

RACQUETBALL

WOMEN'S DRAW OF THE CENTURY



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USA Racquetball is the National Governing Body for the sport of racquetball, recognized by the United States 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 racquetball opportunities in the sport of racquetball for all levels of participation through:

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- **MEMBERSHIP SUPPORT** - USAR values its members and will strive to provide the best possible member services at all levels.
- **MEMBERSHIP RECRUITMENT** - USAR believes that racquetball is a lifetime endeavor and the benefits of health, recreation, and competition should be available to everyone. USAR will strive to expand its membership in order to share these benefits with as many players and supporters as possible.
- **PROMOTION OF THE SPORT** - in order to sustain a strong player base USAR will promote the numerous benefits of participation through mass marketing efforts.
- **COMPETITIVE SUCCESS** - USAR strives to maintain America's position as the number one racquetball nation in the world. Success at the elite levels has a positive influence on every other facet of our sport.
- **SPONSORS AND SUPPORTERS** - USAR values its relationship with sponsors and will continue to maximize benefits and exposure.

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By James Hiser, Ph.D.
USAR Executive Director

Although some responses expressed anger and frustration that their favorite athlete did not “perform” as expected, the overall interest and comments indicated that the article stimulated spirited conversation and debate. We anticipate this month’s feature, the Women of Racquetball, will create similar debate.

THE WOMEN OF RACQUETBALL

As you have probably noticed, *Racquetball* magazine has been incorporating a themed approach into the feature sections of each issue. The response to these themed issues has been extremely favorable. We encourage our readers to send in theme ideas for future issues.

Perhaps the most responses we have received to date was regarding the last issue on the Men's Draw of the Century and the Best/Worst things to happen to the sport. Although some responses expressed anger and frustration that their favorite athlete did not "perform" as expected, the overall interest and comments indicated that the article stimulated spirited conversation and debate. We anticipate this month's feature, the Women of Racquetball, will create similar debate. Since the records for women's racquetball are less complete than the men's, the selection of both the players and the winners for the draw was more subjective. For instance, in the men's analysis, the 32 men selected for the draw were limited to those pro players who won a pro stop. So, although the women's draw is indeed more subjective, all the players selected for inclusion exhibited outstanding performance in their own eras.

In researching information for the story, it was interesting to review the numerous articles on women's racquetball. Although the participation projections for the late '70's and early '80's never materialized, much of the information presented still has relevance to today's game. For those interested in reading more about women's racquetball in the '70's and '80's, I recommend "Courting Time – Racquetball Woo the Ladies", by Tim Martin in *Racquetball* magazine (Volume 8, No. 3, April 1979). If you haven't saved issues from that far back, we'll see what we can do about making that information available in the future!

Perhaps the most difficult section to develop was the Women of 2009 article. There are a number of qualified women who could also have been included in this section, but we were forced to limit our selections due to space restrictions. All women who are growing this sport at local, state and national levels, and for that matter, all men who are helping develop women's participation, deserve the sincere appreciation of USA Racquetball and its members.

The promotion of racquetball for women continues, and I encourage anyone interested in helping or participating in developing new programs or initiatives to contact me or Cheryl Kirk, President of USA Racquetball.



photo by mike boatman

By Cheryl Kirk,
USAR Board President

NATIONAL Racquetball Month

February was National Racquetball Month. Connie Martin, Programmer Extraordinaire, did her usual stellar job in presenting ways to showcase our sport in February and beyond.

Visit the USA Racquetball web site at <http://www.usra.org/RacquetballMonth.aspx> for all the details.

This issue, along with all the others, can and should be used to bring women, and men, and kids to the sport.

We're working on ways to make subscriptions to *Racquetball* readily available to recreational players through the clubs. In the meantime, share your copy at your club – carry it in your bag and bring it out at league gatherings after the matches. Show it to women, *to anyone*, and talk about this sport. Andy Pawlowski and I were talking recently about this concept of getting and keeping people in the sport. What can you say to new players to encourage them to take the leap from that very first exposure to the next, and the next? What can you say to someone who played years ago and says, "Gee, I used to play in college"? What can you say to convince a woman to try out the sport for all it can bring to her life?

To understand what to say, we first have to contemplate the various motivations for people to play the sport in the first place. Now THAT's a tough one, because there are so many benefits to playing and because each person's reasons for wanting to play are so very individual.

Mary Lyons coined the phrase: 'Fitness and Fun, Rolled into One.' Andy and I agree that getting attached to the sport starts with a foundation of fun and camaraderie. Players coming off the court for the first time say, "I never knew this could be so much fun!" So to offer an analogy of constructing a building: the first brick must be laid, and that has to be fun and camaraderie. Then the next bricks are laid on top of that – competition, fitness, weight loss, stress relief, social interaction/belonging, spouse/friend/family activity, cross training, business networking, meeting new and interesting people from all walks of life. Each person takes a trowel and lays his/her next bricks, but fun and camaraderie seem to be the very basis of that first brick in the structure, the common denominator no matter what comes next.

Each person's longevity in the sport will depend upon how that structure is built. It's up to them as to how solidly they are willing to construct this love of the game using their own blueprint of what it can mean to them in their lives. It's up to us to help them along the way. And we then come back around to programming and National Racquetball Month to assist with initiatives year 'round.

Did I mention there's great information at <http://www.usra.org/RacquetballMonth.aspx>?

I'm pleased this issue presents a focus on women. In my September/October 2007 article (perhaps a bit more accessible than the one Jim mentioned from 1979!), I recognized a number of women who contribute time, energy, resources and heart to the sport. In this issue, we showcase several "Racquetball Women of 2009." Between that 2007 article (which still applies, by the way...they're all still going strong) and this issue's message, while I still can't hope to mention every one of the partners who give so much, I'll dive into a free fall of more women to thank...

Club owners like Jan Stelma; Board members Merijean Kelley and Kim Russell-Waselenchuk; grassroots coaches/promoters Kim Roy, Debbie Tisinger-Moore, Jo Shattuck; World Seniors diva Paula Sperling; newest USAR Women's Committee members Carmen Alatorre-Martin, JoAnna Reyes, Terry Rogers and Tara Smith; angels for the Juniors, like Jody Nance, Cheryl Gudinas, Jen Meyer and Joyce Parsons; USAR Staff members Heather Fender, Heather Izzett, Terri Morse, and Melody Weiss; eNewsletter editor Mary Meredith; tournament volunteers like Nancy Hodges, Karen Denu, Kay McCarthy, Nidia Funes and so many, many others; nine State Presidents: Kelley Beane, Debbie Bryant, Juliet Campbell, Laurel Davis, Connie Martin, Linda Moore, Marcia Richards, Aimee Ruiz and Peggine Tellez. Much gratitude for all you bring to racquetball!

We hope you find this issue useful for your own enjoyment and as a visibility tool for racquetball...pull it out of your bag and start talkin'!

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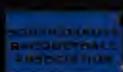


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WASELENCHUK WINS 2010 CALIFORNIA OPEN

Avenges loss in last year's semi-final

by Evan Pritchard

The 2009-2010 International Racquetball Tour (IRT) season resumed January 7-10 with the Coast to Coast California Open at the Spectrum Club in Canoga Park, CA. But the first IRT tournament of 2010 had the same story line as the last one of 2009, as Kane Waselenchuk continued his IRT dominance this season with a victory over Jack Huczek in the final, 11-3, 11-5, 11-6. Waselenchuk won all four of the IRT events he's played this season. His last loss on tour came in the semifinals of last year's California Open.

Waselenchuk was in control for most of the final and used a variety of serves - primarily drive serves - to keep Huczek off balance. Huczek also drive-served early on but used more lob serves after taking a time-out late in the second game. Those serves were more successful, but they weren't enough to carry the day against Waselenchuk.

Waselenchuk and Huczek are the highest-ranked IRT players and have met in four of the five finals on the IRT this season, with Waselenchuk winning all four. However, there were some surprises in Canoga Park. Perhaps the biggest was 11th seed Juan Herrera's defeat of 6th seed Shane Vanderson in the Round of 16, 12-10, 4-11, 11-7, 14-12. That put Herrera in the quarterfinals for the third time this season and the third time in his career.

In the quarters, Herrera faced 3rd seed Rocky Carson, and although he played tough in the first game, including leading at 8-7, Herrera re-injured himself diving for a shot (he originally got hurt diving against Vanderson) and had to retire in game three, making the final score 11-8, 11-0, 9-2 - retired.

Also a surprise, though less so, was 5th seed Ben Croft reaching the semifinals for the second consecutive tournament. It's the first time he's been in consecutive semis in his career. Croft got there by defeating 4th seed Jason Mannino in the quarterfinals, 11-3, 7-11, 11-6, 11-3.

In the semis, Croft lost to Waselenchuk in three straight games, 11-5, 11-6, 11-0, but they were tied at 5-5 in both of the first two games before Waselenchuk closed them out and then went on a roll in game three.

The other semifinal between Huczek and Carson had a similar story line -- close late in each of the first three games with Huczek winning two and Carson one. But then in game four Huczek got out to a 4-0 lead and didn't look back, winning 11-1 and taking the match in four games, 11-8, 7-11, 11-8, 11-1.

Also of note, 19-year-old Jose Rojas made it through the qualifying rounds to reach the Round of 16 where he played Carson and lost, 11-3, 11-5, 12-10. Rojas made the semifinals of last year's California Open.

Speaking of Rojas, here's a great reason to keep him on your radar. He won the Boys 18 & Under World Junior Championship for a second time in December, becoming

just the fifth player to win that title more than once. Three of those other four players - Sudsy Monchik, Rocky Carson, and Jack Huczek - reached #1 on the IRT. Only Ben Croft has yet to do so.

Finally from the "You Think You Play Long Matches Department," Alejandro Herrera and Charlie Pratt scored 94 points between them in only four games in the last round of qualifying. Herrera came out on top, 13-15, 12-10, 13-11, 11-9. If they'd played a fifth game, they would have certainly had the longest match on tour this season, as only two other matches have gone more than 94 points. Both of those were 95-point, five-game matches.

The IRT thanks all the sponsors of the 2010 Coast to Coast California Open, including title sponsor Coast to Coast Computer Products as well as the Spartan Supply Company. Thanks also to tournament director Debbie Tisinger-Moore and all the tournament volunteers and the staff at the Spectrum Club. Over 250 players across all divisions played the event, including 35 in the IRT division, making it one of the largest events on tour.

Matches from the 2010 Coast to Coast California Open are available for viewing at the IRT Network website: www.irtnetwork.com.

2010 COAST TO COAST CALIFORNIA OPEN

Canoga Park, California

Final

Kane Waselenchuk d. Jack Huczek, 11-3, 11-5, 11-6

Semi finals

Kane Waselenchuk d. Ben Croft, 11-5, 11-6, 11-0
Jack Huczek d. Rocky Carson, 11-8, 7-11, 11-8, 11-1

Quarter finals

Kane Waselenchuk d. Chris Crowther, 11-4, 11-3, 11-3
Ben Croft d. Jason Mannino, 11-3, 7-11, 11-6, 11-3

Rocky Carson d. Juan Herrera, 11-8, 11-0, 9-2 (retired with injury)
Jack Huczek d. Mitch Williams, 11-7, 11-2, 12-10

Round of 16

Kane Waselenchuk d. Alejandro Herrera, 11-6, 11-1, 11-1
Chris Crowther d. Andy Hawthorne, 11-3, 8-11, 11-4, 11-3

Ben Croft d. Kris Odegard, 11-6, 11-7, 12-10
Jason Mannino d. Felipe Munoz, 11-4, 11-9, 10-12, 11-6

Rocky Carson d. Jose Rojas, 11-3, 11-5, 12-10
Juan Herrera d. Shane Vanderson, 12-10, 4-11, 11-7, 14-12

Mitch Williams d. Javier Moreno, 11-7, 11-1, 8-11, 10-12, 11-1
Jack Huczek d. Alejandro Landa, 9-11, 11-8, 11-3, 11-7

WASELENCHUK TAKES 2010 NEW YORK CITY PRO AM

by Evan Pritchard

Kane Waselenchuk's dominance on the International Racquetball Tour (IRT) continued in New York City as he won the 2010 Cactus Salon New York City Pro-Am in Syosset, New York, January 14-17. He defeated Jack Huczak in the final, 11-4, 11-3, 11-3, for his fifth IRT title of the season.

Huczak started well in games one and two with 2-1 leads in both, but Waselenchuk put a string of points together in both games, winning them by comfortable margins. In game three, Waselenchuk stormed out to a 9-0 lead. Huczak clawed a few points back before Waselenchuk finished off the game and match.

Waselenchuk reached the final by defeating Jason Mannino in the semifinals, 11-0, 11-5, 11-8. What was surprising about that match was Mannino drive serving in game one. Mannino is known for almost exclusively using a variety of half lob serves, so seeing him drive serve was a surprise. His drive serves were good but did not lead to points, so he reverted to the half lob serves in games two and three.

Huczak's run of runner-up placings in IRT events continued, as he's now been the runner-up in all 6 IRT events this season. Huczak got to the final by defeating Rocky Carson in the semis, 8-11, 11-8, 13-11, 11-1. Huczak has won all four of his matches against Carson this season.

Carson had his chance to beat Huczak in New York, as he won game one and was up 5-1 and 8-6 in game two, but Carson couldn't finish it off. When Huczak won game three, 13-11, after Carson had come back from down 8-3 and had served for the game at 11-10, the fight seemed to go out of Carson, and Huczak easily won the fourth game 11-1.

With the top 8 seeds all making the quarterfinals, the big surprises in New York came from the qualifying rounds, as two American juniors, Brad Kirch and Nick Montalbano, made the Round of 16 for the first time ever.

Seventeen-year-old Montalbano got there with wins over Jonathan Clay, 12-10, 11-4, 11-5, and IRT veteran Hiroshi Shimizu, 11-7, 11-5, 11-8. Kirch, 18, made it by defeating John Behm, 11-6, 11-9, 11-5, Armando Landa, 11-2, 11-8, 6-11, 11-4, and then Alejandro Herrera, 12-10, 4-11, 11-9, 3-11, 12-10 in the final qualifying round.

Their winning streaks both ended in the Round of 16, as Montalbano lost to Huczak, 11-3, 11-8, 11-4, while Carson defeated Kirch, 11-4, 11-3, 11-2. But their results bode well for the future of these two young players.

On the other side of the career spectrum, playing in his 201st IRT event, 52-year-old Ruben Gonzalez also made the Round of 16 by beating Charlie Pratt, 11-3, 12-14, 11-8, 11-3 in qualifying before losing to Mannino, 11-2, 11-1, 11-7. Remarkably, Gonzalez has made it to the 16's or better every season since 1981-82. That's 28 seasons! Jack Huczak's not even that old...

The IRT thanks all the sponsors of the 2010 Cactus Salon New York City Pro-Am, including title sponsor Cactus Salon, as well as Rob Cerrito, Russ Bonanno, Racquetworld, Scott McLachlin, Tom Cerniello, Lenny Silversmith, and Doug Walsh. Thanks also to tournament director Tom Keogh and all the tournament volunteers, especially Benia Keogh, Brian and Josh, and all the staff at the Sportime Club - the host facility. Almost 250 players across all divisions, including 39 in the IRT division, played on Sportime's 10 courts over the weekend.

Matches from the 2010 Cactus Salon New York City Pro Am can be viewed at the IRT Network website: www.irtnetwork.com, which is your home for live web-casting of all the Tier 1 IRT events this season.

The next stop on the IRT tournament schedule is the Florida Spring Break Pro-Am in Sarasota, Florida March 11-14, 2010.

IRT 2010 SCHEDULE

- MAR. 5-7 CARL MYERS MEMORIAL – GARDEN CITY KS T2
- MAR. 6-8 LEAMINGTON OPEN – LEAMINGTON CAN T4
- MAR. 11-14 SPRING BREAK OPEN – SARASOTA FL*
- MAR. 18-21 MILLER LITE OPEN - YORK PA T4
- MAR. 18-21 NORTHWEST OPEN – BELLINGHAM WA T4
- MAR. 25-28 IRT NETWORK OPEN - ST. LOUIS MO*
- MAR. 25-28 TOPEKA OPEN – TOPEKA KS T4
- APR. 2-4 EASTER WEEKEND
- APR. 8-11 DENNIS ROSENBERG PRO AM - ALLENTOWN PA*
- APR. 15-18 MEXICO OPEN -TIJUANA MEXICO*pending
- APR. 23-25 SOUTH CAROLINA OPEN*
- MAY 1-3 TOPEKA OPEN – TOPEKA KS T4
- MAY TBD MOTOROLA IRT PRO NATIONALS - CHICAGO IL
- MAY 20-23 SAN JOSE COSTA RICO OPEN T4
- MAY 26-31 43rd USAR NATIONAL SINGLES-HOUSTON, TX
- JUNE 11-13 MARYLAND OPEN T4

2010 CACTUS SALON NEW YORK CITY PRO AM

Syosset, New York

Final

Kane Waselenchuk d. Jack Huczak, 11-4, 11-3, 11-3

Semi finals

Kane Waselenchuk d. Jason Mannino, 11-0, 11-5, 11-8
Jack Huczak d. Rocky Carson, 8-11, 11-8, 13-11, 11-1

Quarter finals

Kane Waselenchuk d. Ben Croft, 11-9, 11-1, 11-3
Jason Mannino d. Shane Vanderson, 11-4, 11-2, 11-2

Rocky Carson d. Mitch Williams, 13-11, 11-7, 11-7
Jack Huczak d. Chris Crowther, 11-3, 5-11, 11-7, 12-10

Round of 16

Kane Waselenchuk d. Jose Rojas, 11-2, 11-3, 11-3
Ben Croft d. Vincent Gagnon, 11-5, 11-7, 11-5

Shane Vanderson d. Alejandro Landa, 11-6, 11-6, 11-13, 11-2
Jason Mannino d. Ruben Gonzalez, 11-2, 11-1, 11-7

Rocky Carson d. Brad Kirch, 11-4, 11-3, 11-2
Mitch Williams d. Anthony Herrera, 11-9, 11-6, 11-13, 11-8

Chris Crowther d. Kris Odegard, 11-7, 11-8, 11-8
Jack Huczak d. Nick Montalbano, 11-3, 11-8, 11-4

CHRISTMAS CLASSIC UNWRAPPED

by Sarah Warhaftig

The 2009 schedule of the WPRO season officially wrapped up in the nation's capital December 10-13th. The Crystal Gateway Sport and Health Club played host to the best players in the women's game and proved to be an exciting end to the first half of the season as well as a preview of the second half. Karen Denu, Bill Milbach, Wayne Toyne and NOVA Racquetball were at the helm once again at this marquee event, a long-standing tournament in the DC-area and favorite of many of the WPRO pros.

The best of the best came prepared to battle it out in hopes of an early Christmas gift, though a tough draw would stand in the way of most who longed for a shot at the 3-D crystal trophy on Championship Sunday. International players representing Mexico, Canada and Japan highlighted the draw and sampled the hospitality which included a premier wine tasting and Janice's famous lemon and fudge cakes on Saturday night!

On Friday morning, the first round's higher seeds held with no major upsets. Later that afternoon, the Round of 16 saw a tough five-game battle between hometown favorite #9 TJ Baumbaugh and #8 Jo Shattuck of Colorado. The quarterfinals were set for Friday afternoon and the club was abuzz with talk of the five-month pregnant #4 seed Kerri Wachtel of Ohio taking on the hot-handed #5 Kristen Bellows from Utah. In the end, two were better than one and the Kerri (plus Wachtel Jr.) squeezed out a nail



RHONDA RAJSICH, KAREN DENU, PAOLA LONGORIA AND SHANNON FEASTER

biter in five games. In the other quarterfinals, #3 Cheryl Gudinas took out #6 Adrienne Fisher in four; #1 Rhonda Rajsich beat Jo Shattuck in three; and #2 Paola Longoria beat Canadian Jen Saunders in three.

The semifinals paired Rhonda against Kerri and Paola against Cheryl. Kerri battled Rhonda in four, but Rhonda was too much and ended Wachtel's run at another title. Paola's successful season continued as she outlasted Cheryl in three to

meet a familiar finalist in Rhonda. The top two seeds were set to meet once again in the finals and they are not unfamiliar foes. Athletic game styles and shooting abilities make these two champions match up evenly and everyone expected the difference, as usual, to be measured in inches. After a strong start for Rhonda, Paola kept her poise and chipped away at the lead in game one. By the end of that game, which Paola pulled out, the tide had shift-

WPRO CURRENT RANKINGS

RANK	NAME	RESIDENCE	POINTS
1	Paola Longoria	Tijuana, Mexico	1297.00
2	Rhonda Rajsich	Phoenix, AZ	1260.06
3	Cheryl Gudinas	Naperville, IL	631.040
4	Kerri Wachtel	Cincinnati, OH	612.70
5	Kristen Bellows	Pleasant Grove, UT	576.00
6	Adrienne Fisher	Centerville, OH	363.70
7	Jennifer Saunders	Winnipeg, MB, Canada	253.45
8	Angela Grisar	Santiago, Chile	245.00
9	Jo Shattuck	Denver, CO	224.41
10	T.J. Baumbaugh	Reston, VA	218.80
11	Veronica Sotomayor	Cuenca, Ecuador	217.20
12	Krystal Csuk	Chicago, IL	203.68
13	Keely Franks	Euless, TX	180.25
14	Diane Moore	Griffith, IN	164.25
15	Samantha Salas	Leon, Mexico	133.05
16	Vivian Gomez	Miami, FL	128.50
17	Jackie Paraiso	California	120.00
18	Susy Acosta-Mendoza	Chihuahua, Mexico	112.70
19	Doreen Fowler	Silver Spring, MD	112.19
20	Cristina Amaya	Colombia	106.50

Presented by:



ed convincingly in her direction and the young Mexican's confidence was too much for Rhonda to overcome. The win put Paola back into the #1 spot with the rest of the players targeting her in the second half of the season. The WPRO extends a very special thanks to event sponsors

Performance Management Group/Rick Taylor, Crystal Fit, City Business Improvement District, Looxis, Crystal Gateway Sport & Health Club, Crowne Plaza Hotel, Fort Myer Racquetball Group (especially Curtis and Carmen Alatorre-Martin), Tim Simeone, Diane Stokes, MetLife/Bryan Robles, and Café Pizzialo.

The second half of the WPRO season will kick off with satellite events in Cincinnati, Miami and Allentown followed by back-to-back Tier 1 stops in York and Gaithersburg. Stay tuned for what will be an exciting 2010 for the WPRO.

For a complete schedule and to read more about the ladies of the WPRO, visit www.wpro-tour.com.



NATIONAL MASTERS RACQUETBALL

by Bruce Adams,
NMRA Secretary

The NMRA wishes a Happy New Year to all of you out there in racquetball land. The Tucson, Arizona event is right around the corner, scheduled for March 17-20, 2010. Be sure to get registered before the online deadline of Tuesday, March 9, 2010. The locations of our summer event (NMRA International Championships) and the late autumn doubles-only event are still work in progress. Check the website for the latest information. The March 2011 event is looking like it will be in Portland, Oregon.

We have a new Hall of Fame Executive Director - Leonard C. "Len" Sonnenberg, former Treasurer of the NMRA. By the time you read this, we will have elected two new Board members. On a sad note, we announce the death of NMRA Board Member Thomas "TJ" Ferro in December. He was very well respected in the sport.

The website has been completely redesigned and is now easier to navigate. Be sure to check it out regularly.

Best wishes and presumed congratulations to NMRA participants at the Women's Senior Masters event and at National Doubles and the upcoming Regional Singles Championships.

The San Francisco (Pleasanton, CA) Doubles-only event was another huge success with 109 participants at the three-day event.

NMRA members should have been contacted by Membership Coordinator Carmen Alatorre-Martin with any renewals that were due. Carmen, Steve Cohen and R2Sports.com have worked diligently to update the records. We extend much appreciation to Merijean Kelly for her assistance with the knowledge transfer of this important task.

For more information, please visit our website at www.NMRA.info and for tournament registration, visit www.R2Sports.com. We also encourage our members and readers to visit the USA Racquetball website at www.usaracquetball.com.



Players at the 21st Annual Women's Senior/Masters Racquetball National Championships

WOMEN'S SENIOR/MASTERS RETURNS TO MARYLAND

The Women's Senior/Masters Racquetball Association (WSMRA) kicked off its third decade of competition with the 21st Annual Women's Senior/Masters Racquetball National Championships held January 15-17 at the Sport and Health Club in Gaithersburg, MD.

The tournament got off to a fast start with a "fun doubles" event on Thursday afternoon. This early event is always planned to give players a chance to check out the club and meet friends in a relaxed setting. A raffle featuring "Hope" items donated by Wilson resulted in over \$300 being raised for Susan G. Komen Racquet for the Cure®. At the players' meeting, all players received tournament shirts featuring the famous Maryland crab, though it was made clear no "crabbing" would be allowed during the tournament. WSMRA chair Kendra Tutsch welcomed players from across the country, while tournament directors Brenda Loube and Karen Denu explained the format and rules.

Singles competition got underway Friday morning with a break in the action for the controlled chaos of the traditional group picture. The tournament desk, manned by the team of Karen Denu, R2 "guru" Bill Milbach and Tracie Valentine kept everything running smoothly. When not on the court, players enjoyed an excellent hospitality room staffed by volunteers Jo and Sonata with excellent food and as many bagels as you could eat, donated by the local Royal Bakery. As a special bonus, WSMRA member Jan Chayt baked dozens of homemade goodies throughout the weekend. Players also had a chance to browse and bid at the silent auction table, with lots of great items donated by the WSMRA National Sponsor Wilson, an assortment of merchandise from eForce, Ektelon, Logorific, Bill Milbach and an Albuquerque World Seniors entry donated by Paula Sperling. The silent auction raised nearly \$1,200 with half the proceeds going to the USAR College Scholarship fund to encourage the next generation of players. Brooks also donated a shoe certificate that was raffled at the banquet.

On Saturday we took a break for an excellent clinic conducted by Wilson-sponsored WPRO Top 5 touring pro Kerri Wachtel. The clinic featured a Q & A, instruction and games of skill. Quarterfinals in the 55+ flighted bracket

wrapped up the action on Saturday, just in time for the famous Saturday evening banquet. This annual event at the Holiday Inn featured excellent food, fun and DJ Joe from Electra Entertainment spinning good ol' rock and roll. "Girls Just Want to Have Fun" may have to become the official WSMRA motto!

Play wrapped up early Sunday afternoon with some exciting matches to decide the bracket winners. The last match of the tournament was the 55+ finals between tournament director Brenda Loube and Gerri Stoffregen, with Gerri winning the championship. All players who placed received a unique trophy of wood, steel and stone. First-timer Nina Hengen (VA) took the 35 B/C; Jean Halahan (NY) repeated in 40+; first-timer Yolanda Jordan (MD) won the 45+ over last year's champion Laura Brandt (FL) and in 45 B/C first-timer Sharon Cantillon (NY) took first. In 50+ Linda Moore (NE) won after a 2nd place finish last year; Kathy Zasucha (NY) won the 55 B/C after finishing second last year; Merijean Kelley moved up to first in 60+ and Margaret Hoff (IL) won the 65+ in her first year in that bracket. Other champions were Gloria Piscoran (OR) in 70+; Lola Markus (IL) in 75+ and Reta Harring (WI) in 80+. Find complete results at www.r2sports.com/tourney/viewResults.asp?TID=6067 or just follow the link on the WSMRA web site www.wsmra.com.

The WSMRA would like to thank the friendly management and staff of Gaithersburg Sport and Health; tournament directors Brenda Loube and Karen Denu; tournament staff Bill Milbach and Tracie Valentine; Chris Evon and WSMRA National Sponsor Wilson Racquetball; and all of the individuals, sponsors and businesses who supported the tournament. Look for a complete listing on our web site.

Next year the 22nd Annual event will be held in the Denver, Colorado area at the Highlands Ranch Community Association Recreation Center, January 14-16, 2011. Plan now to come and bring your friends! You will have fun and experience great competition, because you are never out of the draw at this round-robin tournament. For more information on the WSMRA, pictures, results and information on next year's tournament, please check our web site or contact Kendra Tutsch at kdtutsch@wisc.edu.



EMAIL MESSAGES TO HANK MARCUS AND KEVIN BRYLSKI

January 14, 2010
Camp Arifjan, Kuwait

Hank/Kevin,
Just wanted to give you guys an update on the tourney. What a turn out we have for this! A total of 71 players in Men's A, B, C; Women's combined; and doubles. There will be a total of 120 matches played and we just completed the first night which consisted of 19 preliminary matches in mostly the Men's B and C.

This has truly turned into a Joint event consisting of players from all 4 branches: Army, Navy, Air Force and Marines. We also have Department of Defense civilians, contractors and even local nationals making this an international event as well.

I can't thank you guys enough for your support and everyone here appreciates it! The court stickers look great and will remain permanent fixtures as the Fitness Center manager was very impressed with how well they look on the courts. Attached is a group photo from the players meeting and even though not all of the players were present, we still got a pretty big group for the photo.

I will keep you guys updated and send you photos and links to You Tube of some video as the tourney progresses! Thanks again, guys, you are the best!

Dan
Master Sergeant Daniel J. Nagle
160TH Signal Brigade
Career Counselor

January 21, 2010
Kuwait International Airport

Hey Guys,
Just wanted to let you know that the 2010 New Year's Resolution Racquetball Tournament is in the books! What an awesome time this really was and today we culminated this very long week with a great awards ceremony. Words cannot describe the feeling that I had seeing and hearing how much everyone enjoyed this event. I am currently uploading photos and going to edit some video to post on Flickr. I attached the results but I will also get the pictures with the awardees sent to you here this weekend. I am currently sitting in the Kuwait International Airport awaiting a flight back to DC, some much needed TDY for a week! I am going to continue to upload photos and organize them all on Flickr but you should be able to pull any pics you want to from this link:

www.flickr.com/photos/22266888@N08/sets/72157623128133745/

You all have really and truly made a huge difference for racquetball in the military and the turnout for this tourney is a testament of how strong racquetball is in the military even over here on a small base in the middle of Kuwait! I for one can speak for everyone over here that we are grateful for you all and I will do anything I can to support the cause in the future!

Dan

New Year's Resolution Racquetball Tournament Results

Mens A

Winner: Mr. Tim Corlew
Runner-Up: MSG Dan Nagle

Womens

Winner: CPT Claudia Daniel
Runner-Up: COL Linda Williams

Mens B

Winner: SFC Don Trumbull
Runner-Up: Mr. Rikki Ricardo

Doubles

Winners:
Mr. Tim Corlew & COL Cynthia Fox
Runners-Up:
SGM Tom Moore & SFC Piper Murray

Mens C

Winner: MAJ Kyungho Cho
Runner-Up: CDR J. Michael Smith

Playing With Fire in the Desert
Sponsored by the 160th Signal Brigade
"Stay Gray Strong"



WORLD OUTDOOR CALENDAR



THE BIGGEST PARTY IN
RACQUETBALL IS IN
HUNTINGTON BEACH
JULY 8-12, 2010:
CHECK OUT R2 SPORTS
& JOIN THE FUN



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warehouse.com

CHAMPIONSHIPS

★ HUNTINGTON BEACH ★ SOCAL ★ JULY 2010 ★

www.worldoutdoorracquetball.com

SPRING LONG WALL SINGLES AND DOUBLES

May 22-23, 2010
Director: Vic Leibofsky
WOR Level: Tournament
(954) 562-5626
vic@worldoutdoorracquetball.com

GEORGE DAURIO CHALLENGE

June 12-13, 2010
Holiday Park, Fort Lauderdale, FL
Directors: Ken Grandy
and Dave Smith
WOR Level: Shootout
(954) 257-9375 - Dave
(954) 825-1504 - Ken
DSmith000@comcast.net

HAWAII WOR EVENTS

HAWAII OPEN
February 20-21, 2010
Fort Derussy, Honolulu, HI
Director: Rod Felton
WOR Level: Sanctioned
808.255.6968
bigrodfelton@hawaii.rr.com

2010 WOR SCHEDULE

MASSACHUSETTS WOR EVENTS

1-WALL SINGLES GOLDEN RACQUET
May 29th, 2010
Chestnut Middle School,
Springfield, MA
Director: Asier Mendibe
WOR Level: Shootout
413.731.1585
racquetballrebel@comcast.com

NEW YORK WOR EVENTS

1-WALL DOUBLES SHOOTOUT
June 5th, 2010
Orchard Beach, Bronx, NY
Director: Benny Bandana
WOR Level: Shootout
917.686.9541
retmos2362@yahoo.com

MICHIGAN WOR EVENTS

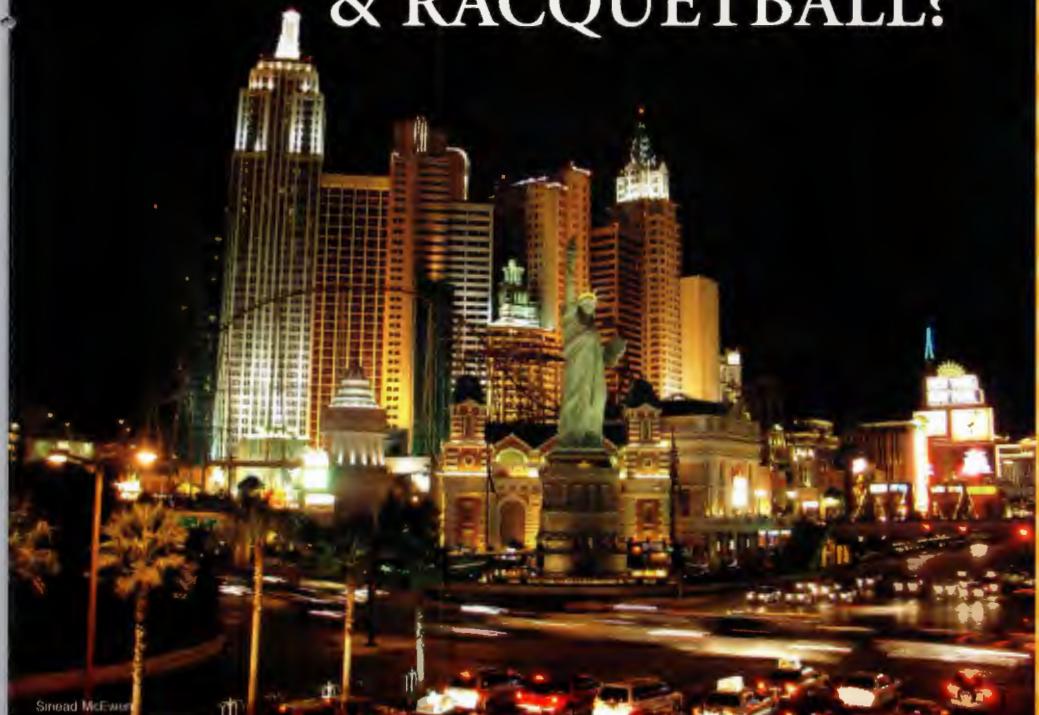
BELLE ISLE FUN DOUBLES
June 19, 2010
Belle Isle Park, Detroit, MI
Director: Greg Lewerenz
WOR Level: Shootout
313.218.8123
gregory_lewrenz@budco.com

OHIO WOR EVENTS

**MIDWEST OUTDOOR RACQUETBALL
CHAMPIONSHIPS**
June 5th, 2010
Toledo, OH
Director: Jim Bronson
WOR Level: Shootout
419.345.5587
ashnmike@bex.net



HOW CAN YOU GO WRONG WITH VEGAS & RACQUETBALL?



Join all the CPRT Pros, including #1 Woody Clouse, #2 Ruben Gonzalez, #3 Cliff Swain, and #4 Jimmy Lowe along with a host of other top 40+ players. Entry on R2 Sports is now available! Pool play for amateur divisions, free seating for pro matches, and over \$35,000 in prize money & awards.

Please note the new host hotel for the Pro Nationals is the Stratosphere with some incredible rates offered:

HOST HOTEL

The Stratosphere Hotel and Casino – 800-998-6937

Website: www.stratospherehotel.com

Reservation ID: C-CPRT – MUST use codes for group discount.

Group Name: Classic Professional Racquetball Tour

Group Rate: Thurs \$28 / Friday & Saturday \$69 each night

Located 1.6 miles from LVAC

Party with the Pro's Saturday night 9pm till the fun rolls out.

Start making your plans to be in Las Vegas on April 29!

CPRT RANKINGS

RANK	PLAYER	TOTAL
1	Woody Clouse	4205
2	Ruben Gonzalez	3015
3	Cliff Swain	2090
4	Jimmy Lowe	1455
5	Doug Ganim	1330
6	Kevin Peters	1040
6	Mike Booth	1040
6	Mike Ceresia	1040
9	Bret Harnett	1035
10	Mike Ray	1020
11	Gabriel Medina	790
11	Mike Beltran	790
13	John Ivers	775
14	Roland Grassl	655
15	Brad McCunniff	530
15	Trey Taylor	530
17	Gary Martin	520
17	Jim Banuelos	520
19	Rick Koll	395
20	Tom Travers	380
21	Steve Wattz	375
22	Robert Martinez	275
22	Scott McMasters	275
24	Dave Sable	270
24	Ravi Sohoni	270
26	Dave Smith	265
26	Dave Spoleta	265
26	Keith Minor	265
26	Ken Grandy	265
26	Ted Pittinaro	265
26	Tom Mastrodonato	265
32	Louis Vogel	260
32	Mark Maupin	260
32	Rob Mijares	260
35	Dale Millhollin	255
35	Gerry Price	255
37	Bobby Ferreira	250
37	Burgess Raby	250
37	Cary Slade	250
37	Greg Thomas	250
37	Herb Yamashiro	250
37	Troy Stallings	250
43	Art Pena	135
43	Jason Quinn	135
43	Larry Hernandez	135
43	Richard Eisenmann	135
43	Scott Winters	135
43	Todd Puhlmann	135
49	Jeff Schuetz	130
49	Ron Corsaro	130
51	Allan Kazem	125
51	Chris Buckner	125
51	Dean Kaplan	125
51	Jeff Hanno	125
51	Jeff Johnson	125
51	Norm McNutt	125
51	Rick Sandello	125
51	Rod Felton	125
51	Rod Van Dyke	125
51	Steve Ivers	125
51	Tony Burg	125
51	Vic Leibofsky	125

PROGRAMMING FOR WOMEN



by Connie Martin

Many years ago, it was easy to program for women. The sport was new, the majority of women who were married worked at home taking care of the home and kids. When they needed a break, the 'court clubs' gave it to them. Clubs provided a time for women to play and a safe environment for their kids (day care) while they enjoyed learning and playing the game in a socially competitive atmosphere. Much has changed, and the majority of women have joined the workforce. Consequently, their time is much more limited as to when they can play and how often. Most new women coming into the game are players taking up the night courts with the majority of our other players already at the club, or they are seniors (retired) playing during the morning hours, or they are involved in our junior play.

For us as club owners, directors or instructors, our job has become tougher to try and get the women to play or to get the women to come back in and play who have taken a break to have kids, buy a house or moved on to the Exercise Classes.

We need to be creative and consistent in providing guidance to all the different types of women who wish to play. We can't do this if we don't have a racquetball director in place.

Any type of program we promote to women (or anyone) has to be Social and Fun. It needs to provide Exercise and positioned that yes, they will burn calories, they will get stronger and their clothes will start to fit better. They will feel better. For many, it needs to be non-intimidating and they need some measure of success that they are improving at the game. The programs need to be available to women who just want to try something new with their girlfriends or be able to play with their boyfriend or spouse, or be able to meet someone. For others, the program needs to come from the angle of competition and success.

Our goal as racquetball directors is to figure out how we can best serve all types of women's play at the club. Our first goal is to get women to try out the game and then second, to convince them to stay involved in the game via lessons, leagues, round robin plays and mixers and possibly tournament play.

With these things in mind, here are a few programs you could try at your club:

LESSONS

Intro Lessons/Meet & Play Times...Set up some introductory lessons that teach recreational play, not competitive play. The emphasis should be on fun, exercise, fitness and long rallies, not winning and learning rally-ending shots. Sometimes this is a hard thing for technique-oriented instructors to do, but when you look at the overall picture, the majority of people who begin to play racquetball do so for the exercise benefits. Then if we do our jobs right, we can help guide them into league and tournament play. We could also offer a group lesson for just women. Brian Ancheta, racquetball director at the Cascade Athletic Club, calls all new members of the club and invites them for Free Intro Lessons. He asks them to invite a friend or two (even if they are not members). He will have 8 to

One mixer can be learn to play doubles. Or if it is a morning group, it could be "Doubles and Donuts." You could contact the other clubs in the area and invite them to your mixer. Each club can take turns holding a Women's Morning Mixer once a month. Your fee will depend upon what is included in the mixer.

LEAGUES

You will see many leagues at clubs, but not a lot of them are women's leagues. With the better players, if they're comfortable with the concept, you can pop them into a men's league. You may have to combine levels of players in the women's leagues (not *always* the best strategy). You can offer a non-traditional league where a night is set for players to come and play, earning points for attending and for each game they play (socially competitive).

TOURNAMENTS

Offering a Beginner Tournament where you teach players how to referee, play a round robin with each player (in pools if you have a large number) is a great way to start players off. The emphasis is on play, not just winning. You can also ask the new women in your leagues to help you with the hospitality at one of your major events you run so they will perhaps pick up the "tournament bug" and want to get better and then play in your next event. Many clubs offer one-day shootouts for women. This is a great event to offer because it's hard to find the time or money these days to take part in a weekend event.

PROMOTION

Whatever type of program or lesson we run, it really needs to be promoted via all the channels we have available to us such as newsletters, brochures, website, email blasts, signs on the court doors and bulletin boards, through your front desk staff and especially encouraging your racquetball directors to talk with the players, inviting them to participate. There is nothing more powerful than a personal invite!

Connie Martin is the Program Director at Cascade Athletic Clubs in Gresham, Oregon. She is also on staff for USA Racquetball University. Look for monthly articles and tips at www.usra.org/RacquetballUniversity.aspx. If you have any ideas you would like to share, please contact Connie at Connie@CascadeAthleticClubs.com



12 ladies come out for a free session with him. He then steers the members toward the Weekly Ladies Play and additional lessons.

Group Lessons...offer various types of group lessons that meet one hour a week for three or four weeks. You should offer day and evening lessons for women, couples, families, seniors, etc. The goal is getting the women to try out the game.

MIXERS

There are all types of mixers to run: Women only, Couples, Singles Play, Doubles, All Levels, Beginners Only, with a theme, with food, with other sports, with a clinic or lesson or just play. If you offer a weekly hour of ladies' play, once a month you can run it as a social and have the ladies either bring something to eat afterward or go out to eat. Have them bring a friend that day or night.



by Otto Dietrich
USA Racquetball National Rules Commissioner

Let Your Opinion **BE HEARD!**

The USAR Board of Directors has authorized the National Rules Committee to proceed with three proposed rule changes. The next step in this process is to announce these proposals to the general membership, which is done via this article and the USAR website, and then tally the membership's votes both "for" and "against." While those voting tallies are NOT binding, the votes and any related comments submitted will certainly be taken into account when the Rules Committee reassesses the proposals and as the Board votes in May whether to put these proposals into effect on September 1st, 2010. So, please let your opinion be known!

Here are the three proposed changes:

A. Revise Rule 4.4(a) to read as follows:

(a) Out of Order Serve. In doubles, when either partner serves out of order, an out serve will be called against the partner who should have been serving at that time and any points scored while the team was out of order during that time the team is "in" will be deducted. Once the out-of-order team is "out," any points scored are not subject to deduction. The referee should call "no serve" just as soon as an out of order serve occurs. If no points are scored at all while the team is out of order, then only the "out" portion of the penalty will have to be assessed. Also, if the referee cannot recall the number of points scored while out of order, the referee may enlist the aid of the line judges (but not the crowd) to recall the number of points to be deducted."

B. Add the following sentence to Rule 2.4(c):

"The wrist cord can be no longer than 18 inches as measured from one end of the cord to the other. When stretched to its maximum, the cord cannot be longer than 24 inches. Non-complying cords will be changed using a mandatory regular time-out and, if none remain, a technical foul will be assessed to make the change."

C. Prescribe the use of "one serve" rules in every adult division that does NOT carry a "skill limit," for example, in the 25+ and 45+ events, but not in the 35+A or 55+C.

While space constraints prevent full explanations, I have posted more details relative to all three proposals on the USA Racquetball website home page in a "pdf" file that can either be viewed or downloaded and saved.

Please vote using the ballot included with this issue. If you have an opinion about these proposed changes, feel free to send me an email with any comments you'd like to offer, and please include your current USAR membership number with your correspondence.

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



The Making of a **CHAMPION**

By Fran Davis

Have you ever really wondered what it takes to become a Champion? And what does the word Champion mean, anyway? Are certain people born with a gift or can anybody become a Champion? We are here to answer your questions and explain the necessary steps in "building a Champion from the inside out."

A Champion is someone who has a dream or a goal or a great desire and is passionate about it and willing to do whatever it takes to achieve it — physically, mentally, emotionally and spiritually. A real Champion knows how to dig deep within himself and find a way to win even when everything is going against him. A real Champion pursues her dreams and goals with 100% commitment towards hard work, perseverance, integrity and self-responsibility.

We have created a process to consider for becoming a Champion. It consists of The Success Triangle — sports nutrition and conditioning (left side of triangle), mental skills training (right side of triangle) and perfecting the necessary skills, strategies and technique of your sport (base of the triangle). It is the new approach to winning as you are building yourself up from the inside out!

The next aspect of becoming a Champion is understanding the Three-Step Process (match preparation phase, competition toughness phase and post match evaluation phase). If you are willing to do the physical work, learn the on-court mental skills and perfect your technique, skills and game strategies, you too can become a Champion in your own right.

A Champion always begins with the Match

Preparation Phase. Beginning with the body, you need to understand sports nutrition and what kind of diet a competitive racquetball player needs in order to possess endurance, energy, quickness and recovery skills on the court. Racquetball is an anaerobic sport that indicates the need for continuous sources of glucose, glycogen and post-game protein for repair and recovery. Dehydration is the #1 sports nutrition cause of poor performance. An athlete needs to pre-



hydrate with 60-100 ounces of water per day starting 48 hours before the tournament as well as to adequately hydrate each and every day during practices and matches. We are going to teach you the Diet of Champions.

Next there is your Physical Conditioning. Aerobic background training comes first to improve your stamina, accuracy and timing throughout the entire match. Thirty-five minutes of the treadmill, lifecycle, etc. set at interval training levels (so that you begin to perspire) challenges your heart muscles to strengthen and improves your cardiovascular conditioning. Anaerobic conditioning is specific to the game of racquetball. This form of conditioning consists of short bursts of speed and energy lasting less than three minutes in duration. These are sprinting, jumping, and pivoting skills that replicate your footwork in racquetball. Your eye/foot speed and co-ordination can be improved with anaerobic training specific to your sport.

Next you must focus on Strength Training which gives your body and shots more power. Racquetball is an eye / hand, eye / foot co-ordination sport so you need to practice your footwork and on-court moves as well. And never forget your pre-and post-match stretching.

Next, developing consistency and accuracy of your shots, technique, on-court strategies and game awareness skills is vital and comes from drilling and practicing. Until you have the basic skills in place, you aren't ready to handle the next step.

It is now time to understand how you incorporate your mind into the game by undergoing **Mental Toughness Training**. This training comes once your game reaches a certain level where you feel as if you are truly in control of the ball, your shots, and your physical game plan. Focus, concentration, pre-game psyche plans, on-court recovery skills, rituals, and much more make a Champion.

A Champion prepares physically, mentally, emotionally and spiritually before big matches. It's the work you put in before the match that carries you to the successful end result. Preparation is the key to Championship Racquetball.

But don't think that it ends there. The Competition Phase is where all of your talent, skills and hard work pay off. The ability to mentally and physically get into the "zone" is the greatest feeling in the world. When you hit your ideal shots, get into great center court position and make all the right moves, you know the hard work has been worth it.

So how do you tell a real Champion apart from the other competitors? The real Champion thrives on adversity and loves the challenge of overcoming obstacles. She gets a sense of invincibility out there on the court and never once thinks negatively. A Champion can always be counted upon to find a way and work her way to success even if it is not pretty, but she gets the job done. Consistency of performance is what differentiates the "wanna bees" from the "queen/king bees."

Finally, it is time for the Post Match Evaluation or Reflective Phase. What worked today and what didn't? What do I need to work on and improve, and what are my strengths? We will teach you how to carry all of your successes into the next match, how to work on your weaknesses, and how to analyze your opponents' strengths and weaknesses. Do not personalize your losses, but rather learn from them and never underestimate your next worthy opponent.

Playing your best on the court comes down to YOU and how well you prepare, compete and evaluate both yourself and your opponent.

So are you ready to follow our blueprint for success so you can "Become a Champion?" If you answered YES, then what are you waiting for...LET'S GET STARTED! We have designed four assessments for you to take so you can rate yourself in key areas of the game and see where you are at this moment in time. Once you obtain the scores, you will clearly see what you need to begin working on so you, too, can "Become the Champion" you want to be.

- 1-Racquetball Skills Assessment**
- 2-Mental Skills Assessment**
- 3-Fitness Assessment**
- 4-Nutrition Assessment**

Each of our articles in the series "The Making of a Champion" will contain information on each area listed above to help you get closer to reaching your goal. We are going to give you the latest and greatest cutting edge skills, strategies and techniques that will make you a Champion — you are going to love the process!

Tune in next issue and let's see what is going to work for you and YOUR CHAMPIONSHIP GAME.

Hope to see you at one of my camps for live personal instruction on this topic or many other topics or the next best thing buy my video if you can't make a camp at this time. For details, go to www.FranDavisRacquetball.com.

MENTAL TOUGHNESS QUIZ

In the space next to each question, answer by writing a number from 1 to 5:

- 1 = ALMOST NEVER**
- 2 = SELDOM**
- 3 = SOMETIMES**
- 4 = OFTEN**
- 5 = ALMOST ALWAYS**

Score:

- BELOW 34 RED ALERT**
- 34-41 NEED WORK**
- 42-50 MENTALLY TOUGH**

- 1 MY ON-COURT BODY LANGUAGE IS ALWAYS STRONG AND CONFIDENT REGARDLESS OF THE SCORE OR SITUATION.**
- 2 THE "LITTLE VOICE" INSIDE MY HEAD IS ALWAYS POSITIVE AND CONFIDENT NO MATTER WHAT IS GOING ON DURING THE GAME.**
- 3 I CAN STAY FOCUSED, CENTERED AND FULLY IN THE "MOMENT" DURING EACH AND EVERY POINT.**
- 4 I DO NOT COMPLAIN OR MAKE EXCUSES IF I GET A BAD CALL OR THINGS GO POORLY DURING MY GAME.**
- 5 I HAVE SPECIAL ON-COURT RITUALS TO GET MYSELF BACK INTO THE GAME AND BEFORE CERTAIN SERVES, SHOTS, ETC.**
- 6 I AM EASILY COACHABLE AND MY COACHES THINK THAT I LISTEN AND HAVE A POSITIVE ATTITUDE.**
- 7 I PRACTICE AS HARD AS I PLAY.**
- 8 I ALWAYS GIVE MY BEST EFFORT REGARDLESS OF THE SCORE...I NEVER QUIT ON MYSELF.**
- 9 I HYDRATE BEFORE EACH MATCH AND DURING THE GAMES...I AM ALWAYS PREPARED.**
- 10 I LOVE COMPETITION....WIN OR LOSE! I LEARN FROM MY MISTAKES AND REMEMBER MY SUCCESSES**

ADD YOUR TOTAL HERE

RACQUETBALL WOMEN OF

Racquetball 2009



Kelley Beane

Kelley Beane has been head coach of the world champion US Junior team for the last seven years. She is also president of the New Hampshire Racquetball Association and event director for state and regional tournaments.

Kelley's teaching responsibilities also include numerous clinics and camps in the Northeast as well as the coordination of a newly created after-school program.

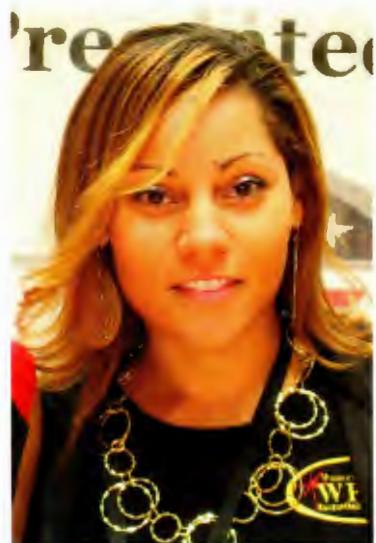
Kelley's inspiration for teaching comes from the kids she coaches and teaches. In Kelley's words, "They give me more than I could ever give them."



Fran Davis

Fran has long been recognized as the premier female clinician/coach in the sport. Fran annually teaches over 20 camps per year and has instructed thousands of students over the course of her career. As a coach, Fran has worked with numerous juniors (36 gold and silver medals including current national champions Taylor Knoth and Jessica Munoz) and currently coaches pro players Jason Mannino and Paola Longoria.

Fran has authored and produced numerous books and videos and is currently a master instructor for the new USA Racquetball Instructors Program. She is a member of the USAR Hall of Fame (2004).



Shannon Feaster

Shannon Feaster has been the commissioner of the Women's Professional Racquetball Organization (WPRO)—the governing body of the top female racquetball players in the world—for more than four years. Feaster also serves as Director of Communications and Public Affairs for National Protection and Programs at the U.S. Department of

Homeland Security in Washington, D.C.

As commissioner, Feaster must juggle the international politics, cultural disparities, and business development challenges that come with running an international sports organization. Feaster's experience as a former professional racquetball player, public affairs executive and entrepreneur have enabled her to effectively run the WPRO by implementing professional guidelines and policies to stabilize the tour and help it flourish.

Shannon and the WPRO Board of Directors continue to work toward achieving a number of goals to strengthen the foundation of the WPRO and to grow the sport worldwide.



Terri Graham

Terri Graham is currently the business director of Indoor Racquet Sports at Wilson and the only female leader within the racquetball manufacturers group. As a director at Wilson, Terri initiated the Wilson Hope Racquetball program that introduced products specially designed for women including racquets, eyewear, shoes and balls.

Terri is recognized as a national level player. She has won seven national doubles titles.

Women



Cheryl Kirk

Cheryl Kirk is the first woman president of USA Racquetball. As president, Cheryl has sought to leverage the strengths and input of Board members to address a number of key strategic opportunities; she is a strong advocate for both U.S. and International Racquetball. Cheryl's overall goal is to see USA Racquetball become even stronger in the future, particularly relative to member services, marketing, public relations, communications, financial strength and long-term development.



Connie Martin

Connie Martin is without question the premier authority on racquetball programming. She is a master instructor within the new USA Racquetball Instructors Program and is currently completing her second manual on racquetball programming.

Connie has been the program director at Cascade Athletic Club in Portland, OR for 27 years. She is president of the Oregon Racquetball Association and coaches two high school rac-

quetball teams.

Connie's accomplishments include being a past member of the U.S. National Team, recipient of the first IHRSA Racquetball Club Programming Award and member of the USA Racquetball Hall of Fame.



Danielle Maur

In September 2007, Bahram Akradi of Life Time Fitness hired Danielle Maur to develop and promote racquetball. Understanding the importance of racquetball and the passion of its players, Danielle is driven to advancing participation in the sport across the nation.

Since beginning this initiative, Danielle and her

talented team of coordinators have elevated Life Time Fitness's racquetball programming and their members' experiences through web presence, leagues, events and programs for all levels of players. Participation has grown over 400% compared to 2008, but they have only just begun their journey in contributing to the continual growth of racquetball.

Danielle says, "I love the sport and the players. I see and hear the needs and desires of the sport. It takes everyone to come together to make it all come alive. I am committed and here for the long run. Together we need to continue in evolving the sport in this fast-paced world."

I say to the players, "Introduce racquetball to a friend, work with your local pros to help enhance programs, get certified and become a pro at a club. Become part of the growthget involved!"



Rhonda Rajsich

Rhonda Rajsich won her third US Open in 2009. A former member of the U.S. Junior Team from 1994-97 and a member of the U.S. Adult Team since 2000, she intends to represent the U.S. again at the 2010 World Championships in Korea.

Rhonda's ambition is to "do for racquetball what Tony Hawk did for skateboarding" and to be best possible athlete she can be.



Aimee Ruiz

Aimee Ruiz had an exceptional year in 2009. She teamed with Jackie Paraiso to win National Doubles and the PanAm Championships, and she won her first National Singles Championship last May.

Off the court, Aimee is president of the New Jersey Racquetball Association where her focus is on recruiting women to play

racquetball. Aimee's goal for 2010 is to repeat her victories in 2009 and play in a few WPRO events.



USA Juniors Score a Repeat *AT THE IRF JUNIOR WORLDS*

The USA Junior Racquetball Team defended their Junior World Championship title at the 2009 IRF Junior World Championships in Santo Domingo, Dominican Republic.

Outstanding Performance – Junior Team (Ages 14- 18)
Jose Rojas – Boys 18 Singles and Boys 18 Doubles (with Jose Serrano) – never lost a game in singles and won gold medals in both divisions.

Aubrey O'Brien – Girls 16 Singles and Girls 18 Doubles (with Danielle Key) – never lost a game in singles and won gold medals in both divisions.

Kelani Bailey/Abbey Lavelly – Girls 14 Doubles – won gold medal and never lost a game.

Entire Coaching Staff – Head Coach Kelley Beane, Assistant Coaches Shane Wood, Cheryl Gudinas, Andy Pitock, and trainer Joyce Parsons. After the

round robin qualifying rounds, the U.S. Team looked to be in trouble. The coaching staff held numerous team meetings and individual coaching sessions. The team responded well with each player performing exceptionally in the second half of the draw.

Outstanding Performance – Junior Esprit Team (Ages 8-12)

Coach Jen Meyer did her usual phenomenal job with the younger up-and-comers.

John Barth defeated Mexico in the Boys 10 finals.

Mary Zeng defeated Mexico in the Girls 10 finals.

FINAL TEAM STANDINGS

Boys	Girls	Overall
1. USA	1. USA	1. USA
2. Mexico	2. Bolivia	2. Mexico
3. Bolivia	3. Mexico	3. Bolivia
4. Canada	4. Canada	4. Canada
5. Costa Rica	5. Ecuador	5. Costa Rica



PROFILES ^{OF THE} GREATS

DRAW ^{OF THE} CENTURY



RACQUETBALL WOMEN OF 2009



Kendra Tutsch

Kendra Tutsch is currently the chairperson of the Women's Senior Masters Racquetball Association (WSMRA). She states, "Over the years, the organization has grown to include a membership of 280 with a yearly tournament that draws an average of 90-100 women. With hopes of increasing tournament attendance among active club league players, we have added B/C flights to encourage B players to attend. We also promote

other events to our players, including all USAR and NMRA tournaments. Wilson Racquetball, our national sponsor, supports us with balls and supplies for each tournament and with merchandise for fundraising. We hold two fundraisers at each tournament -- a fun doubles competition to support breast cancer research and a silent auction with a portion of the proceeds going to the USAR College Scholarship Fund. We feel strongly that young players are the future of the sport.

"Future initiatives will include devising ways to attract the younger age groups (35/40) into tournament participation while still encouraging older players to continue with racquetball at the tournament level."



Shannon Wright

"Since the 35th Hall of Fame Anniversary at the National Singles Championships in Houston, TX in 2008, I have slowly but surely returned to the racquetball scene. After the 2008 reunion, I was invited to participate on the USAR Hall of Fame Committee. Soon after, the Hall of

Fame Seniors Committee came into being, and I was asked to participate on that Committee as well. These committee meetings have given me the opportunity to attend the US Open and National Singles Championships for the past couple of years.

"In Autumn 2008, I was invited to join the inaugural Board of Directors of the new USA Racquetball Foundation. I am excited about this position and the incredible possibilities that exist to help support our sport by raising enough money to achieve financial stability. We will then be able to support many worthy programs, especially grassroots and junior programs, thus ensuring that racquetball will continue to thrive. I have a sneaking suspicion that my work with the USAR Foundation may end up being my major lifetime contribution to the sport of racquetball!"

JUNIOR GIRLS TO WATCH



Mercedes Arias – Mercedes just missed the U.S. Junior Team, finishing 3rd at Junior Nationals. She has a great fighting spirit and attends the U.S. Team Camp as well as the Elite Camp in Colorado.



Kelani Bailey – Triple gold at Junior Nationals, Double qualifier for the national team, World Champion in the Girls 14 Doubles, Kelani comes from a great racquetball bloodline and her potential is limitless.



Samantha Simmons – 2nd at Junior Nationals, member of the U.S. Junior Team, Samantha has made great strides in her game. She attends the Rumble Camp in Alabama. If Samantha continues to improve at the rate she did last year, her presence will be known on future U.S. Teams.

RACQUETBALL'S **BEST** WOMEN

Heather McKay

Best Pressure Player

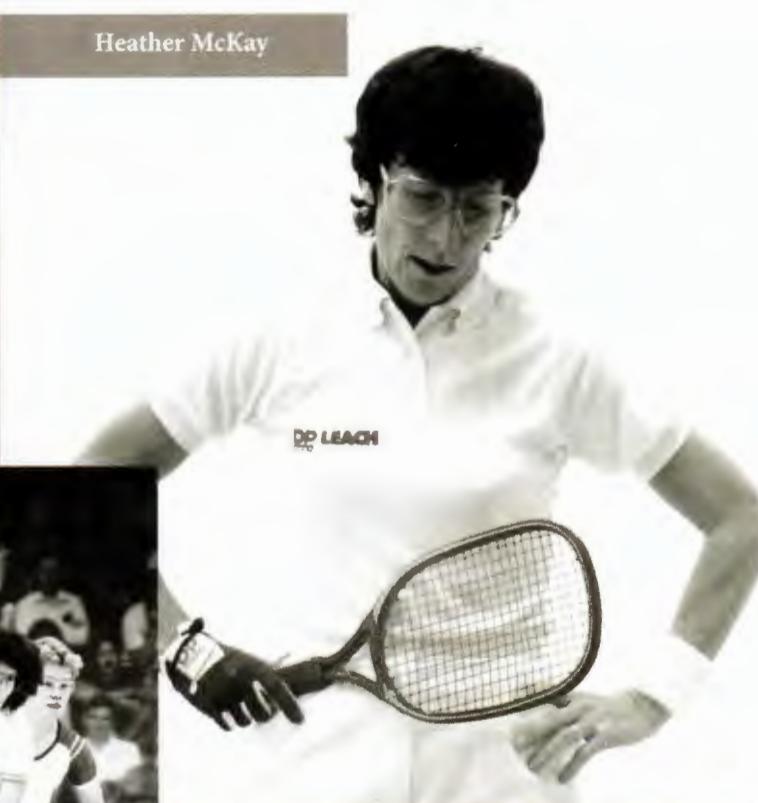
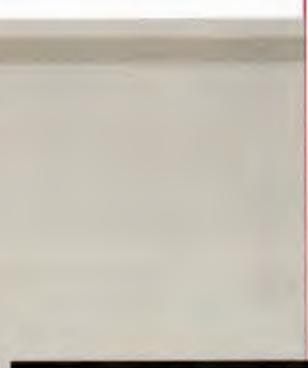
1. Heather McKay
2. Lynn Adams
3. Michelle Gould
4. Cheryl Gudinas
5. Christie Van Hees

Honorable Mention:

Shannon Wright

Comments:

Heather saved her best for the "big" matches.



Best Forehand

1. Michelle Gould
2. Lynn Adams
3. Caryn McKinney
4. Heather McKay
5. Jackie Paraiso

Honorable Mention:

Christie Van Hees

Comments:

Gould had unmatched power and accuracy.



Most Consistent

1. Lynn Adams
2. Heather McKay
3. Michelle Gould
4. Cheryl Gudinas
5. Caryn McKinney

Honorable Mention:

Kaye Kuhfeld

Comments:

Adams' 8 national titles say it all.

Best Backhand

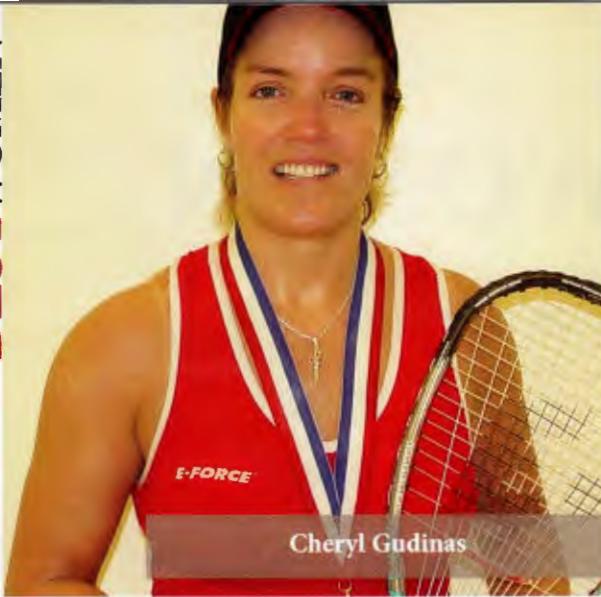
1. Christie Van Hees
2. Heather McKay
3. Lynn Adams
4. Shannon Wright
5. Toni Bevelock

Honorable Mention:

Marci Drexler



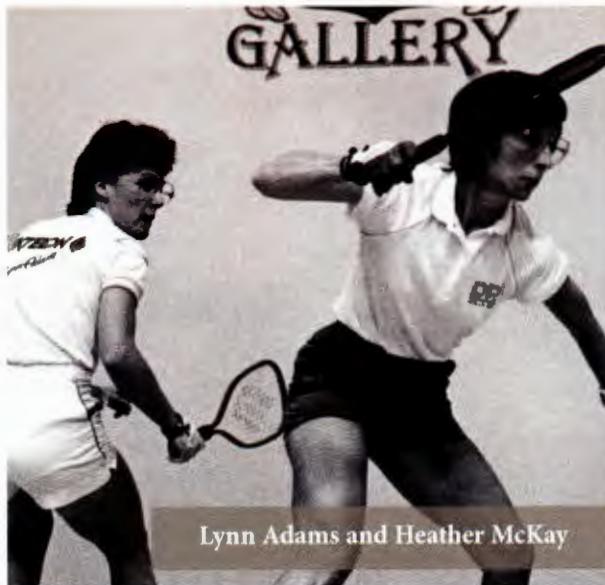
Michelle Gould



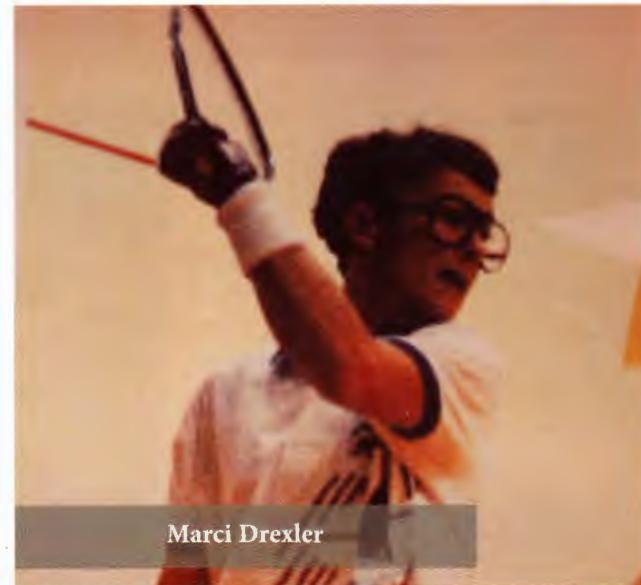
Cheryl Gudinas



Christie Van Hees



Lynn Adams and Heather McKay



Marci Drexler

Greatest Serve

1. Michelle Gould
2. Lynn Adams
3. Christie Van Hees
4. Heather McKay
5. Robin Levine

Honorable Mention:

Cheryl Gudinas

Comments:

Cheryl had the greatest variety, although she lacks power.

Desire

1. Lynn Adams

2. Michelle Gould
3. Shannon Wright
4. Heather McKay
5. Cheryl Gudinas

Honorable Mention:

Rhonda Rajsich

Comments:

Adams' ability to fight thru injury, disease made her stand out.

Most Underrated

1. Heather Stupp
2. Marci Drexler
3. Toni Bevelock
4. Kerri Wachtel
5. Cindy Baxter

Honorable Mention:

Malia Bailey

Comments:

Two world championships for Heather, need we say more.

Quickest Ever

1. Marci Drexler
2. Robin Levine
3. Rhonda Rajsich
4. Jackie Paraiso
5. Heather Stupp

Honorable Mention:

Kristen Walsh

Comments:

Her quickness was Marci's #1 asset.

Retrieving Ability

1. Lynn Adams
2. Heather McKay
3. Robin Levine
4. Rhonda Rajsich
5. Kristen Walsh

Honorable Mention: Kersten Hallander

Comments:

Lynn covered the court better than anyone!

Best Player Match-Ups

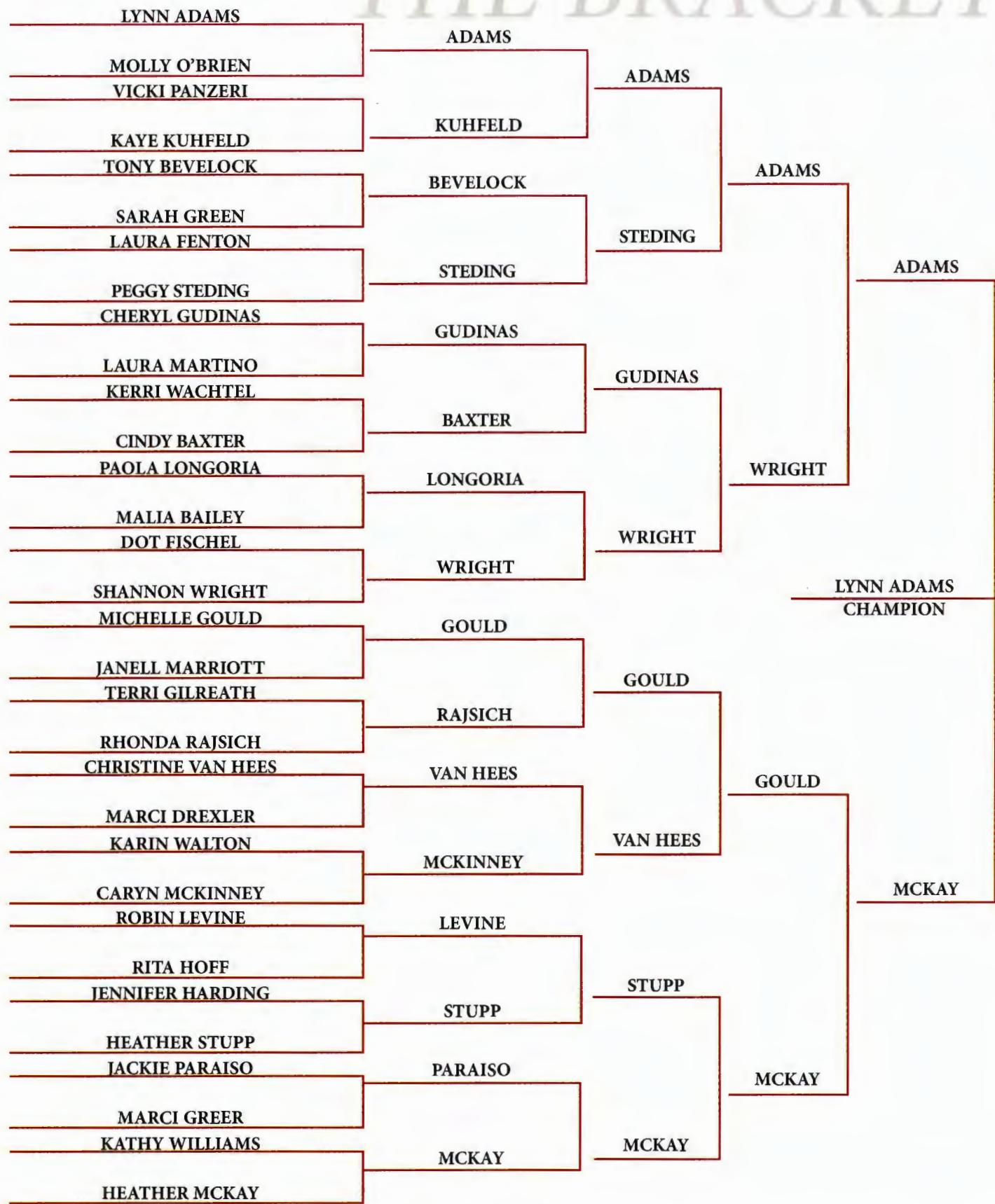
1. Lynn Adams vs. Heather McKay
2. Cheryl Gudinas vs. Christie Van Hees
3. Rhonda Rajsich vs. Cheryl Gudinas
4. Caryn McKinney vs. Lynn Adams
5. Paola Longoria vs. Rhonda Rajsich

Comments:

How can you beat the 2 best players ever!

DRAW OF THE CENTURY

THE BRACKET



DRAW OF THE CENTURY

ROUND OF 32

LYNN ADAMS VS. MOLLY O'BRIEN – Lynn in 3, Molly has no answer for Lynn's wide array of shots.

VICKI PANZERI VS. KAYE KUHFELD – "Steady" Kaye plays her normal boring; errorless game (wins in 3).

TONI BEVELOCK VS. SARAH GREEN – Color coordinated and every hair in place, Toni's backhand dominates Sarah (wins in 4).

LAURA FENTON VS. PEGGY STEDING – The original women's racquetball "guru" has little trouble dismantling Laura up and down game. Peggy in 3.

CHERYL GUDINAS VS. LAURA MARTINO – With her notes of inspiration taped to her shorts, Cheryl's backhand Z-serve frustrates Laura (3 games).

KERRI WACHTEL VS. CINDY BAXTER – Perhaps the most competitive first round match. Cindy's three national titles give her the edge (5 games).

PAOLA LONGORIA VS. MALIA BAILEY – Paola's "pancake" grip survives Malia's high percentage shot selection. Paola, gasping for air, crawls out of the court with a 5-game win.

DOT FISCHEL VS. SHANNON WRIGHT – Dot's long legs and tight short-shorts are no distraction to ruthless Shannon who finishes it in 3.

MICHELLE GOULD VS. JANELL MARRIOTT – Michelle's serve is just too much for this true pioneer of the women's tour (3 games).

TERRI GILREATH VS. RHONDA RAJSICH – Rhonda makes it look closer than it is by diving for every other shot (3 games).

CHRISTIE VAN HEES VS. MARCI DREXLER – Marci's speed and quickness "shocks" Van Hees. Van Hees' three US Open wins give her an edge but most feel this could go either way! (5 games)

KARIN WALTON VS. CARYN MCKINNEY – Caryn's ability to analyze and adjust her game as the situation dictates makes this an easy win (3 games).

ROBIN LEVINE VS. RITA HOFF – Levine's serve and bent-over knee busting style frustrate the once powerful Hoff (3 games).

JENNIFER HARDING VS. HEATHER STUPP – Stupp's quickness and backhand pinch sends Jennifer to an early shower (4 games).

JACKIE PARAISO VS. MARCI GREER – The innocent-looking Paraiso surprised Greer with her quickness, dives and different pace shots (4 games).

KATHY WILLIAMS VS. HEATHER MCKAY – She may have started the game at age 40, but McKay's "squash sense" embarrassed Williams (3 games).

ROUND OF 16

LYNN ADAMS VS. KAYE KUHFELD – Kaye's wide-angle pinches are not enough to beat Lynn. Although Kaye's change of pace and sharp passes have defeated Lynn twice, Lynn's tenacity squeaks out a 5-game battle.

TONI BEVELOCK VS. PEGGY STEDING – Toni's devastating backhand forces a fifth game, but Peggy's three national titles were a result of "finding a way" to win.

CHERYL GUDINAS VS. CINDY BAXTER – The battle of national champions – Gudinas (6) vs. Baxter (4) would be a match to watch. Similar game styles dependent upon perfect execution would result in Gudinas winning on her patented back-hand pinch.

PAOLA LONGORIA VS. SHANNON WRIGHT – Paola's fairy tale professional career meets its match with the ruthless and powerful Wright. Wright capitalizes on Paola's deep court positioning and pinches her way to victory (5 games).

MICHELLE GOULD VS. RHONDA RAJSICH – #1 player in the women's pro tour at 20 years of age, Michelle serves Rhonda off the court. Although Rhonda's dives and retrieving ability prolongs the agony, Michelle wins in 4.

CHRISTIE VAN HEES VS. CARYN MCKINNEY – A classic match – athleticism vs. experience! Caryn is able to use her law-degree intelligence to keep the athletic Van Hees off balance. In the end, conditioning and an awesome backhand allow Van Hees to squeak out an 11-10 fifth game.

ROBIN LEVINE VS. HEATHER STUPP – A true toss-up! Robin's left-handed deceptive serve keeps the steady Stupp on defense. Heather's two world titles gave her the edge, but this one could have gone either way!

JACKIE PARAISO VS. HEATHER MCKAY – Two Hall of Famers battle it out. Jackie's inconsistent backhand is a target for McKay. Although 40 years old, McKay's conditioning matches Paraiso's desire. McKay in 4.

THE MATCHES

QUARTERS

FINALS

QUARTERFINALS

LYNN ADAMS VS. PEGGY STEDING – The end of the road for Steding. Adams' court coverage and pin-point serves prove just too much for Steding. Adams in 4.

CHERYL GUDINAS VS. SHANNON WRIGHT

Tenacity and patience vs. tenacity and go-for-broke shot selection. Gudinas uses all her weapons and experience in an attempt to frustrate Wright – but no way! Wright jumps on Gudinas' Z and blasts it cross-court. Gudinas' court coverage lacks the speed necessary to cover Shannon's variety of shots (Wright in 4).

MICHELLE GOULD VS. CHRISTIE VAN HEES – A classic world-cup match. USA vs. Canada, power and reach vs. athleticism. Van Hees survives the first four games by moving Gould around, up and back. In game 5, Gould's serves are just too powerful and accurate. As Van Hees leaves the court, a supportive fan named Huczek provides encouragement.

HEATHER STUPP VS. HEATHER MCKAY

A Canadian slow-down! McKay just has too much experience and humbles the world champion. McKay picks on Stupp's backhand and overhead blasts Stupp to submission (4 games).

SEMIS

SEMIFINALS

LYNN ADAMS VS. SHANNON WRIGHT – Another classic! Both are fierce competitors, give up nothing and fight to the finish. Wright's confidence seems to bother Adams, whose positive attitude is part of her aura. Game 5 seesaws back and forth with Wright taking a small lead. Adam's physical strength is obviously affected by her hidden illness, but she pulls out a heart-driven victory, 11-10.

MICHELLE GOULD VS. HEATHER MCKAY

Really, who can predict this epic battle? Gould, whose 2nd year on the tour resulted in the #1 ranking and consistent victories over former #1 Lynn Adams vs. the best female racquet sports person in the world (she only lost two games – yes, games, not matches, in 17 years of professional squash play). Power or finesse = finesse wins in the end with McKay moving to the finals.

FINALS

The Finals is the dream matchup and a match for the ages. Rarely do the two best of all time get to face each other as head-to-head rivals and still be able to reach incredible heights. These two forced each other to new heights and had extremely high racquetball IQs.

Lynn Adams, seven-time National Champion and a person who never backed down from anything or anybody. Heather McKay, arguably the greatest racquet athlete of all times. After squash, she jumped to racquetball and quickly zoomed up the rankings. She finished #1 twice and Heather held a scant 19-18 match lead in their wars with Lynn.

This time around they are both in their racquetball prime and Adams is making most of the adjustments. McKay sticks to her perfect angles and no skip game plan. McKay game 1 with a relaxed start. Adams answers by serving the lights out in game 2. McKay is frustrated but does not waver. She sticks with her hard Z serve to the backhand and buries Lynn in the back left corner. McKay cleans up the left-up balls in front court and wins game 3, 11-8. McKay wants it over and presses on to a 8-5 lead in game 4. Adams calls a time out and comes back in with a punch lob forehand serve. McKay is a little over-aggressive and it is enough to change the momentum. Adams flat rolls a long ceiling ball to survive game 4, 11-9.

Adams goes back to the drive serve for game 5 and is now mixing her shots and coverage. She has adjusted back in the court to pick up the McKay cross court passes and is able to combat the pass with a few down-the-line punch winners. McKay goes old school and serves exactly what Adams is serving. She is staying aggressive but still fights the tendency to rip front court setups cross court instead of taking the closest corner. Squash thinking sneaks in once in a while. This keeps Adams in a few more rallies and proves to be the difference. Adams chases down a left-up cross-court backhand, spins and hammers her own down the line backhand for the 11-9 win. Another true classic from two ladies who hated to lose!

BATTLE OF THE SEXES OR HOW TO TAKE A MAN TO COURT

By Sarah Green (reprinted from Racquetball Magazine 1970)

For most women it can be beneficial to their racquetball game to compete against men. Don't assume, though, that it will automatically improve your game -- you must do a little homework first! Be aware of the differences in styles of play (which I will discuss later) between men and women racquetball players. You'll find that you may well need to readjust your game when you go back to playing women.

First, decide with whom to compete. I recommend that women compete with men of equal playing ability; otherwise, neither player will benefit from the experience. To give you an idea of which levels of players are compatible, I'd suggest the following types of pairing (based on competitive levels of Open, A, B, C, and D/Novice. The Open female can play against some male A's and most B's, Women's A with some male B's and most C's; Women's B with Men's D/Novice. I suggest C and D/Novice level women continue to compete with women until the level of their playing ability improves. Of course, there are always exceptions, but I think you'll generally find the competition fairly equal if you stick to this system.

One aspect of the game to consider before walking onto the court with men is fear. If you are good enough to play against men but are still afraid of being hit with the ball, don't play. The fear will only be compounded when you realize the speed of the action in the men's game.

After you've decided to play against men and have identified your level of play, consider a few

things peculiar to the co-ed game. First of all, there will always be a few men who will not play with you. Skip the consciousness-raising lesson and go on to someone else -- you will not enjoy playing a man who is afraid of losing to you. Remember, as you must in all sports, to be a gracious winner. Nobody, male or female, likes a braggart.

As for the obvious differences in the play of men and women, two important aspects are the speed of the ball and court coverage. With these two things in mind, a woman must adjust her game plan.

The serve will be even more important in this game than when you play against a woman. You will need as many easy points as you can get, because fatigue could be a factor. Generally, a man's overall strength will hold up longer than a woman's. Because of men's quickness and court coverage, low drive serves and crack serves are less effective. Therefore the element of surprise is your best bet. Mix up your serves. Try standing in different places in the service zone and serving to both sides to help disguise your serves. Low drives allow the man to set up and shoot the serve, so use lobs and Z's, but don't let them come off the back wall.

Good return of serve could be the deciding factor in your match. Because of their quick reactions, men often like to plant themselves up front after their serve and wait for you to try a kill shot. They will take these returns and dump them in the corners for easy points. So be smart -- don't shoot the serve very often. Instead, use good waist-high pass shots or around-the-wall

balls to move your opponent to the back court where he will be less effective. You will, of course, want to shoot the serve every once in a while (maybe one out of eight times) just to keep your opponent honest. If he catches on to your game plan, he may start to sneak to back court early, thus rendering your defensive return ineffective.

To be able to return his serve at all, you may need to stand one step closer to the back wall than you are accustomed to. The serve will come at you faster than usual, so by being deeper in the court you will have a split second longer to react. Good, low serves that land just across the short line will be harder to get, but because of speed of serve, you might not get to these even if you were closer.

Your positioning will not only be different for receiving the serve but also throughout the game. You should stand one step deeper than usual on all shots. Because of the difference in the speed of the ball, a man's low shot will rebound further back in the court than a woman's. Again, by being back, you will have more time to react. On shots that go past you to the back wall, you're also in better position because you will have to take one less step in order to get to the ball.

Now that you have the ball in play and are in position to hit it, be conscious of not over-swinging. It is unlikely you will overpower your opponent, which means your best bet is to concentrate on strategy.

Good strategy against men is the same as good strategy against women. Try to control center court. Since everyone is less effective on the run, you should use a lot of

shots up and down the walls to move your opponent around. Ceiling shots are also good, because they keep your opponent in back court where his shots are less effective. Also, men have a tendency to be less patient on the ceiling. They want to hit the ball hard and go for kill shots all the time, so force a slow-down game with which your opponent will be less comfortable. To do this, you will have to learn to be patient enough to wait for his mistakes. But, more importantly, learn to capitalize on those mistakes.

When you have an opportunity to shoot the ball, do so right away. Because of your opponent's court coverage, you will get fewer offensive opportunities in each rally. And because men love front court rekills, you will have to make these offensive shots better than those you make when you play women.

Pinch shots, generally, do not work as well against men. This is because pinches come back to center court, which is where you'll usually find your male opponent. What you must do is mix your pinches with passes and ceiling shots. Again, the element of surprise is your best weapon. It will keep your opponent on his toes.

Be cautious about assuming a shot you hit is going to be a winner. You will often be surprised because your opponent will get to a ball you thought was a winner. Don't stop until the ball has bounced twice!

Your best practices against men will come in tournaments. Don't be afraid to enter a men's division. Both of you will work much harder in a tournament situation than in practice. You will come away with a greater appreciation of how hard



men play in these types of events. They play hard every point, which forces you to do this as well.

One word of caution about playing men – don't spend all your time playing them. After a while you will find it much easier to play against men than women. This is because we all have a tendency to play to the level of our opponents. Men play faster, harder-hitting games because they force the action. If you get used to this style of game you will have difficulty playing women, because you can't force this type of action. You will find yourself standing too deep in the court for women's kill shots, your passes will be less effective (because women play for pass shots) and you'll find that you are going for pinches and kill shots. Making the adjustment of returning to playing women is much more difficult than going from women to men, so be cognizant of this.

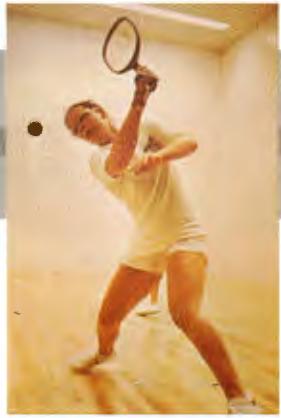
I have a couple of suggestions for ways to play men that will make the

game more exciting. For that matter, these suggestions can be applied to any game where competitors are not equally matched. First, try starting out with a 10 or 12 point advantage – however many points you need to make the game close. Calculate how many points to take according to the usual finishing score of your matches against one another, if he always beats you. This will force your opponent to play hard. If your partner is considerably quicker and stronger than you are, you might try a game in which you give yourself two bounces. The results will be longer rallies, which will give both players a better workout. In addition, your opponent will probably try for aces, since they will be the only easy points – again, good practice for both of you.

Experiment with a couple of these ideas. They may be difficult adjustments at first, but in the long run your game will benefit tremendously. Be patient, and good luck!

BACK WHEN...

By Shannon Wright



During a meteoric rise in the 1970s, racquetball was full of excitement and possibilities. It was a new sport that practically anyone could play, it was outstanding exercise, but most of all it was fun! That's how I got snagged into playing racquetball in 1971 when I was 15 years old. A neighbor of ours invited me to play racquetball at the new sports complex at Texas Christian University in Ft. Worth. I fell in love with the sport immediately. The sheer intensity, combined with extreme mental and physical challenges, completely captivated me.

By the time I was 17 or 18, I had managed to gain national ranking. In 1975, when I was 19, I won the very first Professional Racquetball Tournament in Denver, CO, beating Janell Marriott (who beat Peggy Steding in the Semis) and gaining me the cover of *National Racquetball* magazine.

Because Peggy Steding was from my home state of Texas, it was almost as tough winning our Regional Tournament as it was the Nationals. Peggy was the reigning champion racquetball player during the early to mid-1970s. She was an amazingly talented athlete who, like me, came from a tennis background. We had many incredibly intense and competitive matches over the years, but when I was able to beat Peggy in both the 1976 International Racquetball Association (IRA) Nationals in Chattanooga, TN and the 1977 National Racquetball Club (NRC) Professional Singles Nationals in San Diego, I captured the #1 ranking on the Women's Tour.

The following year, 1978, I completely dominated women's racquetball and claimed my second NRC National Title in Detroit, MI. Again on the cover of *National Racquetball* with the caption, "Wright's Perfect Victory," inside, it

said, "Shannon Makes It Two in a Row." Throughout my career, I won over 30 professional tournaments on the Women's Professional Racquetball Association (WPRA), including seven National Championships, and was ranked #1 for nearly four years. I signed a great contract with Wilson Sporting Goods that manufactured the "Shannon Wright Autograph" racquetball racquet; was voted 1979 Player of the Year; and authored *The Women's Book of Racquetball*.

Then enter Lynn Adams and Heather McKay, two incredibly talented, tenacious, dedicated and horribly competitive athletes! Both women pushed me to develop my talents even further, but it was Lynn who drove me to my pinnacle.

During the 1980 season, Lynn and I traded off several wins. After defeating her in the Ektelon National Championships in Anaheim, CA, she came back to defeat me at the WPRA Pro Nationals in Chicago, IL. I was beginning to lose my dominating grip on the Women's Tour. The 1981 season was a banner year for me with a 3rd place finish at the ABC Superstar Competition in Key Biscayne, FL; another win at the Ektelon National Championships in Anaheim, CA; a win at the Catalina World Cup; and one of the most fun wins I ever had over Lynn at the NRC Professional Mixed Doubles Nationals in Fishkill, NY. My former coach, Pete Wright, and I beat Lynn and Dr. Bud Muehleisen in one of the most exciting matches I've ever played!

I was playing the best racquetball of my entire career at the 1982 WPRA National Championships in Englewood, CO. Dispatching Heather McKay in three straight games in the semis, I was in line for a perfect final match against my rapidly improving nemesis, Lynn Adams. I'd like to

share some writing I did a several years ago about this most memorable match (WPRA scoring at this time allowed a point for each rally, whether serving or receiving).

"We had been playing for over 3 hours and were both close to exhaustion. I stepped into the service box and crouched low to hit a drive serve left. Time slowed down as I watched that ball angle toward the back wall corner. Maybe, just maybe, this serve would be an ace. The ball nicked the side wall before striking the back wall, causing it to rebound to the center of the court, ever so slightly jamming my opponent. Her reflexes however were still lightening fast and she managed to react just in time. Now I followed the ball along its entire journey up to the left front corner. The shot was very low. I made a valiant, diving effort to get to the ball before it bounced twice. But it was impossible. On that Sunday afternoon in June of 1982, I lost a national professional sports championship by a single point and Lynn Adams had just become the new reigning champion."

That was the end, and it was also the beginning. My professional racquetball career had suddenly slammed into the wall of financial reality. I could no longer dedicate my life to the pursuit of athletic excellence in a sport unable to support any but just a few top touring professionals. Because of my strong educational background, I decided to return to academics to study medicine and neuroscience. Today, in retrospect, I'm grateful that the balance tipped ever so slightly in another direction. I consider myself fortunate to have spent 12 years doing something I loved so much.

MEMORIES

LIGHT THE CORNERS OF MY MIND...

By Lynn (Adams) Clay

I don't often think back on my racquetball days. I am a creature of the "now." I love what I do and I tend to look forward, not back. But having said that, it is always so joyful to remember the amazing years I experienced being a part of the best game and community of people in the world!

I always knew that racquetball was the perfect sport. I grew up competing in just about every sport, but racquetball grabbed my heart from the very first time I played. It combined the best of all sports into one. I was drawn to the game and to the people. I still can't believe that I was able to make a living playing a game. WOW!

So, how can I write about my experiences in a short article? The short answer is, I can't. So, I'm going to shoot out some names and thoughts in rapid fire. Ready, set, go!

Heather McKay – Most amazing female athlete I ever met. Funny, tough, classy, inspiring. Playing her was the most challenging, exciting, and growing experience. I have so much respect for her.

Caryn McKinney – Great friend, fun, hard worker, very smart, made the most of her potential.

Shannon Wright – Tough, talented, authentic, taught me more than anyone else on the tour.

Terri Gilreath – FAST, amazing, best doubles partner ever, always a threat. I miss her!

Michelle (Gilman) Gould – Strong, relentless, driven, scary talented. I was bummed I didn't get to play her more than a few times. By the time she came on the scene, my body was failing. It would have been a fun rivalry!

Ektelon / Wilson Sporting Goods – I am so grateful for their tremendous support and love. Norm Peck, Terri Graham, Chris Evon and Tom Odishoo...you all rock!

Jim Carson – I know that I would have never been able to accomplish all I did in racquetball without the help of Jim. He was the best coach in the game and he remains my good friend. I can't say enough good things about him. He is amazing!

Rich Clay – Husband extraordinaire! Love him, love him, love him! Out of all the championships, money and the little bit of fame, he is the best thing I got from my racquetball days.

Most memorable matches:

My first tournament win. It was in Rhode Island against Heather McKay. I dreamed I beat her 11 - 10 in the tiebreaker, and that's exactly what happened!

My first National Championship win. It was in Colorado against Shannon Wright. I dreamed I beat her 11-10 in the tiebreaker, and that's exactly what happened! Hmmm, there seems to be a theme here...

My second National Championship win. It solidified the idea that I wanted to strive to be the best female player to have ever played the sport, and I worked towards that goal with focus and passion.

Terri Gilreath and I were undefeated in doubles together. Playing doubles with her was so joyful. We communicated in that freaky way where you don't have to speak words but you just know what you need to know. She knew where I was going and what I was going to hit almost all the time. She would come out of nowhere to cover for me. Great, great, doubles player!

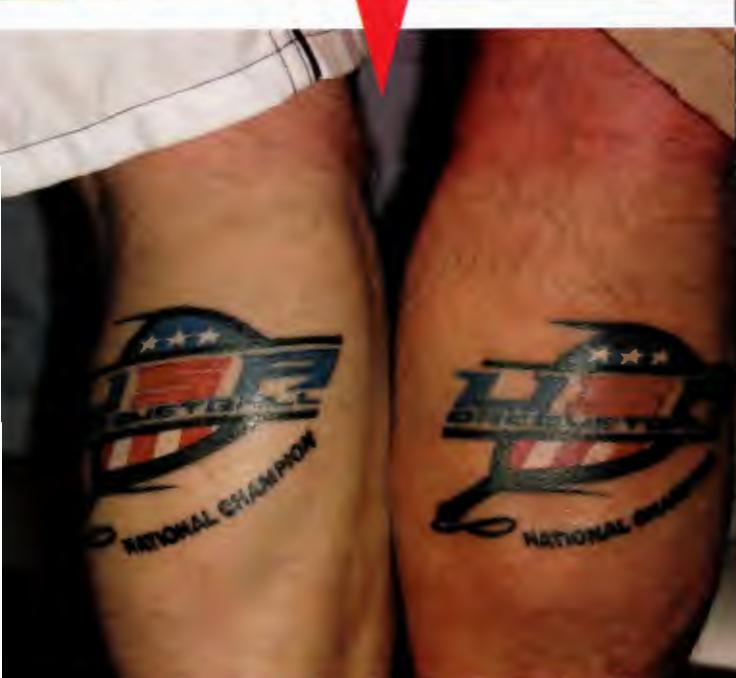
My last four years of competition were the most satisfying. I was diagnosed with MS, and I had to change the way I played. I went from being a physical maniac to a mental maniac. I couldn't train and



play; my body couldn't do both. So, I stopped training and had to learn to exploit my opponents' weaknesses sooner and keep them away from my weaknesses. I became a much smarter player out of necessity. It was so much fun to see what I could do with the limits MS put on my body. I honestly had the most fun the last four years.

Ok, for someone who says they don't think much about their racquetball days, I'm thinking and wishing I could keep talking! It is fun to recall such a wonderful time in my life. Racquetball shaped so much of who I am today, and I'm so grateful for the opportunities and gifts racquetball gave me. Mostly, I'm thankful for the loves, friendships, and amazing people I encountered along the way. You all are wonderful and I will carry you in my heart always. Blessings to you all!

2010 DOUBLES





2010 DOUBLES RESULTS

Men's Doubles US Team Qualifying -

Single Elimination

- 1st: Ben Croft / Mitch Williams - Lake Bluff, IL/Albuquerque, NM
- 2nd: Rocky Carson III / Josh Tucker - Ladera Ranch, CA/Orange, CA
- 3rd: Jason Thoerner/Shane Vanderson
- 4th: Jason Mannino/Eric Muller

Men's Doubles Open - Single Elimination

- 1st: Taylor Knoth / Tony Carson - Milwaukee, OR/Superior, CO
- 2nd: Jansen Allen / Scott Davis - Rice, TX/Fountain Valley, CA
- 3rd: Dave Genevay / Tommy Medina - Chandler, AZ/Phoenix, AZ
- 4th: Darin Randles / Mike Lubbers - Phoenix, AZ/Phoenix, AZ

Men's Doubles Elite - Single Elimination

- 1st: Brian Pineda / Greg Dorman - Fountain Valley, CA/Upland, CA
- 2nd: Josh Doniak / Matthew Majxner - Helena, MT/Belgrade, MT
- 3rd: John Wong / Roland Grassl - Huntington Beach, CA/Torrance, CA
- 4th: Rick Soda Man Koll / Tim Annear - Las Vegas, NV/Dublin, CA

Men's Doubles A - Single Elimination

- 1st: Bill Pobega / Eric Vought - Chagrin Falls, OH/Stow, OH
- 2nd: Austin Babb / David Stone - Fayetteville, NC/Castle Rock, CO
- 3rd: Daniel Pischke / George Brewer - Kenmore, WA/Bellevue, WA
- 4th: Michael Grotta / Scott Kraemer - Menomonee Falls, WI/Oconomowoc, WI

Men's Doubles B - Single Elimination

- 1st: Rod Sharrar / Thomas Baker - Oceanside, CA/Oceanside, CA
- 2nd: Brian Ancheta / Russ Randolph - Gresham, OR/Tucson, AZ
- 3rd: Octavio Duarte / Omar Duarte - Yuma, AZ/Tempe, AZ
- 4th: John A Kriser II / Roberto Tijerino - Mesa, AZ/Gilbert, AZ

Men's Doubles MC - Round Robin

- 1st: Jeff Weinstein / Peter Berger - Plantation, FL/Pembroke Pines, FL
- 2nd: Robert Smith / William A. Rhoades - Thompson Ridge, NY/Goshen, NY

Men's Doubles MD - Round Robin

- 1st: Andrew Preston / Mario Enciso - New Bern, NC/Phoenix, AZ
- 2nd: Brent Johnson / Jose Lopez - Sierra Vista, AZ/Miami, FL

Men's Doubles 24- - Round Robin

- 1st: Anthony Herrera / Zach Apperson - Grand Junction, CO/Zanesville, OH
- 2nd: Jansen Allen / Scott Davis - Rice, TX/Fountain Valley, CA
- 3rd: Emmett Coe / Justin Ivers - Poway, CA/Murrieta, CA

Men's Doubles 24B - Single Elimination

- 1st: Brent Johnson/Jose Lopez CA

Men's Doubles 25+ - Round Robin

- 1st: Dale Valentine / Todd Entrikin - Riverside, CA/Perris, CA
- 2nd: Jason Geis / Raymundo Garcia Jr - Torrance, CA/Tucson, AZ
- 3rd: Brian Berkelhamer / Jorge Ortiz - Wayne, IL/Chicago, IL
- 4th: Charlie Stalder / Damian Zamorano - Unknown, AZ/Mesa, AZ

Men's Doubles 25+ A - Round Robin

- 1st: Andrew Goldman / Mike Elias - Clearwater, FL/Tarpon Springs, FL
- 2nd: Matthew Koop / Timothy Burke - Sierra Vista, AZ/Sierra Vista, AZ
- 3rd: Octavio Duarte / Omar Duarte - Yuma, AZ/Tempe, AZ

Men's Doubles 30+ - Single Elimination

- 1st: Mike Orr / Shawn Royster - La Jolla, CA/Encinitas, CA
- 2nd: Craig Lane / Greg Solis - Huntington Beach, CA/Unknown, CA
- 3rd: Brian Fredenberg / Martin McDermott - Frisco, TX/Dallas, TX
- 4th: Mark Nomura / Shawn Hanshaw - Fremont, CA/Danville, CA

Men's Doubles 35+ - Round Robin

- 1st: Jeff Bell / Thomas Fuhrmann - Tucson, AZ/Carpinteria, CA
- 2nd: Dale Valentine / Jonathan Dunn - Riverside, CA/Canyon Country, CA
- 3rd: Jason Thoerner / Keith Minor - Manito, IL/Channahon, IL
- 4th: Dave Genevay / Jason Richard Conway - Chandler, AZ/Paradise Valley, AZ

Men's Doubles M30A/35A - Round Robin

- 1st: Austin Babb / David Stone - Fayetteville, NC/Castle Rock, CO
- 2nd: Bill Pobega / Eric Vought - Chagrin Falls, OH/Stow, OH
- 3rd: Gary Desanti / Michael Sale - Cave Creek, AZ
- 4th: David Allen / Jon Wheeler - Mesa, AZ/Mesa, AZ

Men's Doubles 35B - Single Elimination

- 1st: Russ Randolph / Brian Ancheta - Tucson, AZ/Gresham, OR
- 2nd: Chris Jorgensen / David Keller - Phoenix, AZ/Mesa, AZ

Men's Doubles 40+ - Single Elimination

- 1st: Doug Ganir / Tim Sweeney - Westerville, OH/Bartlett, IL
- 2nd: Jeff Stark / Jimmy Lowe - Olympia, WA/Waikiki, HI
- 3rd: Ken Stone / Mark Nomura - Pleasanton, CA/Fremont, CA
- 4th: Scott Cullins / Tim Hansen - Woodstock, GA/West Palm Beach, FL

Men's Doubles 40+ A - Round Robin

- 1st: James Fry / Robert Rogen - Mesa, AZ/Phoenix, AZ
- 2nd: Andrew Goldman / Mike Elias - Clearwater, FL/Tarpon Springs, FL
- 3rd: Chris Pacheco / Phillip Cohen - Santa Fe, NM/Santa Fe, NM
- 4th: David Decicco / Gregg Espin - Fountain Hills, AZ/Chandler, AZ

Men's Doubles 45+ - Single Elimination

- 1st: Jimmy Lowe / Tim Hansen - Waikiki, HI/West Palm Beach, FL
- 2nd: Keith Minor / Scott Cullins - Channahon, IL/Woodstock, GA
- 3rd: Glenn Bell / Ken Stone - Nederland, TX/Pleasanton, CA
- 4th: Joe Hassey / Thomas Delle Donne - Las Vegas, NV/Wilmington, DE

Men's Doubles 45+ A - Single Elimination

- 1st: Michael Grotta / Scott Kraemer - Menomonee Falls, WI/Oconomowoc, WI
- 2nd: Daniel Pischke / George Brewer - Kenmore, WA/Bellevue, WA
- 3rd: Bobby Vowinkel / Thomas Cain - Monroeville, PA/Tucson, AZ
- 4th: Jerry Hines / Ron Butler - Catalina, AZ/Tucson, AZ

Men's Doubles 45B - Single Elimination

- 1st: Ron Sharren/Thomas Baker, CA
- 2nd: Lynn Stephens / Tom McCloskey - Carthage, NC/Mililani, HI

Men's Doubles 50+ - Single Elimination

- 1st: Mike Lubbers / Rocky Lemmert - Phoenix, AZ/Tucson, AZ
- 2nd: Eric Sherwood / Stephen Wattz - Napa, CA/Santa Rosa, CA
- 3rd: Gene Pare / Troy Stallings - Campbell, CA/Sioux Falls, SD
- 4th: Glenn Bell / Joe Hassey - Nederland, TX/Las Vegas, NV

Men's Doubles 50+ A - Round Robin

- 1st: Mike Braun / Randy Reid - Phoenix, AZ/Chandler, AZ
- 2nd: Drake Deavours / Jim Bono - St. John, IN/Crown Point, IN
- 3rd: Alan Baron / Bill Bouie - Phoenix, AZ/Reston, VA
- 4th: James Harvey / Ray Crowell - Marietta, GA/Cleveland, GA

Men's Doubles M50B/55B - Single Elimination

- 1st: James Koehler, Jr. / James Latto - Paradise Valley, AZ/Peoria, AZ
- 2nd: Bob Walton / Bruce Teter - Whitehouse, TX/Dallas, TX
- 3rd: Bruce Hubrich / Chuck Evans - Louisville, KY/Louisville, KY
- 4th: Craig Jensen / Sol Soto - Chandler, AZ/Tempe, AZ

Men's Doubles 55+ - Single Elimination

- 1st: Dave Azuma / Thomas Travers - Lake Oswego, OR/Delray Beach, FL
- 2nd: Frank Taddio / Joe Lee - Gilbert, AZ/Mi'l, HI
- 3rd: Hatch Saakian / Ruben Gonzalez - Tujunga, CA/Staten Island, NY
- 4th: Howard Walker / Gene Pare - Austin, TX/Campbell, CA

Men's Doubles M55A - Round Robin

- 1st: Billy Cannon / Ronald Martucci - Montevallo, AL/Birmingham, AL
- 2nd: Robert Frazier / Tyrone Tony White - Toney, AL/Wetumpka, AL
- 3rd: Drake Deavours / Jim Bono - St. John, IN/Crown Point, IN

Men's Doubles 60+ - Single Elimination

- 1st: Eric Barkey / Jim Bailey - Folsom, CA/Norfolk, VA
- 2nd: Ed Remen / Mike Pawka - Apex, NC/San Diego, CA
- 3rd: Craig Olsen/Tom McKie , TX
- 4th: Jim Brane/Richard Bocanegra

Men's Doubles M60A - Round Robin

- 1st: Jim Verhaeghe / Thomas Lundy - Tucson, AZ/Tucson, AZ
- 2nd: Billy Lantrip/Hank Estrada CA
- 3rd Gary Wells/Peter Prucha, CA

Men's Doubles 65+ - Round Robin

- 1st: Mike Pawka / Tom McKie - San Diego, CA/Garland, TX
- 2nd: Chuck Childers / Michael Arnolt - Muncie, IN/Indianapolis, IN
- 3rd: Donald Sperber / Joseph Capozzoli - Palm Beach, FL/Penn Valley, PA
- 4th: Fredrick Roe / Howard Nellor - Santa Monica, CA/Winter Springs, FL

Men's Doubles M70 - Round Robin

- 1st: Francis Florey / Roger Hostetler - Superior, WI/Flagstaff, AZ
- 2nd: Bob Warren / Paul Banales - Sun City West, AZ/Tonopah, AZ
- 3rd: Howard Nellor / Ron Adams - Winter Springs, FL/Camarillo, CA
- 4th: Jerry Northwood / Rex Lawler - Prescott, AZ/Terre Haute, IN

Men's Doubles M75 - Round Robin

- 1st: Bob Warren / Paul Banales - Sun City West, AZ/Tonopah, AZ

Women's Doubles US Team Qualifying -**Single Elimination**

1st: Aimee Ruiz / Jacqueline Paraiso - Stirling, NJ/Santee, CA
 2nd: Janel Tisinger / Rhonda Rajsich - Simi Valley, CA/Fountain Hills, AZ
 3rd: Aubrey O'Brien / Sheryl Lotts - Auburn, CA/Bedford, OH
 4th: Cheryl Gudinas / Krystal Csuk - Naperville, IL/Aurora, IL

Women's Doubles A - Pool Play

1st: Elizabeth Higa / Stephanie Christensen - Honolulu, HI/Kailua, HI
 2nd: Carla Francis / Carol Loomis - Castro Valley, CA/Portland, OR
 3rd: Amy Eytون / Dianne Doerschel - Maple Falls, WA/Peoria, AZ

Women's Doubles Elite - Pool Play

1st: Debra Bryant / Wanda Collins - Sneads Ferry, NC/Bellingham, WA
 2nd: Carrie Hoeft / Kelani Bailey - Chesapeake, VA/Norfolk, VA

Women's Doubles W30 - Round Robin

1st: Judy Hulen / Vivian Schneider - Victorville, CA/Victorville, CA

Women's Doubles W30A - Round Robin

1st: Melody Gorno / Thao Le - Trenton, MI/Falls Church, VA
 2nd: Amber Dirks / Laura Goo - Glendale, AZ/Glendale, AZ
 3rd: Arlene Swinney / Cherilyn Toland - Mesa, AZ/Peoria, AZ
 4th: Elizabeth Higa / Sarah Houghtailing - Honolulu, HI/Honolulu, HI

Women's Doubles W35 - Round Robin

1st: Debra Bryant / Lorraine Galloway - Sneads Ferry, NC/Hempstead, NY
 2nd: Dorcy Norton / Kris Kaskawal - Escondido, CA/Lahabra, CA

Women's Doubles W35A - Round Robin

1st: Amber Dirks / Laura Goo - Glendale, AZ/Glendale, AZ
 2nd: Elizabeth Higa / Sarah Houghtailing - Honolulu, HI/Honolulu, HI

Women's Doubles 40+ - Double Elimination

1st: Lorraine Feeney / Roz Petronelli - Abington, MA/N. Easton, MA
 2nd: Debra Bryant / Lorraine Galloway - Sneads Ferry, NC/Hempstead, NY

Women's Doubles W40A - Round Robin

1st: Melody Gorno / Thao Le - Trenton, MI/Falls Church, VA

Women's Doubles 45+ - Single Elimination

1st: Elaine Dexter / Jody Nance - Pleasanton, CA/Lodi, CA
 2nd: Lori Soares / Roxanne Davis - Santee, CA/San Diego, CA
 3rd: Chris Evon / Terri Graham - Wheeling, IL/Wheeling, IL
 4th: Linda Moore / Wanda Collins - Lincoln, NE/Bellingham, WA

Women's Doubles W45A - Round Robin

1st: Angela Harper / Lisa Panzero - Tucson, AZ/Tucson, AZ

Women's Doubles 50+ - Single Elimination

1st: Leslie Pawka / Vicki Panzeri - San Diego, CA/Seattle, WA
 2nd: Kathy Gluvna-Isett / Malia Bailey - Moorpark, CA/Norfolk, VA
 3rd: Elaine Dexter / Linda Moore - Pleasanton, CA/Lincoln, NE
 4th: Patty Decker / Susan Wielinski - Arlington, TX/St. Cloud, MN

Women's Doubles W50A - Round Robin

1st: Cheryl Jones / Kerri Garcia - Rochester, MN/Scottsdale, AZ
 2nd: Amy Eytون / Dianne Doerschel - Maple Falls, WA/Peoria, AZ
 3rd: Angela Harper / Lisa Panzero - Tucson, AZ/Tucson, AZ
 4th: Ann Draudt / Cheryl Kirk - Colleyville, TX/Naperville, IL

Women's Doubles 55+ - Round Robin

1st: Marsha Berry / Susan Hendricks - Louisville, KY/Phoenix, AZ
 2nd: Carla Francis / Shirley Parsons - Castro Valley, CA/Rangely, CO
 3rd: Joann Johnson / Terry Ann Rogers - Bellingham, WA/San Mateo, CA

Women's Doubles W55A - Round Robin

CeCe Palaski/Marquita Molina

Women's Doubles W60 - Round Robin

1st: Joann Johnson / Terry Ann Rogers - Bellingham, WA/San Mateo, CA
 2nd: Mary Lou Furaus / Nidia Funes - Goodyear, AZ/Novato, AZ
 3rd: Marquita Molina / Mildred Gwinn - Wasco, CA/Waxhaw, NC

Women's Doubles W65 - Round Robin

1st: Mary Lou Furaus / Nidia Funes - Goodyear, AZ/Novato, CA
 2nd: Marquita Molina / Mildred Gwinn - Wasco, CA/Waxhaw, NC

Mixed Doubles A - Single Elimination

1st: Melissa Bentley / Mike Murphy - Perry, OH/Mentor, OH
 2nd: Michael Grotta / Sandy Long - Menomonee Falls, WI/Fort Worth, TX
 3rd: Brian Andresen / Carrie Hoeft - Davenport, IA/Chesapeake, VA
 4th: Harish Chopra / Sandy Rios - Schererville, IN/Kerrville, TX

Mixed Doubles Open - Single Elimination

1st: Aimee Ruiz / Andy Hawthorne - Stirling, NJ/Seven Hills, OH
 2nd: Janel Tisinger / Jonathan Dunn - Simi Valley, CA/Canyon Country, CA
 3rd: Jacqueline Paraiso / Mike Orr - Santee, CA/La Jolla, CA
 4th: Rhonda Rajsich / Shawn Royster - Fountain Hills, AZ/Encinitas, CA

Mixed Doubles Elite - Single Elimination

1st: Brian Pineda / Michelle Poage - Fountain Valley, CA/Anchorage, AK
 2nd: Cindy Gilbert / Tim Annear - Cupertino, CA/Dublin, CA
 3rd: Cindy Tilbury / Rick Betts - Denver, CO/Malibu, CA
 4th: Christie Riley / Todd Entrikin - Rancho Cucamonga, CA/Perris, CA

Mixed Doubles MXB - Single Elimination

1st: Lynn Stephens / Mimi Greene - Carthage, NC/Mililani, HI
 2nd: Julia Mouser / Thomas Baker - Tustin, CA/Oceanside, CA
 3rd: John Parks / Ronna Uliana - Oakley, CA/Turlock, CA
 4th: Carliza Valencia / Colby Diamond - Diamond Bar, CA/Diamond Bar, CA

Mixed Doubles MXC - Single Elimination

1st: Dory Bocanegra/Joe Williams
 2nd: Andrew Perston/Jan Stelma

Mixed Doubles MX25 - Single Elimination

1st: Greg Solis / Michelle Poage - Unknown, CA/Anchorage, AK
 2nd: Brian Fredenberg / Krystal Csuk - Frisco, TX/Aurora, IL
 3rd: Rick Soda Man Koll / Sarah Houghtailing - Las Vegas, NV/Honolulu, HI
 4th: Melissa Bentley / Mike Murphy - Perry, OH/Mentor, OH

Mixed Doubles MX30 - Single Elimination

1st: Greg Solis / Michelle Poage - Unknown, CA/Anchorage, AK
 2nd: Rick Soda Man Koll / Sarah Houghtailing - Las Vegas, NV/Honolulu, HI

Mixed Doubles MX35 - Single Elimination

1st: Melissa Bentley / Mike Murphy - Perry, OH/Mentor, OH
 2nd: Debra Garrett-Woods/Roland Grassi

Mixed Doubles 30+ A - Round Robin

1st: Melissa Bentley / Mike Murphy - Perry, OH/Mentor, OH
 2nd: Carol Loomis / Daniel Rhodes - Portland, OR/Beaverton, OR
 3rd: Stephanie Christensen / Tom McCloskey - Kailua, HI/Mililani, HI
 4th: Jill Scott / Fred Lantigua - AZ/Chandler, AZ

Mixed Doubles 40+ - Round Robin

1st: Malia Bailey / Steve Dayvault - Norfolk, VA/Wilmington, NC
 2nd: Jody Nance / Mark Nomura - Lodi, CA/Fremont, CA
 3rd: Celia Vigil / Tom Lonardo - Los Altos, CA/San Jose, CA
 4th: Cindy Gilbert / Shawn Hanshaw - Cupertino, CA/Danville, CA

Mixed Doubles 45+ - Single Elimination

1st: Chris Evon / Scott Cullins - Wheeling, IL/Woodstock, GA
 2nd: Jimmy Lowe / Terri Graham - Wahiawa, HI/Wheeling, IL
 3rd: Ken Stone / Linda Moore - Pleasanton, CA/Lincoln, NE
 4th: Cindy Gilbert / Gilbert Cepeda - Cupertino, CA/San Jose, CA

Mixed Doubles 50+ - Single Elimination

1st: Glenn Bell / Malia Bailey - Nederland, TX/Norfolk, VA
 2nd: Kathy Gluvna-Isett / Troy Stallings - Moorpark, CA/Sioux Falls, SD
 3rd: Jim Wright / Marsha Berry - Phoenix, AZ/Louisville, KY
 4th: Cindy Tilbury / Rick Betts - Denver, CO/Malibu, CA

Mixed Doubles 55+ - Round Robin

1st: Dave Azuma / Elaine Dexter - Lake Oswego, OR/Pleasanton, CA
 2nd: Joe Lee / Vicki Panzeri - Mi'il, HI/Seattle, WA
 3rd: Mark Baron / Susan Hendricks - Herndon, VA/Phoenix, AZ
 4th: Carla Francis / Warren Bailey - Castro Valley, CA/Anchorage, AK

Mixed Doubles 60+ - Round Robin

1st: Jim Bailey / Mildred Gwinn - Norfolk, VA/Waxhaw, NC
 2nd: James Harvey / Shirley Parsons - Marietta, GA/Rangely, CO
 3rd: Terry Ann Rogers / Warren Bailey - San Mateo, CA/Anchorage, AK
 4th: Dory Bocanegra / Jim Brane - Topeka, KS/Kansas City, MO

Mixed Doubles 65+ - Round Robin

1st: Jerry Northwood / Mary Lou Furaus - Prescott, AZ/Goodyear, AZ
 2nd: Cece Palaski / Fredrick Roe - Santa Fe, NM/Santa Monica, CA
 3rd: Joseph Capozzoli / Mildred Gwinn - Penn Valley, PA/Waxhaw, NC
 4th: Marquita Molina / Ron Adams - Wasco, CA/Camarillo, CA



INSTRUCTORS PROGRAM

THE ONLY INSTRUCTORS PROGRAM RECOGNIZED BY THE NATIONAL GOVERNING BODY

1. WHY CREATE A NEW PROGRAM? The original AmPRO program was created and implemented by USA Racquetball. During the financial crisis of 2002, the program was re-organized. Although all revenues went directly to the director of the program, USA Racquetball still provided and financed AmPRO insurance coverage. In recent years, members and instructors have been requesting consistently updated information and stricter qualification requirements for instructors. USAR and several master instructors decided to meet to determine if a revised program was indeed indicated and, if so, how it should be structured. A decision was made to commence with an updated and enhanced program leveraging technology and mentoring components. Efforts were made to unify the two programs (AmPRO and USAR-IP) but when efforts failed, the master instructors (Fran Davis, Connie Martin, Tom Travers and Jim Winterton) moved on to develop the new USAR Instructors Program.

2. WHAT ARE THE BENEFITS OF THE USAR INSTRUCTORS PROGRAM? The new program will utilize modern modes of social media technology (USAR web site, Twitter, Facebook, chalk book analysis-a new teaching technology, the USOC coaching web site, *Racquetball* magazine, Racquetball University) to help distribute information, updated and distributed on a monthly basis, to all members. Not only will there be a great deal of information distributed each month, a regional mentoring program is being established that will entail monthly conference calls to address teaching and coaching issues. The new program will also include a coaching certification (in line with the USOC's coaching program), a clinician's certification for teachers (to provide insurance, use of the R2 system for registration and advertisement, and use of the web site and magazine for advertising of clinics), and a programming certification produced by Connie Martin. The programming manual is the most-up-to-date reference book for programming available in our sport and will be distributed throughout the U.S. and at all USAR-IP clinics.

3. WHAT HAPPENS TO CURRENT AMPRO INSTRUCTORS? All current AmPRO memberships will be grandfathered into the new program. If you have a lifetime membership in AmPRO, you have a lifetime membership in USAR; similarly, if you have a three-year AmPRO membership, you will be grandfathered into USAR-IP for the length of that membership.

4. WHAT IS THE DIFFERENCE BETWEEN MEMBERSHIP AND CERTIFICATION? Membership provides the opportunity to be connected with the USAR-IP program and receive continually updated information. It provides access to all on-line services. Certification recognizes you as qualified to teach racquetball at a designated level. All certified instructors must be members of USAR-IP.

5. WHY WILL THERE BE A RE-CERTIFICATION? In order to maintain highly qualified instructors, our insurance carrier recommended that we implement a method for education to ensure instructors are kept up-to-date with the newest teaching techniques. The new program will provide continual online education classes and re-certification every three years (online or in person). The online courses are slated to begin by June 2010.

6. WHAT IS THE COST?

New Members (no AmPRO affiliation)

Membership - \$99

Certification Clinic - \$295 (certification includes one-year membership)

Current AmPRO members

Membership - \$75

Re-certification Clinic - \$150.00 (regular member)

Re-certification Clinic - \$75.00 (AmPRO lifetime member)

All current AmPRO members have up to three years to recertify.

7. WHAT IS THE LENGTH OF THE COURSE? Initially it will be Friday evening, Saturday and Sunday. This course may also be conducted during the week in some areas, e.g. instead of Friday 6 to 10, Saturday 9 to 5 and Sunday 9 to 2, it could potentially be scheduled for Monday 4-10, Tuesday 4-10, and Wednesday 4-9, or similar hours during weekday afternoons/evenings.

B. CAN I BE A MEMBER OF BOTH ORGANIZATIONS? Certainly, but USAR does not recognize AmPro.

9. WHAT IF I STAY IN AMPRO AND DO NOT JOIN USAR-IP? USA Racquetball will recognize only those AmPRO instructors who have indicated (by completing an online application) their desire to join USAR-IP. This certification will be recognized for a maximum of three years. All new AmPRO certifications (after January 1st, 2010) are not recognized by USAR-IP.

10. IS THERE ANY DIFFERENCE BETWEEN AMPRO AND USAR-IP INSURANCE COVERAGE? Each instructor is solely responsible for ensuring the following are included:

- Coverage for sexual abuse and harassment (#1 reason for charges brought against instructors)
- Minimum of \$4 million liability coverage
- Minimum of \$2 million liability per occurrence

Note: USAR-IP insurance includes all of the above.

Endorsed by International Racquetball Tour



INTERESTED?

Please complete the Instructors feedback at
WWW.USRA.ORG/USARINSTRUCTORSPROGRAM.ASPX



INSTRUCTORS PROGRAM

INSTRUCTORS & CLINICS

(ALL CAMPS AND CLINICS ARE USA RACQUETBALL SANCTIONED, APPROVED AND INSURED)

JIM WINTERTON

Jim Winterton is a master instructor in the new USAR Instructors Program and is in charge of coaching certification. He is currently working with the United States Olympic Committee to develop an updated coaching program for racquetball.

March 5th – 7th – Second Annual Maverick Elite Camp, Dallas TX

March 20th – All sports NYRA Members Appreciation Clinic, Armitraj, Clinic Fishkill, NY and Bayshore, NY

March 25th – 27th – USAR-IP Clinic, Colorado Springs, CO

April 23rd -25th – USAR-IP Clinic, Albany, NY

May 1st-2nd – Great Falls, Montana

For more information, go to www.racquetworld.com or www.coachrball.com.

JO SHATTUCK

Jo Shattuck is Director of Racquetball Academy. Jo's academy centers around the concept of M.U.D.C.A.T. (multi discipline circuit aptitude training). Academy sessions are designed to fit a player's skill, body type, personality, lifestyle and natural strengths.

Contact Jo at www.racquetballacademy.com.

July 15th-19th – Elite Lite Camp, Denver, CO

FRAN DAVIS

Hall of Fame instructor Fran Davis and former #1 player Jason Mannino bring you the Building your Racquetball Dream House Camp Series, the longest running (15 years), most comprehensive and most successful Camp Series in the World, serving more than 5,000 campers to date. Instructors and former #1 players Cliff Swain, Sudsy Monchik and Jason Mannino have partnered up with Hall of Famer Fran Davis to develop winning racquetball strategies for today's game, for students of every level. Camp highlights include comprehensive video analysis of each student's swing and play, on-court tactics, and the ability to play Jason Mannino who assesses and offers feedback on areas to improve your game on the spot. To see how 60+ years of teaching and playing experience can help your game, visit Fran's website at www.FranDavisRacquetball.com.

USAR-IP COURSES

Minneapolis, MN – March 5 to 7th

Seattle, WA – Spring/Summer 2010

Long Island, NY – March 19 to 21st

San Francisco, CA – Spring/Summer 2010

North Carolina – April 30th to May 2nd

Portland, OR – Fall 2010

Minneapolis, MN – Fall 2010

THE RACQUETBALL U CAMP

Taught by Shane Vanderson and Mitch Williams, two Top 6 IRT Pro's With Over 40 Years of Racquetball Experience

- Over 13 Hours of Racquetball instruction covering all aspects of the game, including doubles
- Shane and Mitch's own Racquetball notebook to review and take notes, two instructional DVD's, and a personalized DVD analysis
- Training preparation for tournaments
- Opportunity to Play the Pros

Check out: <http://theracquetballu.com> for more information.

ENDORSED BY INTERNATIONAL RACQUETBALL TOUR





INSTRUCTORS PROGRAM

LEVELS OF DEVELOPMENT

A **MASTER INSTRUCTOR** is a member of the USA Racquetball Instructors Program and USA Coaching Development Team. Credentials include national instructional recognition. Currently Fran Davis, Tom Travers, and Jim Winterton are the only Master professionals; however, it is anticipated others will reach this level.

A **REGIONAL ADMINISTRATOR** is someone who has taught for at least 20 years. This person is involved with the administration of coaching or instructing at a national level. They have attained Professional Instructor status and offer instruction in large group settings. They must participate in online education or assist in developing course materials.

A **PROFESSIONAL CLINICIAN** conducts sanctioned camps and clinics. This person has attained Advanced Instructor status and offers instruction in large group settings. They have also attained a professional or a high Open playing level, and must participate in online educational requirements or mentoring with a Master professional. The Professional Clinician will have participated in playing or coaching on a national or international level for at least fifteen years.

All the levels listed above are eligible to test for camp or clinic sanctioning. The levels listed in the next column are not eligible to offer sanctioned camps but may conduct camps with clinicians in a mentored status.

An **ADVANCED INSTRUCTOR** has achieved a high Open playing level. The skill equivalent of the Professional level with the AMPRO organization has been grandfathered into the USA Racquetball Instructors Program; therefore, that Professional automatically becomes a member of the USA Racquetball Instructors Program. An Instructor has taken the USA Racquetball Instructors Program test and certification and is participating in online education and mentoring with a Master professional.

AVAILABLE COURSES

INSTRUCTOR - Prerequisite is weekend clinic attendance. Online materials are being developed. Current clinic dates are February 24-26 at Life Time Fitness in Minneapolis, MN; March 26-28 at Lynmar Racquet & Health Club in Colorado Springs, CO; and April 23-25 at Court Club at Colonie in Albany, NY.

COACHING - Prerequisite is the Professional or Instructor level for high school and collegiate coaching. Recreational coaching materials are being developed.

CLINICS - Pass a written exam, submit a sample of a video analysis of a match (10-12 minutes), a short video of the prospective clinician playing a match and two sample lesson plans.

PROGRAMMING - The course will provide information to assist the club/racquetball programmer and instructors in developing more effective racquetball programs. An online course will be available.

ENDORSED BY INTERNATIONAL RACQUETBALL TOUR



The Best Play Penn!
Shouldn't You?



OFFICIAL BALL



pennracquet.com

Penn
WORLD'S #1
SELLING BRAND.

BUILDING your RACQUETBALL

Video

What's Included

- Be deceptive - vary serves to keep your opponent guessing
- Learn to hit the perfect background
- Think like the pros - Improve shot selection
- Find out why game plans and strategies are a must
- Learn to be aggressive on return of serve
- Perfect Practice makes perfect - have fun!

Presented by Fran Davis Racquetball
Featuring Sudsy Monchik & Jason Mannino

Camps

Featuring **Fran Davis**

World Premier Coach/2004 Hall of Fame Inductee
and **Jason Mannino**

2003 #1 Pro Player and 1999 & 2001 US Open Champion

Book

'NEW...' Championship Racquetball Book,
for Intermediate and Advanced Players.

Written by Fran Davis and Jason Mannino.

Published by Human Kinetics.

Release Date: Fall of 2010.

Pre-Orders will be taken Summer 2010.

Fran Davis

A Healthy Racquet, Inc.

1037 NE 65th St. #343, Seattle, WA 98115

Phone: 206-522-3726, Fax: 206-260-7909

Dream House

Special On-line Video Offer

www.FranDavisRacquetball.com

Mention National Racquetball Magazine under "Comments" section and receive a free can of Penn Balls.

VHS = \$39.95 plus shipping & handling -180 minutes

DVD = \$49.95 plus shipping & handling -120 minutes

Questions? video@FranDavisRacquetball.com

Camp Schedule

2010 CAMPS

Weekend Racquetball Fantasy Camps

March 5-7	Minneapolis, MN
March 19-21	Long Island, NY
April 30-May 2	North Carolina
May 14-16	TBD
June 4-6	San Diego, CA
July 23-25	Woodbridge, NJ
August 6-8	San Francisco, CA
August 27-29	Sarasota, FL
September	TBD
October 1-3	San Antonio, TX
October 15-17	Atlanta, GA
November 5-7	Chicago, IL
Fall/Winter	Kansas
Fall/Winter	Ohio

Week Long Racquetball Fantasy Camps

December 2-9, 2010 Aruba
(Caribbean Island...Advanced Camp)
Possible Future Cities...AZ, NM, MD/VA, New England + more
The above dates are subject to the IRT schedule

Questions? Upcoming camp dates...
camps@FranDavisRacquetball.com

www.FranDavisRacquetball.com

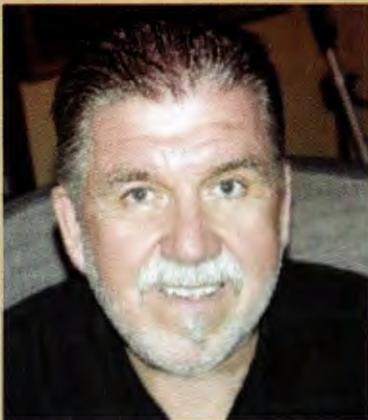
HEAD

Penn



2010 USA Racquetball Board

THE CANDIDATES ARE:



Tom Curran

During my tenure on the Board it has been both a pleasure and an honor to serve. This is a challenging time for our sport and the USAR. I am proud to be involved in helping the organization survive and succeed. I want to continue my service and contributions to the Board to ensure it maintains the current focus on financial stability and service to the membership.

I have been an active member of the Fundraising, Membership, and Technology Committees and Chair of the Legislative Committee. I was also appointed as Secretary of the Board, a position I currently hold. I am proud of my service to the members of the USAR which is evident by the positive changes in the financial health and services provided by our organization.

Over the past thirty-five years, racquetball has been both my sport and my social life. I am passionate about our sport and the USAR and want to see both grow and flourish for generations to come. I am thankful that I have reached a point in my life where I can devote even more time to this goal. I am asking for your support by way of your vote.

Thanks,
Tom Curran
Tom1947@aol.com



Peter McMillin

Many of you know my passion for racquetball. I have an incredibly positive attitude, tons of energy and enthusiasm. I listen well and appreciate the ideas of others.

I started playing in 1976. My first tournament was in 1979 and my first national competition in 1998. I have been on the Boards of the Washington Racquetball Association; the California State Racquetball Association as Juniors Coordinator; Tournament QC Director and VP for Southern California, New Mexico, and I am involved with Colorado now.

I have sponsored, run or helped run numerous tournaments, from small local tournaments to national regionals, World Seniors and Junior Worlds. I am a USA Racquetball Lifetime member and a life-time AMPro/IPRO Advanced Instructor. I am a ProKennex representative, currently a Regional Coordinator.

Equally important is my background in Business Development and as a Project Manager. I offer the skills and abilities to both promote and organize well-thought-out means and methods to increase involvement in the sport.

I firmly believe that together we can make a huge difference in the future of racquetball in this country. I look forward to obtaining the chance to make these dreams a reality. A vote for me will result in stronger racquetball.

LET'S BUILD COURTS, NOT TEAR THEM OUT.

Peter McMillin
pgmcmillin@aol.com

ELECTIONS

There are three Board of Directors seats available. Each USA Racquetball member may vote for a maximum of three candidates. Please return the ballot included in this issue by April 19, 2010.



JoAnna Reyes

I tell players, "Serving on the Board or a Committee is about the passion I see in you when it comes to racquetball. It's about accepting an opportunity to extend outside of your area and become part of a group of leaders who have the same vision, concerns and views as your own." So, today I take my own advice and step up with all the racquetball passion I possess.

I've played and competed for 20+ years and exist as a strong advocate for racquetball. I take an active role in the racquetball community by serving on the TXRA Board, Texas Women's Racquetball Council and the USAR Women's Committee. Locally, I am the Director of Racquetball/Pro at several clubs and serve as the Tournament Coordinator for South Texas Racquetball. I am sponsored by Gearbox Racquetball.

I ask for your endorsement as I seek to help secure the future of our sport via clinics, programs, surveys and studies. This candidate promises to exceed your expectations in continuing to pursue the growth of racquetball programming for civilian/military men, women and especially for our juniors...the next generation of great players to come!

JoAnna Reyes
jmrrbh@sbcglobal.net

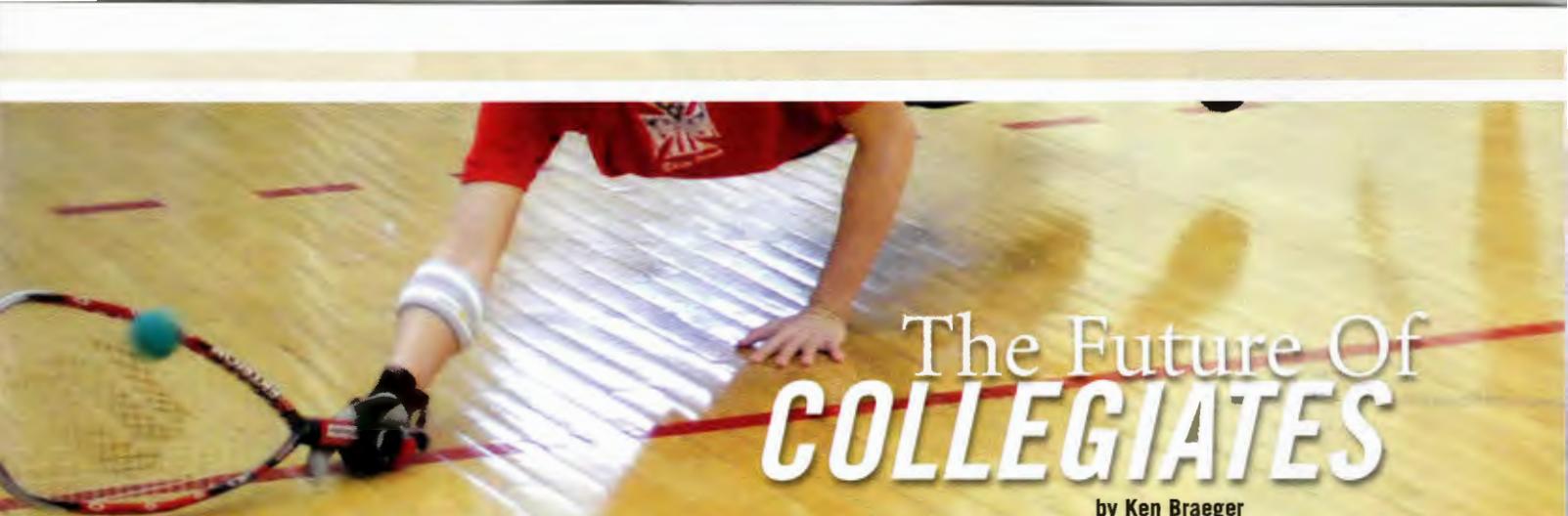


Jan Stelma

I am truly excited and honored to be considered for the USAR Board of Directors. I think I can bring to the Board a multi-faceted-perspective. First, I have served on my state board in North Carolina for years, holding the positions of President, Vice President and Treasurer. Second, I have served on the USAR Board in the positions of Vice President and Secretary. Third, I am owner of two racquetball clubs. This combination gives me a true insight into many of the issues our sport faces.

I understand the financial struggles of the states and the national organization and think that I can help balance the needs of both. Service to our members is very important. As a club owner I understand customer service and how important it is to the growth of any business, which is exactly what our state and national organizations are. Let me represent you, my fellow racquetball players, and I promise to work hard to resolve issues, and help map a great future for our sport! Let's roll 'em out!

Sincerely,
Jan Stelma
coachjan@suddenlinkmail.com



The Future Of **COLLEGIATES**

by Ken Braeger

If you've been reading the last few issues of *Racquetball* magazine, you've noticed Jim Hiser and Cheryl Kirk pressing current players to help grow the game. I want to add to their sentiments and give you another area to look at: intercollegiate competitive racquetball. I played competitive racquetball in college and got hooked on the sport. I was originally exposed to the game in the military, but if I hadn't played in college, I doubt I'd still be involved with the sport today. I came back to college racquetball as a coach to make sure current players were getting exposed to the sport and to hopefully provide them with some positive college racquetball memories. I think collegiate racquetball is an area upon which we should focus to find and develop new players and provide an arena for experienced young players to grow.

Colleges and universities provide an impressionable market of players that can easily solidify the future of our sport. Not everyone who attends college is recruited to play sports. This gives us a pool of students who would love to represent their school in collegiate competition. The staggered playing divisions in collegiate competition make it so you don't have to be at the elite level to play and have fun. We know most players don't come into the game at the higher levels – we need to recruit people at the ground level. We have to entice them to play without intimidating them with too much initial involvement/investment before they even know if they'll like playing the sport. College level racquetball is a great venue for this -- the threat is lower and resources are more readily available. Teams can have equipment to use (or people have multiple racquets/last year's equipment to loan out). Many schools have courts already on campus, so there's no health club to join. The goal is to get players to love the game so much they will continue to play after college.

You've seen reports in past issues of *Racquetball* magazine about the Eastern Collegiate Racquetball Conference (ECRC; www.ecrcracquetball.org), a collection of Division I and Division II schools in the Northeast U.S. that compete annually with a four-tournament conference schedule and a Regional Championship. About 15-20 schools attend these tournaments, and player counts can exceed 180 men and women. At the College National Championships last year, four more conferences nationally solidified schedules to compete on the collegiate level this season. There are more conferences planned for the future, thereby increasing the level of exposure to college players. As these conferences mature, we can expect more schools to join. We want these college leagues to succeed.

Racquet manufacturers recognize the importance of college players. Last year nearly all the companies offered extremely discounted player packages to students on college teams, regardless of playing ability or rank on the team. I don't know for sure if they will continue to do this, but I think the manufacturers see this as an investment in their future. If they can hook some of these players in college, they'll have them for life. Racquetworld.com has also put a large stock in the college players, offering teams discounted prices on nearly everything they sell.

I personally like to look through the annual high school and college issue of *Racquetball* magazine. As I scan the competitive high school results, it makes me wonder where these kids plan to attend college. Is the sport of racquetball in their decision criteria? If we can expand racquetball to more schools or boost current programs, we can help keep the pool of players growing past college. It would be great to prime established college programs with experienced players coming out of high school and junior programs.

Some people are already giving back to this area. I mentioned the racquetball manufacturers, but we've also seen open level players, semi-pros, and pro coaches (like Jim Winterton) giving free clinics to the college players and leagues. These are people investing time in the future of the sport.

What can you do? Easy, support college programs. Do you live near a school? Did you graduate from a college with a team (regardless if you played on it)? Reach out and see what they need. Colleges and Universities are often reluctant to fund or support start-up programs. Though players can get discounts on equipment and most schools have courts for them to use, when you add the aspect of traveling to competitions, it adds additional funding requirements. Transportation, food, and lodging can take a chunk out of a college student's budget and any help would be appreciated.

When I first began rebuilding the program at the United States Military Academy, we had a very limited budget. We traveled to many ECRC competitions and were hosted by local families for both lodging and food. Families welcomed our players to stay at their homes and even transported them back and forth to the competition throughout the tournament. We did this in multiple cities. Volunteer to help out programs as they travel to your area.

The teams have a responsibility, too. They cannot stand by and be idle while they wait for the racquetball community to come to them. Recommendations to teams (or potential teams):

- **As you solidify playing rosters, develop some type of formal team by-laws** and establish systems that will foster continuity past the founding members. Usually a strong, motivated player or two will start a team, but after they graduate the program deteriorates. Leave a legacy and check back in on it.
- **Reach out for help.** Search out other teams, set up competitions. Look to teams and leagues to get information on techniques for strengthening the program. Talk to tournament directors running local competitions, and ask for a college discount. Tournaments want more players and in the Northeast we've seen many events offering a discounted price to college players. Playing in these tournaments provides great experience and students get exposed to what a tournament looks like after college.
- **As you begin competing, publicize your results.** Win or lose, let people know you are competing and representing the school. This lets people know there is a program; it also informs your local racquetball community about your program.
- **Look for local racquet/health clubs near your school.** Challenge their players to give you exposure to more than your own team's players. It can also help to develop lifelong racquetball friends.
- **Always look to recruit players.** Watch the courts to see who is playing and advertise your program. If your school has a "club" night, set up an information station. Make this a team effort and use pictures and stories from previous years to bring in the new

players. As your program matures, you'll have to hold try outs for your competitive spots.

- **When you leave a program, don't forget about it.** You have valuable experience your program can use. You are also a competitor for them to practice against. Let students who follow you enjoy the same or better racquetball experiences through a concrete program.

I know I've been on my soap box here, but I wanted to pass along some of what I've seen and experienced over the past few years. I see the potential for racquetball to continue to grow through exposure to college students and college competitions. Stay involved as programs grow and new competitive conferences form.

If you have questions about running a college program you contact me at kenbraege@yahoo.com and I'll help you the best I can. There is also a collegiate tab on the USA Racquetball web site (www.usra.org) that contains information about this season's Collegiate National Championships and supplies contact information for others involved with college racquetball.

Ken Braege is a member of the Wilson Advisory Staff and coached the United States Military Academy Racquetball Team from 2005-2009. He has advised numerous college programs and has been an interim member of the Collegiate Racquetball Counsel for the last 2 years. Ken is currently working with the Kansas University Racquetball Team to build their program up to competitive status.



Junior Olympic CHAMPIONSHIPS

Junior Olympic Championships
 June 26th - June 30th, 2010
 University of Minnesota REC Center
 1900 University Avenue SE
 Minneapolis, Minnesota

Deadline to enter is Friday June 18th, 2010.
 Starting times available online Wednesday, June 23rd, 2010 after 5 pm Central time.

Enter online at www.usaracquetball.com

Host Hotel:
 Radisson University Hotel / \$95 per night
 You can view the recreation center from your hotel window!
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PHOTO BY CAMRON WRIGHT

IRT Matches Now Available

LIVE ONLINE



After many years of waiting, fans of men's professional racquetball finally have the opportunity to watch the best players in world, live over the Internet. All of the International Racquetball Tour's (IRT) Tier 1 and Grand Slam events are now being streamed live around the world on IRTNetwork.com. This includes the quarterfinals, semifinals and finals. In addition, select satellite stops are also being streamed live on IRTNetwork.com.

The live streaming of IRT action is the result of an agreement between the IRT, Breakwater Sports & Entertainment Group, and Accurate Productions. Together, the three have launched IRTNetwork.com in order to produce television quality footage of the IRT's tournaments for live streaming via the Internet. In addition to live streaming, video footage of each match is archived for viewing at a time convenient to the fans.

"I am excited about this new venture with the IRT," said Peter Nitschke, CEO of Breakwater. "Men's professional racquetball is one of the most exciting sports to watch, and we are eager to take it to the larger viewing public. We have assembled a team of experienced sports production personnel in order to deliver a first rate product for racquetball fans and sports fans in general."

IRTNetwork.com has recruited John Scott, a sportscaster based in St. Louis, to serve as the voice of the IRTNetwork. Scott handles all of the play-by-play announcing as well as interviews and other features. In addition to being an experienced broadcaster, Scott is an Open level racquetball

player who knows the game well. His knowledge of the game clearly enhances the live coverage.

In addition to live and archived footage of the IRT matches, IRTNetwork.com also features tips from IRT players and coaches as well as interviews and lifestyle features. "Going forward, we hope to also be able to add additional features including replay and live chat," stated Nitschke.

Viewing of the content on IRTNetwork.com is available on a subscription basis. There are three levels of subscriptions: Season Pass, Monthly Pass and Tournament Pass. The Season Pass, priced at \$119.95, provides access to all content for the entire IRT season. The Monthly Pass, priced at \$14.95, provides access on a monthly basis, and the Tournament Pass, priced at \$9.95, provides access to a specific tournament.

Under the terms of the agreement between the IRT and Breakwater, Breakwater has invested considerable resources in developing the IRTNetwork.com site and platform. The IRT receives a specified percentage of all subscription revenue received. In addition, the top professionals are also able to earn a portion of the subscription revenue.

IRT Commissioner Jason Mannino indicated that the IRTNetwork has the potential to provide a significant revenue stream to enhance and grow the men's professional tour. "IRTNetwork is arguably the most considerable revenue opportunity for the IRT. What's more, it enables us to reach more people more efficiently than anything else we are currently doing," said Mannino.

TEST YOUR RACQUETBALL KNOWLEDGE

1. The female captain of the first junior racquetball team was:

- a. Shannon Feaster
- b. Rachel Gelman
- c. Michelle Gould
- d. Elkova Icenogle

2. Who was the first woman to be recognized as a teaching professional in the United States?

- a. Peggy Steding
- b. Kathy Williams
- c. Jennifer Harding
- d. Sarah Green

3. Who won the first all-women's pro tournament in 1981?

- a. Lynn Adams
- b. Shannon Wright
- c. Caryn McKinney
- d. Peggy Steding

4. Which of the following females won three High School and Junior Nationals titles?

- a. Michelle Gould
- b. Toni Bevelock
- c. Elkova Icenogle
- d. Rhonda Rajsich

5. Which of the following female athletes is NOT in the Hall of Fame?

- a. Lynn Adams
- b. Michelle Gould
- c. Jackie Paraizo
- d. Shannon Wright
- e. Caryn McKinney



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2010 FL IRT SPRING BREAK PROAM	3/11/2010	3/14/2010	603-491-1494
2010 WA NORTHWEST OPEN	3/11/2010	3/14/2010	360-319-7035
2010 MI SOUTHWEST MICHIGAN SHOOTOUT	3/12/2010	3/14/2010	269-370-2013
2010 OH STATE SINGLES AND INTERCOLLEGIATE 4	3/12/2010	3/14/2010	614-890-6073
2010 MRF JOINT FORCES MCGUIRE DIX NORTHEAST REGIONALS	3/12/2010	3/14/2010	908-296-9151
2010 ID STATE SINGLES CHAMPIONSHIP	3/12/2010	3/14/2010	
2010 NY STATE SINGLES CHAMPIONSHIPS	3/12/2010	3/14/2010	
2010 OR JUNIOR STOP SALEM	3/12/2010	3/14/2010	971-242-9872
2010 TX JR STATE CHAMPIONSHIP WARMUP	3/13/2010	3/14/2010	
2010 TX DALLAS SERIES II RACQUETBALL SHOOTOUT	3/13/2010	3/13/2010	214-827-9994
2010 NMRA NATIONAL CHAMPIONSHIPS	3/17/2010	3/20/2010	513-490-7472
2010 OR STATE SINGLES	3/17/2010	3/21/2010	
2010 MO MISSOURI STATE CHAMPIONSHIPS PRESENTED BY PINCHSHOT.COM	3/19/2010	3/21/2010	314-842-3111 EXT. 3
2010 NE STATE SINGLES	3/19/2010	3/21/2010	402-304-8975
2010 VA DR. EDWARD JEWUSIAK MEMORIAL	3/19/2010	3/21/2010	(757) 229-9643
2010 NY SPRING CLASSIC	3/19/2010	3/21/2010	
2010 UTAH SPRING SMASH	3/2/2010	3/6/2010	801-502-9526
2010 DE 7TH ANNUAL DELAWARE ORTHOPAEDIC STATE SINGLES	3/20/2010	3/21/2010	302-668-6871
2010 UTAH STATE SINGLES CHAMPIONSHIPS	3/23/2010	3/27/2010	801-229-7118
2010 MO ST. LOUIS PARTY PRO STOP	3/25/2010	3/28/2010	314-420-2903
2010 OH RAISING SOME RACQUET FOR KIDS TOURNAMENT	3/26/2010	3/28/2010	513-829-3533
2010 MI STATE SINGLES	3/26/2010	3/28/2010	586-295-9772
2010 NC 1ST ANNUAL WOLFPACK CLASSIC	3/26/2010	3/28/2010	919-363-6008
2010 WA STATE SINGLES CHAMPIONSHIPS	3/26/2010	3/28/2010	360-820-3224
2010 KS 2ND ANNUAL TOPEKA YMCA OPEN	3/26/2010	3/28/2010	
2010 TX TEXAS STATE SINGLES RACQUETBALL CHAMPIONSHIPS	3/26/2010	3/28/2010	817-275-3348
2010 EKTELON QUARTERLY SKILL HANDICAP SERIES 3	3/27/2010	3/27/2010	216-262-2134
2010 IL ONE DAY SINGLES SHOOTOUT	3/27/2010	3/27/2010	847-640-2574
2010 FL CINCO DE MAYO TOURNAMENT	3/30/2010	5/2/2010	941-545-5802
2010 KS 4TH ANNUAL GARDEN CITY YMCA KARL MYERS MEMORIAL	3/4/2010	3/7/2010	
2010 MA STATE SINGLES	3/5/2010	3/7/2010	978-273-3110
2010 SC STATE SINGLES	3/5/2010	3/7/2010	843-345-6219
2010 FRAN DAVIS CAMP IN ST. LOUIS PARK, MN	3/5/2010	3/7/2010	952-541-7174
2010 TX MAVERICK ELITE RACQUETBALL TRAINING CAMP	3/5/2010	3/7/2010	817-791-4948
2010 MD SINGLES CHAMPIONSHIPS	3/5/2010	3/7/2010	410-365-6144
2010 MI MARCH MAXIMUS SINGLES CHAMPIONSHIPS	3/6/2010	3/6/2010	248-473-1532
2010 WOR BEACH BASH FOR CASH	3/6/2010	3/7/2010	
2010 UTAH LUCK OF THE HEIGHTS	3/9/2010	3/13/2010	801-502-9526
2010 TX DALLAS SERIES III RACQUETBALL SHOOTOUT	4/10/2010	4/10/2010	214-827-9994
2010 REGIONAL QUALIFIERS	4/16/2010	4/18/2010	719-635-5396 X132
2010 FL SPRING TRAINING	4/2/2010	4/4/2010	603-491-1494
2010 OR JR STATE CHAMPIONSHIPS	4/23/2010	4/25/2010	503-970-6880
2010 TX DALLAS SERIES IV RACQUETBALL SHOOTOUT	4/24/2010	4/24/2010	214-827-9994
2010 NE LINCOLN RACQUET CLUB SHOOTOUT 2	4/25/2010	4/25/2010	402-423-2511
2010 CPRT PRO NATIONALS	4/29/2010	5/2/2010	614-361-7162
2010 CO CINCO DE MAYO	4/30/2010	5/2/2010	
2010 NC ATLANTIC COAST CHAMPIONSHIPS	4/30/2010	5/2/2010	910-343-5950
2010 CO DUELING DAMES	4/4/2010	4/4/2010	
2010 USAR 38TH NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS	4/7/2010	4/10/2010	719-635-5396 X132
2010 NE DOWNTOWN SHOWDOWN	4/9/2010	4/11/2010	402-341-1600
2009 FL CELEBRATE THE WOMEN IN YOUR LIFE TOURNAMENT	5/14/2010	5/16/2010	603-491-1494
2010 OR NW JUNIOR REGIONAL CHAMPIONSHIPS	5/14/2010	5/16/2010	503-680-8502
2010 TX DALLAS SERIES V INVITATIONAL RACQUETBALL SHOOTOUT	5/15/2010	5/15/2010	214-827-9994
2010 USAR 43RD NATIONAL SINGLES CHAMPIONSHIPS	5/26/2010	5/31/2010	719-635-5396 X132
2010 MD LAKEFOREST SPRING SHOOTOUT	5/8/2010	5/8/2010	410-365-6144
2010 TX MAVERICK JUNE TRIPLE CROWN RACQUETBALL SHOOTOUT	6/12/2010	6/13/2010	817-275-3348
2010 IL 6TH ANNUAL RACQUET FOR THE CURE	6/25/2010	6/26/2010	309-685-8360
2010 USAR 37TH NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS	6/26/2010	6/30/2010	719-635-5396 X132
2010 OH EKTELON QUARTERLY SKILL HANDICAP SERIES 4	6/26/2010	6/26/2010	216-262-2134
2010 CO PEPSI CUP TEAM CHAMPIONSHIPS	6/3/2010	6/6/2010	
2010 TX JUNIOR STATE RACQUETBALL CHAMPIONSHIPS	6/4/2010	6/6/2010	210-573-2324
2010 TX DALLAS OPEN RACQUETBALL CHAMPIONSHIPS	6/4/2010	6/6/2010	214-827-9994
2010 FL JUNIOR REGIONALS	6/5/2010	6/6/2010	603-491-1494
2010 TX MAVERICK JULY TRIPLE CROWN RACQUETBALL SHOOTOUT	7/10/2010	7/11/2010	817-275-3348
2010 MD COME IN FROM THE SUN	7/17/2010	7/18/2010	410-365-6144
2010 AZ KEY SPORTS FLAGSTAFF CLASSIC	7/23/2010	7/25/2010	480-545-1363
2010 WOR RACQUETBALL WAREHOUSE CHAMPIONSHIPS	7/8/2010	7/11/2010	
2010 TX MAVERICK AUGUST TRIPLE CROWN RACQUETBALL SHOOTOUT	8/14/2010	8/15/2010	817-275-3348
2010 TX MAVERICK TRIPLE CROWN RACQUETBALL CHAMPIONSHIPS	9/11/2010	9/12/2010	817-275-3348

2010 RACQUETBALL CALENDAR

CONTACT NAME	CONTACT PHONE	VENUE	CITY	STATE
KIM ROY	603-491-1494	SARASOTA BATH & RACQUET CLUB	SARASOTA	FL
WANDA COLLINS	360-676-1800	BELLINGHAM ATHLETIC CLUB	BELLINGHAM	WA
MARTIN VANDE WERD	269-349-9603	BRONSON ATHLETIC CLUB	KALAMAZOO	MI
DOUG GANIM	614-890-6073	HALL OF FAME FITNESS CENTER	CANTON	OH
CRAIG CASUCCI	908-296-9151	JFB MCQUIRE/DIX FITNESS CENTER	WRIGHTSTOWN	NJ
STEVE PURCELL	208-459-3684	IDAHO ATHLETIC CLUB - BOISE	BOISE	ID
PATRICK BERNARDO	518-438-3935	THE COURT CLUB	COLONIE	NY
ED BOYLE	503-245-7100	COURTHOUSE ATHLETIC CLUB NORTH	SALEM	OR
JO ANNA REYES		CORPUS CHRISTI ATHLETIC	CORPUS CHRISTI	TX
MARTIN MCDERMOTT	972-233-6774	YMCA - DOWNTOWN DALLAS	DALLAS	TX
THOMAS CURRAN	513-490-7472	TUCSON RACQUET & FITNESS CLUB	TUCSON	AZ
PAUL MADUELL	503-245-7588	LLOYD ATHLETIC CLUB	PORTLAND	OR
DAN WHITLEY	314-842-3111	VETTA SPORTS CONCORD	ST. LOUIS	MO
LINDA MOORE	402-423-2511	TBD		NE
CARL MOODY	804-221-2373	RIVERSIDE WELLNESS & FIT CTR	NEWPORT NEWS	VA
BETH SHEA	914-739-7755	PREMIER ATHLETIC CLUB	MONROSE	NY
MIKE VAN VALKENBURG	801-502-9526	MARV JENSON RECREATION CENTER	SOUTH JORDAN	UT
JEFF ZEGNA	302-683-4706	KIRKWOOD FITNESS & R/B CLUB	WILMINGTON	DE
KAYE BUHLER	801-229-7118	OREM FITNESS CENTER	OREM	UT
SHARI COPLEN	314-420-2903	MISSOURI ATHLETIC CLUB-WEST	TOWN AND COUNTRY	MO
FABRIZIO MORA	513-622-0715	WAYCROSS ATHLETIC CLUB	CINCINNATI	OH
TOM BLAKESLEE	810-217-8668	DAVISON RACQUET & FITNESS CLUB	DAVISON	MI
ED REMEN	919-363-6008	NORTH CAROLINA STATE UNIV.	RALEIGH	NC
NEAL HEGGEN	360-820-3224	PRO SPORTS CLUB	BELLEVUE	WA
SCOTT WOLFORD	316-721-3428	YMCA - TOPEKA	TOPEKA	KS
LEO VASQUEZ	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
JUSTIN LABELLE	216-397-5221	BALLY TOTAL FITNESS	BEACHWOOD	OH
DAVE NEGRETE	630-430-1478	FOREST VIEW RACQUET CLUB	ARLINGTON HEIGHTS	IL
CHAD BAILEY	941-545-5802	SARASOTA BATH & RACQUET CLUB	SARASOTA	FL
STACY CRASE	620-275-1199	YMCA - GARDEN CITY	GARDEN CITY	KS
ROBERT VAN SCHALKWYK	978-273-3110	METRO SOUTH ATHLETIC CLUB	BROCKTON	MA
DONALD GRUNSTRA	843-697-0559	MUSC WELLNESS CENTER	CHARLESTON	SC
FRAN DAVIS	206-522-3726	LIFE TIME FITNESS - ST. LOUIS PARK	ST. LOUIS PARK	MN
LEO VASQUEZ	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
SUSAN FLAESCH	410-461-0660	SEVERNA PARK RACQUETBALL & FITNESS CLUB	MILLERSVILLE	MD
JAMES SCHEUER	734-560-6014	COLISEUM RACQUET CLUB	WESTLAND	MI
VIC LEIBOFSKY	954-562-5626	GARFIELD STREET COURTS	HOLLYWOOD	FL
MIKE VAN VALKENBURG	801-502-9526	COTTONWOOD HEIGHTS REC CENTER	SALT LAKE CITY	UT
MARTIN MCDERMOTT	972-233-6774	YMCA - DOWNTOWN DALLAS	DALLAS	TX
EDDIE MEREDITH	719-591-8756	USA RACQUETBALL	COLORADO SPRINGS	CO
KIM ROY	603-491-1494	HARBOUR ISLAND ATHLETIC CLUB	TAMPA	FL
ANNETTE KNOTH	503-659-3845	EAST SIDE ATHLETIC CLUB	MILWAUKIE	OR
MARTIN MCDERMOTT	972-233-6774	YMCA - DOWNTOWN DALLAS	DALLAS	TX
LINDA MOORE	402-423-2511	LINCOLN RACQUET CLUB	LINCOLN	NE
STEVE LERNER	614-361-7162	LAS VEGAS ATHLETIC CLUB	LAS VEGAS	NV
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MARTIN MCDERMOTT	972-233-6774	THE TEXAS CLUB	DALLAS	TX
EDDIE MEREDITH	719-591-8756	YMCA - DOWNTOWN HOUSTON	HOUSTON	TX
SUSAN FLAESCH	410-461-0660	LAKEFOREST SPORT & HEALTH CLUB	GAITHERSBURG	MD
LEO VASQUEZ	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
LAUREL DAVIS	630-954-3135	LANDMARK RACQUET	PEORIA	IL
EDDIE MEREDITH	719-591-8756	U OF M REC SPORTS	MINNEAPOLIS	MN
JUSTIN LABELLE	216-397-5221	BALLY TOTAL FITNESS	BEACHWOOD	OH
MARCI RICHARDS	303-986-1501	HIGHLANDS RANCH RECREATION CENTER	HIGHLANDS RANCH	CO
LANCE GILLIAM	210-979-7055	TRITON SPORTS CENTER	SAN ANTONIO	TX
MARTIN MCDERMOTT	972-233-6774	YMCA - DOWNTOWN DALLAS	DALLAS	TX
KIM ROY	603-491-1494	HARBOUR ISLAND ATHLETIC CLUB	TAMPA	FL
LEO VASQUEZ	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
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FRIDAY

HEAD/PENN PRESENTS: "AN AMERICAN IDOL CONTEST" TEXAS STYLE - HYATT REGENCY

Returning after a few years' absence, this event is always a tournament highlight. Players and guests will compete for prizes and the title of "The Finals - American Idol" winner & bull riding contest.

SATURDAY

ANNUAL AWARDS BANQUET AND HALL OF FAME

For a night of recognition and celebration.

SUNDAY

OPEN FINALS

Keep your afternoon and early evening free to watch the U.S. Team Qualifiers at the YMCA! Winners earn appointments to the U.S. Team squad that will compete at the World Championships in Korea this August.

FAREWELL IN THE BAR - PARK BAR HYATT

Join fellow players and fans for the last party night of THE FINALS.

MONDAY

All remaining division finals will be played throughout the day (except the U.S. Team Qualifying OPEN divisions, played on Sunday).

AND ALL WEEK LONG...

U.S. TEAM AUCTION

There will be an auction to benefit the U.S. Team held throughout the event. Anyone willing to donate an auction item, please contact Mary: mmmeredith@earthlink.com

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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; 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.

THE FORM

You'll find the entry form in this issue or online at 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 of \$15.00.

THE FEES

- **ENTRY:** \$99.00 First event (includes \$10 referee fee), \$51.00 second event. Players may enter two events.
- **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 a \$15.00 service charge and pre-payment with Visa/Mastercard at 719/635-5396.

ENTRY DEADLINE

Wed., MAY 5, postmarked no later than Friday, APRIL 30. Only pre-paid entries are placed into the draw; any withdrawals will be subject to a \$15.00 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.

Registration: Players must register at the YMCA prior to their first match, during these hours: Tues. 5 pm to 9 pm, Wed. 8 am to 9 pm, Thurs. 8 am to 9 pm, Fri. 8 am to 8 pm.

DOWNTOWN YMCA ACCESS

All players must have a bag tag to be admitted into the YMCA racquetball area and to complete their registration in the Hospitality Park. Players may register online and pick up their bag tag – and one free guest pass per entrant – at the USA Racquetball desk located just inside the entrance to the YMCA.

Additional guest passes can be purchased from the YMCA for \$5.00 per day or \$15.00 for the entire week.

EVENT ADMINISTRATION

USA Racquetball @ 719/635-5396, ext. 129.

REGISTER ONLINE

www.usaracquetball.com

TRAVEL

The U.S. Olympic Committee Travel Desk and United Airlines join USA Racquetball in offering the lowest possible United Airfares to national events.

For reservations, phone United's U.S. Olympic Travel Desk, toll-free, at (800) 841-0460 between 8:30 am and 8:00 pm EST weekdays. Reference the USA Racquetball account number 565 EF to receive United's lowest fare!

LODGING

Hyatt Regency Houston
1200 Louisiana (1 block from YMCA).
Rate: \$95.00 per night for up to four guests per room. For reservations, call 713/654-1234 and mention National Singles or online at houstonregency.hyatt.com/groupbooking/hourhusr92009



Be prepared to play at 8:00 a.m. 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 AND OPEN

Men: Wednesday • Women: 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: Thursday • Women: Thursday

AGE: 60+

Men: Thursday • Women: Friday

AGE: 65+

Men: Thursday • Women: Friday

AGE: 70+

Men: Friday • Women: Friday

AGE: 75+

Men: Friday • Women: Friday

AGE: 80+

Men: Friday • Women: Friday

AGE: 85+

Men: Friday • Women: Friday

MILITARY

Wednesday

JUNIORS

Thursday

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: Thursday • Women: Thursday

AGE: 30+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 30+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 35+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 35+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 35+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 40+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 40+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 40+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 45+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 45+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 45+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 50+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 50+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 50+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 55+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 55+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 55+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 60+ SKILL: A

Men: Thursday • Women: Friday

AGE: 60+ SKILL: B

Men: Thursday • Women: Friday

AGE: 60+ SKILL: C

Men: Thursday • Women: Friday

AGE: 65+ SKILL: A

Men: Thursday • Women: Friday

AGE: 65+ SKILL: B

Men: Thursday

AGE: 65+ SKILL: C

Men: 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 players' 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.usra.org > "index" > "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.

DRUG TESTING

The USAR will be using the U.S. Olympic Committee's Drug Testing Program at this event. Testing will be performed on U.S. Team-Qualifier players only. For more information about specific medications call the USOC Drug Hotline at 1-800-233-0393.

QUALIFIERS & CERTIFICATIONS**REGIONALS:**

All players must have competed – in any division – at a recognized WSMRA/NMRA/Regional/State Qualifier to be eligible to compete in "The Finals". 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:

Tournament directors will use results, rankings, and state association input to determine eligibility for skill competition. USAR reserves the right to re-classify or disqualify players when/if they are improperly placed.

JUNIOR DIVISIONS:

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

MILITARY:

The Military Divisions are open to active duty, National Guard and Reserve forces only (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.

U.S. Team Qualifying Divisions - Top four players qualify for U.S. Team.

Open Divisions - Top 8 IRT Pro's and Top 8 WPRO Pro's may not compete.

For starting times visit online at: usaracquetball.com

Individual starting times will be available on Monday, May 17 after 5 pm or

call the National Office at 719-635-5396 during normal business hours, 9 am to 5 pm Mountain Time.

Part 1: Entry Form

If you are FAXING(\$15) your entry, be sure to include BOTH sides of this page in your transmission! Fax: 719/635-0685 or enter on line at www.usaracquetball.com

Please PRINT

Name _____ Gender: M | F

Birthdate _____ Age _____

Address _____

City/State/Zip _____

Email _____

Phone (Day) _____ (Eve) _____

Employer _____ Occupation _____

Regional (required) _____ Division(s) _____

FOR SEEDING — Please indicate your finish in these events:

2009 National Singles

Finish____ Div____

Event Sponsors:



2010 Regional Qualifier

Finish____ Div____

2009 U.S. OPEN

Finish____ Div____

2009-10 NMRA / WSMRA

Finish____ Div____

2010 State Championship

Finish____ Div____

Presented by:

WAIVER I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the USA Racquetball, Hyatt, Ektelon, Downtown YMCA, 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 be 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

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

U.S. NATIONAL TEAM QUALIFIER

U.S. National Divisions

AGE

SKILL (one only)*

24-

Open – (national open)

(Top 8 IRT and Top 8 WPRO Players not allowed)

25+

Elite (state open)

30+

A

35+

B

40+

C

45+

D

50+

AGE + SKILL**

(may not enter 24A & B,
but may enter 24A & 25A)

55+

24- A B C

60+

25+ A B C

65+

30+ A B C

70+

35+ A B C

75+

40+ A B C

80+

45+ A B C

85+

50+ A B C

55+ A B C

60+ A B C

65+ A B C

U.S. Military Divisions

Open & A B & C D & Novice

30 plus 40 plus

Junior Divisions

10 & under advanced intermediate

14 & under advanced intermediate

18 & under advanced intermediate

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

** Players must be approved at the skill level chosen along with their age (see "Qualifiers & Certifications").

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

Don't forget to complete the OTHER side of this page!

Part 2: Fees & Payment

REVISED TEAM QUALIFYING PROCEDURES (As of March 1, 2005)



USA RACQUETBALL MEMBERSHIP

Current Membership # (must be current)..... Exp. _____
 USAR Membership (\$50.00) \$ _____

FIRST EVENT (\$99.00) \$ _____

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

SECOND EVENT (\$51.00) \$ _____

MILITARY DIVISIONS

1st Division USAR (\$98.00) \$ _____
 2nd Division Military (\$30.00) \$ _____
 3rd Division Military (\$30.00) \$ _____
 1st Division Military (\$50.00) \$ _____
 2nd Division Military (\$30.00) \$ _____
 3rd Division Military (\$30.00) \$ _____
JUNIORS (\$25.00) \$ _____

Late Fee (\$20.00) \$ _____

Telephone & Fax Entry fee (\$15.00) \$ _____

Guest Package (\$95.00) \$ _____

All special events/parties will require a ticket for admission,
 and a guest pass will be needed to enter the host club. Guest
 package includes tournament shirt & souvenir, daily hospitality
 passes, tickets to all scheduled social events, banquet and
 tournament guest pass. \$150.00 value.

Guest: _____

Guest: _____

Regional Waiver fee (all waivers) \$100.00

Tax deductible donation

to Olympic Dream \$ _____

TOTAL DUE: \$ _____

Use your USA Racquetball MBNA credit card to charge your entry,
 and receive an additional 10% off your fees. Only USA Racquetball
 MBNA cards receive this discount!

MC/Visa _____

Exp. _____ Sec. code# _____ MBNA _____

Name on Card _____

Signature _____

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.

U.S. TEAM QUALIFYING

In order to earn an appointment to the U.S.
 National Team, benchmark performances must be
 reached at selected qualifiers. Presently the team
 is comprised of:

- One top professional from each tour (1 each, IRT/male and WPRO/female = 2)
- Top four finishers from the U.S. National Singles Championships (4 each, male and female = 8)
- Finalists from the U.S. National Doubles Championships (4 teams, 2 each, male and female = 8)
- Intercollegiate National Champions (1 each, male and female = 2)

By reaching these benchmarks, individuals are
 appointed to the U.S. Team for a term of one year
 and are then added to a pool of athletes to
 compete at international events.

MAIL COMPLETED ENTRY & FEES TO:

"THE FINALS"

1685 West Uintah
 Colorado Springs, CO • 80904-2906
 [Fax: 719/635-0685]

**Entries must be received by
 WEDNESDAY, MAY 5**



HOUSTON



Letters to the Editor

I just wanted to take a moment and thank you and all your staff for the hard work you guys do! In going through this process, it became clear to me that everyone is performing well and doing the best with what resources are available. If it takes a little while longer to update or file information, then so be it. I am confident everything will be done once everyone has had a chance to finalize all the details and catch up! I did not know how many little complexities you and your staff must also attend to, in addition to how much the state staffers are dealing with at the state level! I give a great deal of gratitude to Bonny Simpson of the CVRA who took the time to explain these processes to me.

In the end I just want to simply say thanks to you all and I look forward to forthcoming updates!

Sincerely,
James Anderton

I think that it is great that we are finally getting a video game made and even better that it is for the Wii. This is just my opinion and I don't know how much you are involved in the development of the game, but if you do have a say it should be designed like Top Spin2 for the X-Box. The best part of Top Spin2 is how you get to create your own player and do drills and by passing these drills you develop your player. There is also a limit on how developed your player can get. This is cool because you can build a power player, control, or all-around. You also get to play tournaments and get to work your way from the bottom to the top. I don't know if you will have pro players

as a part of the game, but if you do, then the top 10 pros would be good with the ability to unlock legends of the sport as a nice added feature. Anyway that's just my .02 cents,

Nick Giunta

Jim, it's been over 6 months since 'Nationals' but the fond memories remain. I wanted express to you how much we (the Houston racquetball community) have appreciated the professional way you and your staff have conducted this event. There have been challenges and unintended opposition, but you overcame this without getting ruffled. Things will get busy as Memorial Day approaches in 2010, so I wanted to take the time now just to say thanks and to wish you and your group every success in the future.

Best regards,
Dick Bagby

I really wanted to tell you guys how appreciative I am that USAR has insurance for players who get hurt during sanctioned events. Back in November I was playing in a Satellite Pro Stop in Oklahoma, run by Bob Cole. I made it to the semifinals in the pro draw and was playing Richard Eisemann. In the fourth game, I was going for an open stance forehand shot. I stepped forward and to the right with my right foot, started the shot, and my foot began to slip, then caught as I was already rotating. It dislocated my right knee, and my leg bent out to the right side, the most painful thing I have ever experienced! My friend Clint Mehta helped me out and drove me home. The next day I went to the doctor, got an MRI, and found out I had torn my

ACL and had a partial tear in both my MCL and meniscus. The knee specialist told me that if I ever wanted to play racquetball, or any other sport, again, I would have to undergo surgery. That was an easy choice. I had my surgery on January 5th, and everything went well.

This is the first time I have ever had a severe injury. This experience has taught me the true value that comes with sanctioning a racquetball tournament through USA Racquetball, and I would be very hesitant about ever playing in another event that wasn't sanctioned. The secondary insurance that is provided to me as a USAR member is priceless. We have basic health insurance for families with small businesses and we learned very quickly that they didn't provide very good coverage. Since I was injured at a USAR sanctioned event, we are thankful the USAR secondary insurance covered all the medical and therapy expenses after our primary insurance deductible was met. It has been great speaking with Tanya at the insurance company office. She has done a great job taking care of my claim. Thanks to USAR secondary insurance, it has saved me over \$15,000 out of pocket!

Looking on the bright side, at least I will get more R2sports updates finished because I can't go anywhere! I am doing my physical therapy, and the doctor said I can be on the courts by January 2011.

Thanks again for the great benefit my USAR membership has provided me. I wish more people could see its value!

Ryan Rodgers
Owner, R2sports

Women's Committee

The USAR Women's Committee is comprised of a group of women racquetball players whose mission is to increase the number of women playing racquetball (from grassroots to national levels). At the inception of the committee, the focus was to increase tournament participation at the National level.

The committee started off with Lorraine Galloway (NY, Chair), Malia Bailey (VA), Linda Mojer (CO) and

Cheryl Kirk (IL, now USAR President). Over the past year, the committee has grown to include Merijean Kelley (CA and USAR Board member), Terry Rogers (CA), JoAnna Reyes (TX), Carmen Alatorre-Martin (VA), Kim Waselenchuk (TX and USAR Board athlete representative) and Tara Smith (FL).

These women bring their expertise in areas such as technology, marketing, communications, project management, state association involvement, club

management, strategic planning, NMRA, WPRO, WSMRA, and various manufacturer affiliations. They represent all levels of play.

The committee has facilitated format draw changes at national events, hosted social functions, and raised money for breast cancer awareness and research. The committee would love to hear from you. Please email Lorraine Galloway at LVGRB@aol.com.

International Racquetball Federation

Update 2009

Luke St. Onge, Secretary General of the IRF, recently provided an update to the organization's member countries. USA Racquetball thought you, our members, might like a taste of the international flavor of our sport. Following is an excerpt from Luke's report.

It has been an excellent year for the sport and we would like to thank all for their continued efforts to move the sport forward on the International front.

The World Games held in Chinese Taipei in July exposed the sport for the first time to International Olympic Committee (IOC) members as well as over 70 countries worldwide. Led by President Keith Calkins, the IRF contingent of 60+ (including players from 13 countries, 10 officials, and many coaches and delegates) showcased racquetball to the world over four days. Note: The World Games, founded in 1981, is an IOC-supported multi-international sports competition for non-Olympic sports.

Racquetball was exhibited on the

Korean Racquetball Federation's all-glass portable court as well as on the first new racquetball court built in Taiwan in 25 years. The Taiwan Racquetball Federation believes that this event will bring a boom of court-building in Taiwan and could exceed squash in the future.

The 2013 edition of the World Games will be held in Cali, Colombia and once again racquetball will be a full medal sport on the program. For complete results, please visit the IRF web site -- www.internationalracquetball.com.

The 2010 IRF World Championships are shaping up nicely for Seoul, Korea. The all-glass portable court used at the World Games in Chinese Taipei will be featured as the championship court located in a shopping center with seven other portable glass-back-wall courts installed in an exhibition hall nearby.

The courts will be used to promote racquetball throughout Asia after the Championships.

Racquetball is once again a full medal sport in the Pan American Games that will be held on the five beautiful glass courts at the Olympic Complex in Guadalajara, Mexico in October, 2011.

The IRF has signed a four-year agreement with Penn as the Official Ball of the IRF. We would like to thank Doug Ganim of Penn for his and Penn's continued support of racquetball worldwide. Penn joins E-Force as a major sponsor of the IRF and its major world and regional events.

The IRF held a Strategic Planning Session in February to chart the course of the IRF for the future. It was great success with major participation from many international racquetball partners. The goals and objectives that came out of this session can be found on the IRF website.

Please feel free to contact us at anytime at lstonge@internationalracquetball.com.

New Ashaway Multifilament Core Packages Allow Thinner, Stronger Racquet Strings

Zyex® performance polymers have been used in racquet strings for a number of years and are known for their resilience and tension holding properties. However, recent advances in material technology have produced Zyex filaments that are even finer and stronger than before. According to Ashaway's Steve Crandall, the company has begun using these to produce new multifilament core packages with increased linear density and more cross-sectional strength. The results, he said, are thinner, stronger, lighter-weight tennis, squash and racquetball strings that provide softer feel, more power, and improved ball control, yet still offer the well-known Zyex playing characteristics and tension holding properties.

"This is an evolutionary development in string technology," said Crandall, who is Vice President of Sales and Marketing for Ashaway Racket Strings, "and comes at a time when there is increased demand for thinner, stronger strings. Both recreational and professional players are looking for the added 'bite' thinner strings can provide to enhance ball control. They also want more power. In addition, the increasingly active senior set wants a string that plays softer and is more forgiving to aging joints and muscles."

Until recently, however, material technology imposed practical limits on gauge reduction: thinner strings just broke. Now, the combination of newer Zyex filaments

and Ashaway's proprietary core construction techniques are lowering those barriers. Crandall said the company has had developmental sets utilizing the new multifilament core packages out for play testing among both amateur and professional tennis, squash and racquetball players. So far, the response has been uniformly positive.

Players have been impressed with the string on a number of counts, according to Crandall. The first is increased power. The ball, said one veteran racquetball player, had "a lot more pop. It literally exploded off the string bed." He also had more control, especially in cutting his serve. "Thinner strings bite into the ball more than thicker strings," he said. "So you get more feel, more grip, and can do more with the shot."

Play-testers were also impressed with the durability and tension holding ability of the strings. "I used one racquet for the entire tournament," said one, "and here it is several weeks later, and I'm still playing with the same string!"

Power players like racquetball champion Jack Huczek were also enthusiastic about the new strings. "This is hands down the best string I've ever played with," he said. Huczek asked Ashaway to make enough to supply him in his tournaments and has been using them ever since. "The string maintains its playability for its entire life," Huczek added. "From a power standpoint, and from a feel and



Ashaway Zyex® Multifilament Strings

control standpoint, it's just top notch. The ball seems to really jump off the strings. I've noticed maybe 15% to 20% more power, and because the string has a rougher texture, it's great on the feel shots and the touch shots. You can really carve the ball into the corners and the ball really stays down nice."

Squash and tennis players also report more power and control, in addition to the well known Zyex characteristic of tension holding. One veteran said the ball "literally exploded" off his string bed. Another said, "You get more feel, more grip, and can do more with the shot." And one well-known squash pro commented that he could "really carve the ball deep along the rail and then stop the rally on a dime with a drop shot up front."

"Even with the softer playability, I've noticed a lot more power and better control," said a well known tennis player. "Compared to the stiffer monofilaments, you get a really soft feel and are still able to put a lot of spin on serves and ground strokes."

Crandall said Ashaway plans to introduce several new lines of multifilament Zyex squash, tennis and racquetball strings this year. "The lines will include several different gauges," he said, "perhaps even a revolutionary one."

Advantage Ashaway Advantage Huczek

Introducing UltraKill® Racquetball Strings
with Zyex® Multifilament Fibers for

Ultra Performance Technology

- **Ultra Soft Power**
- **Ultra Sharp Control**
- **Ultra Tension Stability**

Racquetball
Champion
Jack Huczek
switched to
UltraKill in
August 2009



UltraKill 18



- Zyex multifilament core increases power and resilience
- Zyex multifilament core prevents tension loss
- Braided surface maximizes control and increases spin
- 18 gauge maximizes softer feel

UltraKill 17



- Zyex multifilament core increases power and resilience
- Zyex multifilament core prevents tension loss
- Braided surface maximizes control and increases spin
- 17 gauge maximizes durability and string life

ASHAWAY
RACKET STRINGS 
800-556-7260 • ashawayusa.com

UltraKill® 18 • UltraKill® 17 • PowerKill® 17 • KillFire® Pro • KillFire® XL • SuperKill® XL • SuperKill® II • SuperKill® 17

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Ektelon Has Discovered A New Source Of Energy



ENERGY BRIDGE™



ENERGY CHANNEL™

ENERGY BRIDGE™



VIRTUAL
HEADSIZE
Stringbed
increased 10%



SWEET
SPOT
Up to 51%
larger



VIBRATION
DAMPENING
Up to 63%
less



EXO Black
Power Level:
4000
Weight: 170

EXO Copper
Power Level:
4000
Weight: 185



FEEL THE ENERGY

ENERGY BRIDGE™

The revolutionary idea behind EXO is the patented Energy Bridge™, an exo skeletal structure that suspends the string bed from the frame, creating a virtual head size that is 10% larger, while expanding the sweet spot up to 51% for ultimate power. In addition, frame vibration is reduced by up to 63%.

ENERGY CHANNEL™

Enhancing the dynamic effects of the Energy Bridge™, is the patented Energy Channel™. This sculpted groove within the frame greatly improves stability by moving mass to outer edges of the frame, for amazing control even on off center hits.