



NCRA, Inc.

1048 Lamms Rd.

Carthage, NC 28327

NCRA BOARD MEMBERS

Mike Bourgeois	Jacksonville	910-353-4284	mbourgeois@ncracquetball.com
Bruce Bryant	Sneads Ferry	910-327-4441	
Debbie Bryant	Sneads Ferry	910-327-4441	dbryant@ncracquetball.com
Lynn Moffitt	Fayetteville	910-864-3303	lmoffitt@ncracquetball.com
Curtis Smith	Greenville	252-757-8788	csmith@ncracquetball.com
Jan Stelma	New Bern	252-633-2221	jstelma@ncracquetball.com
Lynn Stephens	Carthage	910-947-3029	lstephens@ncracquetball.com
Wayne Sweat	Charlotte	704-523-7887	wsweat@ncracquetball.com
Tommy Troutman	Concord	704-436-2021	ttroutman@ncracquetball.com
Andreas Winston	Fayetteville	910-487-6398	awinston@ncracquetball.com
Kristen Sutek	Fayetteville	910-482-3173	ksutek@ncracquetball.com

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

THE WALL NUT JOURNAL

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



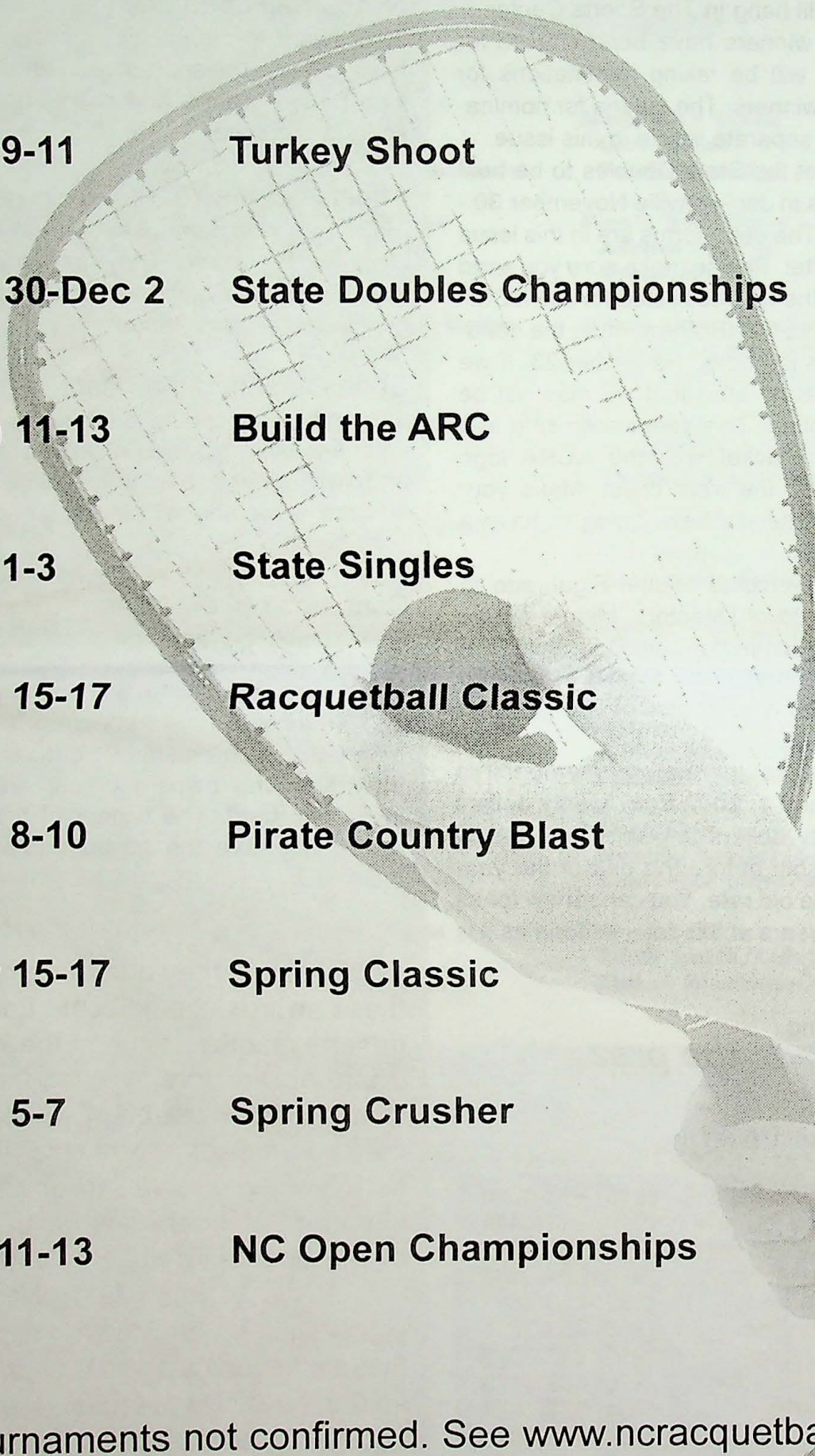
**Season
opens
with a
"Blast"**

Inside:

Notes and Quotes
Tournament Schedule

What's the Call
Tournament Results

NCRA Tournaments



Nov 9-11	Turkey Shoot	Asheville Vision Sports, 704-252-0222
Nov 30-Dec 2	State Doubles Championships	Jacksonville Courts Plus, 910-346-3446
*Jan 11-13	Build the ARC	New Bern Courts Plus, 252-633-2221
Feb 1-3	State Singles	Fayetteville The Sports Center, 910-864-3303
*Feb 15-17	Racquetball Classic	Concord The Sports Center, 704-782-3000
*Mar 8-10	Pirate Country Blast	Greenville Pulse Athletic Club, 252-756-9175
*Mar 15-17	Spring Classic	Asheville Vision Sports, 704-252-0222
*Apr 5-7	Spring Crusher	Jacksonville Courts Plus, 910-346-3446
Apr 11-13	NC Open Championships	Greensboro 336-275-1391

* Tournaments not confirmed. See www.ncracquetball.com for updates.

notes and quotes... ... from the prez



Well, now North Carolina can boast that we have had two professional racquetball tournaments in the State this year. We had the IRT men in Greensboro in March, and more recently the ladies of the LPRA in Charlotte

September 20 - 23. I came away from that tournament very impressed with their athletic ability, their graciousness, and their honesty.

I hope everyone likes the changes that have been made to the newsletter. As with anything, changes take time and Kristen Sutek has worked hard to give us this new look. There are still more changes to come to make it even better. We have most of the kinks worked and should be back on a regular publishing schedule soon. Anyone wishing to advertise in our newsletter can contact Kristen or me for more information.

Who says racquetball is declining? Not in North Carolina. The Sports Center in Fayetteville just completed its Outback Blast tournament and there were 203 entries. That's 289 matches in two and a half days. And it ran on time or ahead. Lynn Moffitt works impossible hours and does an amazing job with this tourney.

The State Singles are going to be held at The Sports Center in Fayetteville again in 2002. The dates will be February 1 - 3. North Carolina is instituting several awards to be given on an annual basis at the State Singles Championships. These awards are Hall of Fame, NCRA Athletes of the Year, NCRA

Sportsperson of the Year, and the Contributor Award. These awards will be presented for the first time at the 2002 State Singles. All of the winners will receive individual awards and their name will be added to a perpetual plaque that will hang in The Sports Center.

All of the winners have been chosen for 2002 but we will be taking nominations for future award winners. The criteria for nominations are in a separate article in this issue.

Don't forget the State Doubles to be held at Courts Plus in Jacksonville November 30 - December 2. The entry forms are in this issue of the newsletter. Please make sure you send your entry to the address listed for the NCRA office, NOT THE CLUB! Remember the deadline for entries is Friday, November 23. If we receive your entry after that we may not be able to get you in. This year's memento is a nylon, hooded jacket with the NCRA logo embroidered on the front chest. Make your plans now to attend. We're going to have a great time!

I'd like to welcome Miguel Figueredo to the NCRA Board of Directors. Miguel will be on the Juniors committee with Curt Smith. I'm sure all of you that know Miguel also know that he will bring a great deal of energy to the NCRA programs.

The USRA is increasing membership dues on January 1, 2002 from twenty dollars a year to thirty dollars a year. If you renew your membership before the end of the year you will pay the old rate. You can renew for as many as two years at this rate, as long as it is before January 1.

Keep 'em rolling.

the prez

Criteria for State Awards Nominations

NCRA Hall of Fame

This award is meant for individuals who have given to the sport of racquetball for a long period of time and championed the sport in our state.

Athletes of the Year (male and female)

Individuals who demonstrate great athleticism on the court. They generally win tournaments of a high level and exhibit the qualities of elite athletes.

Sportsperson of the Year

This individual should exhibit exemplary sportsmanship qualities. Court demeanor and willingness to further the sport through leadership in playing should be considered.

Contributor of the Year

This should be an individual who has made a major contribution to the sport of racquetball in our state. It is not necessarily the best player or someone who plays in a lot of tournaments. It should be an individual who helps promote and truly loves our sport. The winner of the 2002 award will have the award named after them.

All of the nominations for these awards should come from the general membership and the NCRA Board of Directors.

Nominations must be in writing and can be mailed or emailed to the NCRA office or given to any Board Member. Winners will be decided by the Board in a majority vote.

"This is your state. We want you to help us decide who receives these prestigious awards each year, so don't hesitate to let us know who you feel is deserving of these awards," said Lynn Stephens.

NCRA Board Members

Email addresses are first initial,
last name@ncracquetball.com.

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Jan Stelma	New Bern	(252) 633-2221
Lynn Stephens	Carthage	(910) 947-3029
Kristen Sutek	Fayetteville	(910) 482-3173
Wayne Sweatt	Charlotte	(704) 523-7887
Tommy Troutman	Concord	(704) 436-2021
Andreas Winston	Raleigh	(910) 487-6398
Jason Wright	Greenville	(252) 355-2818

Tournament Results

Fayetteville Outback

Mens Open
Jason Thoerner
Dan Llacera

Mens Beginner
Tony Bianucci
Michael VanLeeuwen

Mens 45+ Open
Curt Geller
Parris Woodbury

Womens Open
Brenda Kyzer
Meena Evans

Womens All Age
Kristen Sutek
Sharon Wilkes

Men's 55+ Open
Adrian Snyder
Grant Morrill

Mens A
Lance Fife
Moises Martinez

Juniors 14 and Under
Jordan Walters
Tripp Isley

Men's Open Doubles
Jason Thoerner/Mitch Williams
Dan Llacera/Vince Kelley

Womens A
Nicole Wynne
Valerie Willis

Junior Multi Bounce
Matt Hines
Dawn Jones

Men's A Doubles
Chad Walters/Jordan Walters
Charlie Hauser/David Young

Mens B
Aaron Schwartz
Andy Poplin

Men's 24 and Under
Jon Brinson
Paul Moore

Men's B/C Doubles
Jon Brinson/Andy Poplin
Brad Cox/ John Childress

Womens B
Stephanie Fife
Molly Hedgecock

Men's 25+ B/C
Andy Poplin
Daniel Loyola

Women's Open/A
Pam Avery/Catherine Land
Kristi Hale/Christie Norris

Mens C
Jim Barberio
Tim Bailey

Men's 25+ Open
Todd Cook
Will Compton

Women's B/C
Elaine Hinchman/Edith Smith
Jennifer Cook/Nathalie Martin

Womens C
Cicely Samuel
Angela Locke

Men's 35+ B/C
Kirk Yoo
Randy Stallings

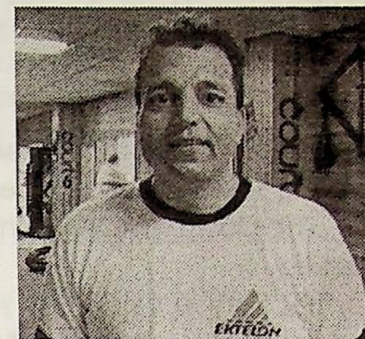
Mixed O/A
Debbie Bryant/Eddie Alberty
Catherine Land/Bruce Bryant

Mens D
Patrick Thorne
Jeff Stewart

Mens 35+ Open
Tim Wayt
Dennis Mumford

Mixed B/C
Edith Smith/Calvin Hunt
Elaine Hinchman/Randy Stallings

Player profile



Name

Miguel Figueredo

Hometown

Fayetteville

Occupation

Manager of Technical Services for the nation's leader on dialysis therapy.

Years playing racquetball

I played for three years, then was out for two years due to my work schedule. I returned to the game in early 2000.

Division you play in now

Just moved up to B's in July.

Favorite racquetball moment

Every time I get to play with my son, Anthony, who is just learning the game. Everytime I play with him, I feel like a "winner" in many ways.

Other hobbies/ activities

Baseball fan (the Braves, of course), reading and giving my kids a hard time.

NC Players Bring Home Doubles Medals

Compiled by Lynn Stephens

Twenty North Carolina players competed at the National Doubles in Las Vegas, Nevada, October 5-9. Mitch Williams lead the group with two gold medals.

Mitch and Brent Walters defeated Jeff Garner (AL) and Michael Harmon (FL) in two games for the men's 24- title. The scores were 15-13, 15-12.

He also paired with Kristen Walsh of Utah to beat Mike Locker (MN) and Jill Trachsel (MO), 12-15, 15-2, 11-0.

Mitch also made it to the Semifinals in Men's Open, playing with Jason Thoerner where they lost to the eventual winners, Ruben Gonzalez and Mike Guidry. 15-11, 15-9.

Meena Evans won a Gold medal in the Mixed 45+ division playing with Mark Baron from Virginia. They defeated Bill Greaney and Julie Pinwell from Florida, 15-12, 15-12

Debbie Bryant and Eddie Alberty reached the Finals of the Mixed 30+ division where they were defeated by Judy Nance and Mark O. Perez of California. 15-12, 15-5.

Also competing in the tournament were Jan Stelma, Kevin Webb, Pam Avery, Catherine Land, Calvin Hunt, Edith Smith, Bruce Bryant, Tom Troutman, Roger Felumlee, Ed Remen, Richard Sampson, Paul Saperstein, Curt Smith, Valerie Willis,

Congratulations to the NC competitors!

LPRA COMES TO CHARLOTTE

submitted by Lynn Stephens

The first LPRA Stop for the season is in the books and it was a good one with a full draw of 32. The Dowd YMCA in Charlotte was the host facility.

The format they're using this year is best of 5 games to 15, rally scoring, 5 serves each before a sideout, win by 2. Line judges are used for the semi's and finals.

Of course, Janet Myers from NC plays regularly on the Pro Tour but other ladies from NC who tried their hand at taking on the Pros were Debbie Bryant and Meena Evans. Debbie lost to Lori Jane Powell 9, 12, 12. Meena lost to Suzy Acosta (9), 11, 6, 12.

My favorite match was in the round of 16's when Kristen Walsh played Rhonda Rajsich. These ladies were diving all over the court making incredible gets and bringing some real heat to the ball. I bet they didn't hit 4 ceiling balls the whole match.

Kristen won that match on her way to the finals to meet Cheryl Gudinas. That was where her weekend ended, though. Cheryl kept her on the defensive most of the match and she was never able to mount an attack. Kristen made some awesome diving gets in the match that had the crowd cheering.

Walsh and Claudine Garcia are the ones to watch in the upcoming season. This was Claudine's first pro stop. She was seeded 27 and Kristen 21.

Here's how the tournament shaped up from the 16's on.

16's

Cheryl Gudinas def. Dina Moreland (10), 13, 9, 9

Kerri Stoffregen Wachtel def. Lori Jane Powell 11, 5, 12

Kersten Hallander def. Janet Myers 6, 7, 9

Laura Fenton def. Jo Shattuck 6, 13, 7

Kristen Walsh def. Rhonda Rajsich (9), 13, 14, 15

Suzy Acosta def. Ramona Vonondarza 2, 9, 6

Claudine Garcia def. Kim Machirian 7, 5, 12

Jackie Paraiso def. Denise Mock 12, 8 7

Quarters

Gudinas def. Wachtel 16, (10), 9, 3

Hallander def. Fenton 13, (11), 7, 12

Walsh def. Acosta 9, 8, 11

Garcia def. Paraiso 4, 13, injury forfeit (Jackie's been having ankle problems).

Semifinals

Gudinas def. Hallander 12, (15), 13, 9

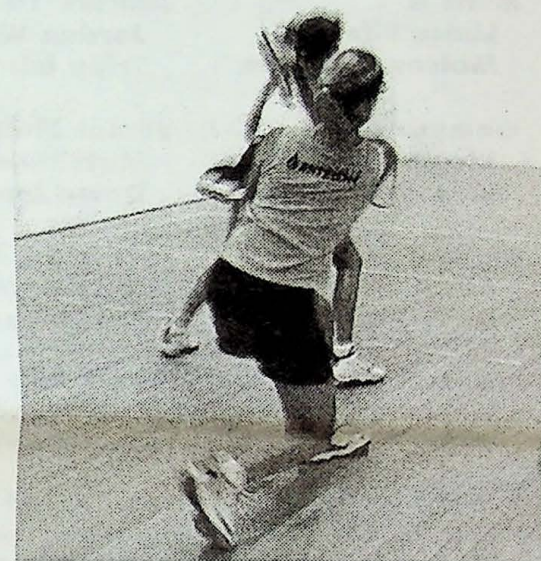
Walsh def. Garcia 6, (8), 10, 15

Finals

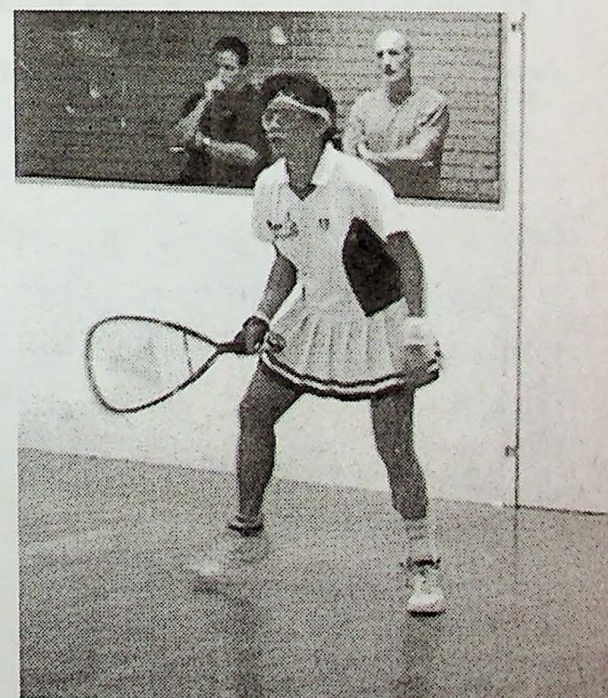
Gudinas def. Walsh 11, 8, 12



Cheryl Gudinas and Kristen Walsh pose for a photo after the finals.



Kersten Hallander tries to shoot a forehand past Laura Fenton



Jackie Paraiso prepares to attack a serve.

Photos by Lynn Stephens

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**2001 North Carolina State
Doubles Championships
November 30 - December 2, 2001**

LOCATION
COURTS PLUS
104 MARINE BLVD.
JACKSONVILLE, NC 28541
910-346-3446

ENTRY FEES	
1 st Event	\$35.00
1 st Event (without jacket)	\$25.00
2 nd Event	\$17.00
3 rd Event	\$17.00

AWARDS

1ST And 2ND Place awards will be presented in all divisions. All players will receive a nylon hooded pullover jacket with the NCRA logo embroidered on the chest. You may decline the jacket and pay a lower entry fee. Courts Plus will provide a T-Shirt to everyone.

REFEREES

Referee fees are included in your entry fee. Winners are required to referee the next available match and will be paid \$5.00 if certified and \$3.00 if not certified. Failure to referee or find a suitable replacement will result in forfeiture. There will be a **RULES CLINIC** at 11:00AM Saturday and referee certification will be available.

RULES AND ELIGIBILITY

This is a NCRA/USRA Sanctioned event and is open to all North Carolina residents and military personnel stationed in North Carolina. It is governed by the NCRA code of conduct. All players must be a member of the NCRA/USRA. Membership available at the tournament desk for \$20.00. Single elimination play. No consolation rounds. ASTM certified eye guards are mandatory.

HOSPITALITY

Food and beverages will be provided throughout the weekend. **GUEST MEAL TICKETS** may be purchased for \$10.00 for the weekend.

SPECIAL REQUESTS

We will try to honor special start times if requested in writing with a **PAID** entry. Requests will be honored on a first come basis and if your time is not available there will be no refund. Please plan to make your work and school schedules around the tournament dates and times.

TOURNAMENT DIRECTORS

The NCRA Board of Directors

OFFICIAL BALL

Pro Penn

OFFICIAL HOTEL

INNKEEPER
US 17, Jacksonville, NC
910-938-0800

Rate - \$39.99 Double

Must say you are with the State Racquetball
Tournament to receive special rate. Call before November 15

STARTING TIMES

Expect to play Friday, November 30 at 5:00PM. Start times will be available Wednesday, November 28, after 3:00PM by calling **Courts Plus** at 910-346-3446. We will email your times with a legible address.

ENTRY DEADLINE and INFO

Deadline is 6:00PM, Friday, November 23, 2001

All late, phone, fax, and email entries will be taken with a \$5.00 fee.

PHONE AND FAX ENTRIES - 910-947-3202

EMAIL ENTRIES - ncra@ncracquetball.com

ENTRY FORM

DATE _____ SEX — M F

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME _____ WORK _____

PHONE _____ PHONE _____

EMAIL ADDRESS _____

CLUB AFFILIATION _____

JACKET SIZE S M L XL XXL NONE

DOUBLES EVENTS

Please circle one **MEN'S** **WOMEN'S**

You can only play one skill level division (A,B,C,D) You may enter more than one age division. Please **circle the events you are entering.**

SKILL EVENTS (can only enter one from this group)

OPEN A B C D

SKILL + AGE EVENTS

24- 25+O/A 25+B/C 35+O/A 35+B/C

45+O/A 45+B/C 55+ 65+

MIXED SKILL + AGE EVENTS

OPEN/A B/C 25+O/A 25+B/C 35+O/A

35+B/C 45+O/A 45+B/C

PARTNERS NAME _____

PARTNERS NAME _____

PARTNERS NAME _____

MAKE CHECKS PAYABLE TO NCRA AND MAIL TO NCRA

1048 LAMMS RD.

CARTHAGE, NC 28327-7898

TOTAL ENTRY FEES ENCLOSED \$ _____

CREDIT CARD# _____

EXPIRATION DATE _____ Master Card and Visa only

WAIVER

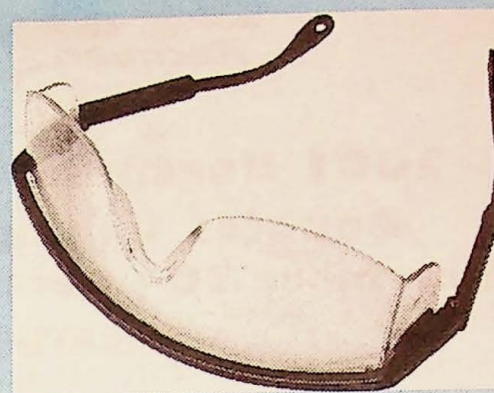
I hereby for myself, heirs, executor, and administrators waive and releases any and all rights and claims for damage I may have against Courts Plus, their sponsors, the NCRA and it's Board of Directors, and the USRA for any and all injuries suffered by me in connection with the tournament. I also acknowledge the potential risk of eye injury during competition and can certify in writing that my protective eye guards (including prescription frames/lenses) conform to all standards specified in USRA Rule 2 - 5 (a).

x
Signature of Participant or Parent/Guardian if under 18 years of age

What's the Call?

By Debbie Bryant, Regionally Certified Referee

I hope all of you took the time to read Barry Hendricks' story "Eyeguard Safety." It is very unfortunate that anyone would have to go through that type of injury when there are so many options for protective eyewear. It was a choice he made and now he wants others to learn from his mistake.



What is approved USRA eyewear? [From the USRA Official Rules of Racquetball]

Rule 2.5 (a): All players must wear lensed eyewear that has been warranted by its manufacturer or distributor as
1. Designed for use in racquetball and 2. Meeting or exceeding either the full ASTM F803 standard or Canadian (CSA) impact standard. This rule applies to all persons, including those who wear corrective lenses. The eyewear must be unaltered and worn as designed at all times.

To be used in sanctioned competition, protective eyewear must: Bear a permanent, physical stamp of the appropriate "ASTM-F803" citation on the frame itself, OR Appear on the ASTM reference listing, OR Bear the "Protective Eyewear Certification Council" [PECC] seal of approval for the ASTM standard, OR Be certified in writing by the maker that it complies with the required ASTM standard (in this instance, the player must be able to provide written, adequate proof-on demand at any sanctioned event, before such eyewear may be used).

Infraction for illegal eyewear: A player who fails to wear proper eyewear will be assessed a technical foul and a timeout to obtain proper eyewear. A second infraction in the same match will result in immediate forfeiture of the match. This includes warming up too!

Where can I get an updated list of the USRA approved eyewear?

Via the USRA's Internet Website [<http://www.org/usra/pub&ref/eyeguard.htm>]

***Statement pertaining to prescription eyewear:** All eyewear including prescription frames must have a note from the manufacturer and or the eye doctor stating that the eyewear is ASTM-F803 or have the PECC seal of approval. The USRA website has a list of RX frames that meet this standard. If your eyewear is not listed on this list, then it is not legal for use in USRA-sanctioned play and any referee, opponent, and/or tournament director who allows someone to compete without legal eyewear, is flirting with a huge liability for not complying with the rule. Of course, players themselves bear the primary liability for not complying with the rule.

The NCRA Board will strongly enforce this rule due to safety concerns.



Author Debbie Bryant always wears her eyeguards on the court. Friends, Holly Remen and Meena Evans, however, started the match with -1.

Want to read the original article
by Barry Hendricks?
Log onto the web site:

www.ncracquetball.com.

RANKING SYSTEM EXPLAINED

So you've finally played your first tournament (or your fiftieth) and you've gone to the web site and looked under rankings and saw you had a point ranking. Now you wonder.....just how did that point ranking come about? Well, our system is a fairly simple one that I'll explain.

To start with, if you played in a men's or women's round robin in a tournament you don't receive any points. Giving points in a round robin would give someone points for a third place finish when in reality they may not have even been competitive in the event. If you are in a men's division with fewer than six players we don't count your points either. It's the same reasoning as with round robins. When you have a good ranking we want it to be because you are a good player, not because you participated in a lot of round robins in tournaments.

The ranking system is based on average tournament finishes plus points accumulated. It is on a 12-month rotation so points are based on the tournaments you have played *in the last year*. Rankings are listed with all players with two or more tournaments listed first in order of rank and then all players with only one tournament recorded in that division listed in order of rank. We do that since our system is based on an average finish in tournaments and you can't have a real average with just one tournament.

You receive points for where you finish in a tournament (no matter what size) according to the following table. These points are averaged by the number of tournaments you have received points in for that division. This is called your tournament index. (TI)

Round	64	32	16	8	4	2 (finals)
Points	2	5	8	10	13	17-2 nd 20-1 st

The Power Index Ranking (PIR) is used to give an advantage to players that participate in a lot of tournaments and tournaments that have a large draw. (which usually means tougher and more competition) In addition, everyone that participates in a tournament receives five bonus points. If you lose in the first round of your division those are the only points you receive for that

tournament. Using the following method arrives at your PIR based on the tournament level multiplier in the following table. PIR points accumulate and are not an average.

Level I	(up to 100 players)	multiplier 1.0
Level II	(101 to 125 players)	multiplier 1.25
Level III	(126 to 150 players)	multiplier 1.5
Level IV	(151-up players)	multiplier 1.75
Level V	State Championships	multiplier 2.0

The PIR formula is (TI x multiplier) + bonus points / 100

Example

Joe Player participates in the State Singles and finishes in the Quarter Finals.

He plays in New Bern and finishes in the Semi Finals.

He plays in Fayetteville and finishes 2nd in the Finals.

State Singles - Tournament Points 10
New Bern - Tournament Points 13
Fayetteville- Tournament Points 17
 $10+13+17 = 40/3 = 13.33$ average tournament points

State Singles - .25 PIR = 10 (tournament points) x 2 (multiplier) + 5 (bonus points) / 100

New Bern - .18 PIR = 13 (tournament points) x 1 (multiplier) + 5 (bonus points) / 100

Fayetteville - .35 PIR = 17 (tournament points) x 1.75 (multiplier) + 5 (bonus points) / 100

So Joe Player's ranking from these 3 tournaments in this division would be:

13.33 (average tournament points) + $.25 + .18 + .35 = 14.11$ ranking

To determine when someone has to move up a division we use the following guidelines.

If you win a division twice in one year and the division has eight or more players in it, then you may continue to play that division until the next State Singles comes around. You may play in that division at the Singles to try and win a State Championship but regardless of the outcome you must

move up to the next higher division after that. In addition, if you win a State, Regional, or National Championship with eight or more in the division you must move up, even if that's the only tournament you won all year. If after a year of playing at the higher division, you feel like you don't belong there, you may petition the NCRA Board of Directors to restore your previous level of play.

We feel that this system rewards people for wins and playing a lot of tournaments while still allowing them to show good sportsmanship.

See, I told you it was simple!

the prez

**Innkeeper Cross Creek
Hampton Inn Cross Creek
Innkeeper Durham West
Innkeeper Jacksonville
Holiday Inn Express Durham**

***Welcomes all
racquetball
players!***

Come see what we have to offer:

**Free breakfast bar
Refrigerators and
microwaves available
Cable TV/HBO/ESPN
Outdoor Pool**

35 properties in NC and VA

***Call and ask for
our NCRA rates!
(910) 864-1007***