack serve because if it hits a little too high on the left wall, it rebounds into the middle for a set-up every time. When you're serving very well, these aces happen spontaneously.

3



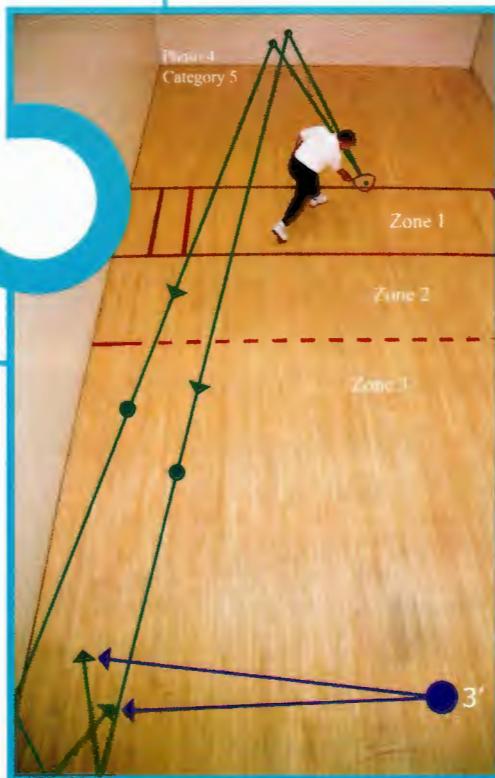
FOURTH CATEGORY



The 4th Category is what I'm trying to accomplish each and every time I hit a low drive to the back left corner (photo 3). I want this serve to hit at a great angle towards the back corner, take its 1st bounce in Zone 2 and its 2nd bounce anywhere between 37'-39' from the front wall. This serve, with good speed, puts extreme pressure on the receiver. Because this serve is not coming off the back wall, it forces the receiver to make a quick decision. The receiver needs to have good footwork to get to the serve and then quickly decide if he's going to shoot the return, drive the return or go to the ceiling. Because of how well this serve is directed to the back corner, it's not an accepted fact that the receiver is going to effectively hit any of these returns.

4

5



FIFTH CATEGORY

The 5th Category is a well-angled low drive that hits too high on the front wall, takes its 1st bounce behind the dotted line in Zone 3 (or deeper) and is coming off the back wall for an offensive set-up (photo 4). This is what you as a server desperately don't want to happen, but unfortunately this error happens to all of us with great frequency.

Now, how do we use this information to make intelligent decisions on the return of a low drive serve?

I know many players hate conceding any of these categories to the server. So, they move up to approximately 6' off the back wall and conclude they can get to any low drive the server can hit. This, unfortunately, is a very unrealistic plan. Here's a more functional approach.

Suggestion: Start your return of serve position 3' off the back wall. Contest but probably concede category 2 and 3 serves. Become efficient and

good at handling category 4 serves and take all the category 5 serves off the back wall and score (and thank your opponent for the offensive gifts).

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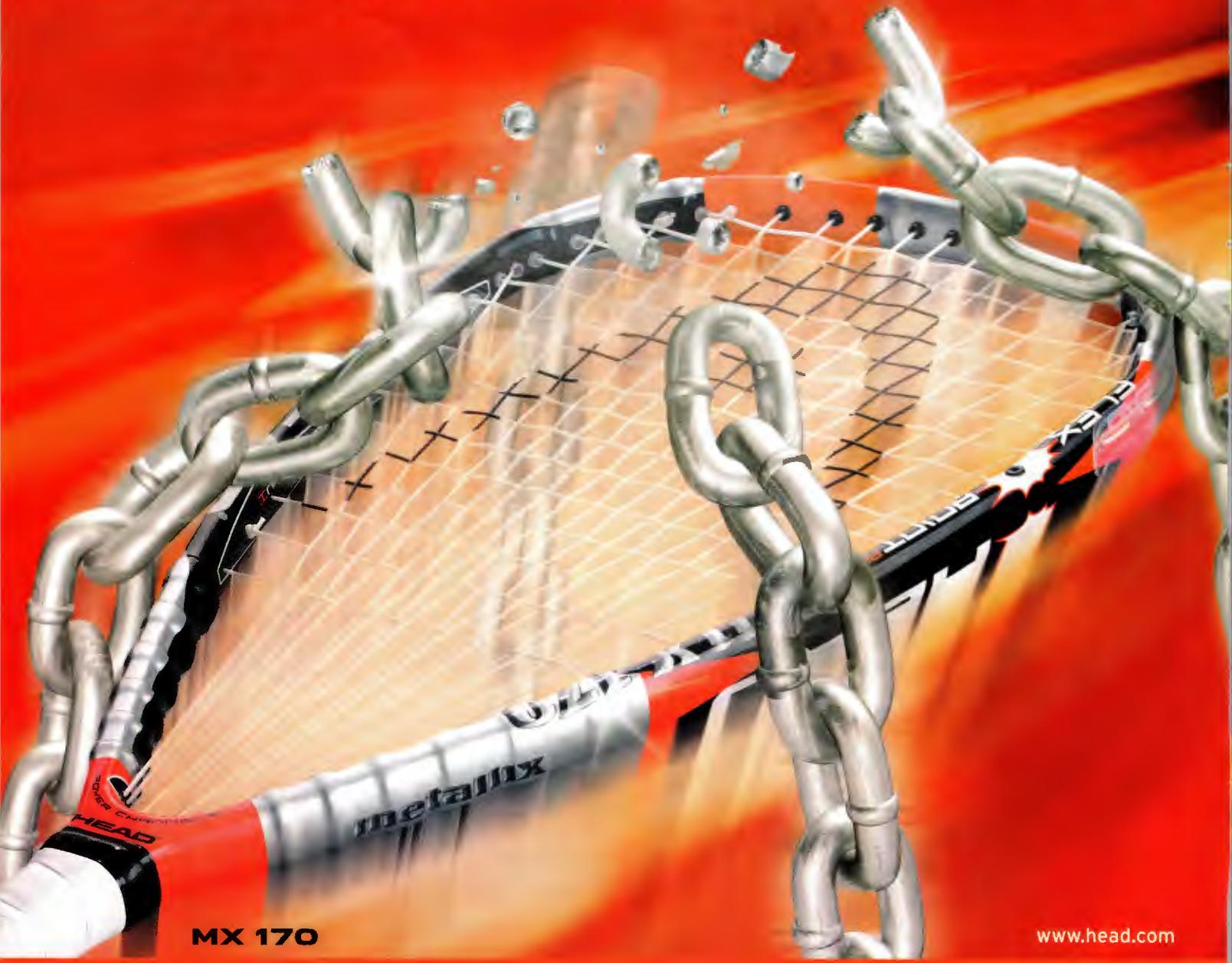
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PAN AMERICAN CHAMPIONSHIPS

BY DAVE ELLIS

GUATEMALA CITY, GUATEMALA APRIL 7-15, 2006



This year's Pan American Championships posed a special problem for Team USA. Two situations confronted the formation of a team. The dates produced a direct conflict with an important IRT pro stop. And, players were asked to foot the bill for their expenses. The women's team fell into place easily as Kristen Walsh, Tammy Brown, and Aimee Ruiz immediately declared themselves ready to participate. Since Laura Fenton was recovering from back surgery, Jackie Rice completed the doubles team.

The men were another story. Obviously, front-liners Jack Huczak, Rocky Carson, Jason Thoerner and Andy Hawthorne could not afford to miss the pro stop as they battled for end-of-the-season ranking points. Both Mitch Williams and Ben Croft were tied up with college classes. Dave Negrete, IRT Commissioner, was contacted and agreed to help out by looking at the IRT rankings. Going down the list, three players were identified who ranked somewhere in the twenties. Assistant Coach John Ellis, Willie Tilton, and Woody Clouse were asked to play. Woody agreed to play two events, singles and doubles with Willie.

When our team arrived at the first practice with internationally unknowns Aimee, Woody, and Willie, many participants from other countries asked me, "Who are these guys?" Where are Cheryl, Jack, Rhonda,

and Rocky? I could only explain to them that we were engaged in a recycling program for racquetball players. Everyone just laughed, assuming that Team USA was certainly doomed. After watching our players in practice for a couple of days, confident smiles began to fade a bit. Future opponents saw Aimee and Jackie working together; Woody's excellent game and superb physical condition; John playing well in spite of all his wraps; and defending champion Kristen, along with former champion Tammy, looking very good indeed. They also noticed Willie's expertise and there were a lot of question marks in their eyes. A protest of eligibility was even filed that questioned Woody's position on the team.

The Pan American Championships consists of two phases: the preliminary seeding rounds and the elimination round. Team USA managed to win all our matches in the seeding rounds. In the elimination draw, there were some key quarterfinal victories. John took out Javier Moreno and Woody defeated Abram Pena of Mexico. Tammy Brown beat Jennifer Saunders of Canada. We were set: all of our players made the semis. In the semis, though, fortunes turned a bit as John lost to Kris Odegard of Canada while Tammy was beaten by phenom Paola Longoria of Mexico. Woody beat Ricardo Monroy of Bolivia. Defending singles champion Kristen defeated top pro Angela Grisar of Chile. Aimee and Jackie took the Canadian team with ease. Willie and Woody started off their semifinal match by dropping the first game to Chile's Sebastian and Pablo and then took the second game, 11, and the tiebreaker, 11 - 10. Okay, we were really set now with

representatives in each of the four finals. It was a good feeling to have clinched the Overall Championship before the finals had even begun.

In the Women's singles final, Kristen lost to Paola, who played out of her mind with great drive serves throughout the match. Commissioner Shannon Feaster and WPRO players – be on the lookout for this 16-year-old next year! In the Men's singles, Woody lost a heartbreaker to Kris Odegard. The match was tough all the way with Woody losing a couple of opportunities for match point in the second game. He ultimately went down in the tiebreaker 11-9. In the Women's doubles final, Faviola and Angela of Chile, were no match for Aimee and Jackie, who played one of the strongest finals in the history of the tournament. On to the Men's final that pitted Woody and Willie against David Ortega and Ruben Estrada. The two Mexican juniors had taken out veterans Mike Green and Brian Istace in the semis and everyone considered them to be the favorites. ■



PRIMER LUGAR

MIKE POHLMAN 1958-2006

BY DAN WHITLEY



Mike Pohlman, an Open-level racquetball player, a well-known physical therapist, and avid cyclist from Glen Carbon, Illinois, died after suffering a heart attack during a bike ride on Sunday morning, May 7th. He is survived by his wife of 25 years, Bev, and four children Matt, 20, Amy, 18, Andrew, 14, and Molly, 7.

Mike Pohlman lived his life to the fullest. He owned and operated Fitness Designs Physical Therapy with his partner since 1992. The clinic was a cornerstone in the community and helped to get athletes of all ages on the road to recovery. Mike knew all of his patients personally - from the high school or college athlete, all the way to seniors in their seventies who may have never played sports. Mike always found ways to motivate and encourage his patients to dig deep and do whatever it took to get through their rehabilitation.

Mike was also an avid cyclist and incorporated this interest into his rehab programs. He would ride his bike 5 times a week. The length of his rides would average between 40-100 miles. Any racquetballers who were treated for injuries at his clinic would be subjected to 25-minute 'torture' rides on an Aerodyne stationary bike before he would see them. I hated the bike, but Mike was the only person I would trust to work with me when I was injured (I even

drove 45 miles to get to his office from my house).

I've been playing racquetball with Mike regularly for about 10 years and knew him best on the court. When I was in college, I would play him 3 times a week in the summers. After college we started up the same ritual. I would shoot the breeze with him about all topics; the man knew a little something about everything.

On the court, Mike was a complete gentleman. When the junior players in Missouri watched Mike play in tournaments, they would always be chatting about "how nice that guy is." Mike would compliment his opponent after every single rally. Everything from a "good hustle Danny", to "GEEAAAT SHOT!", to "Hot Dog!!" If I ever made a mistake, regardless of what it was, he would always say, "gotta work on that footwork" or that he just had a lucky shot. I still hear his voice every time I am on the court. Mike never stopped smiling and would always replay every rally - the man never took a controversial call, ever. If I was ever in a slump, he always made sure I won our game. Afterwards, he would talk as though I was playing the best racquetball of my life. He would do anything to make people feel good about themselves (with the exception of his jokes with friends about any new weight they may have gained).

After every match, we would always work out. He exercised every

free minute he had. It is inconceivable that the life of a man this healthy was cut short; he was in better shape than anyone else I know. Recently, he got me into a ritual of jumping rope before and after I played. Anytime I see a medicine ball, I will always think of Mike.

A lot of the lessons I have learned with Mike are the same ones I share with the kids I work with everyday. I always liked working out with Mike, because those are the times we got to talk. He was like an older brother to me. He knew everything about my new house and upcoming wedding. This past Thursday, I had planned to invite him by to see my house after we played, and introduce him to my fiancée Meghan. Instead, I attended his funeral.

The last tournament Mike played in was the Regional event we had in St. Louis in April. Mike always signed up for tournaments the same way. First, he would ask to not have to play on Friday night, so he could go home to be with his family after work. Then, he would request to play one of the top seeds in the first round of the Open division first thing on Saturday morning. That way, he could get a workout in after his match, still hang out with his friends, and leave by lunchtime to spend the rest of the day with his family and make it to Mass at 4:30.

Mike always put his family first in everything he did. It was very

admirable. He smiled all the time, but it was always a little bigger and brighter when he was talking about Bev and the kids. Outside of my family, Mike has influenced me more than any other person. I am confident that others can say that as well.

Over 1,500 people attended his wake on May 10th. The funeral was equally as moving as items reflecting his hobbies, including a racquetball glove, were set atop his casket. It was fitting that he passed away enjoying one of his favorite hobbies, as he was cycling the final stretch of his Sunday morning bike ride.

Mike Pohlman taught me that sports were about having fun and not necessarily all about winning. It is the same sentiment that we teach to all of our 500+ kids in the Missouri junior program. Racquetball is about having fun. Racquetball was never more fun than when I would play each week with Mike. He was one of my best friends and I will do everything I can to help people remember him and celebrate his life. I miss him a bunch. He is in a better place now, but he made the world such a great place for everyone during his time here with us. I am forever grateful that I had the opportunity to be his friend.

PENFIELD CLUB HOSTS PRO-AM RACQUETBALL TOURNAMENT

In the world of racquetball, they are big names. Mike Ray, Dan Obremski, Woody Clouse, and Ruben Gonzalez came to Rochester to play in Penfield Fitness & Racquet Club's Pro-Am Racquetball Tournament May 5-7. Gonzales is a former #1 player in the world and hails from Staten

Island; Ray is former world champion now residing in Hilton Head, SC, Clouse is the US Gold Medalist for the US National Team from Denver, Colorado; and Obremski, a former top 10 player, is now a personal trainer in Pittsburgh. The four joined 60 other competitors from the Rochester area in the three-day tournament, held at the Club on Panorama Trail in Penfield.

Tournament Director and PFRC General Manager Keith LoPresto saw the tournament as a way to bring some of the past excitement of racquetball back to Rochester. "In the past, our club was listed as a tour stop for the International Racquetball Tour, but it's been many years since we had professionals of this caliber playing on our courts," said Lo Presto. Ruben Gonzalez beat



PFRC Pro-Am Racquetball Champions (left to right): Mike Ray, Dan Obremski, Woody Clouse, Ruben Gonzalez

Woody Clouse in the Pro-Am Singles bracket in a thrilling 3rd game tie breaker. In open doubles, Gonzalez and Ray beat Clouse and Obremski, once again in a 3rd game tie breaker. "We couldn't have asked for a more exciting finish to the competition," LoPresto noted. The Pro-Am was single elimination for the pro bracket and open doubles, and a round robin event for the other divisions, so everyone got a chance for a lot

of court time.

Given this year's success, LoPresto already is planning next year's event. He stressed that it couldn't be done without the support of sponsors, which included American Portfolios, Bene-Care Inc., Art Part Signs, Family First Credit Union, TLF Graphics, TJ's Plumbing, Spoleta Construction, LPI Panting, Nu Look Collision Center, Precision Ortho Sales, and Stromboli Express.

BACK IN THE GAME AFTER BRUSH WITH DEATH

BY ANDY JASNER

SPECIAL TO THE NEWS JOURNAL

Ernie Lehman expects to play in at least two racquetball tournaments this fall. That's not unusual, until you consider that Lehman nearly lost his life while playing in a match less than two months ago.

While playing a tiebreaker game in a men's B division match of the Cardile Bros. Delaware State Doubles Championship at Kirkwood Fitness and Racquetball Club, Lehman suffered a heart attack and collapsed, briefly losing consciousness.

Immediately after Lehman collapsed, Dr. Steve Dellose, who was playing on a nearby court, and Daniel Weghofer began performing mouth-to-mouth resuscitation and also used a defibrillator. New Castle County paramedics arrived within 10 minutes and helped revive Lehman, who was taken to St. Francis Hospital. He later underwent bypass surgery and is on pace for a full recovery.

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USA RACQUETBALL SANCTIONED EVENTS



Event Start	Event End	Event Title	Facility Name	Facility City	Facility State	Event Phone
August						
8/4/06	8/6/06	Summer Sizzler	Twin Arbors Athletic Club	Lodi	CA	209-334-4897
8/4/06	8/6/06	Colorado State Games	Lynmar Racquet & Health Club	Colorado Springs	CO	719-491-4703
8/4/06	8/6/06	5th Annual Capital City Classic	Kentucky State University	Frankfort	KY	502-418-6001
8/5/06	8/5/06	Tennessee State Juniors Championship	Clarksville Athletic Club	Clarksville	TN	931-624-7791
8/5/06	8/6/06	State Games of Indiana and Illinois	OMNI 41 Sports Complex	Schererville	IN	219-865-6969
8/5/06	8/5/06	Robious Summer Racquetball Tourney	Robius Sports & Fitness Ctr	Richmond	VA	804-330-2268
8/11/06	8/12/06	Summer Shootout AR	Village Athletic Club	Rogers	AR	479-381-3300
8/11/06	8/13/06	2006 FL State Doubles	Orlando Fitness and Racquet Club	Orlando	FL	407-645-3550
8/11/06	8/13/06	2006 Rocket City Summer Slam	Family Fitness Center	Huntsville	AL	256-829-0471
8/12/06	8/12/06	2006 Summer Sizzler Shootout	The Athletic Club of Overland Park	Overland Park	KS	913-383-9060
8/12/06	8/12/06	Triple Crown Shootout	Maverick Athletic Club	Arlington	TX	817-275-3348
8/18/06	8/20/06	2006 NC State Doubles	Courts Plus of New Bern	New Bern	NC	910-947-3029
8/18/06	8/20/06	Kentucky Racquetball Seniors Tournament	YMCA - of Greater Louisville	Louisville	KY	270-765-9941
8/19/06	8/19/06	The Dog Days Open	Southlake Club	Mundelein	IL	847-949-8180
8/25/06	8/27/06	2006 SC State Doubles	MUSC Wellness Center	Charleston	SC	
8/25/06	8/27/06	Summer Shot Fest	YMCA - Bob Sierra Tampa	Tampa	FL	813-230-7525
8/26/06	8/26/06	Dallas Doubles Series II	Landmark Fitness Factory	Dallas	TX	972-233-6774
8/29/06	9/2/06	2006 IRF World Senior Championships	Midtown Sports & Wellness	Albuquerque	NM	505-321-1110
September						
9/8/06	9/10/06	2006 FL Regional Doubles	Body Mill	Clearwater	FL	727-734-3418
9/8/06	9/9/06	Triple Crown Championships	Maverick Athletic Club	Arlington	TX	817-275-3348
9/14/06	9/17/06	7th Annual Ghost of Georgetown & IRT (Tier 1)	The Athletic Club of Overland Park	Overland Park	KS	913-383-9060
9/15/06	9/17/06	Outback Steakhouse Blast It!	The Sports Center	Fayetteville	NC	910-638-8008
9/22/06	9/24/06	American Family Fall Open	American Family Fitness (West End)	Richmond	VA	804-382-7663
9/23/06	9/23/06	Dallas Doubles Series III	Landmark Fitness Factory	Dallas	TX	972-233-6774
9/27/06	10/1/06	2006 US National Doubles Championships	Arizona State University	Tempe	AZ	719-635-5396
9/30/06	9/30/06	Shootout On The Brazos	Baylor Fitness Center	Dallas	TX	254-644-0120
October						
10/5/06	10/8/06	Kentucky Open Pro/Am Tournament	Western Kentucky University	Bowling Green	KY	270-765-9941
10/13/06	10/15/06	2006 TX State Doubles	Maverick Athletic Club	Arlington	TX	817-275-3348
10/20/06	10/22/06	West Michigan Open	Michigan Athletic Club	Grand Rapids	MI	616-956-0944
10/27/06	10/29/06	Ghostly Gateway	Sport & Health, Crystal Gateway	Arlington	VA	703-597-9985
10/28/06	10/30/06	Music City Open	YMCA - Downtown Nashville	Nashville	TN	615-895-3679
10/28/06	10/28/06	Spookfest	Spectrum Health Club	San Antonio	TX	210-344-8596
10/28/06	10/28/06	Dallas Doubles Series IV	Landmark Fitness Factory	Dallas	TX	972-233-6774
November						
11/3/06	11/4/06	2006 TX State Seniors	Maverick Athletic Club	Arlington	TX	817-275-3348
11/10/06	11/12/06	The 15th Annual Turkey Shootout	Riverside Wellness & Fit Ctr	Newport News	VA	757-875-7525
11/11/06	11/11/06	Racquetball Classic	Landmark Fitness Factory	Dallas	TX	972-233-6774
11/15/06	11/19/06	Dallas Doubles Series V	The Racquet Club of Memphis	Memphis	TN	719-635-5396
December						
12/8/06	12/10/06	Christmas Classic	Sport & Health, Crystal Gateway	Arlington	VA	703-597-9985
12/9/06	12/9/06	Holiday Shootout	Maverick Athletic Club	Arlington	TX	817-275-3348

JUNIOR OLYMPICS

2006 US National Junior Olympic Championships
East Lansing, Michigan >> June 21-25, 2006

>> Michigan Athletic Club

BY KELLEY BEANE AND JEN MEYER
COACHES, US JUNIOR TEAM

The 2006 Junior Olympic Nationals were held at the beautiful Michigan Athletic Club in East Lansing, Michigan. What a great facility with a wonderful staff! Approximately 250 athletes accompanied by families and friends invaded the club for the week. Hospitality was exemplary (there was never a shortage of food) and the atmosphere was electric -- athletes who placed 1st or 2nd in their divisions or first in doubles would make the USA Junior Olympic Team!

In the early rounds there were only a few upsets -- Chad McGuffey and Danny Lavelly (last year's National Champions in Boys' 14's and current World Champions) found themselves out in the quarterfinals of Boys' 16's Doubles. Holly Hettesheimer (#2) lost in the quarterfinals to #7 Sherrika Darnell in the Girls' 16's with scores of 15-10, 15-8; Sherrika went on to beat #3 Theresa Diaz 15-5, 15-11 to secure her spot on Team USA! Darnell said, "I'm so excited to be on Team USA, to play the sport I am passionate about

for the country I love."

Taylor Knoth defeated Joseph Lee (#2 seed) in the semifinals of the Boys' 14's. He then went on to best Brad Kirch with scores of 15-5, 15-9. Taylor looked very good all weekend and was one of five double qualifiers for the US Team. The others were Ishmael Aldana, Jose Rojas, Sharon Jackson and Danielle Key.

Mike Keddie came into the Boys' 18's finals match playing his best racquetball. In the semifinal against doubles partner Rick Sledzick, Mike dropped the first game 14-15. He then turned on the serve and proceeded to win 15-0 and 11-2.

Allan Crockett (#4 seed in the Boys' 18's) knocked off #1 seed Chris Coy and #2 seed Mike Keddie on his way to being the current Boys' 18's National Champion in his first year of eligibility. Allan played each opponent smart and had a good game plan going into each match. He played Chris Coy with power and angles and tackled Mike with higher slower shots and great pinches.

Pro Penn
HEAD

In the Boys' 16's, the #1 and #2 seeds played out; doubles partners Ishmael Aldana and Jose Rojas stormed through the draw, not allowing any of their opponents to score more than 9 points in any given game. Ishmael took the first game 15-14, but Jose came back to take the match, 15-2 and 11-9.



Beauties

Michelle Key (#4 seed in the Girls' 18's) took the same path as Allan, beating #1 Kara Mazur 11-10 in an unbelievable tiebreaker. Down 8-10, Michelle stayed offensive, displayed confidence and executed her shots. These qualities earned her the last 3 points and the victory – Michelle played to win. Next in her draw was Ashley Wilhite, the #2 seeded player and former World Champion. That match was very close, went back and forth, and ended in an 11-9 tiebreaker win for Michelle.

In the Girls' 14's singles, Aubrey O'Brien looked unstoppable coming into the tournament on a mission to win, hitting smart and powerful and shots. She defeated Danielle Key

(last year's Girls' 14's National Champion) in 2 games, 15-5 and 15-4. O'Brien said,

"It still hasn't sunk in that I am an actual member of the USA Team! It has been something that I have been working for all year and to finally accomplish that, there is nothing that has felt better since I started the sport. Last year I looked at the kids on the team and thought, 'When am I going to be there?'"

Sharon Jackson in the Girls' 16's not only made the US Team for the first time, after just- missing

for the last three years, but did it by double qualifying and bringing home 3 gold medals (including the Mixed 18's Doubles with Allan Crockett). In the finals, she took on Sherrika Darnell and won 15-4, 15-13. She said, "Making the team for the first time is the greatest feeling ever! It's like your whole life's goal

In the Boys' 18's Doubles, Chris Coy and Zach Apperson defeated Mike Keddie and Rick Sledzick. Keddie and Sledzick took the 1st game 15-5, but Coy and Apperson made some adjustments and won, 15-13, 11-8. That match was raw power and amazing gets vs. precision and smart shots.

Aldana and Rojas again kept all opponents under 10 points by defeating Jansen Allen and Taylor McDermott in the final. Also limiting their opponents to single digits was the Boys' 14's team of Knoth/Bredenbeck who won the final over Dylan Reid and Joseph Lee, 15-5, 15-5.

The 8/10/12 Gold Divisions were competitive and impressive in equal measure. It was obvious the amount of time, effort, and training these young athletes put into preparing for this tournament with the goal of representing the USA Esprit Team at the Junior World Tournament in Tempe, Arizona this December.

Markie Rojas and Jose Diaz (both of California) dominated the Boys 12's. Heading into the finals against one another, neither athlete had dropped a single game. In the finals, Jose took the first game from Markie in a tight, tough-fought battle, 15-14. Markie regrouped and took the second game and the tiebreaker, 5,8

An athlete who took the division by storm was #25 seed Zack Wertz of Kenner, Louisiana. In his national debut, he bested #8 Austin Robbins, #9 Mitchell Hardin, plus kept Markie Rojas on his feet in the semi's before losing, 9,6. He is a

in racquetball just came true. I finally get to wear USA proudly on my back."

In the Doubles divisions, most of the girls were in round robins. Kara Mazur and Samantha McGuffey got another chance to be on the team by winning the Girls' 18's Doubles. Mazur said, "We pumped each other up throughout the match – we fed off each other's energy."

The remaining Girls' doubles matches featured Sharon Jackson and Holly Hettesheimer in the Girls' 16's, giving Holly another shot at the US Team after her singles loss, and Danielle Key and Lily Berry in the Girls' 14's Doubles, also putting Lily on the team and making Danielle a double qualifier.



The Gang

player to watch next year!

Markie and Jose teamed up to take the Boys' 12's Doubles title by defeating Andy McGuffey and Brad Schopieray 7,3 in the finals. Andy and Brad had a great match in the semifinals against the #2 seeded team of Sam Reid and John Lindsay, where they came out on top 14,(9),5.

Adam Manilla's quest for three gold medals (Boys' 10's, Boys' 10's Doubles, and Mixed 10's Doubles) at this year's nationals was complete with his victory over #11 seed Bobby Sehrgosha of California.

Adam teamed up with Sean Cooperrider of Florida in the Boys' 10's doubles. Earlier in the tournament, the #1 seeded team of Conlon Berry and Matt McAdam fell to #4 seeded Chris Francis and Zack Pellowski. This set Chris and Zack up for the finals against Manilla and Cooperrider. Adam and Sean went on to win the finals over Chris and Zack, 5,8.

Chris Francis's younger brother Ryan proved he was an athlete to look out for. Ryan won the Boys' 8's by defeating the Multi-bounce 8 and under champion Kyle Ross in the semifinals as well as Jake Birnel of Washington in the finals, 15-10, 15-10. Ryan did not lose one game on his way to the national title.

The Girls' 8's had a similar story

representing the USA in Tempe along with her older brother! Mary Zeng took second place in the round robin competition by beating #2 seeded Christina Lavelly, 4,2.

In the Girls' 10's, #1 seed Abbey Lavelly of Ohio made it to the finals without a hitch. There she ran into Hollee Hungerford of Oregon who had upset #2 Elizabeth Vargas of Colorado in the semifinals (14), 9, 8. Hollee continued her winning streak by taking a close one from Abbey in the finals, 11, 10.

Abbey and Elizabeth turned around and won the Girls' 10's Doubles title. The Girls' 10's and 12's Doubles were combined in a round robin format. Abbey and Elizabeth's only loss came when playing against Mercedes Arias and Ines Lecland who won the Girls' 12's and will be competing in Arizona for the USA Esprit Team.

This brings us to the Girls' 12's division. Samantha Rosado of Connecticut (#1 seed) had no problem making it to the finals where she met #2 Devon Pimentelli of California. Devon played a tough match and came out on top to win the division over Samantha, 7,5.

Although the Multi-bounce athletes do not earn points for the Esprit Cup at the World Tournament, they put in just as much work to earn their titles! In the Boys' 6's,



Jose Rojas Jr. - Male Athlete of the Year.

second place.

Multi-bounce Boys' 8's champion Kyle Ross of Fargo, North Dakota, did not lose a game on his way to claiming a national title, defeating Justus Benson 8, 9 in the finals.

On the Girls' side, Erika Manilla added to her gold medal count in the combined the Girls' Multi-bounce 6's and 8's. She had a tough semifinal match against Jordan Cooperrider, winning 3, (11), 5. She went on to best Christina Lavelly in the finals.

Matches finished! The banquet was top notch, with great food for everybody and awards for many. All American awards were presented to semifinalists. The Female Athlete of the Year was awarded to Kara Mazur and two Male Athletes of the Year were selected -- Chris Coy and Jose Rojas. The Esprit Athletes of the Year were also awarded at the banquet. This year a deserving Courtney Chisholm of Marlborough,



Kara Masur - Jr. Female Athlete of the Year
with Erika Manilla of Colorado (Adam's younger sister). Erika played a round robin division and never lost a match on her way to

Ricardo Diaz of Stockton, California won hanational title without dropping a game in round robin competition. Sean Henry of Indiana took

Massachusetts and Joseph Lee of Baton Rouge, Louisiana were the recipients. This was Courtney's first Athlete of the Year award and Joseph's second.

A tremendous thank you goes to all who donated to the USA Junior Team, whether through raffle prizes or donations. You all know who you are and we couldn't have brought this tournament to fruition without your support. We fund our own way, pay for our own uniforms and appreciate any help you can provide.

The tournament resulted in the naming of 19 US Team members -- 12 returning and 7 rookies. We are anxious to get started as we head to training camp on August 4th. We will then travel to Costa Rica for a small tournament and a chance to assess the team again before the World Championships to be held in December in Phoenix. **Thanks again for a great event and congratulations to all the athletes who competed!**

Junior Boys Doubles 10 & Under - Single Elimination

Finals 1st: Adam Manilla / Sean Cooperrider - DEF. Christopher Francis / Zach Pellowski - 5,8

Junior Boys Doubles 12 & Under - Single Elimination

Finals 1st: Jose Diaz / Marcos Rojas - DEF. Andy McGuffey / Brad Schopieray - 7,3

Junior Boys Doubles 14 & Under - Single Elimination

Finals 1st: Jake Bredenbeck / Taylor Knoth - DEF. Dylan Reid / Joseph Lee - 5,5

Junior Boys Doubles 16 & Under - Single Elimination

Finals 1st: Ismael Aldana / Jose Rojas - DEF. Jansen Allen / Taylor McDermott - 9,9

Junior Boys Doubles 18 & Under - Single Elimination

Finals 1st: Chris Coy / Zach Apperson - DEF. Michael Keddie / Richard Sledzik - (5),13,8

Junior Girls Doubles 14 & Under - Round Robin

1st: Danielle Key / Lily Berry
2nd: Jacquelyn Rosado/Samantha Rosado

Junior Girls Doubles 16 & Under - Round Robin

1st: Holly Hettesheimer / Sharon Jackson
2nd: Aubrey Obrien/ Teresa Diaz

Junior Girls Doubles 18 & Under - Round Robin

1st: Kara Mazur / Samantha McGuffey
2nd: Michelle Key/ Sarah Hettesheimer

Junior Girls Doubles G10/12D - Round Robin

1st: Ines Lecland / Mercedes Arias
2nd: Abby Lavelly/ Elizabeth Vargas

Junior Mixed Doubles 10 & Under - Single Elimination

Finals 1st: Adam Manilla / Hollee Hungerford - DEF. Bobby Sehrgosha / Sabrina Viscuso - 11,13

Junior Mixed Doubles 12 & Under - Single Elimination

Finals 1st: Alejandro Guzman / Devon Pimentelli - DEF. Anna Thomdike / Steven Lindsay - 9,11

Junior Mixed Doubles 14 & Under - Single Elimination

Finals 1st: Joseph Lee / Lily Berry - DEF. Amanda Lindsay / Taylor Knoth - 2,(6),6

Junior Mixed Doubles 16 & Under - Single Elimination

Finals 1st: Ismael Aldana / Teresa Diaz - DEF. Danny Lavelly / Sheryl Lotts - 3,5

Junior Mixed Doubles 18 & Under - Single Elimination

Finals 1st: Allan Crockett / Sharon Jackson - DEF. Samantha McGuffey / Zach Apperson - 3,(12),6

Juniors - Boys 10 & Under Blue - Olympic Format

Finals 1st: Sean Cooperrider - Palm Harbor, Fla. DEF. Zach Pellowski - Palisade, Colo. 4,8

Juniors - Boys 10 & Under Gold - Olympic Format

Finals 1st: Adam Manilla - Centennial, Colo. DEF. Bobby Sehrgosha - Pleasanton, Calif. (9),12,3

Juniors - Boys 10 & Under Red - Olympic Format

Finals 1st: Robert Hemphill - Fosters, Ala. DEF. Logan Nance - Lodi, Calif. 5,9

Juniors - Boys 10 & Under White - Olympic Format

Finals 1st: Thomas Thomdike - Medford, Ore. DEF. Jesse Mendoza - Tucson, Ariz. 6,3

Juniors - Boys 12 & Under Blue - Olympic Format

Finals 1st: Alejandro Guzman - Stockton, Calif. DEF. Mitchell Hardin - Findlay, Ohio 11,3

Juniors - Boys 12 & Under Gold - Olympic Format

Finals 1st: Marcos Rojas - Stockton, Calif. DEF. Jose Diaz - Stockton, Calif. (14),5,8

Juniors - Boys 12 & Under Red - Olympic Format

Finals 1st: Rick Charbonneau - Oregon City, Ore. DEF. Ryan Charbonneau - Oregon City, Ore. 8,(14),2

Juniors - Boys 12 & Under White - Olympic Format

Finals 1st: Matthew Wray - Huron, Ohio DEF. Austin Robbins - Eldersburg, Md. 9,4

Juniors - Boys 14 & Under Blue - Olympic Format

Finals 1st: Jake Bredenbeck - Marine On The St. Croix, Minn. DEF. Daniel Lerow - Bradenton, Fla. WBF - No Show

Juniors - Boys 14 & Under Gold - Olympic Format

Finals 1st: Taylor Knoth - Milwaukie, Ore. DEF. Bradley Kirch - Syracuse, N.Y. 5,9

Juniors - Boys 14 & Under Red - Olympic Format

Finals 1st: Victor Frausto - Woodland, Calif. DEF. Johnathan Garcia - Vacaville, Calif. 12,10

Juniors - Boys 14 & Under White - Olympic Format

Finals 1st: Michael Figgins - Grand Rapids, Minn. DEF. Lucas Arias - Ann Arbor, Mich. 5,5

Juniors - Boys 16 & Under Blue - Olympic Format

Finals 1st: John-craig Chisholm - Marlboro, Mass. DEF. Taylor McDermott - Dallas, Texas 11,(10),4

**"MAKING THE TEAM FOR THE FIRST TIME IS THE GREATEST FEELING EVER!
IT'S LIKE YOUR WHOLE LIFE'S GOAL IN RACQUETBALL JUST CAME TRUE.
I FINALLY GET TO WEAR USA PROUDLY ON MY BACK."**

Juniors - Boys 16 & Under Gold - Olympic Format

Finals 1st: Jose Rojas - Stockton, Calif. DEF. Ismael Aldana - Stockton, Calif. (14),2,9

Juniors - Boys 16 & Under White - Olympic Format

Finals 1st: Steven Stewart - Anchorage, Alaska DEF. Gavin Bennett - Manchester, N.H. 1,12

Juniors - Boys 18 & Under Blue - Olympic Format

Finals 1st: Andrew Gale - Centerville, Utah DEF. David Laforest - Queens Village, N.Y. (12),8,9

Juniors - Boys 18 & Under Gold - Olympic Format

Finals 1st: Allan Crockett - Birmingham, Ala. DEF. Michael Keddie - Manchester, N.H. 9,13

Juniors - Boys 18 & Under Red - Olympic Format

Finals 1st: Ryan Meyer - Elk Grove, Calif. DEF. Ryan Jacobs - Rochester, Minn. 7,4

Juniors - Boys 18 & Under White - Olympic Format

Finals 1st: Eric Atchison - Northfield, Minn. DEF. Ryan Williams - Chesterfield, Mo. 12,11

Juniors - Boys 8 & Under Blue - Olympic Format

Finals 1st: Logan Trout - Clarksville, Tenn. DEF. Justus Benson - Sun Prairie 11,5

Juniors - Boys 8 & Under Gold - Olympic Format

Finals 1st: Ryan Francis - Litchfield, N.H. DEF. Jake Birnel - Bellingham, Wash. 10,10

Juniors - Boys 8 & Under Red - Olympic Format

Finals 1st: Connor Cowan - Davison, Mich. DEF. Kurtis White - Warren, Mich. 2,2

Juniors - Boys Multibounce 6 and Under - Round Robin

1st: Ricardo Diaz
2nd: Sean Henry

Juniors - Boys Multibounce 8 and Under Blue - Olympic Format

Finals 1st: Derrick Wray - Huron, Ohio DEF. Connor Cowan - Davison, Mich. 11-9,2-11,11-8

Juniors - Boys Multibounce 8 and Under Gold - Olympic Format

Finals 1st: Kyle Ross - Fargo, N.D. DEF. Justus Benson - Sun Prairie 8,9

Juniors - Boys Multibounce 8 and Under Red - Olympic Format

Finals 1st: Kurtis White - Warren, Mich. DEF. Christian Ulliman - Westerville, Ohio 9,9

Juniors - Girls 10 & Under Blue - Olympic Format

Finals 1st: Sabrina Viscuso - Auburn, Calif. DEF. Alicia Fladstol - Eagle Point, Ore. 3,3

Juniors - Girls 10 & Under Gold - Olympic Format

Finals 1st: Hollee Hungerford - Milwaukie, Ore. DEF. Abbey Lavelly - Cuyahoga Falls, Ohio 11,10

Juniors - Girls 10 & Under Red - Olympic Format

Finals 1st: Victoria Fladstol - Eagle Point, Ore. DEF. Rachel Wilson - Brazil, Ind. 0,1

Juniors - Girls 12 & Under Gold - Olympic Format

Finals 1st: Devon Pimentelli - San Bruno, Calif. DEF. Samantha Rosado - Menden, Conn. 7,5

Juniors - Girls 12 & Under Red - Olympic Format

Finals 1st: Elizabeth Simmons - Crofton, Md. DEF. Mercedes Arias - Ann Arbor, Mich. (9),14,6

Juniors - Girls 14 & Under Blue - Olympic Format

Finals 1st: Amanda Lindsay - Oregon City, Ore. DEF. Hayley Ross - Fargo, N.D. 6,6

Juniors - Girls 14 & Under Gold - Olympic Format

Finals 1st: Aubrey Obrien - Auburn, Calif. DEF. Danielle Key - Gilbert, Ariz. 5,4

Juniors - Girls 14 & Under Red - Olympic Format

Finals 1st: Monique Horyza - Orangevale, Calif. DEF. Jacquelyn Rosado - Meriden, Conn. 14,(10),3

Juniors - Girls 16 & Under Gold - Olympic Format

Finals 1st: Sharon Jackson - Shelbyville, Ind. DEF. Sherrika Darnell - El Dorado Hills, Calif. 4,13

Juniors - Girls 16 & Under Red - Olympic Format

Finals 1st: Ashley Loyd - Murfreesboro, Tenn. DEF. Holly Hettesheimer - Cincinnati, Ohio 13,6

Juniors - Girls 18 & Under Gold - Olympic Format

Finals 1st: Michelle Key - Gilbert, Ariz. DEF. Ashley Willhite - Ore. (10),13,9

Juniors - Girls 18 & Under Red - Olympic Format

Finals 1st: Sarah Moyle - Beaverton, Ore. DEF. Gabrielle Shnurman - Prola, Iowa 1,9

Juniors - Girls 18 & Under White - Olympic Format

Finals 1st: Ashley Loyd - Murfreesboro, Tenn. DEF. Dianne Meyer - McMinnville, Ore. 8,11

Juniors - Girls 8 & Under - Round Robin

1st: Erika Manilla
2nd: Mary Zeng

Juniors - Girls G6/8MB Gold - Olympic Format

Finals 1st: Erika Manilla - Centennial, Colo. DEF. Christina Lavelly - Cuyahoga Falls, Ohio 1,2

Juniors - Girls G6/8MB Red - Olympic Format

Finals 1st: Mary Zeng - Troy, Mich. DEF. Kaeli Rodriguez - Terre Haute, Ind. 0,0

By Mike Ceresia

Racquetball is all about relationships. Fans and players, Pros and Amateurs, Sponsors and Commissioners, but the most important element to the future of the game is the relationship the game has with the clubs. It is very simple! Thriving clubs with courts and we have a future. Declining clubs with courts and the future is iffy. Are we maintaining the relationship or growing it?

On the surface, this is a very difficult question to answer. The club game has changed drastically in the last 20 years. Many racquetball clubs in the 70's and early 80's survived with racquetball alone and little emphasis on fitness. The face

instructors? No, they are all certified and ready to help you with your training. The list goes on. So, why in the world would the racquetball program be successful without a club professional, a program director and a variety of leagues, tournaments and exhibitions? News flash - they won't be!

The club owners with common business sense know their racquetball courts will flourish with a good program. All over North America this is the case. A good programmer means good participation and commitment to the game. Also, another news flash, racquetball players are the most loyal of all fitness members. We are

Racquetball Magazine is an interesting tool. What if we shipped 200 copies of each magazine to each member club? Golf publications do this type of controlled circulation and reap the financial benefits and investment in the game. Those benefits include an informed membership, an increased fan base and one more reason to play the game they love. We can do it and actually make some advertising money doing it. Do the math, 2,000 clubs times 200 copies times about 3 readers per copy times 6 issues. There are logistics issues, but it can be done. It is being done in many sports.

Another excellent opportunity is LA Fitness. They are a big player in the future of the game. Their plan is simple. They are building facilities with a commitment to racquetball. They have all their fitness equipment facing racquetball courts. Sooner or later, the person

on the treadmill for the zillionth time will realize the players are all having fun with this workout slash social game called racquetball. LA Fitness knows what they are doing, but I am sure we can help their membership and their owners grow the game.

The courts and clubs are there. They want to make money and we want them to grow the game. We can help them and ourselves if we use the tools at our fingertips - NOW!



WE ARE PASSIONATE ABOUT THE GAME AND WILL STICK WITH IT UNTIL WE ARE PHYSICALLY UNABLE TO.

of these clubs has changed. Most are multipurpose facilities. Fitness, pilates, spinning, aerobics, yoga and racquetball are all part of the new club imprint.

However, it is extremely hard to grasp one simple fact. Why do many facilities have little or no commitment to the programs it takes to make racquetball successful? Could you imagine a spinning room without a multitude of instructors and classes to choose from? No! Do you walk into the fitness area and see no fitness

passionate about the game and will stick with it until we are physically unable to. That is loyalty!

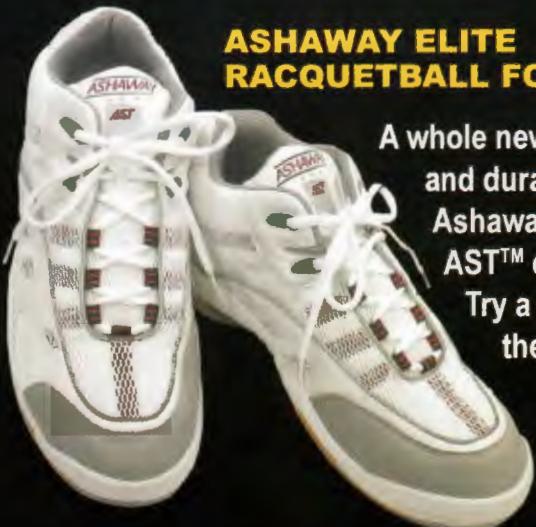
Let's dial it back a notch. The responsibility of the individual club owner's success is their own issue. However, we all have a vested interest in this success. Therefore, we should be opening the door through USAR Programs, Professional Certification and Programming. The Manufacturers, Pro Tours and Racquetball Magazine can all help the cause.

PLAY ASHAWAY TO WIN

Just like World Champion Jack Huczek

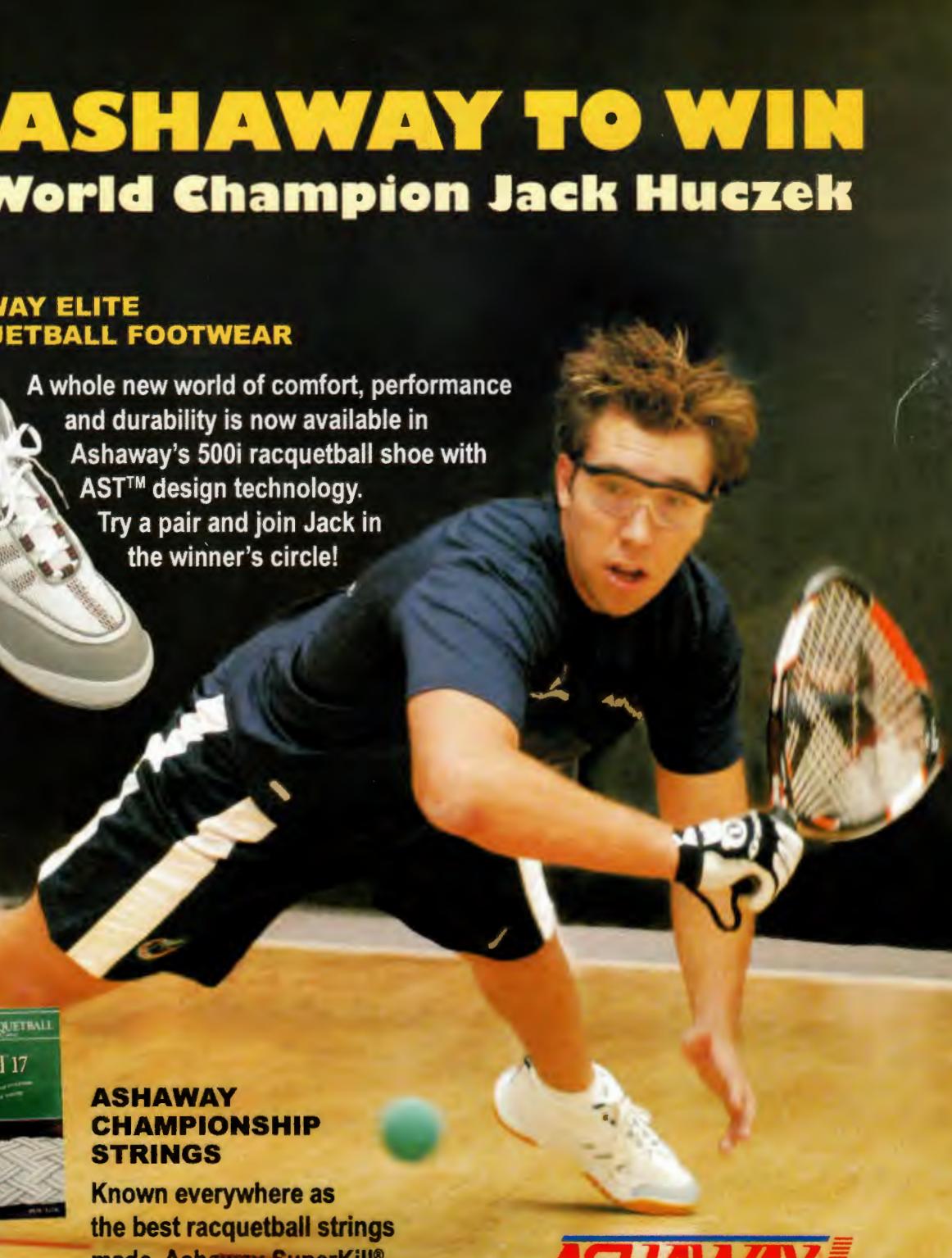
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