



New Hampshire Racquetball Association's

Rollout

The USAR Affiliate in New Hampshire • March 2005

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Upcoming Events

MARCH

Granite State Cup
 Nashua Athletic Club
 Nashua, NH
 March 25 - 27, 2005

REMINDER

Granite State Cup
 Establish Your Team & Captain
 Enter Your Team Roster
 8 or more Participants per team
 It's Your Year to win the CUP!

91 Lancaster Avenue
 Manchester, NH 03103
 Phone: (603) 641-6116
 Fax: (603) 627-4552
 E-mail: nhboard@nhracquetball.com
 www.nhracquetball.com

MESSAGE FROM THE PRESIDENT



Our season is in full swing and our events are looking very healthy! We have just had state doubles, The B/C Challenge, and

the Mitch Nathanson, all with higher attendance than last year! Thanks for playing!

Coming up next is our new doubles event Feb 18-20th at Nashua Athletic Club. Anyone can play and whatever club affiliation you put on your application is the club you will be earning points for. If you attended the Mitch you saw the new Cup, its beautiful. We have state singles right after that March 4-6th at The Executive Club, remember that state singles is worth

more points than a regular event. Our board certainly hopes you're enjoying what we have to offer and please take a look at our website, its getting better every day.

Lastly, if you have read Racquetball magazine for a few years you have seen Mary Low Acuff's name in there almost every issue. Mary Low passed away on Feb 3, 2005 at age 85. She had just competed in a tourney the weekend before. She has more National titles, I believe, than just about anyone. Her husband Earl plays as well, and they never looked a day over 70. Joanne Pomodoro wrote a nice tribute to Mary Low and we have printed it inside, God Bless you Mary Low, you were an inspiration to many of us.

Kelley

SOMETHING TO CONSIDER - HOW IS YOUR OVERALL FITNESS LEVEL?

By Ron Bye

Are you playing racquetball to get in shape... or are you getting in shape to play racquetball?? If you are simply a "recreational player" this question may not mean much to you, however if you are a competitive player looking to play your best, this question has deep reaching meaning.

We all know what a great exercise racquetball is and how much fun it can be, but have you ever considered your overall fitness program? I will be honest and admit for years I played racquetball because I loved the game and felt I was getting in shape at the same time. Although that is certainly true to a point, in order to truly play any sport competitively we..... continued on pg.4

2003-2004 NHRA Board

Kelley Beane

Tony Bruzzese

Chris Zalegowski

John Varrill

Ron Bouchard

Mike Normand

Ron Bye

**Newsletter Editor
Stacey Bruzzese
The Final Details**



ARE WE RUNNING ON TIME?

by Ron Bouchard

Staying on time during a tournament - One of the biggest complaints heard every tournament is "why are we running so late"? Keeping the matches running smoothly and on time is what every tournament director strives for. You can help achieve this goal.

As a Player

- First, check in one hour prior to your match as the tournament application asks. After you check in you have time to warm up. Stretch, use a treadmill or any piece of equipment available to you. If the club has Squash Courts use the courts to shoot a bit and get loosened up. Let the tournament desk know where you will be and someone will make sure to let you know when your name is called.
- Second, be ready when your match is called. When you hear your match called head right to your assigned court. At that point you should be changed and ready to go on the court and warm up.
- *Third, limit your warm up time to 5 minutes. Too many players take as much as 10-15 minutes to warm up.*
- Fourth, players have 3 time-outs per game and 2 in the tiebreaker. These are **30-second** time-outs. You have 2 minutes between the first and second game and 5 minutes between the second game and the tiebreaker. Don't exceed your time limit.



After your match

- You are required to referee. Help out by coming right up to the desk and getting a clipboard. Don't wait for someone to go find you and have to ask you to ref. No one likes to be all warmed up on the court and have to wait for a ref.
- If you have a match and have to jump on a court immediately following your match, make yourself available when you finish your second match.
- Don't be afraid to volunteer. When someone is coming around with a clipboard looking for a ref, help this person out by agreeing to ref a match. The reason he or she may be looking for a ref is because there's probably a conflict at that time with someone playing two matches in a row.

.....continued on page 3

WHAT RULES? by John Varrill

Test your knowledge of the rules by answering the multiple choice questions below. The correct answers are at the bottom of the page.

QUESTION 1

Which of the following calls are not appealable (if line judges are being used in a match)?

- | | | |
|---------------------|-----------------|-------------------------|
| A. Penalty hinder | B. Forfeiture | C. Double bounce pickup |
| D. A, B, and F only | E. B and F only | F. Technical foul |

QUESTION 2

In doubles, the order of serve for a team must be followed for-

- | | |
|--------------|---|
| A. One match | B. Two games – the team can only switch the order of serve in the tiebreaker game |
| C. One game | D. Three consecutive side outs and then you can switch serving order |

QUESTION 3

If the server bounces the ball outside the service zone as a part of the service motion, the referee should –

- | | |
|--|------------------------------------|
| A. Make no call unless the served ball is an out serve or a fault serve. | C. Immediately call “fault serve.” |
| B. Immediately call “out serve.” | |

QUESTION 4

On a first serve (in 2-serve play) if the server serves a bad lob serve and intentionally foot faults (steps completely over the front service line), the proper call is -

- | | |
|--------------------|-------------------|
| A. Out serve | B. Fault serve |
| C. Dead-ball serve | D. Technical foul |

ON TIME? CONT'D

As a referee

- Go right to the court.
- Enforce the 5-minute warm up. Get the game started.
- Enforce the 30-second time-outs, 2 minutes between games and 5 minutes between the second game and the tiebreaker.

Tournament Desk

The people at the tournament desk need your help. There are always some conflicts where a match is scheduled, particularly doubles, and one of the players may still be on the court. In that case it's unavoidable that a match is going to be late, we realize this and do the best we can to get back on schedule. If everyone does their part we can minimize the delays and stay on time. Won't you help?



North Carolina and the rest of the country are mourning the loss of a racquetball icon, Mary Low Acuff of Asheville.

She passed

away Friday, Feb. 4. after a brief illness. Mary Low had just finished competing in the sport she loved so much on Jan. 14-16 at the WMRA Senior Masters when she became ill. Our heart goes out to her husband Earl. She was 85 years young at the time of her death. She was a member of the USAR Hall of Fame and the NCRA Hall of Fame along with her husband Earl. We will miss her.

Her Bio from the USAR site follows: Mary Low Acuff, Asheville, North Carolina (Athlete, Inducted 1996) Hall of Fame athlete Mary Low Acuff dominated the “upper echelons” of age group competition among women beginning in 1984, with career wins that include forty-five national titles, nine silver medals and a scant two bronze medal finishes. In 1994 alone, Mary Low took five national titles and a world championships victory, then followed up in 1995 with a record of nine national wins and another world title to her credit. The mother of eight was a long time supporter of the USRA and a legend in racquetball, who continued to compete in every tournament available to her. In 1999, Mary Low was joined by her husband Earl in the Hall of Fame -- the two are the only husband-and-wife pair to share this honor.



SOMETHING TO CONSIDER CONT'D

continued from front page.....must do much more than simply participate in the sport itself and racquetball is no different.

For several years I played several times a week and certainly my fitness level improved dramatically, but there is only so far it could go without other forms of fitness training. I recently decided to begin a workout routine with a personal fitness trainer. I was both pleasantly surprised at how my conditioning, at that point, allowed me to "recover" from the weight training quickly and at the same time disappointed that my cardio conditioning was not as good as I expected (or perhaps hoped).

Different individuals had been telling me for some time that the way to further improve my game was to begin a regular cardio and strength training regiment. I guess deep down I knew they were right but *being the adrenaline junky that I am and getting that rush from the game and competition*, I simply didn't want to admit they were right or

take time out of playing to simply workout.

Well I am here to tell you all, they all were right!! My cardio conditioning is

growing by leaps and bounds and

my strength is growing even faster. I recently played in a small tournament and played 5 matches in 6 hours, which would have previously put me in a stretcher, yes I was exhausted and sore at the end, but I MADE IT!

My trainer has begun working in foot drills, plyometrics ("explosive" motion such as jumping), extensive cardio and sport specific weight training. I highly recommend working with a trainer to at least get you started on the right foot (no pun intended) and to learn how to properly execute the exercises and let them help you work on those areas that will most benefit your game. Improper execution of the various exercises will not only not help, but can in fact cause damage. You must be well aware of "range of motion" so as not to hyper flex joints or stretch or tear muscles, tendons and ligaments! Is your back straight or are you risking a back injury? The various exercise machines today do an excellent job of targeting very specific muscle groups, but have you balanced your workout to include all the muscle groups? Are you using the proper weight settings balanced with numbers of repetitions and sets? Too heavy of a weight with too few reps will "bulk" you up, where as too light of a weight will do little for you.

Your trainer can work out specific exercises for you to target your weaknesses. Foot drills can be huge in this sport. Drills such as the "star drill"; take up a position in center court, "back pedal" to one rear corner with your hand in a racquet up position, sprint back



to center court, "side shuffle" to the same side court and back to center, sprint to the front service line along the same wall and back to center, then repeat each to the opposite side (creating somewhat of a "star pattern" on the floor) while all the time in a racquet ready position. With a friend, position yourself in a ready position as though you were going to receive a serve, have your friend toss a ball to either your left or right and pivot on the foot crossing the opposite foot across your body and reach out to grab the ball and toss it back (it is important that you do not first move the foot to the side the ball is tossed but that you immediately cross the other foot over not wasting motion/time).

These are but a couple of drills you can do to improve your reaction time allowing you to get to the ball, plant your feet, set up and ultimately hit the ball well!

The moral to the story is, as in an article I wrote about coaching, is GET HELP! There are so many good people out there that can and will help you bring your game to your full potential, you need only seek them out and ask!



THE MITCH NATHANSON CLASSIC!

by Kelley Beane

We did it! Another great weekend of Mitch Nathanson racquetball has come and gone.

Every year the players change and this year was no exception. This year the Legends and the Ladies Pro tour both had stops, but the IRT players were looking for some good racquetball. This included, Dan Llacera, Jason Thoerner, Mitch Williams, Vincent Gagnon and a few more. Also we were happy to have a few members of the US come in for the event, World Champion Ben Croft, National Champions Charlie Pratt, Jesi Fuller, Samantha McGuffey, and Kara Mazur. Oh yes, and Mexico's own Augustine Tristan. Augustine came from San Luis Potosi to even the score with Ben Croft after Ben defeated him at the World Championships 3 weeks earlier. Same result here.

More important than the top players is the purpose to raise money for the junior racquetball players of New England. Every year this gets more difficult with the cost of everything going up. Many thanks to The Executive Health & Sports Center and Nashua Athletic Club for donating the court hours needed for this monster even, we could not do it otherwise. Also THANK YOU to all of the volunteers who took time off from work. And put in some very long hours for a thankless job. It definitely would not happen without all of you at both sites. Thank



you to our sponsors, US Air, The Black Brimmer, and Crew West. If you would like to be a sponsor for next year, let me know and I will contact you when we start on the next one. We are a 501 C3 and it is tax deductible.

For those of us who knew Mitch, having this event named in his honor become the largest tourney and most prize money is quite a thrill. He would be so happy to see what it has become. The Mitch always seems to have a different feel about it, cant really explain it. This year was special video recaps of him, its been 13 years - so it was nice. It was nice to see Nathaniel Dogon playing who was named after Mitch. Mitchs friends who come up every year to help, so nice that they continue to help long after they have stopped playing the game. Mitch's sister, Cheryl Nathanson came by, as did his mom Roberta. This is only the second time she has made it. It is still extremely difficult for her, but please know that the family is truly overwhelmed at all of the support for this event.

The event is more than the superstars that are here. It's about ALL the people that play and put on one of the greatest events we have. It's about friendships, sportsmanship and great play. Mitch wouldn't want it any other way. Right Momma Nona?

MITCH JUNIOR WINNERS!

Jr. Boys < 8

- 1st - Ryan Francis, NH
- 2nd - Ralphie Grillone, MA
- 3rd - Brad Robbins, NH

Jr. Boys < 10

- 1st - Jacob Mills, VT
- 2nd - Chris Vosburg, MA
- 3rd - Chris Francis, NH
- 4th - Nathaniel Dogan, RI

Jr. Boys < 12

- 1st - Sam Allen, VT
- 2nd - Travis Martin, NH
- 3rd - Chris Vosburg, MA
- 4th - Joel Boyea, CT

Jr. Doubles < 14

- 1st - David Lynch, NH
Travis Martin, NH
- 2nd - Ryan Carpenter, NH
Kevin Carpenter, NH

Jr. Girls < 10

- 1st - Shannon Larkin, NH
- 2nd - Caitlin Labrie, NH

Jr. Girls < 12

- 1st - Samantha Rosado, CT
- 2nd - Jackie Rosado, CT
- 3rd - Caitlin Labrie, NH



Attention all parents!

Is your son or daughter interested in going to the Junior National Racquetball Championships in June?

The New Hampshire Racquetball Association would like to help Junior Racquetball players go to the Junior Nationals in Portland, Oregon.

Qualifications are:

- 1 Must be a resident of New Hampshire or belong to a club in NH.
- 2 Must be 18 years old or younger.
- 3 Must write a letter to the NHRA explaining why you feel you should get assistance.
- 4 Submit a copy of your latest Report Card.
- 5 Be ready to participate in a Fund Raising event (i.e. a Car Wash) to help raise some of the money.
- 6 Must be ready to compete against some of the best players in the country

The Board of Directors will select as many players as possible and will pay a portion of the cost for the trip. The Awards will be distributed by need, quality of player and school grades.

The amount of the award will be determined by the amount of players who qualify and the amount of money available.

For more information contact Kelley Beane at kbeane6@aol.com

Congratulations

Mike Keddie

National High School
Champion & US Team
Member! Recently
beating current Us Team
member Allan Crockett at
Birmingham Alabama
15-6, 15-12 in the final.

There were over
450 high school
racquetball players
attending.

2005 "B/C" CHALLENGE

January 15th & 16th at Great Bay Athletic Club, Newmark

Divisions	1st	2nd	3rd	4th
MENS B	Lee Monks	John Acampora	Ken Scherer	Brett Elmore
MENS C	Joe Richards	Brian Gaffney	Harry Wesson	Solomon Siegal
MENS D	Venkatesh Natarajan	Larry Barrett	David Laliberte	David Lynch
WOMENS B	Debra Hunter	Ruth Lugar	Sharon Shapiro	Deanna Burrill
WOMENS C	Pat Bouchard	Tia Merrill	Ceci Carpenter	Sara Schultz
WOMENS D	Jodi Grillone	Traci Madore	Laurie Box	Jeanne Ormrod
WOMEN'S NOVICE	Shauna Johnston	Cynthis Weigle	Shannon Larkin	
JUNIOR <12	Travis Martin	Ryan Carpenter	Connor Larkin	Shannon Larkin
JUNIOR <14	David Lynch	Kevin Carpenter	Connor Larkin	
MEN'S B/C DOUBLES	Jason Barry	Brian Gaffney	David Lynch	Brooks Roberts
	Ryan Hunter	Joe Richards	Lee Monks	Ken Scherer
WOMEN'S B/C DOUBLES	Deanna Burrill	Ceci Carpenter	Ruth Lugar	Sue Lee
	Denise Dodge	Jean Lerch	Tia Merrill	Jolene Sullivan
MIXED 'B/C' DOUBLES	Debra Hunter	Jolene Sullivan	Jean Lerch	Deb Calista
	Ryan Hunter	Brian Straub	Mike Girard	Justin Pike

2005 Mitch Nathanson Classic Results

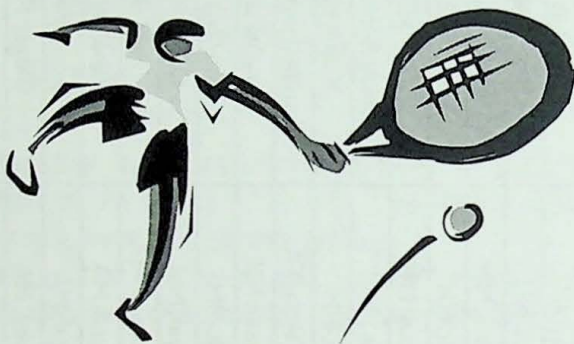
January 28th-30th at the Executive Health & Sports Center, Manchester, NH (Co-hosted by the Nashua Athletic Club)

	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>
Men's Open	Mitch Williams, NC	Vincent Gagnon, CN	Ben Croft, IL	Dan Llacera, DE
Men's Elite	Tim Wilson, CT	Tom Keogh, NY	Scott Pickett, NY	Vinny Lee, MA
Men's A	Jon Dyer, NH	Brett Lane, RI	Bill Jarvis, CT	Mitch Milewski, NH
Men's B	Justin Dyer, NH	John Acampora, NH	Bhaskar Rao, MA	Gerry Lamontagne, CT
Men's C	Jon-Craig Chisholm, MA	Tom Marzilli, MA	Greg Labrie, NH	Jim Picchi, RI
Men's D	Russell McCumber, VT	Steve McCarthy, NH	Venkatesh Natarajan, NH	Peter Smith, NH
Men's 30+	Tim Kirch, NY	Dan Llacera, DE	Victor Horton, MA	Jeff Hill, MA
Men's 40+	Scott Eliasson, CT	Jim Grant, MA	Dennis Aceto, MA	Bill Kelley, CT
Men's 50+	Dennis Aceto, MA	Jack Beneway, MA	Bruce McCumber, VT	Russ Palazzo, CT
Women's Open	Aimee Ruiz, NJ	Laura Fenton, KS	Josee Grandmaitre, CN	Lorraine Feeney, MA
Women's A	Diane Chappel, NY	Patty Barrows, MA	Teri Labrie, NH	Deb Hunter, MA
Women's B	Jolene Sullivan, NH	Christine Ecker, NH	Sharon Shapiro, NH	Deanna Burrill, MA
Women's C	Jessica Donovan, MA	Carolyn Becker, RI	Courtney Chisholm, MA	Ceci Carpenter, NH
Women's D	Samantha Rosado, CT	Jackie Rosado, CT	Maridol Allen, NH	Laurae Richardson, MA
Women's Novice	Gabriella Landinez, NH	Maridol Allen, NH	Fran Whitaker, NH	Shauna Johnston, NH
Men's Open Doubles	Jason Thoerner, GA	Sanjay Laforest, NY	Vincent Gagnon, CN	Brad Slocum, MO
	Mitch Williams, NC	Shane Wood, MA	Michel Gagnon, CN	Augustine Tristan, MX
Men's A Doubles	Jon Dyer, NH	Rick Perez, NH	Marco Labonte, NH	Steve Arena, MA
	Kip Jackson, NH	Gary Walsh, NH	Jay Vallieres, VT	John Fera, MA
Men's B/C Doubles	Todd Kruegar, RI	Murray Aldous, NH	Neil Brodien, NH	Steve Iacovino, RI
	Eduardo Kafie, RI	Justin Dyer, NH	Ken Hepburn, NH	Jim Picchi, RI
Men's 40+ Doubles	Peter Messier, NH	Murray Aldous, NH	Phil Butler, MA	Paul Mertin, NH
	Phil Robbins, NH	Dick Dyer, NH	Steve Buoniconti, MA	Hugo Overdeput, NH
Women's Open Doubles	Laura Fenton, KS	Jesi Fuller, NM	Kelley Bean, NH	Genevieve Guillemette, CN
	Aimee Ruiz, NJ	Dominique Davis, TX	Joanne Pomodoro, MA	Veronique Guillemette, CN
Women's B/C Doubles	Christine Ecker, NH	Ceci Carpenter, NH	Deanna Burrill, MA	Katie Parsons, MA
	Jolene Sullivan, NH	Jean Lerch, NH	Jodi Grillone, MA	Shilo Vosburg, MA
Women's 40+ Doubles	Deb Ernst, MA	Carmen Dyer, NH	Deb Irvine, NH	
	Ginger Rasid, MA	Dianne Weissbach, MA	Pat Sims, ME	
Mixed Open Doubles	Lorraine Feeney, MA	Heather Dunn, MA	Elise Wilson, CT	Marsha Kazarosian, MA
	Victor Horton, MA	Shane Wood, MA	Jason Sylvester, NY	Sanjay Laforest, NY
Mixed A/B Doubles	Pam Discipio, NH	Patty Barrows, MA	Ginger Rasid, MA	Deb Hunter, MA
	Lee Monks, NH	John Patalano, RI	Mark Brezina, VT	Ryan Hunter, MA

THE ART OF ANTICIPATION!

By Chris Zalegowski

Well, I am not sure I would classify it as an art really. Anticipation is the sum of watching the ball, along with, watching and knowing your opponent.



Keep in mind that anticipation is simply guessing right. It is not a skill, not a talent, not a gift but merely the ability to identify the signs that suggest a possibility. Even if all the signs point in one direction, *it doesn't guarantee the outcome you might expect.* This article will hopefully help you recognize those signs that can help you end rallies quicker, get to more balls, get into better position and win more matches (in theory anyway). So let's look at a few of the more common clues that players often don't consider when playing.

1) Footwork – Most common mistake players make is setting up their feet in the direction they plan to shoot in. If a player's front foot is pointing towards the sidewall, you can probably anticipate they are looking at a pinch or splat. If their front foot has more of an open stance, (or pointing away from the side wall) look for the pass.

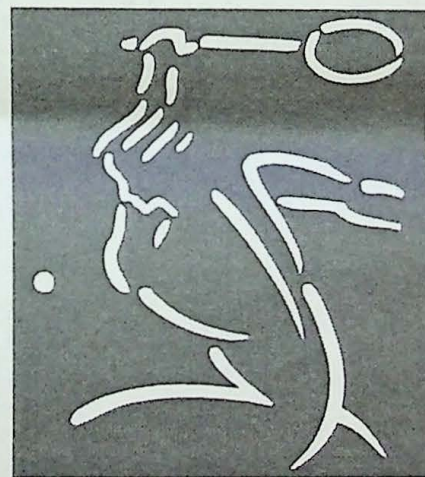
2) Posture – Posture is seen mostly on ceiling balls. When your opponent goes to return a ceiling ball, how are they standing? Are their feet close together and it looks like they are standing straight

up? Chances are they are going right back to the ceiling. If that is the case, step out of center court and go back a couple steps. Why not get into position early when you know exactly where the ball is going to end up? The game is a lot easier when the ball comes to you. Now if your opponent has his feet shoulder length apart and it appears they are in a more balanced position, hold your ground in center court b/c they are thinking offensive.

3) Ball Position – To keep it simple, if the ball is behind your opponent's front foot, look for the pinch or splat. The majority of players don't have the wrist strength to hit any other shot. (down the line, cross court, etc.) FYI, this does not apply to when you are playing Scott Reiff.

4) Knowing your Opponent – The more you play someone, the more you find out what shots they like to hit in certain situations. Everyone has

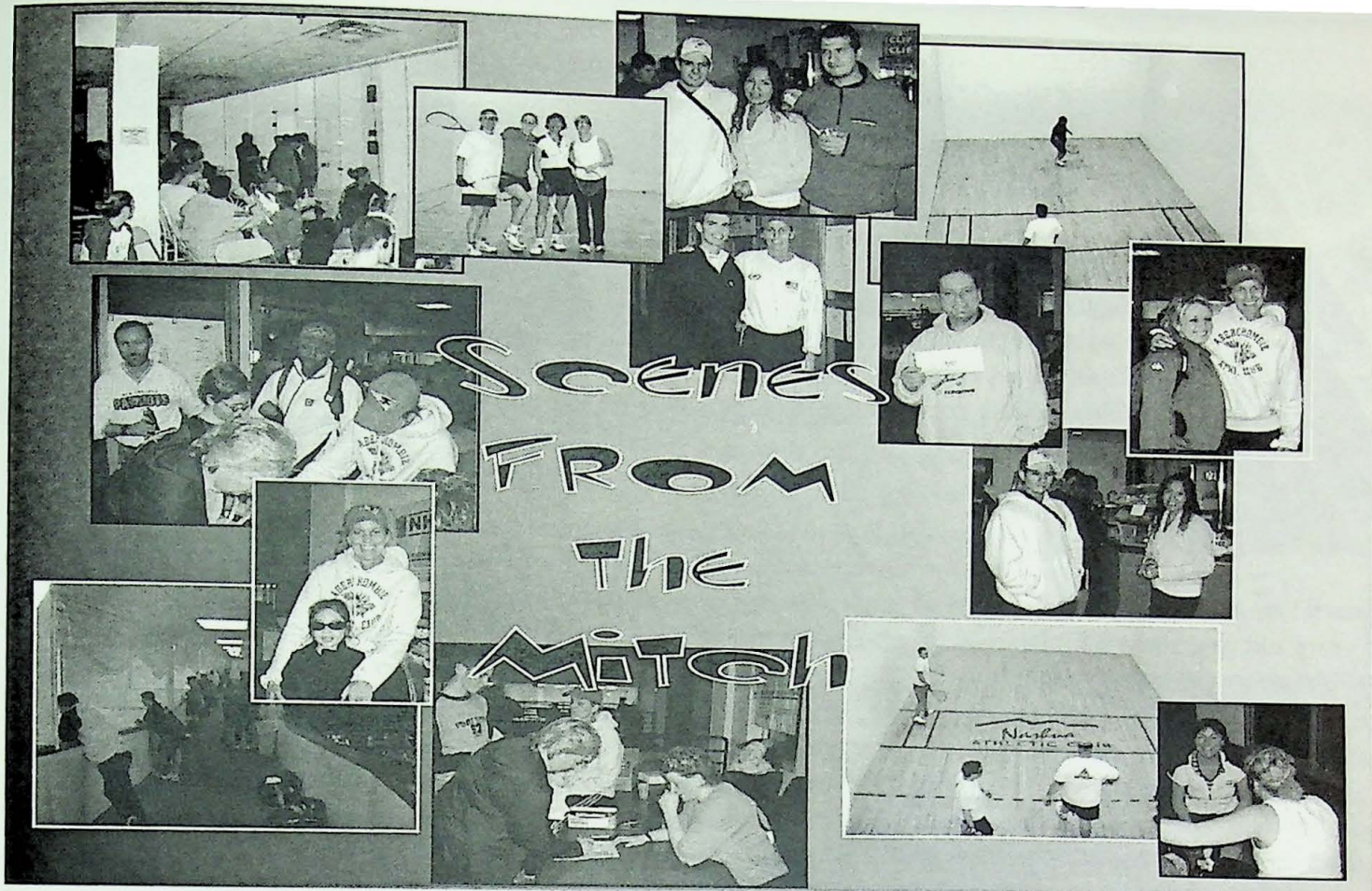
a favorite shot. (A good example is Phil Robbins. Does he like that pinch or what!?) Remember them and use that knowledge to your advantage. (I do, right Phil?)



This game is so fast that any edge you

can bring to the table will only help. Identifying a few small things can go a long way in a match. Racquetball is a game of patience so try not to over commit and be ready for the unexpected. Never second guess your instincts either unless the signs show you otherwise. If you do anticipate correctly, do not waste the opportunity. Who knows when it will come around again.



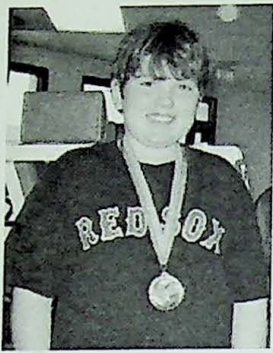


2005 NH STATE SINGLES CHAMPIONSHIPS

March 4th & 5th at the Executive Health & Sports Center, Manchester, NH

	1st	2nd	3rd	4th
MENS OPEN	Chris Zalegowski	Larry Desorbo	Phil Robbins	Marco Labonte
MENS A	Jon Dyer	Gary Walsh	Lee Monks	Ron Dellagatta
MENS B	John Acompora	Greg Burton	Greg Bianco	Dave Smith
MENS C	Jim Birtwell	Marshall Gibson	Ed Gauntt	Dan Chalifour
MENS D	Venkatesh Natarajan	Kyle Gath	Prashant Chouta	Ryan Calista
MENS NOVICE	Chris Tebo	Kevin Carpenter		
JR. BOYS <8	Ryan Francis	Brad Robbins		
JR. BOYS <12	Chris Francis	Zach Smith		
JR. BOYS <14	Kyle Gath	Kevin Carpenter	David Lynch	Chris Francis
MENS 25+	Chris Zalegowski	Larry Desorbo	Lee Monks	Rick Perez
MENS 35+	Gary Walsh	Marco Labonte	Rick Perez	Greg Bianco
MENS 45+	Phil Robbins	Scott Robinson	Bruce Rawlings	
MENS 50+	Carl Savage	Sid Bird	Ron Bye	
MENS 55+	Stan Sowle	Sid Bird		
MENS 65+	Dick Lowell	Ron Bouchard		
WOMENS A	Jolene Sullivan	Pat Sims	Deb Irvine	Sharon Shapiro
WOMENS B	Jolene Sullivan	Sharon Shapiro	Jean Lerch	Suzanne Gale
WOMENS C	Ceci Carpenter	Laurie Box	Helga Mispelblom-Beyer	Martha Robinson
WOMENS D	Helga Mispelblom-Beyer	Laurie Box	Sarah Purington	

OTHER SPORTSLET PLAYERS



Name: Kevin Carpenter
 Age: 14
 Playing Since: 2000
 Level: Men's D/Novice & Junior 14's
 Club Affiliation: Great Bay Athletic Club

Kevin



My name is Kevin Carpenter. I am 14 years old and have been playing racquetball for about 4 years. I am currently a D/Novice player and I also play Junior 14's. I started playing racquetball when I was about 10 years old, and since then I can't stop playing. My mom is the one who got me started in racquetball because she has been playing for a while, and thought I might like it too. Boy am I glad she taught me, because I have loved the game ever since I started playing! My favorite part of the game is the excitement I get from playing it and also that it is very fast moving game - and I love that! I play in a lot of tournaments and I really like them. Tournaments are great because I make a lot of new friends, have a great time playing against other people who are really good, and of course, I like winning - but who doesn't? I like to help out as much as I can at the tournaments, especially at the Great Bay Athletic Club which is where I am a member. I go into the gym and practice a lot because I am always trying to get better and better. Racquetball is without a doubt my absolute favorite sport and I plan on playing it for a long time.



Name: Ryan Carpenter
 Age: 11
 Playing Since: 2001
 Level: Men's Novice & Junior 12's
 Club Affiliation: Great Bay Athletic Club

Ryan

My name is Ryan Carpenter and I have been playing racquetball for about 3 years. I am currently playing in the Men's Novice and Junior 12's divisions. I started playing when I was about 7 or 8 years old. The reason I started playing was because my mom, dad and brother all played. At the time I wasn't playing, and didn't want to be the only one in the family not playing racquetball. Besides, the sport looked like a really fun game to play. So, I asked my mom if she could teach me how to play - and of course she did! My favorite part of the game is to run around and dive all over the place trying to get the ball, because I am very hyper. I love to participate in tournaments because I get to play a lot of games, meet new people, play for a prize, and play at other clubs - not just my own. The way that I try to give back to the sport is by helping out at the desk at all of the tournaments and around the clubs. I actually do that a lot. It is fun! So far, one of the best things to happen to me playing racquetball happened at a tournament. I was brand new to the sport and playing a nice kid named Travis Martin. He actually won the match, but after the game we were playing around at the club and we became really good friends. So, at tournaments we both play with each other and we are trying to get together to play some racquetball with each other outside of the tournaments. I LOVE the game of racquetball. It is one of the best games in the world!

JUNIOR CAMPS

Watch For Details

There will be a one day Junior Racquetball Camp at the Executive in the April/May timeframe.

A 3-day Summer Racquetball Camp taught by Cheryl Gudinas & Kelley Beane will be offered in July.

For more information please contact Kelley Beane at kbeane6@aol.com



NH DOUBLES CUP CHALLENGE

by Kelley Beane

Our first New Hampshire Doubles Cup event was a success last weekend at the Nashua Athletic Club with the home team securing "The Cup" in a close contest. Teams from Nashua, Executive, Concord and Great Bay did their very best to try to take the new cup home with them, but Nashua prevailed. By drawing names out of each clubs container it proved to be a nail biter with the last and 8th round

picks keeping the Executive and Concord each tied at 21. The last pick was by Nashua with Justin Wallace doing the honors, and he pulled out a 4 point winner to add to their 20. This is a one day, inexpensive, fun event that we hope to grow in the future!

Remember that the Granite State Cup will be March 25-27th also in Nashua, time to get those teams put together!

2005 NH DOUBLES CUP CHALLENGE

February 19th at the Nashua Athletic Club, Nashua, NH

DIVISIONS	1ST	2ND	3RD	4TH
MEN'S OPEN	Jaime Boucher, RCC	Mike Cole, NAC	Mike Keddie, EHSC	
	Larry Desorbo, RCC	Paul Wallace, NAC	Jim Lukeman, EHSC	
MEN'S A	Dennis Vaillancourt, EHSC	Jon Dyer, NAC	Ron Dellegatta, NAC	Dick Dyer, NAC
	Gary Walsh, EHSC	Kip Jackson, NAC	Marco Labonte, NAC	Greg West, NAC
MEN'S B	Joe Richards, NAC	Justin Dyer, NAC	Ed Gauntt, RCC	Steve Foote, RCC
	Scott Stoodley, NAC	Todd Anderson, NAC	Carl Hassum, RCC	Bill Taranovich, RCC
MEN'S C	Peter McNamara, SAC	Bob Denyou, GBAC	Jim Patton, GBAC	
	Dave Morin, SAC	Bill Dougherty, GBAC	Bart Snell, GBAC	
MEN'S D	Paul Ebbs, RCC	Kyle Gath, SAC	Larry Barrett, GBAC	Ivar Martin, EHSC
	Venkates Natarajan, RCC	David Lynch, SAC	Kevin Carpenter, GBAC	Travis Martin, EHSC
MEN'S 30/35+	Ron Dellegatta, NAC	Tom Christy, RCC	Peter McNamara, SAC	Jim Patton, GBAC
	Marco Labonte, NAC	Larry Desorbo, RCC	Dave Morin, SAC	Bart Snell, GBAC
MEN'S 40/45+	Dennis Vaillancourt, EHSC	Andy Gerstn, RCC	Tom Christy, RCC	
	Gary Walsh, EHSC	Steve Foote, RCC	Bill Taranovich, RCC	
MEN'S 50+	Carl Savage, NAC	Murray Aldous, NAC	Stan Sowle, RCC	
	Paul Wallace, NAC	Dick Dyer, NAC	John Varrill, RCC	
JUNIORS	Kyle Gath, SAC	Kevin Carpenter, GBAC	Shannon Larkin, EHSC	
	David Lynch, SAC	Ryan Carpenter, GBAC	Connor Larkin, EHSC	
WOMEN'S A	Carmen Dyer, NAC	Patty Thoms-Danos, NAC	Kelley Beane, EHSC	
	Dianne Weissbach, NAC	Ana Veiga, NAC	Sharon Shaprio, EHSC	
WOMEN'S B	Shellie Boucher, RRC	Judy Lafrance-Foote, RCC	Ceci Carpenter, GBAC	
	Jane McClung, RRC	Chris Sabbow, RCC	Jean Lerch, GBAC	
WOMEN'S C/D	Christy Ebbs, RCC	Shauna Johnston, EHSC		
	Tia Merrill, RCC	Martha Robinson, EHSC		
MIXED A	Ana Veiga, NAC	Patty Thoms-Danos, NAC	Carmen Dyer, NAC	Lynn Smith, EHSC
	Jon Dyer, NAC	Justin Dyer, NAC	Murray Aldous, NAC	Mike Normand, EHSC
MIXED B	Judy Lafrance-Foote, RCC	Jane McClung, RCC	Sharon Shapiro, EHSC	Chris Sabbow, RCC
	Stan Sowle, RCC	Andy Gersten, RCC	John Acampora, EHSC	Carl Hassum, RCC
MIXED C/D	Shellie Boucher, RCC	Tia Merrill, RCC	Ceci Carpenter, NAC	Christy Ebbs, RCC
	Venkates Natarajan, RCC	Ed Gauntt, RCC	Larry Barrett, NAC	Paul Ebbs, RCC
MEN'S PRO	Justin Wallace & Marco Labonte beat up on Larry Desorbo & Kip Jackson			
MIXED PRO	Kelley Beane & Jim Lukeman win over Justin Wallace & Dianne Weissbach			

NH DOUBLES CUP CHALLENGE WINNER | NASHUA ATHLETIC CLUB



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The New Hampshire Racquetball Association



UPCOMING RACQUETBALL EVENTS!

MARCH

3/4 - 3/6
STATE SINGLES
NH, MA, CT, RI, VT

ME State Doubles
Fitness Forum
Sanford, ME,
(207)324.1154,
spinrat@zwi.net

3/11 - 3/13
Killshot for Cancer
Waverly Oaks AC
Waltham, MA
(508)881.3953
msilverman13@comcast.net

3/18 - 3/20
Green Mountain Open
Racquet's Edge
Essex Jct, VT
(802)893.8014
jayvallieres@mfsloan.com

3/25 - 3/27
MAINE State Singles
Central Maine AC
Lewiston, ME
(207)786.4820
jenamail@zwi.net

Granite State Cup
Nashua Athletic Club

Nashua, NH
(603)801.2226
nhrboard@nhracquetball.com

APRIL

4/1 - 4/3
Red Swain Memorial
Metro South AC
Brockton, MA
(508)588.3444
feeney43@aol.com

4/8 - 4/10
6th St J Auto RB Open
The Club at Old Mill
St. Johnsbury, VT
(802)748.5313
bobbyd@clubatoldmill.com

4/14 - 4/17
New England Regionals
Cedardale AC
Haverhill, MA
(978)927.3923
hmdunn@earthlink.net

4/29 - 5/1
Season's End
Cedardale AC
Haverhill, MA
(978)994.1184
marsha@kazariosian.com
bobbyd@clubatoldmill.com

4/14 - 4/17
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MAY / AUGUST

5/6 - 5/8
Cinco de Mayo
Racquet's Edge
Essex Jct, VT
(802)879.7734
re.racquetball_gym@earthlink.net

5/25 - 5/30
38th USAR NATIONAL SINGLES
Houston, TX
(719)635.5396
www.usra.org

8/12 - 8/14
8th Annual Lobsterbake
Cedardale AC
Haverhill, MA
(978)994.1184
marsha@kazariosian.com