

**ROLLOUT**

FEBRUARY, 2001

THE USRA AFFILIATE IN NEW HAMPSHIRE



Volume 4 Issue 1



**KELLY BEANE — THOUGHTS WHILE PRACTICING**



Hi everybody,

Well, first if all a lot of you are probably wondering why your receiving an issue of the newsletter even though your not a NHRA/USRA member.

We decided that this would be a great time to try to contact all the players that have not renewed their memberships since our board started in May of 1998.

Thankfully there are not that many of you, but we want you to come play some racquetball with us. You all should have received the application for the State Championships to be held the first weekend in March at the Nashua Athletic

Club.

Inside that application you will see that if you are not a current member of the NHRA you may get \$20 off the entry. You may also use that to bring someone that is not a current member and take \$20 off YOUR entry! Sound good? It gets better!

At this years tournament all entries receive a denim shirt embroidered with the NHRA logo. We will also feed you, and give you a medal if you finish 1<sup>st</sup> thru 3<sup>rd</sup>. We draw the line at playing for you!

Also, remember that Saturday night we have our annual banquet and if you are a member, come by for dinner and entertainment. As you know from years past, there is no telling what will happen!

Our awards include:

- Athlete of the Year
- Sportsman of the year
- Most Improved and more.
- Oh, and don't forget, best legs, best bullseye and best dressed!

We hope to see a lot of old faces — and some not so old. And even if you don't play anymore, come by and watch some great racquetball and see some old friends.

This party is for you . . .

In racquetball, Kelley

**This ROLLOUT Edition includes these & more:**

Wanted: Awards Feedback	2
New Hampshire Member's USRA Point Standings	3
"The" Mitch	4
Mitch Results	5
Are You Ready? . . . Your warm-up IS important	6
February Announcements	7



## YOUR NHRA BOARD MEMBERS AND STAFF



## WANTED: AWARDS FEEDBACK!!!

This year the NHRA Awards Banquet & dinner will be held the same weekend as the NH State Singles Championships (being held at the Nashua Athletic Club on March 3rd at conclusion of the tournament). The NH Racquetball Board gets a lot of pleasure in looking back over the season and selecting individuals to recognize for their achievements, whoever or whatever they might be. Believe it or not, this is a difficult task when there are only 6 people on the Board and we are trying to review the trials and tribulations of 250+ active tournament playing members for an entire season! This is where you – the NHRA membership – can help (with little to no infringement on your time). **WE NEED AND WANT YOUR INPUT!!!** Whether you have an idea or two, a list, a recommendation or a comment, we want to hear it! This will especially impact the decision making process of the awards and also make your voice heard in *YOUR* racquetball organization.

Here's a list of some of the serious awards (as well as what we feel is the criteria):

- \*MALE & FEMALE PLAYERS OF THE YEAR\* Most point in any division(s) by a person
- \*MALE & FEMALE MOST IMPROVED PLAYERS\* Best advancement/most growth in RB game
- \*HUSTLE AWARD\* Both on & off the court, male or female
- \*TOURNAMENT OF THE YEAR\* Possibly breaking it down into different categories: best fundraiser, largest attendance, etc.)
- \*JOHN CUMMINGS AWARD\* This award not given out often; goes to outstanding contribution of a person to promote and support racquetball in New Hampshire)
- \*IRONMAN / IRONWOMAN\* Person playing the most tourneys or maybe playing the most matches in a day or weekend)
- \*COMEBACK PLAYER OF THE YEAR\* Not just for people coming back from injuries

Do you know of anyone that would fall into one of these categories? Are there other categories that come to mind? We will have ballots available at the State Singles Championship (March 2<sup>ND</sup> & 3<sup>RD</sup>) to poll for your comments. Ann Doucette (who heads the Awards & Banquet Committee) will be there to collect your input and answer any questions you may have. As you might know we also have a good time giving out some 'Fun' awards – do you have any ideas or recommendations? These 'Fun' awards are usually flexible, so if you have an idea or a situation that strikes your funnybone or that you feel needs recognition – **WE WANT YOUR FEEDBACK!!!** You can submit your comments or nominations in many ways – either to a Board member (that may be a member at your club), by fax to Kelley (627-4552), by dropping her a quick line (91 Lancaster Ave., Manchester NH 03103), or by e-mail to the Board ([NHRABoardMembers@Excell.com](mailto:NHRABoardMembers@Excell.com)).

So there's no excuse to voice your opinion – we want to hear it! Otherwise, as the saying goes "Forever hold your peace"...

# NH RACQUETBALL RANKINGS

<i><b>MENS OPEN</b></i>		<i><b>MENS A</b></i>		<i><b>MENS B</b></i>		<i><b>MENS C</b></i>		<i><b>MENS D</b></i>	
ZALEGOWSKI, CHRIS	390	GIBSON, FRANK	250	SKLADONY, MARK	150	RAWLINGS, BRUCE	200	WHITE, ERIC	200
BOUCHER, JAIME	170	WALLACE, PAUL	130	ACAMPORA, JOHN	100	STEEVES, GREG	135	SCHERER, KEN	185
HUSSON, JOE	150	MAKOSIEJ, SCOTT	80	MAKOSIEJ, SCOTT	100	BRODIEN, NEAL	100	GUIDABONI, BOB	150
REIFF, SCOTT	100	BESSETTE, JASON	60	LACROIX, ERIC	75	KALISZ, WALTER	100	BATES, RICHARD	80
HILL, JEFF	75	SOUDA, MARK	60	RABY, RUSS	75	LYNCH, JOHN	90	LAFONTAINE, JAIME	75
MORSE, JEFF	60	CINO, PAUL	50	BRETON, DAVE	50	BOISVERT, LEO	70	KEDDIE, MATT	70
COLE, MIKE	45	LABONTE, MARCO	50	BURGESS, BOB	50	LACROIX, ERIC	65	MOTIKA, CHRIS	70
DREW, ARON	30	SITOMER, JIM	40	DREW, PHIL	50	WHITE, ERIC	60	FRENETTE, RANDY	50
GATES, CHUCK	30	REDLICH, CARL	35	HUSSON, JOSH	50	ANDREWS, CHRIS	50	HAMBLIN, ROBERT	50
MCGANAHAN, OWEN	25	GAGNON, BRUCE	30	SMITH, ROB	50	HELLINGS, PAUL	50	SMITH, PETER	50
REDLICH, CARL	25	MCGANAHAN, OWEN	25	ELWELL, SCOTT	45	BOYLE, TOM	35	CHABOT, MATT	40
<i><b>MENS NOVICE</b></i>		<i><b>MENS &lt;24</b></i>		<i><b>MENS 25+</b></i>		<i><b>MENS 35+</b></i>		<i><b>MENS 40+</b></i>	
LAROCHELLE, DAN	400	MAKOSIEJ, SCOTT	175	ZALEGOWSKI, CHRIS	350	LUKEMAN, JIM	200	VARRILL, JOHN	160
LAROCHELLE, MATT	250			HUSSON, JOE	150	BRUZZESE, TONY	75	SAVAGE, CARL	100
FRENETTE, RANDY	75			HILL, JEFF	75	GIBSON, FRANK	50	NORMAND, MIKE	75
HOLDING, DAVID	75			BOUCHER, JAIME	50	LABONTE, MARCO	10	GATES, CHUCK	50
ODIERNO, DAN	50	<i><b>MENS &lt;24A/B</b></i>		<i><b>MENS 30+</b></i>				ROBBINS, PHIL	15
DEYOUNG, RICH	30	MAKOSIEJ, SCOTT	600	MORSE, JEFF	150			RODENBERG, KEVIN	10
DYER, SHAWN	30			COLE, MIKE	100				
HASSUM, CARL	25			LUKEMAN, JIM	30				
LEVESQUE JR., RAY	25								
<i><b>MENS 45+</b></i>		<i><b>MENS 50+</b></i>		<i><b>MENS 55+</b></i>		<i><b>JR. &lt;8MB</b></i>		<i><b>JR. &lt;12</b></i>	
VARRILL, JOHN	200	MILEWSKI, MITCH	150	MILEWSKI, MITCH	330	DURANT, NICHOLAS	100	KEDDIE, MIKE	250
SAVAGE, CARL	185	BIRD, SID	130	PACE, BRANDT	280			KEDDIE, MATT	175
WALLACE, PAUL	105	NEVIUS, RICH	75			<i><b>JR. &lt;10</b></i>		HUARD, BETHANY	150
SAVAGE, STEVE	50	PACE, BRANDT	60			KEDDIE, MATT	300	KILMER, BRYAN	130
DAYNARD, KEN	30	RUGGIERI, JOE	30			SAUTER, MATT	285	MIGNAULT, LINDSEY	100
LARKIN, GREGG	20	TOWLE, PARKER	15			BAYLISS, BILLY	145	HASSUM, CARL	75
CANTY, STEVE	10	GIORGETTI, PHIL	10			DURANT, NICHOLAS	120		
LANGLOIS, RICK	10	HALE, JOHN	10						
		SAFFO SR., RICH	10						
<i><b>MENS 60+</b></i>		<i><b>MENS 65+</b></i>		<i><b>JR. &lt;14</b></i>		<i><b>JR. &lt;16</b></i>		<i><b>JR. &lt;18</b></i>	
DALTON, ED	140	LECOMPTE, NORBERT	250	KEDDIE, MIKE	180	BENTON, BRIE	150	BENTON, BRIE	100
LOWELL, DICK	10	BOUCHARD, RON	100	ANDERSON, KEVIN	150	BYE, ERIK	15		
		BAMFORD, HAROLD	40	KEDDIE, MATT	100				
		<i><b>MENS 70+</b></i>							
		BENNETT, RUSS	30						
<i><b>WOMENS OPEN</b></i>		<i><b>WOMENS A</b></i>		<i><b>WOMENS B</b></i>		<i><b>WOMENS C</b></i>		<i><b>WOMENS D</b></i>	
BEANE, KELLEY	230	SIMS, PAT	300	GOBAR, GRETCHEN	150	CALISTA, DEBRA	230	LAFRANCE-FOOTE, JUDY	250
CLAUSSEN, MAUREEN	100	CLAUSSEN, MAUREEN	150	BENTON, BRIE	120	GOBAR, GRETCHEN	165	GOBAR, GRETCHEN	115
KILMER, DENISE	75	KILMER, DENISE	110	LAFRANCE-FOOTE, JUDY	30	MULLEN, ANA TERESA	130	CALISTA, DEBRA	100
HIGGINS, NAN	50	GOBAR, GRETCHEN	75	SAFFO, VERONICA	30	LAFRANCE-FOOTE, JUDY	100	SABBOW, CHRIS	80
GUY, GAIL	20	SAFFO, STEPHANIE	50	IRVINE, DEB	10	SHAPIRO, SHARON	45	SHAPIRO, SHARON	50
MULLEN, ANA TERESA	10	WRIGHT, PAM	40	JOHNSTON, SHARON	10	EWERT, SUZANNE	30	SIMS, PAT	50
		BENTON, BRIE	10			BENTON, BRIE	20	EWERT, SUZANNE	15
		MCCOLE, JUDY	10			SAFFO, STEPHANIE	20		
<i><b>WOMENS NOVICE</b></i>		<i><b>WOMEN 25+</b></i>		<i><b>WOMEN 30+</b></i>		<i><b>WOMENS 40+</b></i>		<i><b>WOMENS 45+</b></i>	
NILAND, BRENDA	50	BEANE, KELLEY	350	BEANE, KELLEY	165	SIMS, PAT	50	HIGGINS, NAN	565
COOPER, ELISE	15			<i><b>WOMEN 35+</b></i>		HIGGINS, NAN	30		
				BEANE, KELLEY	225				
				SIMS, PAT	50				

**UPDATED USRA POINTS AS OF 2/01/2001 (12 month point cumulative)**

## "THE" MITCH

The Mitch Nathanson Classic was held January 19<sup>th</sup>-21<sup>st</sup> at The Executive Health & Sports Center in Manchester NH — and what a great event! This tournament is an annual event starting with the first Mitch in 1992, and has grown to be the biggest racquetball event in the northeast. For those of you who didn't know Mitch let me fill you in.

Mitch Nathanson was a young open player who at the age of 25 died in a tragic car accident in Newton, Mass. Mitch was always popular at tournaments and was a big hit with all the kids, spending countless hours horsing around with them. Mitch also spent a lot of time working with juniors at the clubs he played at in and around the Boston area.

Mitch was part of our group, and was a dear friend of Cliff Swain and when we lost him, we needed to heal as a racquetball community. In order to do that we decided to have an event named after Mitch and to donate the proceeds to junior racquetball development in the New England area.

Well, the first year we had a lot of entries and everyone played because they knew Mitch, but as the years went on, interest faded as new people came to the game that didn't know Mitch and the old timers sort of faded away. At a turning point we decided to start offering prize money and to make this event the biggest event of them all, by going out and getting some major sponsors. This year marks the best year we ever had as far as fundraising and attendance. This tournament is very special in that it has big prize money, over \$6,000 and lots of players, 241, but maintains the environment of caring and giving and I have yet to hear any yelling, or poor sportsmanship at this particular event.

The Mitch Nathanson Trust Fund receives 100% of the income from the event and it is then given out to kids in the New England area who fill out applications for assistance. Last year alone we helped to send 11 juniors to junior nationals, who otherwise may not have been able to go. It is a wonderful feeling getting the thank you notes from these kids and hearing what they did at the tournaments and knowing that we are responsible.

We could not do this alone, this year we had a staff of twelve people, of which many of them took time off that week to help with all the errands and yucky pre-tournament chores. We also had the Executive Health and Sports Center donate their facility for the event, which puts a lot more money in the Trust Fund. This year we had major corporate sponsors, Paine Webber, Sovereign Bank, US Air, Northeast Delta Dental, Thrifty Car Rental, Wilson and Eforce.

Another great part of this event is having some of the US Junior National Team here — including Kristen Walsh, Utah, winner of the Womens open, Adrienne Fisher and Kelley Fisher. We also have many Canadian team members and coaches, including, Josee Grandmaitre, Michel Gagnon, Veronique Guillemette, and Chantel Turgeon.

It is great for the people in New England and over 40 of the juniors entered in this event to see the potential of what they could be. These juniors were wonderful on the court and great role models.

This year's event was preceeded by a snowstorm on Friday night, and we were socked with another one on Sunday morning. A big thank you to all that didn't cancel! We only had 12 cancellations in total with two of them sending checks for payment in full anyway!

One person that made it up on Sunday morning was Cliff Swain. He had a friend with a big truck make the usual 1 hour ride, more like 3 that day, to the event. We had scheduled him to play EVERY junior in the event on our show court and he was a class act. Some of these juniors started at 8 years old, but remember some are national team members that made him work a little! I bet it will be a great memory for all of them, and pictures of all of you are on the way.

Well, this year's event looks to have raised about \$3,000, and it will send a lot of juniors to a lot of events and I would just like to thank all that participated and all that sent donations.

Below is an excerpt from the program at Mitch's funeral. It has been and will continue as the motivating theme of this tournament series. Please read it and try to put as much as you can to use, it will make you a great person like my friend Mitch Nathanson.

Kelley Beane

# "Good Friends Live Forever!"

## 2001 MITCH NATHANSON CLASSIC RESULTS

*Jan. 19th-21st at the Executive Health & Sports Center, Manchester (co-hosted by the Nashua Ath. Club)*

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
<b>MENS OPEN</b>	Chris Zalegowski, NH	Francois Guillemette, CN	Steve Hayden, ME	Ben Williams, NY
<b>MENS AA</b>	Jeff Hill, NH	Victor Horton, MA	Sanjay Laforest, NY	Jason Bessette, NH
<b>MENS A</b>	Shane Thibeault, MA	Paul Cino, NH	Gordon Dillard, MA	Bruce McCumber, VT
<b>MENS B</b>	Greg Demille, MA	Brian Farrar, MA	Steve Louizos, MA	Gerry Litvin, MA
<b>MENS C</b>	Hal Mitlitsky, NY	Jared Mansur, NH	Dave Cohen, MA	Lee Monks, NH
<b>MENS D</b>	Dave Cohen, MA	Dustin Laferriere, VT	Peter Smith, NH	Lee Monks, NH
<b>MENS NOVICE</b>	Robert Ferreira, MA	Roger Hedges, MA	Richard Sledzik Jr., MA	Mike Williams, RI
<b>MENS 30+</b>	Jim Grant, MA	Jim Lukeman, NH	Scott Krouse, ME	Scott Carey, MA
<b>MENS 40+</b>	Michel Gagnon, CN	Joe Thomas, MA	Mitch Bobinski, MA	Tom Greaney, MA
<b>MENS 50+</b>	Russ Palazzo, CT	Claude Paul, CN	Skip Barry, MA	Mark Lieberman, MA
<b>BOYS &lt;10</b>	Mathieu Grandmaitre, CN	Matt Sauter, NH	Billy Bayliss, NH	Russell McCumber, VT
<b>BOYS &lt;12</b>	Matt Keddie, NH	Richard Sledzik Jr., MA	Kara Mazur, CT	Matt Sauter, NH
<b>BOYS &lt;14</b>	David Laforest, NY	Mike Keddie, NH	Scott Manship, MA	Chris Edwards, CT
<b>BOYS &lt;16</b>	Mike Guilmain, RI	Jose Flores Jr., CT	Scott Manship, MA	Erik Bye, NH
<b>BOYS &lt;18</b>	Raul Thomas, NY	Eric Langelier, CN	Josh Epstein, NY	
<b>WOMENS OPEN</b>	Kristen Walsh, UT	Chantal Turgeon, CN	Josee Grandmaitre, CN	Adrienne Fisher, OH
<b>WOMENS AA</b>	Roz Petronelli, MA	Juliet Campbell, CT	Diane Weissbach, MA	Kelly Fisher, OH
<b>WOMENS A</b>	Karen Roykouff, ME	Ester McNanny, CT	Pat Sims, NH	Nickii Whitney, VT
<b>WOMENS B</b>	Cari Mitlitsky, NY	Sue Litvin, MA	Sue Parmer, MA	Terry Sullivan, MA
<b>WOMENS C</b>	Deb Calista, NH	Suzanne Ewert, NH	Brie Benton, NH	Patty Barrows, MA
<b>WOMENS D</b>	Kara Mazur, CT	Sharon Shapiro, NH	Chris Sabbow, NH	Suzanne Ewert, NH
<b>WOMENS NOVICE</b>	Brenda Niland, NH	Sarah Regina, RI	Linnia Phivilay, RI	Elise Cooper, NH
<b>MENS OPEN DOUBLES</b>	Chris Zalegowski, NH Scott Reiff, NH	Ben Williams, NY Fabian Pedraza, NY	Shane Wood, MA Matt Jonasch, MA	Sanjay Laforest, NY Tom Greaney, MA
<b>MENS 'A' DOUBLES</b>	Russ Palazzo, CT Joe Palazzo, CT	Carl Savage, NH Paul Wallace, NH	Jim Monahan, MA Mike Washburn, MA	Claude Paul, CN Rino Langelier, CN
<b>MENS 'B/C' DOUBLES</b>	Joe Souza, MA Paul Lambaise, MA	Brian Farrar, MA Greg Demille, MA	Jared Mansur, NH Randy Frenette, NH	Chris Wilson, CT Lee Horwitz, CT
<b>WOMENS OPEN DOUBLES</b>	Adrienne Fisher, OH Kristen Walsh, UT	Chantal Turgeon, CN Veronique Guillemette, CN	Kelley Beane, NH Joanne Pomodoro, MA	B.J. Ehr Gott, CT Anita Maldonado, NY
<b>WOMENS 'B/C' DOUBLES</b>	Deb Calista, NH Deb Irvine, NH	Sharon Johnston, NH Rica Shepardson, ME	Terry Sullivan, MA Sue Litvin, MA	
<b>MIXED OPEN DOUBLES</b>	Lorraine Feeney, MA Victor Horton, MA	Roz Petronelli, MA Dave Barnes, RI	Josee Grandmaitre, CN Michel Gagnon, CN	Juliet Campbell, CT Rick Campagna, VT
<b>MIXED 'A/B' DOUBLES</b>	Karen Roykouff, ME Tom Farley, ME	Diane Taylor-Whitman, MA Mike Washburn, MA	Judy Perreault, NH Mike Normand, NH	Pat Sims, NH Jim Sims, NH
<b>ALL-AMERICAN PRO MIXED DOUBLES EVENT</b>	<i>Kelley Beane &amp; Chris Zalegowski edge out Justin Wallace (Mr. E-Force) &amp; Ann Doucette</i>			

## Are You Ready?.....

I can't believe the season is half over already! This article is coming out a little late into the season but I feel it is a good topic to address. You know when you go to a tournament, you get all pumped up to play, you look at the clock and feel time is just not going by fast enough until your match or maybe they are running behind a little and the anticipation of playing is driving you nuts. When you do walk onto the court, you feel a little rushed for time so you hit a few forehands and a few backhands, ceiling shots, splats, pinches, etc. The thoughts that come to mind are mixed. Some say you are going to kick some butt, some say you just hope you play good. Your match starts and before you know it you get wiped off the court because you didn't hit the shots you normally hit. You don't understand why you played so bad, you have a thousand excuses running through your mind, except the obvious one, and that is "Did I warm-up good enough?"

Warming-up is probably one of the most important things you can do before you play aside from stretching. How you perform on the court is a direct result of how you prepare for your match. When I am at a tournament, I can't tell you how many times I see people just walk onto a court and start shooting the ball as hard as they can at the front wall, trying to get ready for their match. Have any of you wondered when your arm is a little sore after a tournament? What about after your 1<sup>st</sup> match? If any of you say "YES" than there is a good chance you are not warming up properly. You have to look at the muscles in your body the same as a car in a New England winter. You can't just go out to your car, start it up and expect it to run at peak performance on your drive to work. You have to start it, let it run for 10 minutes and gradually let it heat up to the point where it won't do any damage to your engine when you push it to its limits. Just like racquetball - you have to gradually warm up your muscles so when you call on them to be at their best, they will be ready.

Now, warming-up your muscles can be done a few different ways. Jumping into a Jacuzzi before you play (sauna and steam room also will work), a hot shower, very light weights work well and the best and easiest one is how you use your time when you warm up on the court. When you step onto the court to warm-up, the best thing you can do to get things flowing is start off by hitting ceiling shots. By doing this you are just basically loosening up your muscles at a slow but gradual pace. Ceiling shots are more of a finesse shot than a power shot so this is another good reason to start off with them first. After you do ceiling shots, walk up to about the short line (2<sup>nd</sup> red line) and start hitting the ball at the front wall at about 25% of your power. Remember you want to start off slow and gradually increase your power as you go. After you do that for a few minutes, fade back to about 35ft and do the same. Start out at about 25% of your power and gradually increase to about 75%. The object of racquetball is not to see who can hit the ball the hardest. A 50 mph rollout is just as effective as a 160 mph rollout. Regardless if you are a power player or a control player, both styles still have to warm-up their muscles to maximize their potential.

By warming-up your muscles, not only will you increase your consistency when you play, you will also be less likely to injure yourself during a match and less likely to develop muscle fatigue after a match as well. I feel this is a very important aspect when preparing for a tough match. 75% of the time, the outcome of most of my matches greatly reflects my warm-up time and how I prepare for my match before my match.

Good Luck everyone and hope to see you all at NH State Singles coming up in March!

*Chris Zalegowski*

## FEBRUARY ANNOUNCEMENTS

**WANTED: YOUR E-MAIL ADDRESS!!!** Tony would like to set up an electronic bulk mailing with everyone's e-mail addresses in order to keep the NH membership updated with the latest & greatest NHRA news – we need your help to accomplish this! Send your e-mail to: [nhraboardmembers@excell.net](mailto:nhraboardmembers@excell.net)

**VOLUNTEERS & SPONSORS WANTED: THE NHRA NEEDS YOU!** We need people to work on committees such as: fund raising, awards, rules & policies, junior programs - many more! If you've got some talent, the energy, and/or time, we could use whatever you have to offer! We especially need sponsors for State events in a big way... For more information on the many ways you can help out, please call Kelley or contact her through the web site [[www.neracquetball.com/nhra](http://www.neracquetball.com/nhra)].

**NHRA DEMO NIGHT:** Back by popular demand! If you would like an NHRA sponsored demo night scheduled at your club, please contact Chris Zalegowski thru the web site (by e-mail) or fax your request to Kelley at 627-4552.

**ADVERTISING:** Newsletter Ad Rates - \$100. Full page, \$50. ½ page, \$25. ¼ page, \$15. Business card.

The newsletter goes out to the full NHRA membership plus all the clubs, former members and many RB friends - so advertise here! Yearly rates are also available.

**NEWSLETTER RATES:** Newsletter subscription is available to non-members/non-residents for a \$10.00/yr. rate.

**REFEREE CERTIFICATION:** Will be offered at many NH tournaments throughout the season at a cost of \$10.00. Sign-ups at the tournament desk.

**F.Y.I. TO MEMBERS:** When your USRA membership card states an 11/00 expiration, that means your membership expired on the 1<sup>st</sup> day of the month (*not the end of the month!*). Stay on the mailing list – keep your membership active!

**NHRA APPAREL:** Customized NH Racquetball sportswear now available at NH tournaments or by contacting Kelley. These items are available for your purchase:

<b>NHRA silk-screened white tee shirts</b>	<b>\$12.00</b>
<b>NH Racquetball low profile 2-tone hats</b>	<b>\$15.00</b>
<b>NHRA embroidered teal collared shirts</b>	<b>\$24.00</b>
<b>NHRA silk-screened gray sweatshirts Reg \$28.00 Sale</b>	<b>\$20.00</b>
<b>NHRA embroidered collared sweatshirts Reg \$35.00 Sale</b>	<b>\$28.00 (black &amp; ash)</b>
<b>NEW -NHRA 'Attitude' T- shirts</b>	<b>\$12.00 (white &amp; ash)</b>

## UPCOMING NH RACQUETBALL EVENTS

**2/23-25 – Gilford Hills Tournament**

**3/02-04 – State Singles Championships, Nashua Ath. Club**

**3/02, Noon – Referee Certification Testing, Nashua**

**3/02 – NHRA DINNER & AWARDS BANQUET, Nashua Ath. Club**

**3/09-11 – Woodsville Tournament**

**3/31, 1-4pm – 'Free Play Day' at most NH racquetball clubs**

**4/20-22 – Regional Singles Championships – Executive, Manchester**

The evening begins with dinner being served at the conclusion of the tournament (around 7-7:30pm) and is no charge to the membership and guests. Following dinner in the lounge will be an assortment of awards - both serious & 'not so serious' - highlighted by the awarding of State Singles Championship medals to all the tournament winners. There'll be a little something for everyone (awards, surprises & lots of fun!) The dress code and the evening are comfortably casual - the memories and the friendships priceless...

PLACE: Nashua Athletic Club  
 TIME: 7pm(ish)  
 DATE: Saturday, March 3<sup>rd</sup>

The New Hampshire Racquetball Assoc. cordially invites the NHRA membership, family, friends and guests to their annual AWARDS BANQUET to be held the same weekend as the NH Singles Championships.

AWARDS BANQUET



NEW HAMPSHIRE RACQUETBALL ASSOCIATION

91 Lancaster Ave  
 Manchester, NH 03103

Phone: (603) 641-6116  
 Fax: (603) 627-IKKA  
 Email: nhraboardmember@excell.net

YOUR FEBRUARY 2001 NHRA NEWSLETTER

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