

# RACQUETBALL

## A *Legacy* IN THE MAKING

Doubles champ Janel Tisinger with her mom -  
Hall of Famer Debbie Tisinger-Moore

**plus:**

- National Doubles & High School Coverage
- National Singles Preview & Entry
- Hall of Fame Inductees
- 2012 Donor Recognition
- Great Lefties, Then & Now



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## MISSION STATEMENT

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

## VISION STATEMENT

To provide 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.



## 12 A NEW TAKE ON DOUBLES

Men's Doubles Champions  
Tony Carson and Jansen Allen

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### Editorial Consultant

Linda Mojer / With Substance, Inc.

### Contributors

T.J. Bambaugh, Fran Davis, Otto Dietrich,  
Larry Haemmerle, Steven Harper, Cheryl Kirk,  
Hank Marcus, Becky Wiese

### Design

Matt Lupton  
luptondesign@gmail.com

### Cover Photo

Rob Herr - robherr.com

### USA RACQUETBALL STAFF

#### Steve Czarnecki

Executive Director  
sczarnecki@usra.org

#### Jim Hiser

Program Manager  
jhiser@usra.org

#### Heather Izzett

Director - Sanctioning & Membership  
hizzett@usra.org

#### Terri Lewis

Director - State and Membership Services  
tmorse@usra.org

#### Barb Pyle

Accounting Assistant  
bpyle@usra.org

#### Melody Weiss

Chief Financial Officer  
mweiss@usra.org

#### Joe Williams

National Volunteer  
jwilliams@usra.org

### USA Racquetball Advisors

Doug Ganim – US OPEN Director  
Connie Martin – USAR-IP Programmer  
Otto Dietrich – Rules Commissioner

### Submissions

Racquetball Magazine welcomes submissions from our members and readers. If you have an idea for an article you may discuss your topic with the editor either by email or telephone.

Contact: Racquetball Magazine,  
hizzett@usra.org. All items submitted are subject to editing.

### Publisher

USA Racquetball  
1685 West Uintah, Suite 103  
Colorado Springs, CO 80904  
(719) 635-5396  
www.usaracquetball.com

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## FROM THE Executive Director

**H**ello USA Racquetball Members and Constituents,

My name is Steve Czarnecki and I've recently joined USA Racquetball as Executive Director. I'm very pleased to be working on your behalf and for the good of our sport.

My focus is on operating USA Racquetball in an efficient and effective manner that both increases participation in the sport and also creates more instructional and competitive opportunities for existing players.

My experience with racquetball began more than 20 years ago when I participated in the robust High School Racquetball League in St. Louis. During those years I developed an

appreciation for the sport and the many benefits it offers to those who play, including social and competitive opportunities. I am committed to working with the many constituents of the racquetball community in pursuit of practical ways to increase participation in our fun and engaging sport.

So far, I've had the opportunity to attend the US National Doubles Championships, the National High School Championships, and the National Intercollegiate Championships. At each of them, I not only had a chance to watch world-class competition across many skill levels, but I also got to meet so many great people who are dedicated to serving the sport and its players. At the High

School and

Intercollegiate Championships, I also had the chance to see the future of our sport in young people who are talented athletes and poised to play for many years to come.

It's obvious that we have some challenges, but we also have tremendous assets. I'm certainly grateful to have a dedicated staff at USA Racquetball, including Jim Hiser who continues to serve important roles in the organization, such as conducting championships and carrying out programming, including the exciting USA Racquetball Instructor Program. I'm confident that our team, with support from the larger racquetball community, can make a real difference in the sport.

I'm bullish on the future of racquetball and look very forward to working for the betterment of the sport.

Sincerely,  
Steve Czarnecki

**Experience Leads Varsity Racquetball**

The Vianney Varsity Racquetball Team was made up of six Seniors and one Junior. It had experience and talent at the number one and two seeds in Jeff Cheak and Steve Czarnecki. Both Cheak and Czarnecki finished the regular season with 7 - 3 records. Jeff Cheak was selected to the Conference All-Star Team and Czarnecki made the second team of all-stars. The highlight of their season came in the National Boys High School Tournament where they finished 5th in the doubles category. The highlight of Vianney's team play was in the league tournament where we finished 5th after a 3 and 7 season. Overall improvement was made by the end of the year. The J.V. Team finished 0 and 10 for the year, but improvement was made, and next year will hopefully be another year of improvement.

(To the Left/Top Row: Mr. Rappinger, Tom Zupl, Bryan Ursell, Stan Knase, Todd Halsey, Bo Bruen, Darren Meyer, A.J. Mueller Bottom Row: Jeff Lechner, Ryan Luecke, Ben Tadrick, Chris Davis, Steve Czarnecki, Jeff Cheak, Tim Wilson, Mike Trokey)

Vianney Racquetball			
Vianney	2	DeSmet	5
Vianney	0	Lafayette	7
Vianney	7	SLUH	0
Vianney	7	CBC	0
Vianney	7	Oakville	0
Vianney	2	Parkway C.	5
Vianney	0	Parkway W.	7
Vianney	3	Francis H.	4
Vianney	3	Clayton	4
Vianney	7	Kirkwood	0

Season Record: 3 - 7

Jeff Cheak demonstrates his All-Star form with a circle.

Steve Czarnecki shows determination as he kills the ball.



Executive Director **Steve Czarnecki** in the 1993 Vianney High School Yearbook





## FROM THE *President*

By **Larry Haemmerle, President**  
USAR Board of Directors

**W**ell, we've entered into a new year filled with new promise and opportunities for our sport as we welcome a new Executive Director, Steve Czarnecki, to our racquetball family! As you'll read, he's already attended several National Championships and met many players and leaders within our sport. Steve will also be attending many more events in the future and welcomes the opportunity to meet and discuss the future of our sport.

The New Year also re-emphasizes the need to bring more recreational players into our membership. We have lacked a "bridge" for the recreational player to graduate into the competitive ranks. Sanctioned leagues present a great opportunity to compete in a more casual environment than full tournament play.

Interestingly enough, this has always been an issue at the local level – as well as a topic of discussion with vari-

ous entities within our sport. I have heard from our state associations, pro tours, affiliated amateur organizations, R2 Sports and manufacturing partners expressing the same concerns. We've always had ladders, shuttles and shoot-outs; but haven't had the structure to link these playing opportunities to competitive racquetball. Many other sports have an organized and sanctioned "league" system of some kind to establish handicaps or rankings for use in graduating to full tournament participation.

Although leagues exist nationwide, by providing a low-cost option to sanction these leagues, we have a great opportunity to provide all the benefits we have to offer and create that link to full tournament competition. Many of these leagues are as social as they are competitive. Recently, Woody Clouse conducted a sanctioned league that advertised the opportunity for players

to use their results for official rankings. Results from this league have now generated official rankings for many new recreational players. World Team Racquetball has also announced their new league system, with opportunities in Los Angeles and Dallas, along with expansion planned in the fall.

As sanctioned leagues grow, recreational players are added to our communication network to receive tournament information, our advertisements and information regarding tours, our National Teams, the USA Racquetball Instructor Program and other affiliated organizations. As this new segment becomes more aware of all our sport has to offer, we all will benefit from these efforts.

With each New Year comes new experiences, challenges, and opportunities. I am very excited with all 2013 has to offer. Good luck to each of you with your personal journey in racquetball!



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2012 Annual  
Giving Summary

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## Cliff and Kane: TWO GREAT LEFTIES, THEN AND NOW

CLIFF SWAIN



KANE WASELENCHUK

By Becky Wiese

Ask a room full of racquetball enthusiasts to name the greatest player and two names will likely float to the top of the list: Cliff Swain and Kane Waselenchuk. Although not exactly contemporaries (most of Swain's success came in the 90s; Waselenchuk currently reigns), these two pros have a lot in common - even more so than being lefties with power games that dominate the sport. While their success puts them in the same category, Swain and Waselenchuk have their unique aspects as well.

### CLIFF SWAIN

By his own admission, Swain got a later start in the game than most top players. "I was probably thirteen-and-a-half years old when I picked up a racquet," he says. "My dad played a lot of handball, so I'd go with him to the outdoor courts in South Boston. Most people were playing racquetball—I picked up a racquet and started hitting around with other players." Soon after, he had beaten the winner of a regional tournament for his age group and won a men's C tournament.

Swain credits his quick success to the fact that he had played both hockey and baseball. "I think hockey is similar to racquetball in that there is explosive movement followed by rapid recovery while baseball helped develop hand-eye coordination and overall athleticism." His parents recognized his natural talent and encouraged him to work hard to get better. "I learned mental toughness and work ethic from my dad, so that every single time I stepped onto a court, I was prepared to play."

Swain's best weapon - his serve - was "blistering" according to Waselenchuk as he describes his first on-court experience against Swain. Playing on the show court in Las Vegas when

Swain was still dominating the tour, Waselenchuk remembers thinking it was pretty cool for an up-and-coming Canadian National Team player—the country's National Champion, no less—to be playing against Swain.

"I was a little nervous at first," admits Waselenchuk. Nerves perhaps being only part of the reason behind the 11-1 first game drubbing — Swain's serve was more likely the cause. Although Waselenchuk pulled out the second game 11-2, Swain won the tiebreaker 11-8. Swain's serve and hard, precise rallies gave him an edge that few other competitors could match, let alone overcome.

Swain's longevity in a physically demanding sport is also noteworthy. He was listed among the top ten players in the world for more than 20 years. The general shift to cross-training and physical conditioning in the world of sports helped Swain reach "another level of fitness at the 'old' age of 30." Aches and pains from the demands on his body convinced him to add more weight training. He started working with a strength and conditioning coach, as well as a competitive group of elite athletes. "My aches and pains went away and I got stronger and faster. Weight training probably added years to my career," Swain says.

Other changes in the game and equipment took place throughout Swain's tenure. The racquet head got bigger, which increased the sweet spot to make the game faster and more power-driven. Players started paying attention to string tension and composition. Players themselves were more athletic. "Equipment changes allowed for more parity," Swain surmises. "Players who needed more power or who needed to handle their opponents' power could rely more on their equipment to

help them," he says.

During the 1990s, the decade of Swain's domination (he was ranked #1 or #2 eight of those ten years), a rule change allowed only one serve instead of two ... not that it hurt his serving ability. "Cliff is probably the best server ever," says Jason Mannino, a former #1 player who now serves as president of the International Racquetball Tour. "He was great at deception—he won a lot of points on aces." Swain also had an aggressive style of play—he made you feel like he was defending his turf. "It was like he was offended by the fact you were on the court," Mannino explains.

"I just feel that I did what I was supposed to do," Swain says. "I took care of myself physically and practiced and paid attention to the fundamentals of the game." Swain's talent and work ethic brought him success that will no doubt continue to be part of racquetball history.

### KANE WASELENCHUK

"My first memories are of Mom, Dad, and racquetball," says Kane Waselenchuk regarding his early start in the sport. "I started playing with my dad when I was about two years old—the racquets were too heavy, so I'd hold a 2-liter Coke bottle by the nozzle and hit with that." When he entered his first tournament, his equipment was a little more conventional—a racquet with a shaved-down handle his father had customized for his four-year-old hand. Seeing racquetball as a good father-son activity, the family spent several years on the junior circuit, culminating in a World Championship title for Kane at the ripe old age of nine.

Then, at about 12 years of age, Waselenchuk turned into a normal pre-teen boy who felt it might not be "so cool to hang out with dad." So he quit racquetball and got into hockey (not surprising ... he is Canadian, after all). A few years later, his dad talked him back onto the courts. Success came relatively quickly as he won his first national tournament when he was 17, and he began to consider taking the sport more seriously.

Not long after, he played his first match against Cliff Swain in Las Vegas. Although Swain won in a third game tiebreaker, Waselenchuk felt the spotlight hit him right away. While still playing for Team Canada, he felt drawn to check out the pro tour. After winning the seventh pro stop he entered as an amateur, he was approached by some sponsors and, at 20 years of

age, decided to go pro. "I took advantage of the opportunity in front of me, although there was a lot of criticism from those who thought I should maybe go to college," he says. His decision has obviously worked out well.

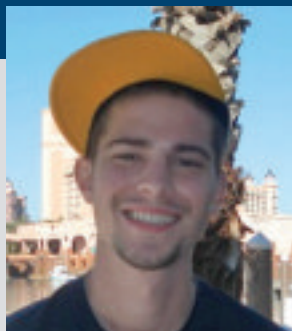
Waselenchuk loves the game, and the battle that takes place during a match, but admits it gets harder to stay focused and not get complacent as the years go on. "Racquetball used to be number one for me - I could be selfish about it. My motivation was to prove I could do things, especially things people told me I couldn't do," (referring to his reign at the top and tournament win streak). "Now I'm a dad and my kids are number one, so the motivation has changed. Now I want to provide well for my family—anyone I'm playing is trying to take money from my kids ... so I don't want to lose!"

Losing is something he hasn't done for quite a while. Says Mannino, "In addition to having the attributes of speed, control, and power, Kane also has soft hands, so he can manipulate the ball. Kane's 'edge' is the personal gratification he gets from winning—it's internal, like another notch in his belt."

"Kane's game is exceptional—there's not much he can't do," agrees Cliff Swain. Not only are Waselenchuk's fundamental skills excellent, but he also has the amazing ability for keeping balls in play (or hitting winners) when it seems impossible. Shots from between his legs, behind his back, or balancing on the tops of his toes seem as much a part of his arsenal as touch shots and driving power. "I played by myself a lot when I was younger," he explains, "so I challenged myself to make unusual shots. I love improvising—so those kinds of shots are usually when I'm out of position or it just happens to be the best angle to hit."

In spite of the win streak and multi-year claim on #1 in the world, Waselenchuk admits that at some point it will change. "Can I be beat? Of course...all the top players are good. There's a perception that I never have a bad game or that I've always played better," he says. "That's not necessarily true, even though I ended up with the win."

Waselenchuk has set the bar pretty high for himself—there are still some records out there to be broken. "I'll go as long as I can be confident that I can be #1 ... but who knows ... I might be that guy who keeps playing long after he should have retired!" If that becomes the case, it will simply be due to his love of the game.



## IRT ANNOUNCES RYAN MATTHEW COTTERMAN SCHOLARSHIP AWARDS

**T**he IRT Collegiate Scholarship program, to promote participation and exposure to the racquetball community by offering financial assistance to deserving athletes for the season, has been named after Ryan Matthew Cotterman. Son of IRT Owner and Vice President of Business Development

Mark Cotterman, Ryan lost his life to cancer at the age of twenty-one. He had been an aspiring young player on the Penn State team, and the way he held his head high with maturity

and dignity was an inspiration to many.

This talented athlete had the potential to go far in the sport. He was also driven to succeed, tenacious, competitive, and worked hard ... the same attributes sought in recipients of this scholarship. It is for these reasons, and in his memory, that we offer this support to young players seeking to achieve greatness in racquetball. Congratulations to the 2012-13 Scholarship Recipients:

Jose Diaz  
David Horn  
Jose Serrano

Taylor Knoth  
Brad Schopieray  
Nick Montalbano

Daniel De La Rosa  
Markie Rojas





## LPRT Update

By T.J. Baumbaugh

As the LPRT approaches the end of its successful 2012-13 season, we would like to thank everyone for the tremendous amount of support we received from the racquetball community, our sponsors, the tournament directors who graciously hosted us at their events, along with friends and families of the LPRT players. We could not do it without you.

A quick review of notable moments so far would have to include the impressive winning streak by #1 ranked player Paola Longoria, who continues to dominate with an unbroken record in every professional event she's entered since May of 2011 to date. Her streak of 68 professional match wins, while losing only 7 games, includes a third US Open title win in Minneapolis in October.

While Rhonda Rajsich continues to hold steady in the #2 ranking spot - after her ninth finals appearance in a US Open

(where she holds 4 titles) - the remaining LPRT players seem to shift positions after every event. At the Puget Sound Challenge in Seattle, backed by a roaring home state crowd, Grace Hughes reached her first semifinal. At the same event, tour regular (and newlywed) Adrienne Fisher Haynes advanced through a tough semi tiebreaker to reach her first pro final.

Keep your eyes on young tour newcomers like Veronica Sotomayor, who fought her way into the US OPEN semifinals, while Maria Paz Munoz made it to the quarters. Maria Jose Vargas reached two quarterfinal rounds, one in Arlington at the Christmas Classic, and another in Cincinnati at the Wilson Tour for Hope. Also in Cincinnati, Masiel Rivera won two grueling tiebreakers to advance to her first quarterfinal showing.

The LPRT was fortunate in adding two new events to its schedule this season. We traveled to Toluca, Mexico in November for a unique Grand Slam tournament that combined

women's pro racquetball with men's pro squash. Glass portable courts were constructed right in the middle of the beautiful architecture of the federal buildings and churches of downtown, allowing fans to sit outside on bleachers, white leather chairs and benches to watch Mexico's own Longoria win the event. In February, we traveled to a very snowy, post-blizzard Overland Park, Kansas. We had to move our match times and play the event in two days, but we were sure glad we made it. Tournament Director Mike Wedel and his team have the event down to a science and, despite the challenges of winter weather, this long running tournament was incredibly smooth and a lot of fun!

In other LPRT news, we are excited to announce a partnership with apparel producer Rollout. Jonathan Clay of Rollout will be developing a line of branded merchandise for the LPRT that will be available exclusively on WearRollout.com and anywhere Rollout is sold.

To follow the latest news from the LPRT, view live LPRT matches, and to get to know the players better, check out our network, website, and Facebook page. [www.LPRTNetwork.com](http://www.LPRTNetwork.com)  
[www.lprtour.com](http://www.lprtour.com)



## schedule

### May 3-5

SCS Title and Escrow Pro/Am Herndon, VA T1

### May 15-19

Ektelon Nationals Fullerton, CA T1

### June 27-30

2013 Suncoast Open Sarasota, FL SAT



## rankings

AS OF 04.16.13

Rank	TOTAL POINTS	Advantage	Name	Hometown	SEASON TO DATE POINTS	Previous
1	2,092.00	694.60	Longoria, Paola	Monterrey, Mexico	1660.00	1
2	1,397.40	839.90	Rajsich, Rhonda	Phoenix, AZ	1080.00	2
3	557.50	48.00	Acosta-Mendoza, Susy	Chihuahua, Mexico	469.00	3
4	509.50	25.75	Gudinas, Cheryl	Naperville, IL	389.50	5
5	483.75	49.25	Fisher Haynes, Adrienne	Memphis, TN	371.75	6
6	434.50	2.75	Salas, Samantha	Monterrey, Mexico	434.50	4
7	431.75	13.55	Wachtel, Kerri	Cincinnati, OH	284.75	9
8	418.20	73.30	Csuk, Krystal	Chicago, IL	297.00	7
9	344.90	17.15	Hughes, Grace	Silverdale, WA	290.50	8
10	327.75	20.25	Amaya, Cristina	Cali, Colombia	239.75	10
11	307.50	34.15	Saunders, Jennifer	Winnipeg, MB, Canada	231.50	11
12	273.35	3.60	Davis, Da'monique	San Antonio, TX	211.75	14
13	269.75	48.75	Baumbaugh, T.J.	Reston, VA	215.75	13
14	221.00	11.25	Paraiso, Jackie	Santee, CA	217.00	12
15	209.75	19.00	Jose Vargas, Maria	Santa Cruz, Bolivia	209.75	15
16	190.75	52.00	Bellows, Kristen	Pleasant Grove, UT	58.75	26
17	138.75	15.25	Brandt, Laura	Ft. Lauderdale, FL	82.75	20
18	123.50	11.00	Scales, Linda	Eules, TX	99.50	19
19	112.50	2.75	Sotomayor, Veronica	Stockton, CA	112.50	16
20	109.75	5.00	Lotts, Sheryl	Bedford, OH	109.75	17





## RACQUETBALL REHAB CLINIC *DELIVERS*

**T**hanks to support from the US Olympic Committee and the Department of Veteran Affairs, the Military Racquetball Federation honored graduates Ed Barry, Akitola Stokes and Catina Evans for completing an eight-week Racquetball Rehabilitation Clinic offered by the Durham VA Medical Center in North Carolina.

The Lakewood YMCA partnered with MRF to provide court time for the clinics, along with instruction in the basic skills and fundamentals of racquetball. The vision and support of Blaine Smith (YMCA Sports Director) and Brad Myers, (YMCA Director) enabled the MRF to reach another major milestone in its efforts to confirm that racquetball is a great adaptive sport to help veterans suffering from the negative effects of combat.

One graduate commented, "I am troubled from loud noises because I suffer from PTSD and this class allowed me to take control and deal with my issues". Other veterans and wounded service members are also dealing with their combat experiences and now can re-engage back into life following the clinics.

Troubling new data shows there is an average of 950 suicide attempts each month by veterans who are receiving some type of VA treatment. The statistics come at a time when VA is strengthening its suicide prevention programs through innovative outreach programs like the Racquetball Rehabilitation Clinics. This is a primary reason for MRF to continue to push and raise the awareness of adaptive sports and racquetball to veterans nationwide.

None of this would have been possible without the dedicated support of Ms. Kendra Monden, Chief Recreational Therapist of the Durham VA Medical Center, along with Lakewood's Brad Myers and Blaine Smith. MRF itself would not be possible without the continuing support of the MIGHTY 6TH District of OMEGA PSI PHI Fraternity, Inc., E-Force, Ektelon, RacquetWorld, and the USOC. If you are interested in learning more about supporting MRF and disabled service members, please contact [MilitaryRacquetball.com](http://MilitaryRacquetball.com).

Graduate Aki Stokes with  
Steven Harper





## ROUNABOUT WOR Championships

By WorldOutdoorRacquetball.net

**I**t's time to get your outdoor game ready for the 2013 Roundabout WOR Championships, presented by Ektelon. The WOR Championships is the longest running outdoor event and the biggest and best of them all. This is an event you can't miss if you're a 1-wall, 3-wall or even 4-wall indoor (that's right I said indoor) racquetball player. This year's event will return to the famous courts at Marina Park in Huntington Beach, July 11-14, with great food to keep the players fueled and ready to play. The hotel for the event is the Hotel Huntington Beach and will hold our room block through May 24, so book early and make sure you let

them know you need a "WOR 2013 Championship room" and you'll get the special rate.

Some of the questions you have to ask yourself is "who's going to win pro doubles?" Will it be Kevin Booth, maybe Rocky Carson, maybe Mike Peters or Alvi, or could it be a dark horse team like Micah and Phat? Can Booth and Jesus win yet another CPRT title (last year's WOR Championships and 3wall ball titles)? Will Rocky continue his streak of singles titles or will someone step up and take down his "Fist Pump"? You'll just have to come out and play to see. Work on that lob and your quick wit, this is Outdoors! [WorldOutdoorRacquetball.net](http://WorldOutdoorRacquetball.net)

## SAVANNAH Outdoor Racquetball

**I**n 2012 Georgia introduced over 70 new players to outdoor racquetball, utilizing a pair of handball practice courts at Lake Mayer Community Park. In 2013 we are working to develop plans for new future racquetball facilities due to the growing interest in outdoor racquetball. Our 2013 plan includes weekly beginner practices, temporary improvements to the existing courts, and 6 sanctioned benefit tournaments.

VersaCourt has offered us a demonstration cushioned court tile

surface for our main court, which has never been installed on an outdoor racquetball court. Anticipated benefits are a safer and more comfortable playing surface than concrete, which is expected to provide a true bounce, slightly livelier than concrete, and should be an excellent way to renovate a court in a wide variety of colors. The company also offers basic court amenities such as ball retention netting and lighting. So if you want to try it out consider a visit to Savannah in 2013. [VersaCourt.com](http://VersaCourt.com)

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# A New Take On Doubles

By Steve Czarnecki, USAR Executive Director  
Photos by Restrungmag.com

Michelle Key strikes a backhand in the final match.

**T**he 46th National Doubles Championships, at Arizona State University in Tempe, was the first National Championship I had attended in more than 20 years. Having recently joined USA Racquetball as Executive Director, the Championship was an eye-opening experience. Along with many of the participants, I certainly appreciated a trip to Arizona in the heart of winter!

My very first impression was that the recreation center at ASU is a wonderful racquetball facility. We're fortunate to have such a great partner with which to host so many national championships, past and present.

Next, it was amazing to see nearly 400 players - of all ages and skill levels across the nation - commit to an extended weekend of competition, fun, and camaraderie. The friendship developed among the sport's players over the years was palpable. I'm proud to now be a part of such a great community.

Of course, the focal point is always the Men's and Women's Team Qualifying Divisions, from which both finalist teams qualify for the US National Team. While I enjoyed playing doubles as a junior myself, the level of play in this division was a sort that I'd never seen before. Watching four of the best players in the world on a court at the same time was a real treat. In the midst of apparent chaos

lived exceptional individual body control and teamwork that was truly impressive.

On the men's side, the final turned out to be a battle of youth vs. experience. The No.4 seeded team of Jansen Allen, 23 of Rice, Texas, and Tony Carson, 27 of Louisville, Colo., was pitted against No.2 Chris Crowther, 34 of Carlsbad, Calif., and Cliff Swain, 46 of

of the USA Racquetball Hall of Fame). The competitive energy from within the fully enclosed court somehow permeated the assembled crowd that, in the end, saw youth served when Allen and Carson won a hard-fought match in straight games.

For the women, there was also a noticeable difference between the finalist teams in terms of age and experience. The No.5 seeded Key sisters (Danielle, 22 and Michelle, 24), of Gilbert, Ariz., made their way to the finals via an upset of the top-seeded team of Kim Russell-Waselenchuk and Rhonda Rajsich with an exciting tiebreaker comeback win, -9, 5, 8 in the semifinal.

The up-and-coming Key sisters faced the formidable and more experienced lefty-righty duo of Aimee Ruiz, 38 of Sterling, N.J. and Janel Tisinger, 30, of Simi Valley, Calif. In the end, Ruiz and Tisinger overcame the local favorites and their boisterous hometown supporters to win the title in two.

Both finals matches were well played and hard fought. With congratulations to Jansen Allen and Tony Carson as well as Aimee Ruiz and Janel Tisinger on their well-earned victories, I have to say it was truly an honor to bestow the gold and silver medals on all the finalists. I hope to see you all again in Tempe, February 12-16, 2014, for another week of warm weather, great doubles action, and a lot of fun.



Darryl Warren and Joe Williams enjoy arranging hospitality for all the players.

Green Harbor, Mass. (one of the most decorated players of all time, a two-time US Open Champion, and member



Janel Tisinger and Aimee Ruiz pose with their medals after winning the Women's Team Qualifying Division.



Danielle and Michelle Key share a chair and an interview with Nick Irvine of the IRT Newtork after advancing to the final.



Joe Lee fastens his glove before heading into a match.



Tony Carson and Jansen Allen share congratulatory looks after winning the Men's Team Qualifying Division.

## Some Observations:

**N**ine teams successfully defended their titles as repeat champions:

Anthony Herrera/Bryan Crosser-M25  
Jimmy Lowe/Tim Hansen-M40  
Dave Azuma/Mike Lubbers-M50  
David Zabinski/Joe Capozzoli-M70  
Wanda Collins/Terry Rogers-W60  
Mary Lou Furaus/Nidia Funes-W65  
Aimee Ruiz/Andy Hawthorne-MX0  
Bryan Crosser/Janel Tisinger-MX25  
Dave Azuma/Elaine Dexter-MX55

**THIRD DIVISIONS ARE BECOMING MORE POPULAR.** Over 100 players entered three divisions, with the Centurion divisions the largest.

**COLORADO STATE UNIVERSITY PUEBLO MAKES ITS MARK!** Both US Team Champions Tony Carson and Jansen Allen both graduated from the very successful CSU racquetball program. Congratulations to Coach Krinsky on developing such a program.

### WOMEN'S NIGHT OUT WAS GREAT

**FUN FOR EVERYONE.** The big test now is "how will Nidia and her friends outdo the Valentine's Day costumes next year?"

### GAMEDAY STATS

- 20% of all matches went to tiebreakers
- 61% of possible third place matches did not play. Should third place matches be eliminated?
- 65% of all divisions are round robin or dropdown divisions after the first round?





Military Racquetball Federation celebrates the successful completion of its Racquetball Rehabilitation Clinic tournament.

- 1 Nidia Funes and Mary Lou Furaus glow along with their gold medals.
- 2 Wanda Collins and Terry Ann Rogers embrace their gold medal effort.
- 3 Bobby Ferreira and Dorcy Norton probably used more than this one racquet to capture gold.

## Results

### Men's Doubles US Team Qualifying

1st: Jansen Allen/Tony Carson  
2nd: Chris Crowther/Cliff Swain  
3rd: Andy Hawthorne/Jeff Stark  
4th: Ben Croft/Rocky Carson

### Women's Doubles US Team Qualifying

1st: Aimee Ruiz/Janel Tisinger  
2nd: Danielle Key/Michelle Key  
3rd: Cheryl Gudinas/Kelani Bailey  
4th: Kim Russell-Waselenchuk/  
Rhonda Rajsich

### Men's Doubles Open

Jason Geis/Jonathan Dunn

### Men's Doubles Elite

Doug Brown/Kennedy Clark

### Men's Doubles A

Daniel Pischke/Richard Seiler

### Men's Doubles B

Nick Richardson/Roby Partovich

### Men's Doubles C

Erik DeMar/Travis West

### Men's Doubles Centurion A

Bud Crockett/William Deluca

### Men's Doubles Centurion B

Hank Estrada/Jamey Williams

### Men's Doubles Centurion Open

Gilbert Cepeda/Jim Durham

### Men's Doubles 24-

Danny Sardina/Zachary Patterson

### Men's Doubles 25+

Arthur Schmeiser/Charlie Stalder

### Men's Doubles 25+A

David Taub/Joe Lara

### Men's Doubles 25+B

Nick Richardson/Roby Partovich

### Men's Doubles 30+

Andy Hawthorne/Jeff Stark

### Men's Doubles 30+A

Austin Babb/David Stone

### Men's Doubles 30+B

Chris Poucher/Will Costanza

### Men's Doubles 35+

Mike Orr/Shawn Royster

### Men's Doubles 35+A

Elmo Ortiz/Matthew Press

### Men's Doubles 40+

Jimmy Lowe/Tim Hansen

### Men's Doubles 40+A

Frankie Porcaro/Glenn Nowicki

### Men's Doubles 40+B

David Thille/Sandro Aponte

### Men's Doubles 40+C

Curt Baumgarth/Rod Mamero

### Men's Doubles 45+

Doug Ganim/Tim Sweeney

### Men's Doubles 45+A

Alan Lawson/Paul Julbes

### Men's Doubles 45+B

David Diperrri/Ray Ross

### Men's Doubles 50+

Dave Azuma/Mike Lubbers

### Men's Doubles 50+A

Alan Baron/Mike Colbert

### Men's Doubles 50+B

Hank Estrada/Jamey Williams

### Men's Doubles 50+C

Brett Dahlgren/George Parobek

### Men's Doubles 55+

Gilbert Cepeda/Jim Durham

### Men's Doubles 55+A

Robert Frazier/Tyrone Tony White

### Men's Doubles 55+B

Keith Vogel/Kevin Keys

### Men's Doubles 60+

Howard Walker/Mark Baron

### Men's Doubles 60+A

Dennis Farrell/Paul Dinerman

### Men's Doubles 60+B

Rene Saucier/Tom Farley

### Men's Doubles 65+

Jeffrey Leon/Mike Pawka

### Men's Doubles 65+A

Fredrick Roe/Greg Kearney

### Men's Doubles 65+B

Dan Greene/Keith Vogel

### Men's Doubles 65+C

Kenneth Joy/Leonard Sonnenberg

### Men's Doubles 70+

David Zabinski/Joseph Capozzoli

### Men's Doubles 75+

Jerry Northwood/Rex Lawler

### Women's Doubles Open/Elite

Grace Hughes/Jessica Munoz

### Women's Doubles A

Miriam McCloskey/Danielle Emerson

### Women's Doubles B

Jill Krenzelok/Amy White

### Women's Doubles 30+

Melody Gorno/Thao Le

### Women's Doubles 35+

Christie Noller/Mae Chin-Varon

### Women's Doubles 40+

Lori Soares/Roxanne Davis

### Women's Doubles 40+A

Cheryl Kirk/Patrice Calvi

### Women's Doubles 45+

Debra Tisinger-Moore/Mae Chin-Varon

### Women's Doubles 45+B

Susan Boulanger/Tami Costanza

### Women's Doubles 50+

Chris Evon/Terri Graham

### Women's Doubles 50+A

Melody Gorno/Tia Lecland

### Women's Doubles 55+

Elaine Dexter/Linda Moore

### Women's Doubles 55+A

Sandy Rios/Vicky Birkmann

### Women's Doubles 60+

Wanda Collins/Terry Ann Rogers

### Women's Doubles 60+B

Gaylen Clark/Marcy Jimenez

### Women's Doubles 65+

Mary Lou Furaus/Nidia Funes

### Women's Doubles 70+

Mildred Gwinn/Marquita Molina

### Mixed Doubles Open

Aimee Ruiz/Andy Hawthorne

### Mixed Doubles Elite

Dorcy Norton/Bobby Ferreira

### Mixed Doubles A

Devon Pimentelli/Danny Sardina

### Mixed Doubles B

Richelle Kulju/Steve Kowalski

### Mixed Doubles C

Mary Jordan/David Lovinger

### Mixed Doubles Centurion A

Sue Fast/David Daniels

### Mixed Doubles Centurion B

Susan Boulanger/Jackie Eaton

### Mixed Doubles Centurion Open

Elaine Dexter/Dave Kovanda

### Mixed Doubles 25+

Janel Tisinger/Bryan Crosser

### Mixed Doubles 30+

Sarah Houghtailing/Rick "Soda Man" Koll

### Mixed Doubles 30+A

Connie Wong/John Basehore, Jr.

### Mixed Doubles 30+B

Jen O'Meara/David Holden

### Mixed Doubles 35+

Mae Chin-Varon/Jonathan Dunn

### Mixed Doubles 40+

Cheryl Gudinas/Dale Millhollin

### Mixed Doubles 40+A

Darlene Olich/Shane Pinkston

### Mixed Doubles 40+B

Richelle Kulju/Steve Kowalski

### Mixed Doubles 45+

Wanda Collins/Paul Julbes

### Mixed Doubles 50/60A

Sue Fast/Tim Domingues

### Mixed Doubles 50+

Terri Graham/Jimmy Lowe

### Mixed Doubles 50+B

Jan Warren/Jim Elliott

### Mixed Doubles 55+

Elaine Dexter/Dave Azuma

### Mixed Doubles 60+

Terry Ann Rogers/Billy Cannon

### Mixed Doubles 60+B

Lorna Rose/Greg Kearney

### Mixed Doubles 65+

Nidia Funes/Fredrick Roe

### Mixed Doubles 70+

Mildred Gwinn/Price Thomas



A large photograph showing several Wilson racquetballs in motion against a light-colored wall and a wooden floor. The balls are in various colors: pink, blue, and white. The word "MORE BOUNCE" is written in large, white, bold letters across the center of the image. The Wilson logo is visible on the balls.

# MORE BOUNCE

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# Reunion and Then Some

## YORK AND RIFFEL WIN TEAM SPOTS

A capacity crowd watches the Boy's #1 Gold final between Nick Riffel and Connor Laffey in the stadium court at the Missouri Athletic Club-West.

By Steve Czarnecki, USAR Executive Director  
Photos by Jim Hiser

**I**t was a great joy for me to return to my St. Louis hometown for the 26th National High School Championships in late February. Not only was it held in my old stomping grounds, but one of the two host clubs, Vetta Sports Concord, is where I first picked up a racquet - twenty plus years ago - as a participant in the St. Louis High School Racquetball League on the St. John Vianney High School Team. Being at the Championship brought back great memories, including my first exposure to USAR back in 1992. But enough about my reunion, let's get to this year's Championship ...

It was amazing to see nearly 400 student athletes from 39 high schools having such a great time competing. Participants this year approached record numbers, thanks to the Missouri and Oregon racquetball communities doing such a fantastic job building and maintaining high school racquetball leagues. Between the two, they sent 26 high school teams to compete, where many of the participants, (like me so long ago!), were introduced to the sport. There is no question that high schools present a great opportunity to get young players involved.

This year's sites were both tremendous hosts; Vetta Sports Concord and the Missouri Athletic Club couldn't have been more accommodating and

are great places to play and watch the sport. Dan Whitley, who manages Vetta and has been instrumental in the growth of the St. Louis High School League, was recently named the 2012 USOC Developmental Coach of the Year. The stadium court at the Missouri Athletic Club-West is truly a great asset for the sport, even though you do have to crawl through a miniature door to get into it!

One can't help but notice the great, participatory spirit that ranges between the top junior racquetball players in the country, and the many student-athletes who may have only recently taken up the sport. What they most certainly have in common is the love of the sport, friendships through racquetball, and true appreciation for the opportunity to compete at the national level.

Of course, beyond personal and school pride, perhaps the greatest benefit bestowed upon the winners of the Boy's and Girl's #1 Gold Divisions are spots on the U.S. Junior National Team. This year there were several contenders in both Divisions.

On the Boy's side, last year's runner-up Conner Laffey, a senior from Sprague High School in Salem, Ore., entered the draw as the top seed, then advanced to play the No.2 seed, Nick Riffel, a senior from Thompson Valley High School in Louisville, Colo., in the

finals. Both Laffey and Riffel survived first game losses in the quarterfinals on their way to the championship match. The sizeable crowd around the stadium court was treated to a great match, in which Riffel prevailed (10,13).

The Girl's Division saw the defending champion and top seed, Lexi York, a sophomore from Lasalle High School in Milwaukee Ore., again advance to the final with relative ease. There, York met the No.3 seed, Ariana Guilak, a senior from Southridge High School in Beaverton, Ore., in a rematch of their 2012 quarterfinal. Once again this year, York was too much for Guilak, taking the title with a 7,4 victory. York, with back-to-back wins, will have an opportunity for a three-peat next year to keep hope alive for a four-year high school sweep.

Congratulations to Nick Riffel and Lexi York on their victories and positions on the US Junior National Team - along with kudos for Sprague High School of Salem, Ore., for capturing their fifth overall team title, St. Louis University High School, for its seventh boys team title, and Southridge High School of Beaverton, Ore., for its first girls team win. We look forward to another great National High School Championships to be held February 26 through March 2, 2014 in Portland, Ore.





Dan Whitley displays his USOC National Developmental Coach of the Year Award alongside Larry DeVuono.

# Notebook

**S**pecial thanks go to Vetta Sports Concord (John Spanos owner) ... Missouri Athletic Club (Dan Schwent pro) ... and over 100 parent volunteers!

## RECORD NUMBER OF MATCHES

1,169 matches were played in 4 1/2 days (over 200 more matches than the previous largest HS event)

## REPEAT PERFORMANCES

Sprague won their 5th overall national title, SLUH won their 7th boys national title

## FIRST TIME WINNERS

Southridge girls coached by Davis Moyle

## TRULY DOWN TO THE WIRE

- the last match determined the winner! The overall championship actually came down to the last match of the week-end: the Girls #2 gold match between Southridge and Beaverton, positioning Sprague over Beaverton and awarding the second place girls title to Cor Jesu.



#1 Gold Division winners Lexi York and Nick Riffel.

- 1 St. Louis University High School celebrates its seventh Boy's Team title.
- 2 Southridge High School Girl's Team poses with its first-place trophy.
- 3 Sprague High School celebrates its fifth overall team victory.



# 2013 NATIONAL HIGH SCHOOL CHAMPIONSHIPS RESULTS

ST. LOUIS, MISSOURI

BOYS

1st  
2nd

## #1 GOLD

Nicholas Riffel  
Connor Laffey

## #2 GOLD

Justin Ide  
Marc Hansell

## #3 GOLD

Alec Dehart  
Eddie O'Neil

## #4 GOLD

Anthony Cirillo  
Josiah Lembcke

## #5 GOLD

Danny Scanlon  
Jacob Abrahamian

## #6 GOLD

Kevin Schneier  
Jacob Fenger

GIRLS

1st  
2nd

## #1 GOLD

Lexi York  
Ariana Guilak

## #2 GOLD

Macy Herman  
Jamie Belsterling

## #3 GOLD

Nikki Carenza  
Sophie Herman

## #4 GOLD

Erin Bonzer  
Michelle Reith

## #5 GOLD

Nicole Nosler  
Libby Digman

## #6 GOLD

Jenna Kelly  
Molly Burchfield

### BOYS DOUBLES

1st  
2nd

## #1 GOLD

Alec Dehart / Connor Laffey  
Andrew Pryor / Justin Ide

## #2 GOLD

Kevin Schneier / Thomas Riganti  
Eddie O'Neil / Matt Stewart

## #3 GOLD

Danny Scanlon / Sonny Jadali  
Alex Burbee / Jacob Abrahamian

### GIRLS DOUBLES

1st  
2nd

## #1 GOLD

Ariana Guilak / Erin Bonzer  
Jamie Belsterling / Krystle Boyle

## #2 GOLD

Macy Herman / Nicole Nosler  
Ashley Boyle / Michelle Reith

## #3 GOLD

Jenna Kelly / Sophie Herman  
Kara Vitale / Libby Digman

### MIXED DOUBLES

1st  
2nd

## #1 GOLD

Connor Laffey / Stephanie Herschbach  
Curtis Smith / Madeline Gauch

## #2 GOLD

Jamie Belsterling / Justin Ide  
Haley Dolezal / Ryan Schreiber

## #3 GOLD

Alec Dehart / Kristine Holman  
Alexis Maceira / Josiah Lembcke

TEAM CHAMPIONSHIP STANDINGS

#### TEAM\*

1. Sprague HS Salem, OR 4,824
2. Beaverton HS Beaverton, OR 4,774
3. Parkway West HS St. Louis, MO 3,780
4. Southridge HS Beaverton, OR 3,759
5. Sunset HS Portland, OR 2,024
6. Kirkwood HS St. Louis, MO 1,987
7. Lindbergh HS St. Louis, MO 1,367
8. Lincoln HS Portland, OR 1,217
9. Los Alamos HS Los Alamos, NM 500
10. Sandy HS Sandy, OR 175

#### BOYS

1. St. Louis University HS St. Louis, MO 2,397
2. Parkway West HS St. Louis, MO 2,350
3. Sprague HS Salem, OR 2,276
4. Beaverton HS Beaverton, OR 2,032
5. Parkway North Central St. Louis, MO 1,545
6. Kirkwood HS St. Louis, MO 1,179
7. Sunset HS Portland, OR 991
8. Lindbergh HS St. Louis, MO 733
9. DeSmet Jesuit HS St. Louis, MO 655

10. Lincoln HS Portland, OR 649
11. Southridge HS Beaverton, OR 604
12. Thompson Valley HS Loveland, CO 575
13. Sun Prairie HS Sun Prairie, WI 509
14. St. John Vianney HS St. Louis, MO 491
15. Salem Academy Salem, OR 449
16. Riverton HS Riverton, UT 425
17. L'Anse Creuse HS Harrison Township, MI 337
18. Los Alamos HS Los Alamos, NM 275
18. Rolla HS Rolla, MO 275
20. Christian Brothers College HS St. Louis, MO 160
21. Eldorado HS Albuquerque, NM 125
21. Sandy HS Sandy, OR 125
23. West Hall HS Oakwood, GA 100
24. Copper Hills HS West Jordan, UT 35

#### GIRLS

1. Southridge HS Beaverton, OR 2,891
2. Cor Jesu Academy St. Louis, MO 2,168
3. Beaverton HS Beaverton, OR 2,093
4. Sprague HS Salem, OR 1,762
5. St. Joseph's Academy St. Louis, MO 996

6. Visitation Academy St. Louis, MO 960
7. Notre Dame HS St. Louis, MO 939
8. Nerinx Hall St. Louis, MO 873
9. Parkway West HS St. Louis, MO 828
10. Sunset HS Portland, OR 724
11. Kirkwood HS St. Louis, MO 678
12. LaSalle HS Milwaukie, OR 575
13. Lincoln HS Portland, OR 449
14. Lindbergh HS St. Louis, MO 431
15. Grandview Christian Academy Beavercreek, OR 425
16. Wasatch Academy Mount Pleasant, UT 318
17. Ursuline Academy St. Louis, MO 262
18. Hamilton HS Sussex, WI 225
19. Fort Zumwalt East HS St. Louis, MO 125
19. Los Alamos HS Los Alamos, NM 125
21. Artesia HS Artesia, NM 122
22. Sandy HS Sandy, OR 50
23. Free Horizon Montessori Golden, CO 40

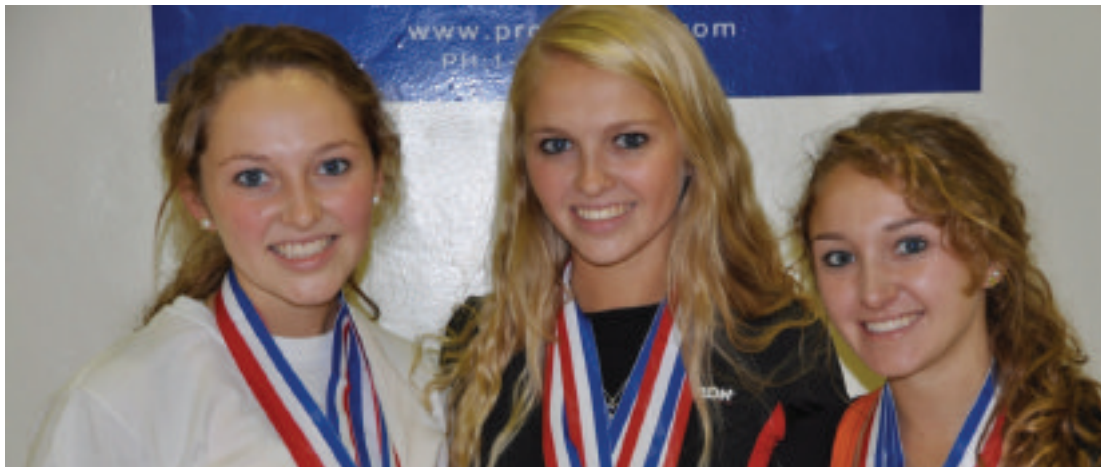
*\*Schools must have boy and girl entries to compete in the Team championship. Team points equal the sum of boys points, girls points and mixed doubles points.*

## HIGH SCHOOL ALL AMERICAN AWARD WINNERS

Jamie Belsterling	Beaverton High School	Beaverton, Ore.	Justin Ide	Beaverton High School	Beaverton, Ore.
Justus Benson	Sun Prairie High School	Sun Prairie, Wisc.	Connor Laffey	Sprague High School	Salem, Ore.
Erin Bonzer	Southridge High School	Southridge, Ore.	Zack Lazenby	Parkway North Central	Chesterfield, Mo.
Krystle Boyle	Beaverton High School	Beaverton, Ore.	Joshua Lebow	Salem Academy	Salem, Ore.
Alec Dehart	Sprague High School	Salem, Ore.	Erica Lipski	Sunset High School	Portland, Ore.
Madeline Gauch	Parkway West High School	Ballwin, Mo.	Andrew Prior	Beaverton High School	Beaverton, Ore.
Ariana Guilak	Southridge High School	Southridge, Ore.	Andrew Pryor	Beaverton High School	Beaverton, Ore.
Marc Hansell	Parkway North Central	Chesterfield, Mo.	Nicholas Riffel	Thompson Valley High School	Louisville, Colo.
Kara Heimbarger	Cor Jesu High School	St. Louis, Mo.	Elena Schaefer	Lincoln High School	Portland, Ore.
Macy Herman	Southridge High School	Southridge, Ore.	Curtis Smith	Parkway West High School	Ballwin, Mo.
Stephanie Herschbach	Sprague High School	Salem, Ore.	Jesse Van Valkenburg	Riverton High School	Bluffdale, Utah
Hollie Hungerford	Grandview Christian Academy	Milwaukie, Ore.	Lexi York	Lasalle High School	Milwaukie, Ore.

# JOIN US FOR THE 40TH NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS

June 26-30, 2013 in Des Moines, IA • Oakmoor Racquet and Fitness Center



- Opportunity to qualify for US Junior National Team
- All American Junior Awards
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- Good Rates
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FOR JUNIOR OLYMPIC  
PARTICIPANTS**

Call reservations desk at **515-278-0271** and  
let them know you are with USA Racquetball







## COMPLETING THE

# Racquetball Success Triangle

by Fran Davis (The Coach) • Diana McNab (Sports Psychologist) • Dan Obremski (Fitness Expert)

Okay let's continue "Making You a Champion" using the core principles of "Building Your Racquetball Dream House" as you build your championship racquetball game one assessment at a time. This will allow you to always complete the "Racquetball Success Triangle" we explained in the Winter 2010 issue of the magazine.

In the last issue, Winter 2013, I gave you a list of the "core strategies" which would help you carry out your game plan. Amongst the 10 core strategies I listed, 3 of them dealt with "shot selection", a key element in developing a game plan and creating your "championship game". So let's take a closer look at the area of "shot selection".

Shot selection is defined as taking the right shot at the right time and making your opponent run the farthest distance to get to the ball. It is the offensive player's (the one hitting the ball) choice of shots based on four factors... themselves, the ball, the opponent, and the score. Too often players take the shot they like or feel comfortable with rather than the most effective shot in that given situation. Your goal is to make your opponent feel uncomfortable by hitting the ball as far away from them as possible so they have to run to get to the ball, hoping they will mishit their shot for a possible scoring opportunity.

I use a simple "Shot Selection Formula" that summarizes how to determine what shot to use in any given situation, during the rally as well as return of serve. All four of these factors are important for deciding your shot selection:

$$A + B + C + D = E$$

**A = You** (court position and skill level)

**B = Ball** (height, speed, and angle)

**C = Opponent** (court position and skill level)

**D = Score** (of the game or match)

**E = Shot selection** (which shot to take)

*For more details on "Shot Selection" see my book, "Championship Racquetball", Chapter 6. I devoted a whole chapter to it, as I think it is crucial when building your championship game.*

With this information let's address the 4 skill areas needed to help make you a more strategic player...a must in developing your championship game.

## 1: RACQUETBALL SKILLS

### THE TOWEL DRILL

Put a folded towel on the floor of the court in a particular area depicting your opponent's position. You now go to a different area and decide based on your position, your opponent's position, the ball position and the score which 3 shots you could take.

Repeat the drill by keeping the folded towel in the same spot (your opponent) and you move to a different area and then decide based on your position, your opponents position, the ball position and the score which 3 shots you could take.

Repeat the drill by moving the folded towel to a different spot (your opponent) and you stay in the same spot and then decide based on your position, your opponents position, the ball position and the score which 3 shots you could take.

Based on your position, your opponent's position and the ball, see how your shot selection changes.

Rocky works on these facets of his game each and every time he walks on the court to practice and drill because he knows these will pay big dividends for him to play at the top of his game.

For more details on "Practicing Shots to Improve Your Strategy" see my book, "Championship Racquetball", Chapter 8.

## 2: MENTAL SKILLS

Now put on your iPod to your favorite music and start visualizing your perfect choice of shots. Visualization involves creating images in your mind of what you want to reproduce on the court. Your sports brain works through pictures, not words, and does not know the difference between a vividly imagined picture in your head and actual reality. The benefit is that you get a 30 percent neuroelectrical contraction no matter what, so your brain is triggering your muscles. As a result, when a shot you visualized comes up during a match, your body will proactively respond to those prior images. Perfect mental practice leads to perfect results.

Jason, Paola and Rocky visualize on a regular basis sometimes for hours at a time...they see themselves hit the correct shot based on their opponents position as they carry out their game plans and they see that all is going to work out the way they all want it to.

For more details on "Visualization" see my book, "Championship Racquetball", Chapter 9.

### 3: FITNESS SKILLS

#### LARGE STAR DRILL

Use painter's tape to put six X's on the floor in the court, one in each corner (front left corner, front right corner, back left corner, back right corner), one on the dotted line on the left sidewall, and one on the dotted line on the right side wall.

Start at the dotted line in the middle, down and ready, with your racquet in your hand.

Each time you get to an X, swing a forehand if you are on the forehand side or a backhand if you are on the backhand side, visualizing the shot you want to take based on where your opponent is in your mind always going back to the middle before going to the next X. This is one set.

Do the appropriate number of sets for your level of play. Visualize all the shots you are intending to make.

Paola and Rocky have fitness trainers that work out with them on a regular basis and the large star drill is a part of their routines.

For more details on the "Star Drills" see my book, "Championship Racquetball", Chapter 10.

### 4: NUTRITION SKILLS

You want to make sure your eating habits are second to none and you drink lots of water. Your body and mind NEED this in order to think clearly and make intelligent decisions on the court so you can perform at your best.

Jason, Paola and Rocky ALL know how to enjoy themselves during the Holiday Season or Off-Season, but they NEVER stray too far as they know how hard it is to get back on track. It is about making better choices, as that is a way of life for them.

For more details on "Eating and Hydrating Properly" see my book, "Championship Racquetball", Chapter 10.

Hope to see you at one of my camps for live personal instruction. Or buy my video, "Building Your Racquetball Dream House" or book, "Championship Racquetball" or buy my App if you can't make a camp at this time. For details go to [FranDavisRacquetball.com](http://FranDavisRacquetball.com).

*Fran Davis coaches Paola Longoria (#1 LPRT), Rocky Carson (#2 IRT), Taylor Knoth (#1 Jr. National and World Champion, and Sharon Jackson (#1 National Intercollegiate Champion). Hall of Fame 2004, Woman of the Year 2009, former US Team National Coach, Master Professional Instructors (USAR-IP)*

# Championship Racquetball

*Using the Core Principles of "Building Your Racquetball Dream House"*

*If you want to play like a champion, turn to the champions!*

#### App

- Bring your mobile device on the court with you
- Coaching one on one with Fran & Jason
- Dynamic video/diagrams on techniques & tactics
- Top coaching worldwide

#### Video

- Learn to vary serve-deception
- Learn the perfect strokes
- Improve shot selection/court position
- Game plans/Strategies a must
- Be aggressive on the return of serve
- Perfect practice makes perfect -

#### Camps

- 13+ Hours of Instruction and Court Time
- Physical and Mental aspects of the game
- Lectures/Playing/Critiquing
- Video Tape Analysis / Play the Pro
- Camp Manual/ T-Shirt / Penn Racquetballs

#### Books

- Core Principles discussed
- Advance your skills, tactics and toughness for a winning game
- Targets Intermediate players and above

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

Taylor Knoth  
Jr. World Champion

Sharon Jackson  
Jr. Nat'l Champion

Paola Longoria  
2X #1 Pro Player

Jason Mannino  
#1 Pro Player 2003

Rocky Carson  
#1 Pro Player 2008

Sudsy Monchik  
#1 Pro Player

#### Fran's Credentials

- 25+ Years Camp Experience
- Woman of the Year 2009
- 2004 Hall of Fame
- U. S. National Team Coach 1989-1996, 2002
- Pan American/World Championship Coach
- USOC National Coach of the Year 1997
- Coaches Rocky Carson, Paola Longoria, Taylor Knoth, Sharon Jackson
- Coached Legends Jason Mannino and Sudsy Monchik
- USAR-IP Master Professional

#### Jason's Credentials

- #1 IRT Professional Player 2003
- 2X U.S. Open Champion
- IRT Most Improved Player 1998
- IRT Rookie of the Year 1996
- International Racquetball Tour President

#### Camp Schedule:

##### Weekend Camps 2013

April 5-7	Woodbridge, NJ
June 7-9	San Diego, CA
July 12-14	San Francisco, CA
July 26-28	Millersville, MD
October 18-20	Nashua, NH
November 1-3	Chicago, IL
December 6-8	Las Vegas, NV
Fall	KS, OR & More

##### Week Long Fantasy Camps 2013

ARUBA CAMPS -  
December 5-12, 2013  
(Caribbean Island...Intermediate to Advanced Camp)

Presented by  
featuring Fran Davis and Jason Mannino



HEAD

Penn

[www.FranDavisRacquetball.com](http://www.FranDavisRacquetball.com)



“IF YOU HIT IT, YOU’VE BOUGHT IT”

# That's Just **NOT TRUE!**

■ by Otto Dietrich, USA Racquetball National Rules Commissioner

photo by Geoff Thomsen



**A**t the High School Nationals, I administered rules tests to many of the players who hadn't taken it online beforehand. It was certainly a very enlightening experience for everyone (I hope) and I look forward to doing that again at other events, like the upcoming Junior Olympics in Des Moines in June.

The most common misconception of the game that I noted had to do with a certain hinder situation that could best be described as the idea that “If you hit it, then you’ve bought it.”

Well, that's just not true! Any time one's shot is hindered, the hinder should be called - even if a shot is taken. Of course, the call of “hinder” stops everything that follows - like being hit by the ball or even the perfect “killshot” or a terrible “skip ball”. This is often a very difficult call for a referee as some players actually don't mind (and even may actually like) hitting the ball from a less than ideal position - say reaching around one's opponent to get to the ball and thus gaining a possible advantage.

Of course, it's a skilled referee who can best detect and tell the difference between shots that such players really want to take versus those shots where the player is truly hindered and wants a hinder called. It's a very gray area and my only suggestion is to get used to the kinds of shots certain players don't mind taking and hope for the best. Just don't be fooled into giving the hitter an option after he sees whether his shot was good or not. Better to call the hinder and replay the rally.

## Here are answers to some recent questions I've been asked:

**Kerry Forte asked:** Each time that a fellow in our league prepares to serve, he repeatedly releases the ball from about 6"-8" inches above the floor, strikes the ball into the floor with his racquet, and catches it in his other hand. He repeats this action about 5 or 6 times, and then he suddenly serves the ball following one of those quick drops. Our main issue is that we don't know which drop will be that for his serve.

**Otto said:** The action you described would be a violation of Rule 3.3 in that he failed to assume a “set position” prior to serving and used that particular motion to purposely deceive the receiver as to when he is going to actually serve the ball. That is the one fact about the serve that the receiver is entitled to know - when the ball is about to be struck for the serve.

**Joseph Fleming from Rancho Cucamonga, CA asked:** In a doubles game with Players A and B as teammates versus Players C and D - during a rally, Player C hit a shot that passed between teammates A and B who were both playing in the front of the court. It was obvious that neither A nor B could ever make it to the back of the court in time to return the ball and thus they made no attempt to do so. Believing the ball was dead, Player D didn't move and the ball hit him. Is this a point for A and B even though they had no chance to get to the ball?

**Otto replied:** Yes, the team of A and B win that rally because the ball always remains in play until it touches the floor a second time. So, in this case, A and B win the rally even if they can't get to the ball BEFORE it bounces a second time. This is covered in Rule 3.13(c) 6.

**Doug Chase of Clearwater, FL, asked:** If a player follows all of the rules in regards to the drive serve zone and serves the ball between the body and wall - which is neither short nor long - can this still be called a screen serve?

**Otto answered:** It sure can! The screen serve rule is Rule 3.9(l) applies at all times even if the server does NOT break the drive serve rules which are in Rule 3.9(h). The prime factors making a serve become a “screen serve” are (1) the ball passing “close” to the server and (2) that “closeness” impairing the receiver's ability to see and hit the ball.

**Alexia (and Spencer) Van Heel asked:** Is my husband violating rule 3.15 (f) Intentional Distractions when he purposefully swings his racquet with no intention of hitting the ball (distracting me as I move out of the way, looking for the ball in the front court) and then swings again, actually making contact with the ball. As I read Rule 3.15 (f), I understand it to say that it isn't legal to disrupt the opponent in any way (i.e. waving/swinging of racquet for no reason but to distract the opponent).

**Otto responded:** I see what you mean, but in this particular situation the player on offense MAY use a fake swing without penalty if he wants to, because he would not be distracting either himself or his partner in doubles (tough luck if he does) as they are the player(s) on offense. Thus, I see only minimal distraction that has little effect.

But if the other player (the one on defense) whose turn it is to NOT to try to hit the ball would do this it would obviously be only to try to fool or distract the ones who ARE trying to hit the ball – thus a penalty hinder should be called if they do succeed in the attempted distraction.

## ■ DO YOU HAVE A RULES/REFEREEING QUESTION?

Be sure to email it to me at [ODietrich@usra.org](mailto:ODietrich@usra.org) and you might find it featured in an upcoming issue of *Racquetball Magazine*. I personally answer every question I get, no matter how simple or complex it may be!

## Always “Play by the Rules”

and, if you don't have a copy of them, I encourage you to go online to review them at: [usaracquetball.com/Rules.aspx](http://usaracquetball.com/Rules.aspx).



**W**hy would anyone invest \$50 for an annual USA Racquetball membership instead of spending it on, say, an extra latte every month that year? Caffeine buzzes aside, being a member of a large, internationally recognized organization carries a variety of perks, including some of which you're probably not even aware.

The list below should help any racquetball player realize that being a member of USAR is worth considerably more than its dollar value in coffee and cream!

- A voice in association business. As a member of the national governing body (NGB) of the sport of racquetball in the United States, you have the opportunity to vote on racquetball rule changes that are recognized by the U.S. Olympic Committee.
- Our website is loaded with useful information about all aspects of racquetball. Much of it is accessible to anyone, but as a player you can log in and access additional areas, including your online player profile which includes events, tests and player history.
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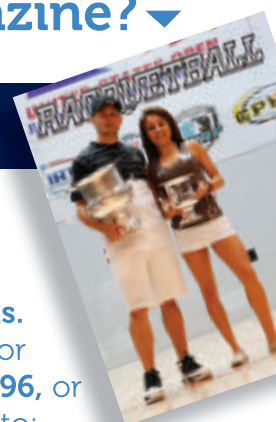
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▼  
**USA Racquetball**  
**1685 West Uintah St., Suite 103**  
**Colorado Springs, CO 80904**



Note: USAR no longer sends out renewals cards by mail. Membership and magazine subscription renewal notifications are sent via email only. Members may check expiration dates on their USAR profiles ([www.usaracquetball.com](http://www.usaracquetball.com)).





# OFFICIAL ENTRY FORM





# 2013 EKTELON NATIONALS

FULLERTON, CA • MAY 15-19



# 2013 OFFICIAL ENTRY FORM

**THE ALL LUCITE EXHIBITION COURT WILL NOT BE USED THIS YEAR.  
ALL PRO MATCHES WILL BE IN THE CLUB.**



photo by Geoff Thomsen/doubledonut.com

## ■ WEDNESDAY PRO AM DOUBLES TO BENEFIT MRF RACQUETBALL REHABILITATION CLINICS



The Ektelon Nationals is proud to announce the MRF Racquetball Rehabilitation Clinics as its designated charity. Sixteen lucky amateurs will have the opportunity to play in a single elimination (one game to 15) doubles challenge with top professional players as their partners. All proceeds will be donated to MRF Racquetball Rehabilitation Clinics, and each amateur player will receive an autographed gift from their pro partner. Call 719-635-5396 if you are interested in participating as spots are limited. Pro/Am Doubles for MRF Racquetball Rehabilitation Clinics - \$225 donation. (Your matches for any other divisions you enter will not be scheduled Wednesday evening so you can participate in this event).

STATE/REGIONAL  
QUALIFIERS

CHAMPIONS RECEPTION

## ■ THURSDAY LADIES NIGHT OUT

## ■ FRIDAY

HALL OF FAME  
INDUCTION CEREMONY

## ■ SATURDAY EKTELON PRE-SEMIS PARTY AT THE MERIDIAN CLUB

## ■ SUNDAY PARTY IN THE BAR AT THE MARRIOTT HOTEL

There will be special events scheduled throughout the tournament. Keep updated at [USARacquetball.com](http://USARacquetball.com). Follow us on Twitter @ektelonnational for updates and the latest information.





# Part 1: Entry Form



FULLERTON, CA • MAY 15-19



If you are FAXING (\$15) your entry, be sure to fax both Part 1 and Part 2 of this form. Fax: 719/635-0685 or enter online at [usaracquetball.com](http://usaracquetball.com)

ALL players in the amateur divisions listed below must have pre-qualified by competing in any division at a qualifying event. See "Qualifiers & Certifications."



no qualifier necessary

☐ PRO DIVISION

qualifier required

☐ U.S. NATIONAL TEAM QUALIFIER



## U.S. National Divisions

<input type="checkbox"/> ELITE	<b>SKILL*</b>	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D
<input type="checkbox"/> 24-					
<input type="checkbox"/> 25+	<b>AGE SKILL</b>				
<input type="checkbox"/> 30+	24-	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 35+	25+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 40+	30+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 45+	35+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 50+	40+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 55+	45+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 60+	50+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 65+	55+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 70+	60+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 75+	65+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 80+	70+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 85+	75+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
<input type="checkbox"/> 90+	80+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
	85+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	
	90+	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	

## Please PRINT

Name \_\_\_\_\_ Gender: M | F

Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_

Regional/Qualifier (required) \_\_\_\_\_ Division(s) \_\_\_\_\_

Arrival Day/Time \_\_\_\_\_

## SEEDING INFORMATION:

\_\_\_\_\_  
\_\_\_\_\_

\* Player may enter only one of the divisions shown in RED, and must be approved to compete at that skill level (see "Qualifiers and Certifications").

Event Sponsor:



**GET TRAVEL**  
SPORTS & EVENTS

\*\* Age + Skill Level – Players may enter divisions such as 35A and 40A. If a player enters a division such as 60A and 45B they must be approved at the B level in order to qualify to play.

First-round losers may sign up for only ONE consolation round.

**WAIVER** I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against USA Racquetball, LPRT, IRT, Ektelon, Meridian Club, Penn Racquet Sports, and all other event sponsors or their respective agents for any and all injuries. I also acknowledge the potential risk of eye injury during competition, and can provide certification in writing that my protective eyeguards (including prescription frames/lenses) conform with all standards specified in USA Racquetball Rule 2.5(a).

By registering to compete in this event, I consent to subject to drug testing as administered according to the USA Racquetball/USOC guidelines, and release all rights to the use of event photographs in which my image appears. Full waiver to be signed at check-in.

Participant Signature & Date \_\_\_\_\_



## JUNIOR DIVISIONS

<input type="checkbox"/> 10 & under	<input type="checkbox"/> advanced	<input type="checkbox"/> intermediate
<input type="checkbox"/> 14 & under	<input type="checkbox"/> advanced	<input type="checkbox"/> intermediate
<input type="checkbox"/> 18 & under	<input type="checkbox"/> advanced	<input type="checkbox"/> intermediate

## DOUBLES

<input type="checkbox"/> OPEN	<input type="checkbox"/> 19+	<input type="checkbox"/> MX OPEN
<input type="checkbox"/> ELITE	<input type="checkbox"/> 35+	<input type="checkbox"/> MX A
<input type="checkbox"/> A	<input type="checkbox"/> 45+	<input type="checkbox"/> MX B
<input type="checkbox"/> B	<input type="checkbox"/> 55+	<input type="checkbox"/> MX 30
<input type="checkbox"/> C	<input type="checkbox"/> 65+	<input type="checkbox"/> MX 40
		<input type="checkbox"/> MX 50

☐ CENTURION OPEN

☐ CENTURION A

☐ CENTURION B

Partner's Name \_\_\_\_\_

Partner's Name \_\_\_\_\_

## HEROES DIVISION

MILITARY • FIREFIGHTERS • POLICE

<input type="checkbox"/> ELITE/A	<input type="checkbox"/> ELITE/A DOUBLES
<input type="checkbox"/> B/C	<input type="checkbox"/> B/C DOUBLES

☐ 30+

☐ 40+

**Don't forget to complete Part 2!**

no qualifier necessary

no qualifier necessary

no qualifier necessary

# Part 2: Fees & Payment

REVISED TEAM QUALIFYING PROCEDURES (As of November 2011)

## USA RACQUETBALL MEMBERSHIP

Current Membership # \_\_\_\_\_ Exp. \_\_\_\_\_  
USAR Membership .....(\$50.00) \$ \_\_\_\_\_

**FIRST EVENT** .....(\$106.00) \$ \_\_\_\_\_

Each entrant will be provided hospitality, plus  
nightly social events. Entrants will also receive a  
high-quality souvenir.

## PRO QUALIFYING

IRT (includes IRT dues) .....(\$126.00) \$ \_\_\_\_\_  
LPRT (includes LPRT dues) .....(\$116.00) \$ \_\_\_\_\_

**SECOND EVENT** .....(\$55.00) \$ \_\_\_\_\_

**THIRD EVENT** .....(\$55.00) \$ \_\_\_\_\_

must be pro qualifying or doubles

**JUNIOR DIVISIONS** .....(\$25.00) \$ \_\_\_\_\_

**JUNIORS SECOND EVENT** .....(\$15.00) \$ \_\_\_\_\_

## HEROES DIVISIONS

1st Division IF USAR Divisions .....(\$106.00) \$ \_\_\_\_\_

1st Division IF Hero Division .....(\$52.00) \$ \_\_\_\_\_

2nd Division IF Hero Division .....(\$32.00) \$ \_\_\_\_\_

3rd Division IF Hero Division .....(\$32.00) \$ \_\_\_\_\_

**LATE FEE** .....(\$20.00) \$ \_\_\_\_\_

**TELEPHONE & FAX ENTRY FEE** .....(\$15.00) \$ \_\_\_\_\_

Regional Waiver fee (all approved waivers) \$100.00 \$ \_\_\_\_\_

Tax deductible donation

to US national Team ..... \$ \_\_\_\_\_

**TOTAL DUE:** ..... \$ \_\_\_\_\_

MC/Visa # \_\_\_\_\_

Exp. \_\_\_\_\_ Sec. code# \_\_\_\_\_

Address/City/State/Zip \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_



FULLERTON, CA • MAY 15-19



Entries are NOT accepted without pre-payment and  
required signatures. Surcharges may include: \$25.00 for  
returned checks and \$10.00 for declined credit cards.

## US TEAM QUALIFYING

**Men's Criteria:** The three U.S. citizens ranked high-  
est on the IRT tour at season end who accept the  
appointment, the winner of the U.S. Team Qualifying  
event at U.S. National Singles, winner of Men's #1  
Gold at the U.S. National Collegiate Championships,  
and both finalist teams from the U.S. Team  
Qualifying event at U.S. National Doubles.

**Women's Criteria:** The top three U.S. citizens ranked  
highest on the LPRT tour at the end of the season  
who accepts the appointment. The top two finish-  
ers in the U.S. Team Qualifying event at the USAR  
National Singles. Winner of Women's #1 Gold at  
the U.S. National Intercollegiates. Both semi-finalist  
teams from the U.S. Team Qualifying event at USAR  
National Doubles.

## OPEN DOUBLES PRIZE MONEY

Men and Women- \$500 first \$250 second depen-  
dent on 8 teams- all finals must be played.

## PRIZE MONEY

LPRT-\$10000

IRT- \$17500

Open Doubles-\$500 (eight teams)

## MAIL COMPLETED ENTRY & FEES TO:

EKTELON NATIONALS

1685 West Uintah, Suite 103

Colorado Springs, CO • 80904-2906

[Fax: 719/635-0685]

Entries must be received by  
**WEDNESDAY, MAY 4**







## MEMBERS ONLY

### THIS NATIONAL EVENT IS HOSTED FOR USA RACQUETBALL MEMBERS ONLY.

A USA Racquetball membership is required of all participants. Entrants may either join online at [www.usaracquetball.com](http://www.usaracquetball.com); include fees with their entries; or present a current membership card, receipt or cancelled check indicating recent enrollment as proof of membership. **PLAYERS WITHOUT VALID MEMBERSHIPS WILL NOT BE ENTERED IN THE DRAW.**

You'll find the entry form here or online at [usaracquetball.com](http://usaracquetball.com). You must submit both completed pages with fees to be entered into the draw. If you are faxing your entry, be sure to include both pages. Fax entries require an extra fee.

- **ENTRY:** First event is \$106; second event is \$55, third event is \$55 (must be pro qualifying or Doubles)
- **LATE FEES:** Entries received after the deadline will be surcharged an additional \$20.00 late fee. No payments will be accepted on-site at the registration desk.
- **PROCESSING:** Telephone/Fax entries will be accepted through the deadline with an \$15.00 service charge and pre-payment with Visa/Mastercard at 719/635-5396.

## THE FORM

## THE FEES

## ENTRY DEADLINE

May 9th deadline, postmarked no later than May 1st. Only pre-paid entries are placed into the draw; any withdrawals will be subject to a \$15.00 cancellation fee; no refunds will be issued after the deadline date, regardless of cause (including unforeseen injury or illness).

**Confirmation:** Players may verify their entry and divisions by referencing an online participants' list (updated regularly through the entry deadline), linked through "Marquee Event" at [usaracquetball.com](http://usaracquetball.com).

**Registration:** Players must register at the Meridian Sport Club prior to their first match, during these hours: Tues 3pm to 8pm: Wed 8am to 8pm: Thurs 8am to 8pm: Fri 8am to 8pm

All players must have a bag tag to be admitted into the Meridian Sport Club racquetball area. Players may pick up their bag tag at the USA Racquetball registration desk located the the players village.

### EVENT ADMINISTRATION

USA Racquetball @ 719/635-5396, ext. 130.

### REGISTER ONLINE

[www.usaracquetball.com](http://www.usaracquetball.com)





FULLERTON, CA • MAY 15-19



## TRAVEL

The U.S. Olympic Committee Travel Desk and United Airlines join USA Racquetball in offering the lowest possible United Airfares to national events. Travel Orange County/Santa Ana/John Wayne Airport (SNA) or Los Angeles International Airport (LAX).

For reservations, phone United's U.S. Olympic Travel Desk, toll-free, at (800) 841-0460 between 8:30 am and 8:00 pm Mountain weekdays. Reference the USA Racquetball Agreement Code ZNY 2915496 to receive United's lowest fare!

We look forward to seeing everyone in Sunny Southern California in May. The USA Racquetball Association is excited to announce a special partnership with GET Travel Sports & Events to be the official travel provider for the National Singles Tournament. This will enable all participants and spectators for the tournament to receive the best price on select hotels and to take advantage of special deals on local area attractions, restaurants, and transportation. This year hotel reward points will be given.

### BOOK YOUR USA RACQUETBALL CHAMPIONSHIP TRAVEL THROUGH GET TRAVEL SPORTS & EVENTS!

1. Discounted hotel prices for participants and spectators with the tournament. GET Travel offers the best rates on our program hotels that are available to the public.
2. Specially priced Disneyland Resort® Theme Park Tickets available for purchase as well as discounts on other attractions.
3. Shuttle service GET Travel has worked with the program hotels to offer you complimentary shuttle service to and from the Meridian Sports Club that will be provided by the hotel
4. On-site support information desk at the Meridian Sports Club during the tournament to answer questions and to assist with any travel challenges that you may have.
5. Friendly customer service to call and help you with travel arrangements.
6. Restaurant guide provided with deals at select local Anaheim area restaurants.

2013 USA Racquetball National Singles Program Hotels: USA Racquetball and GET Travel Sports & Events have worked with the following quality hotel properties to provide you with a great value on your hotel accommodations during the tournament.

## LODGING

### TOURNAMENT HEADQUARTERS HOTEL MARRIOTT CAL STATE FULLERTON: \$109 \$129 WITH BREAKFAST

- Conveniently located .7 miles from the Meridian Sports Club
- Complimentary parking, internet, and shuttle service to and from the Meridian Sports Club
- Deluxe breakfast buffet may be added for \$10 per person per night

### TOURNAMENT PROGRAM HOTELS HOLIDAY INN SUITES \$119

- Conveniently located .7 miles from the Meridian Sports Club
- Complimentary breakfast buffet, internet, parking, and shuttle service to and from the Meridian Sports Club

### MARRIOTT FAIRFIELD INN PLACENTIA \$104

- Located 3 miles from the Meridian Sports Club
- Complimentary continental breakfast, parking, internet, and shuttle service to and from the Meridian Sports Club.

Call (888) 877-4445 Option 3 to speak to one of our friendly customer service representatives.

### THE HOTEL FULLERTON (formerly Crown Plaza) \$113

### SPECIALY PRICED DISNEYLAND THEME PARK TICKETS!

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Enterprise is USA Racquetball's Official Car Rental Partner. Racquetball members receive a discount on Enterprise rentals. For reservations visit [www.enterprise.com](http://www.enterprise.com) and provide member savings number **50C0261**. In Anaheim, call 714-956-3869.



# Schedule

For starting times visit online at: [usaracquetball.com](http://usaracquetball.com)

Individual starting times will be available on Monday, May 13 after 5 pm Pacific Time or call the National Office at 719-635-5396 during normal business hours, 9 am to 5 pm MT

Be prepared to play at 8:00 am on the days shown next to your entered divisions. These estimates are provided for your travel planning purposes only — actual starting dates/times may change (possibly later, but no earlier) according to the final number of players entered in each draw.



## U.S. TEAM QUALIFIER/OPEN

Men: Wednesday • Women: Thursday

## MEN PRO QUALIFIER

Wednesday

## MEN'S ROUND OF 32

Thursday

## WOMENS PRO QUALIFIER

Wednesday

## WOMEN'S ROUND OF 32

Thursday

## U.S. NATIONAL DIVISIONS

### AGE: 24-

Men: Thursday • Women: Friday

### AGE: 25+

Men: Thursday • Women: Friday

### AGE: 30+

Men: Wednesday • Women: Thursday

### AGE: 35+

Men: Wednesday • Women: Thursday

### AGE: 40+

Men: Wednesday • Women: Thursday

### AGE: 45+

Men: Wednesday • Women: Thursday

### AGE: 50+

Men: Wednesday • Women: Thursday

### AGE: 55+

Men: Wednesday • Women: Thursday

### AGE: 60+

Men: Wednesday • Women: Thursday

### AGE: 65+

Men: Thursday • Women: Thursday

### AGE: 70+

Men: Thursday • Women: Friday

### AGE: 75+

Men: Friday • Women: Friday

### AGE: 80+

Men: Friday • Women: Friday

## AGE: 85+/90+

Men: Friday • Women: Friday

## HEROES

Wednesday • Friday

## JUNIORS

Saturday

## SKILL: ELITE

Men: Wednesday • Women: Thursday

## SKILL: A

Men: Wednesday • Women: Thursday

## SKILL: B

Men: Wednesday • Women: Thursday

## SKILL: C

Men: Wednesday • Women: Thursday

## SKILL: D

Men: Wednesday • Women: Friday

## AGE: 24- SKILL: A

Men: Wednesday • Women: Thursday

## AGE: 24- SKILL: B

Men: Wednesday • Women: Thursday

## AGE: 24- SKILL: C

Men: Wednesday • Women: Thursday

## AGE: 25+ SKILL: A

Men: Wednesday • Women: Thursday

## AGE: 25+ SKILL: B

Men: Thursday • Women: Thursday

## AGE: 25+ SKILL: C

Men: Thursday • Women: Thursday

## AGE: 30+ SKILL: A

Men: Wednesday • Women: Thursday

## AGE: 30+ SKILL: B

Men: Wednesday • Women: Thursday

## AGE: 30+ SKILL: C

Men: Wednesday • Women: Thursday

## AGE: 35+ SKILL: A

Men: Thursday • Women: Thursday

## AGE: 35+ SKILL: B

Men: Wednesday • Women: Thursday

## AGE: 35+ SKILL: C

Men: Wednesday • Women: Thursday

## AGE: 40+ SKILL: A

Men: Wednesday • Women: Thursday

## AGE: 40+ SKILL: B

Men: Wednesday • Women: Thursday

## AGE: 40+ SKILL: C

Men: Wednesday • Women: Thursday

## AGE: 45+ SKILL: A

Men: Wednesday • Women: Thursday

## AGE: 45+ SKILL: B

Men: Wednesday • Women: Thursday

## AGE: 45+ SKILL: C

Men: Wednesday • Women: Thursday

## AGE: 50+ SKILL: A

Men: Wednesday • Women: Thursday

## AGE: 50+ SKILL: B

Men: Thursday • Women: Thursday

## AGE: 50+ SKILL: C

Men: Thursday • Women: Thursday

## AGE: 55+ SKILL: A

Men: Thursday • Women: Thursday

## AGE: 55+ SKILL: B

Men: Thursday • Women: Thursday

## AGE: 55+ SKILL: C

Men: Thursday • Women: Thursday

## AGE: 60+ SKILL: A

Men: Thursday • Women: Thursday

## AGE: 60+ SKILL: B

Men: Thursday • Women: Thursday

## AGE: 60+ SKILL: C

Men: Thursday • Women: Thursday

## AGE: 65+ SKILL: A

Men: Thursday • Women: Thursday

## AGE: 65+ SKILL: B

Men: Thursday • Women: Thursday

## AGE: 65+ SKILL: C

Men: Thursday • Women: Thursday

## DOUBLES: OPEN

Men: Thursday • Women: Friday

## DOUBLES: SKILL: A

Men: Thursday • Women: Thursday

## DOUBLES: SKILL: B

Men: Wednesday • Women: Friday

## DOUBLES: SKILL: C

Men: Wednesday • Women: Friday

## DOUBLES: 19+

Men: Friday • Women: Thursday

## DOUBLES: 35+

Men: Thursday • Women: Thursday

## DOUBLES: 45+

Men: Wednesday • Women: Thursday

## DOUBLES: SKILL: 55+

Men: Thursday • Women: Thursday

## MX: OPEN

Thursday

## MX: A

Thursday

## MX: B

Thursday

## MX: C

Thursday

## MX: 30

Thursday

## MX: 40

Thursday

## MX: 50

Thursday

## CENTURION

Thursday

USA Racquetball Official Rules will govern competition, including the mandatory use of protective lensed eyewear tested to ASTM F803 or CSA impact standards (including prescription frames and lenses).

It is the player's responsibility to make certain that their eyewear conforms with the standard specified in Rule 2.5(a). Find a listing of ASTM eyeguards online at [www.usaracquetball.com](http://www.usaracquetball.com) > Rules > Approved Eyeguards.

## CITIZENSHIP & AGE REQUIREMENTS

Only U.S. citizens may compete in the U.S. Team Qualifying divisions; all other age & skill divisions are open to U.S. citizens and residents. For age division competition, players must meet the proper age requirement as of the first day of competition of their division. Any player from any country may compete in the Pro Qualifier or the Doubles Divisions.

## QUALIFIERS & CERTIFICATIONS

### REGIONALS:

All players must have competed — in any division — at a recognized Regional/State Qualifier to be eligible to compete in "Ektelon Nationals". Any legitimate waivers of qualifying competition must have been directed to — and approved by — the USA Racquetball Headquarters prior to the scheduled regional weekend. National waiver fee of \$100 must be included with entry fee. Individual regional tournament directors may not approve exclusions from play, for any reason.

### SKILL DIVISION CERTIFICATION:

Skill level entrants (to A, B, C, D divisions) must:

- be certified at that level, OR
- have played in the same division at the mandatory regional qualifier, OR
- be approved by the state director or representative as being legitimately competitive in the entered skill division at the national level.

Tournament directors will use these benchmarks to determine eligibility for skill competition, and reserve the right to re-classify or disqualify players when/if they are improperly placed.

### JUNIOR DIVISIONS:

For juniors who want to accompany their parents or others who simply want to participate in this historic event, special junior divisions will be included.

### HEROES:

The HEROES Divisions are open to active duty military, National Guard, Reserve forces, police and firefighters (entrants must show a valid DoD/military ID card at event table check in). Retired members, their dependents or DoD. Contractors can not compete in these divisions.

### DOUBLES DIVISIONS

All doubles divisions are non-championship divisions and are open to any player national or international. No qualification is needed. Skill level certification still applies.

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**CERTIFICATION CLINIC-**  
**TUESDAY MAY 14TH**  
**MERIDIAN CLUB**



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# CONGRATULATIONS

*to the USA Racquetball Annual Award Winners!*



Joe Sobek Outstanding Contribution Award

Presidential Award

John Halverson Fair Play Award

Peggy Steding Female Age Group Award

Bud Muehleisen Male Age Group Award

Female Athlete of the Year Award

Male Athlete of the Year Award

Joyce Parsons

Ben Simons

Nancy Davis

Debra Tisinger-Moore

Jimmy Lowe

Rhonda Rajsich

Marco Rojas

***Celebrate these deserving recipients at the Hall of Fame Induction and Annual Awards Ceremony on Friday evening at the Meridian Club.***





# The Class Of 2013



**WILLIAM "MITT" LAYTON**

Jacksonville, FL  
(Amateur Age Player)

**K**nown for his excellent physical conditioning, Mitt had one of the best decade-long age group division runs in racquetball history. From 1995 through 2004, he won 6 National Singles and 13 US Open singles titles in the Men's 45+ and 50+ Open divisions. For the first seven years of US Open history, he was the only winner of the Men's 45+ division. Mitt received the Bud Muehleisen Award in 1988 when, at the age of 47, he was named the Open Player of the Year in Florida.

Mitt has contributed more than great play to the sport. He twice served as an Assistant Coach for the US Junior National Team.



**RANDY STAFFORD**

Germantown, TN  
(Contributor)

**F**ew individuals have contributed more to the sport of racquetball than Randy Stafford. At the age of 20, Randy literally wrote the (second) book on racquetball. He went on to win a collegiate championship, play on the pro tour, start the first state championship in Tennessee, found the Intercollegiate Racquetball Association, serve on the USA Racquetball Board (four years as President), build the online United States Racquetball Museum, and develop the US Racquetball Foundation, which is focused on the future of the sport.

For Randy, racquetball is more than a passion, it became his vocation. He and his long-running business, The Court Company, have built courts across the nation, including the first competition portable glass court that was donated to USA Racquetball and which greatly enhanced the success of the US Open. He is a true ambassador of the sport and great friend of USA Racquetball.



**DEBRA TISINGER-MOORE**

West Hills, CA  
(Amateur Age Player)

**C**onsidering her relatively young age of 55, Deb is quite simply one of the most decorated age group players of all time. Over the last 20 years, she has amassed an amazing 92 gold medals in both singles and doubles age group divisions at national competitions. Just as amazing, 53 of her victories came at USA Racquetball national championships. Deb has been awarded the Peggy Steding Age Group Athlete of the Year Award four times.

Deb has contributed much to racquetball, including introducing her children to the sport, one of whom, Janel, is herself a national champion.

# A *Legacy* IN THE MAKING

By Linda Mojer,  
With Substance, Inc.

**T**he culture of racquetball leans heavily on fun, socializing, tradition, family and old-school competition. So it's no surprise to see legacies in the making, as enthusiasts pass the baton from generation to generation – father to son and mother to daughter.

Making that point, one of this year's Hall of Famers celebrates an entire career of achievements – while her daughter has just earned her very first US Team Qualifying/Open title at National Doubles. Meet Debbie Tisinger-Moore and Janel Tisinger – a matched mother-daughter set with plenty to celebrate.

Mom Debbie was a tennis and volleyball star in high school – but was introduced to racquetball by a friend in 1980 and promptly left the other sports behind. Following ten years of competitive volleyball, her father (a converted handball player) taught her enough of the basics to begin dominating local competition and she never looked back. One of the sport's most acclaimed coaches, Jim Carson, challenged her to enter National Singles “where the big boys are” and the legendary Lynn Adams dialed her up with congratulations after she won her first National Doubles title. “What a thrill that was”, she recalls, and “I was really hooked!”

Daughter Janel followed suit in 1990, learning from Mom at that difficult age when she did want to be serious about improving quickly, but did not want to be pushed. In her first Junior Nationals at 15, she handled the crowds and adrenaline rush of a major event with a near-upset of the defending champion in her age group, and came to realize “I could be good enough for this.” Now she considers it “a blessing to have my mom as my coach, because she knows my personality so well; she knows when to push me, and when to leave me alone!”

Now they both acknowledge the difficulty of handing off such a legacy. “I felt competitive in fending off Janel's progression” admits Deb “because I knew the day would come when she would beat me in singles.

It was difficult to surrender (ugh!) and today it's a challenge to win a rally against her.” Janel agrees that “it was hard for my mom to accept when that moment came, but that's just part of her competitive nature. It's a strong desire to want to be better and win. We both have it!”



Debbie Moore with  
daughter Janel Tisinger.



They both have it in spades ... Debbie has shoulder and knee problems, had both hips replaced due to arthritis and overuse in 2009, and is currently recovering from an elbow injury.

Encouragement from her family (along with the shiny new hips), extended a playing career that has earned her this year's Hall of Fame induction. If Janel is careful with her body and stays healthy, she hopes to have an even longer career, intending to push herself by competing full time on the pro tour just as soon as possible. “I'd like to benefit from playing at that level all the time,” she shared, “but I don't know if I'll even try to break my mom's title record!” With a 12-year lead in starting the game, and her first US Team Qualifying/Open title under her belt, she seems well on her way.

This outstanding pair comes from a long line of athletes who have excelled in basketball, volleyball, softball, swimming and soccer - but

racquetball has always been a perfect fit for them both. Debbie freely admits that “although my family's been placed on the ‘sacrificial altar’ of racquetball, it has saved my life.” Now that's not something common to racquetball, is it...? Yeah, right. Congratulations!



# INTERESTED IN HOSTING A USA RACQUETBALL *National Championship?*

By Steve Czarnecki,  
USAR Executive Director

**A**t USA Racquetball we are always in search of top-notch venues interested in hosting one of our National Championships. Our membership spans the United States and we strive to bring our championships to different parts of the country.

## IDEAL HOST SITES OFFER:

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*If you are interested in discussing the opportunity to host a USA Racquetball national championship, please call or send a letter addressing the above topics to:*

Dr. Jim Hiser  
USA Racquetball Program Manager  
[jhiser@usra.org](mailto:jhiser@usra.org)  
(719) 635-5396 x. 130  
1685 W. Uintah St., Suite 103  
Colorado Springs, CO 80904

## UPDATED IRF AND PARC SCHEDULE ►

**2013 IRF World Senior Doubles Championships**  
San Jose, Costa Rica  
June 12-15, 2013

**2013 29th IRF World Seniors Championships**  
Albuquerque, New Mexico, USA  
August 27-31, 2013

**2013 World Games**  
Cali, Colombia  
July 25-29, 2013

**2013 IRF Junior Worlds**  
Sucre, Bolivia  
October 20-26, 2013

**2014 IRF World Championships**  
Montreal, Canada  
June 14-21, 2014

**2014 IRF Junior Worlds**  
October 19-25, 2014



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## **TOM TRAVERS**

- Coach – Cheryl Gudinas #2 USAR Nationals
- Coach – Chris Crowther #4 IRT
- Coach – Guatemala National Team

## **FRAN DAVIS**

- Coach – Rocky Carson #1 IRF Worlds
- Coach – Taylor Knoth #1 USAR Collegiate

## **CONNIE MARTIN**

- Programmer – Author of most recognized programming manual in industry

## **ALSO...**

### **KANE WASELENCHUK**

#1 IRT Pro Player

### **KELLEY BEANE**

Coach of USA Junior National Team

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## **Contact Jim Hiser at [jhiser@usra.org](mailto:jhiser@usra.org)**





## HAND/EYE *Standout*

Multi-sport talent **Elizabeth Brenner** earned a nomination for the James E. Sullivan Award.

Where records are concerned, the Oregon Ducks are lucky to have Elizabeth Brenner anywhere near a court or athletic field. This outstanding young lady is being honored as the only volleyball player up for the nation's top amateur athlete award for all sports – and it's not the first time that she's been a standout. Her junior record in racquetball boasts more than a decade of title competition (including 11 world titles), making her transition to a series of other ball sports seamless and incredibly successful.

One of Oregon's best high school athletes, Brenner made a name for herself at Jesuit High School in Beaverton by playing all-state in volleyball, basketball and softball, and in her first season of track, winning the state shot put competition.

Now the University of Oregon's top female multi-sport athlete is up for another top national honor as a nominee for the "Oscar" of sports awards - the James E. Sullivan Award. The sophomore is a psychology major boasting a 3.07 grade point average, while pursuing a minor in business administration and competing with purpose.

Brenner was selected from 15 AAU semifinalists after becoming the Ducks' first-ever underclass volleyball All-American with her national second-team honor. Recruited to basketball,

she averaged 5.3 points and 3.7 rebounds and played 20-30 minutes each contest to earn a career scoring high of 16 points in late January. She also played for the World Series-advancing Duck softball team last spring. The former all-state prep catcher joined the team in mid-April, played the next day in both games in the doubleheader sweep, and ended the season with three walks and two runs among her 10 at-bats. This year, she threw a javelin team season best (141-5) in her collegiate track debut, after placing second as a prep senior in the state championship behind the national record holder.

It's no wonder that Elizabeth Brenner was tapped for a historic award that goes beyond athletic accomplishments to honor those with strong moral character and a commitment to the ideals of amateurism. This talented athlete is a perfect fit!

[Article compiled from Oregon Ducks athletic department coverage, GoDucks.com, with thanks to Doug Brenner, Tom McAdam and photographer Geoff Thurner]



Sources / for more information about Elizabeth online, see:

<http://aausullivan.org/> or search  
<http://www.oregonlive.com/ducks/>  
<http://www.goducks.com/>





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# CALENDAR OF EVENTS

EVENT TITLE	EVENT DATES	FACILITY NAME
2013 Stockton Pro-Am (IRT Tier One)	May 2-5, 2013	In-Shape West Lane - Stockton
2013 Florida Open	May 3-5, 2013	Sarasota Bath & Racquet Club
2013 UnitedHealthcare FREE Racquetball Lesson Program	May 5, 2013	Merrit Athletic Club
2013 UnitedHealthcare FREE Racquetball Lesson Program	May 5, 2013	Crystal Gateway Sport & Health Club
2013 USAR 46th Ektelon National Singles	May 15-19, 2013	The Meridian Sports Club
2013 Tournament of Aces	May 17-19, 2013	Tri-City Leisure Center
NorCal Doubles Championships	May 17-19, 2013	Shasta Athletic Club
Sarasota Memorial Day Shootout	May 25, 2013	Sarasota Bath & Racquet Club
Memorial Day Splat	May 25, 2013	Golds Gym - Hill Country Village
WWRA Intro to Outdoor Racquetball with Jackie Paraiso	June 1, 2013	East Lake High School
Outdoor Border Battle: USA vs. MEX Doubles Shootout	June 2, 2013	East Lake High School
Pro Racquetball Academy Juniors Only Camp	June 5-9, 2013	In-Shape West Lane - Stockton
Colorado Team Championships	June 7-9, 2013	Highlands Ranch Recreation Center
Grand Canyon State Summer Games	June 7-9, 2013	ASU Student Recreation Complex
2013 VA Summer Tournament	June 7-9, 2013	Midlothian Athletic Club
Fran Davis Racquetball Camp - San Diego, CA	June 7-9, 2013	TBD
2013 Stratosphere 3WallBall Shootout #2	June 14-16, 2013	Stratosphere Hotel & Casino
2013 WOR Beat the Heat Shootout	June 15, 2013	Florin High School
2013 Florida Sunshine State Games	June 21-23, 2013	Lakeland YMCA
2013 Meijer State Games of Michigan	June 22, 2013	Michigan Athletic Club
2013 40th Wilson Junior Olympics	June 26-30, 2013	Oakmoor Racquet and Fitness Center
2013 Suncoast Open \$15,000 Cash Shootout	June 27-30, 2013	Sarasota Bath & Racquet Club
WTR League, Western Slopes Colorado	July 1-30, 2013	Bill Heddles Recreation Center
2013 World Outdoor Racquetball Shootout	July 11-14, 2013	Marina Park
Fran Davis Racquetball Camp - San Francisco, CA	July 12-14, 2013	TBD
NMRA 2013 International Championships	July 17-20, 2013	Wisconsin Athletic Club
2013 Sunflower State Games Racquetball Tournament	July 19-20, 2013	Downtown Topeka YMCA
Corpus Christi Bayfront Pro/Am T5 Satellite	July 19-21, 2013	YMCA of the Coastal Bend
Fran Davis Racquetball Camp - Millersville, MD	July 26-28, 2013	TBD

Find the most complete and up-to-date list of tournaments by visiting [www.usaracquetballevnts.com](http://www.usaracquetballevnts.com).

FACILITY CITY	FACILITY STATE	CONTACT NAME	CONTACT EMAIL
Stockton	CA	John Ellis	ellistyle@comcast.net
Sarasota	FL	Chad Bailey	auchad99@gmail.com
Towson	MD	Doug Ganim	ganim@me.com
Arlington	VA	Doug Ganim	ganim@me.com
Fullerton	CA	Jim Hiser	jhiser@usra.org
West Columbia	SC	Shawn Dodd	tournamentofaces@gmail.com
Redding	CA	Jack Hughes	
Sarasota	FL	Chad Bailey	auchad99@gmail.com
San Antonio	TX	Venita Mitchell	venitamitchell@hotmail.com
Chula Vista	CA	Roby Partovich	roby@wwrba.com
Chula Vista	CA	Roby Partovich	roby@wwrba.com
Stockton	CA	John Ellis	ellistyle@comcast.net
Highlands Ranch	CO	Larry Haemmerle	unclelarry2all@yahoo.com
Tempe	AZ	Ben Simons	
Richmond	VA	Bonny Wheeler	
San Diego	CA	Fran Davis	camps@frandavisracquetball.com
Las Vegas	NV	Randy Lam	rjlam@hotmail.com
Sacramento	CA	Bill George	billgeo@georgetec.com
Lakeland	FL	Jean Trimble	jtrimble1255@gmail.com
Grand Rapids	MI	Twayne Howard	thoward@prokennexusa.com
Des Moines	IA	Jim Hiser	jhiser@usra.org
Sarasota	FL	Chad Bailey	auchad99@gmail.com
Delta	CO	Laura Fenton	hgarland@worldteamracquetball.com
Huntington Beach	CA	Geoff Osberg	gosberg@sbcglobal.net
San Francisco	CA	Fran Davis	camps@frandavisracquetball.com
West Allis	WI	NMRA Board	scohen@nationalmastersracquetball.org
Topeka	KS	Scott Welford	yoscooterw@yahoo.com
Corpus Christi	TX	JoAnna Reyes	stxracquetball@yahoo.com
Millersville	MD	Fran Davis	camps@frandavisracquetball.com





Earl Acuff  
1918-2013

# Hall of Fame Updates

## NATIONAL

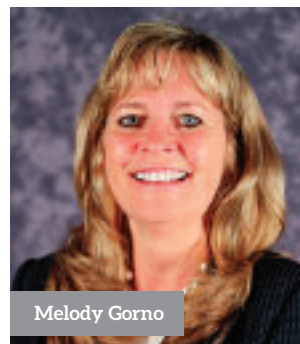
Hall of Famer **Earl Acuff** passed away on February 13, joining his wife **Mary Low** who preceded him on that journey in 2005. The pair held the distinction of being the only husband and wife to each have been inducted to the USAR Hall of Fame for their respective, outstanding careers.

Always a gifted and highly competitive athlete, Earl learned to box as a young boy and became a Golden Gloves champion in high school. Later he was scouted by a coach while playing baseball with friends, and was offered a full football scholarship to the University of Idaho. There, he enlisted in ROTC, which led to a distinguished Army career that spanned more than three decades.

He was a bush pilot, big game guide and master parachutist, who earned a Purple Heart, two Combat Infantryman Badges, a Silver Star with Oak Leaf Cluster, Bronze Star with four Oak Leaf Clusters and V for Valor. In 1974, he was promoted to Brigadier General and became the Commandant of the Virginia Tech Corps of Cadets.

Ten years later, his first win in the Men's 60+ division began a racquetball career in which he medaled 34 times at major national and world senior events, and walked away with the gold at 20 of them to earn his induction into the Hall of Fame. In the year preceding that 1999 induction, Earl was a double-gold winner in 75+, earned his seventh U.S. national doubles title, matching the singles victory he had earned that spring, plus captured a 80+ world title and three other world seniors crowns.

*[Read Earl's full obituary by searching the Roanoke Times.]*



Melody Gorno



Paula Saad

## STATE NEWS

The Michigan Racquetball Hall of Fame honors recipients who demonstrate outstanding achievement, leadership or contribution to the sport, based upon years of consistent excellence. National Hall of Fame Committee Chair Jim Easterling reports that this year's RAM inductees are **Melody Gorno** and **Paula Saad**.

Melody took up the sport in 1983 at Central Michigan University and soon moved into club management as a tournament director and teaching pro responsible for promoting court sports, conducting demos and organizing leagues. She won RAM's Female Player of the Year Award in 2005, 2007, and 2009.

Paula began playing in 1986 and entered her first novice tournament a year later, followed by a 23-year career as Racquetball Director/Instructor at the Madison Athletic Club, developing junior programs, running leagues, clinics and numerous tournaments. She served on the state association board from 2005 until 2010.

*[Photos submitted with coverage, by contributor Jim Easterling]*

## WORLD OUTDOOR RACQUETBALL

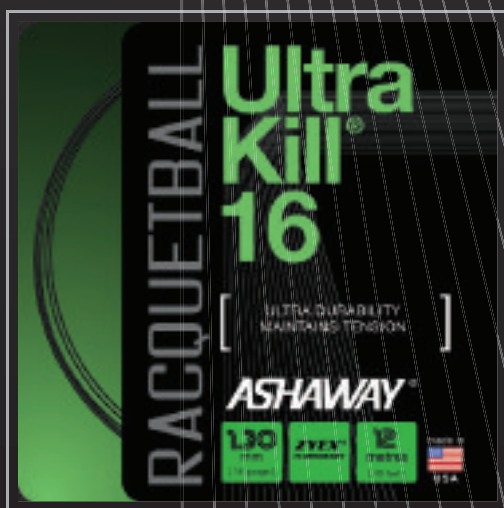
**Greg** and **Martha McDonald** have been named (as a team) to the WOR Hall of Fame. The couple met on the University of Florida's outdoor courts in August 1973, making 2013 the 40th anniversary of their partnership as one of the most enduring and decorated men's and mixed doubles tandem in outdoor racquetball history. Not only did they make history with their brilliant performance on and off of the court, but they were actually part of the first ever National Outdoor Championships played in CA in the mid 1970's and even today they are having notable success competing at almost every WOR National Championship. For more, see [WorldOutdoorRacquetball.net](http://WorldOutdoorRacquetball.net)

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