

Racquetball Reporter

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In This Issue

Junior Nationals
Page 3

Junior Corner
Pages 4-5

Fuel for Fitness
Page 6

***US Olympic
Training Center***
Page 8

***Belle Isle
Championships***
Page 9

***State Doubles
Entry***
Page 11



Racquetball Association of Michigan

RAM CELEBRATES THE 25TH ANNIVERSARY OF THE RAM HALL OF FAME

This year the Racquetball Association of Michigan will celebrate 25 years of Michigan's Racquetball Hall of Fame. The Hall of Fame was first organized in 1984 under the direction of Jim Hiser, now the Executive Director of USA Racquetball. The first two inductees in 1984 were Lynn Hahn, Whitehall and Dr. Frederick Lewerenz, Rochester.

Since 1984 the RAM Hall of Fame has grown to include twenty nine members, the newest inductees being Fred Wiegand, Pharr, Texas and Craig Finger, East Lansing in 2007. Members were inducted into the Hall of Fame yearly from 1984 through 1987, in 1993, and then from 2000 through 2007. During this time at least two players were inducted yearly except in 1986 - Jim Easterling, Lansing; 1988 - Dennis Wood, Avon Park, Florida; 2001 - J.D. Driver, Muskegon; 2004 - Tom Blakeslee, Harrison Twp. and 2005 - Ken Bonnett, Grand Rapids.

The Hall of Fame currently calls the Michigan Athletic Club in East Lansing

home and has been located here since 1995. Previously the Davison Athletic Club was host to the Hall of Fame.

In March 2009, RAM will publicly honor the Hall of Fame with a banquet in conjunction with the State Singles Championships in East Lansing. Site and time of the banquet will be announced with the State Singles entry form. Put this date on your calendar and plan to attend to honor the twenty nine members of the Hall of Fame, many of whom have already committed to attend the festivities.

The remaining members of the Hall of Fame include: Tom Brownlee, Jim Hiser, Stu Hastings, Bob Wilhelm, Larry Fox, William "Radiation Man" Gottlieb, Donna Henry Brewer, Steve Keeley, Gordon Kelly, Irene Ackerman-Chmura, Richard Caretti, Johnny Northern, Ronald Pudduck, Lou Ellen Fecher, Randy Minto, Dianne Easterling, Duane Russell, Christopher Cole and James Floyd. Congratulations to all who have received Michigan's highest racquetball honor.



**Belle Isle Outdoor
Gang** - see complete
story on page 9



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THOUGHTS FROM THE PRESIDENT . .

- Twayne M. Howard
President

Looking out my window, there is no doubt it is time to make our Fall pilgrimage back to the racquetball courts. Shake off the summer rust, dust off the wide-angle pass, try to remember how to hit that trick serve, try the new racquets out, start up the league, and start hitting the tournaments. What a great time of year.

First off, a quick look back at the last season. We closed out the year with a record turnout for State Singles at the **Davison Athletic Club**. Thanks to Randy Minto and his staff. RAM always loves coming back to one of the great tournament houses in Michigan and the DAC is the best. The Lansing MAC has huge shoes to fill.

In case you missed it, RAM published its first electronic newsletter. The Summer 2008 version of the *RACQUETBALL REPORTER* went out to over 1000 players. We got huge feedback from this edition, far more than ever before. We're not ready to publish electronically every time, but it is the way of the future. And who am I to hold back progress? If you missed it, you can check it out online at the RAM web site. <http://www.michiganracquetball.net/News/PastNewsLetters> Progress!! I love it.

Congratulations to **Lorna Rose** who brought home her first National Singles Championship and **Melody Gorno** who went two for two and brought home two titles from Houston. Great work, Ladies! I'd also like to thank the RAM Board and everyone else who contributed to yours truly being awarded the State Association President of the Year Award at Nationals. The recipient is still humbled and overwhelmed.

I'd like to send out congratulations to Junior Team Michigan who competed at the Junior National

Championships in California this summer. **Mary Zeng** was crowned National Champion after winning the Mixed 10-Under Title, and **David Zeng** won the 8- Under Multi Bounce National Championship. **Brad Schopieray** also earned All American honor. Great job to all the Juniors who competed and contributed to another Top-5 finish for the Team.

But now, a look forward. The 2008-2009 RAM schedule is jam-packed with sixteen tournaments of all shape, size and variety. Round-robin or single elimination, eastern, western, central, and even northern Michigan. One, two or three days, cost-saver or full-blown, singles, doubles, Women, Men and Juniors. Lots of options, and no wrong answers. Pick a weekend and head out to the tournament. You'll get a lot of play, and a lot of fun.

Don't forget the 2008-09 State Championships. **State Doubles** returns to the friendly confines of **Total Sports** in Mt Clemens. Bring your doubles prowess to the lakeshore and be prepared to face the best. **State Singles** makes a triumphant return to the **Michigan Athletic Club** in East Lansing. A highlight of every tournament year, State Singles will be even more prestigious this year. We have a Hall of Fame banquet to top all banquets scheduled for Saturday night of tournament weekend. We will roll out the red carpet for the Twenty-Fifth Anniversary of the Hall. This will be a great look back at our history and we are anticipating most of the Hall of Famers to attend. What a great way to top off the season.

The RAM Board of Directors will hold a STRATEGIC PLANNING meeting on Sunday, November 9, at the Michigan Athletic Club in East Lansing.

(cont on pg 10)

*The Racquetball Reporter is printed courtesy of
GRAPHICS EAST in Chesterfield, Twp., Michigan.*

JUNIOR NATIONALS 2009

- Dan Mullin

What an honor after hosting the 2006 Junior Olympics Racquetball Championships in 2006, Michigan has been selected again to host the 2009 event. A coalition of tournament directors from across the state, the Michigan Athletic Club, the Racquetball Association of Michigan, and the Greater Lansing Convention and Visitors Bureau is currently planning and organizing the USAR National Junior Racquetball tournament to be held at the Michigan Athletic Club, East Lansing, June 2009.

You always hear, "Get 'em while they're young!" And it's true; this is a grand opportunity for promoting, and expanding the sport of racquetball in Michigan! Just think of the excitement building toward Junior Nationals and the chance for Michigan juniors to play the top players from across the country. Here is a rare opportunity to watch the stars of tomorrow right in your own backyard. A chance to build interest in young players and

carry the excitement for years to come!

Junior Nationals is expected to bring over 250 players and their families from across the USA to experience our Great Lakes hospitality. The Greater Lansing Convention and Visitors Bureau estimates the event will bring close to a quarter of million dollars into Michigan through visitor lodging, sightseeing, and food and beverage consumption.

We are still eager to include anyone interested to help make this event a spectacular success. We are looking for fundraisers, or ideas for fundraising, people to organize family events for when the kids are not on the court, and did I mention FUNDRAISING? Just to scratch the surface, we have a banquet to put on, shuttle service to and from the hotels and banquet site, and hospitality during the tournament. We need SPONSORS willing to take center court so the 2009 tournament will be the hallmark on which future events will be judged!

Of course, there is Team Michigan practicing and getting ready for next year. You will see fundraising opportunities at many of the tournaments throughout the year. Please give generously.

Please volunteer, be a sponsor, or even donate product or services. Remember it is for the kids; help us make this an unforgettable event - with your support, we can make this tournament one to be remembered both on and off the court!

For tax-deductible donations or volunteer work for Junior Nationals 2009, please contact:

Dan Mullin
mullindan@gmail.com
517.881.8584

For donations or volunteer work for *Team Michigan*, please contact:

Don Schopieray
dschopieray@newtechnologiesinc.com
don113x@comcast.net

2008-09 RAM TOURNAMENT SCHEDULE

Nov 8	Riverview Fall Brawl, Riverview Athletic Club, Grand Rapids
Nov 15-16	Spartan Splat, Michigan Athletic Club, Lansing
Dec 5-7	STATE DOUBLES, Total Sports, Mt Clemens
Jan 10-11	Michigan Mafia Junior Team Benefit, Davison Athletic Club, Davison
Jan 17	BAC Doubles Tournament, Kalamazoo
Jan 24	MAC Open, Michigan Athletic Club, Grand Rapids
Feb 6-8	Motor City Rollout, Courtland Athletic Club, Utica
Feb 28-Mar 1	Capital Challenge, Michigan Athletic Club, Lansing
Mar 7	March Maximus A.D. 2009, Coliseum, Westland – Singles Only
Mar 13-15	South West Michigan Racquetball Shootout, Bronson A C, Kalamazoo
Mar 27-29	STATE SINGLES, Michigan Athletic Club, Lansing

JUNIOR'S CORNER . . .

Junior Team Michigan
and the
Racquetball Association of Michigan
Proudly Present the



October 19th West Michigan Open, Grand Rapids MI
November 16th Spartan Splat Lansing, MI
December 7th Michigan State Doubles Championships
Mt. Clemens, MI
January 11th Tiebreaker Open Davison, MI
January 25th MAC Open Grand Rapids, MI
March 1st Capital Challenge Lansing, MI
March 28th and 29th Michigan State Singles
Championships, Lansing, MI

This tournament series will feature the skill based format Open, A, B, and C it is open to all players 18 and under. Season ending awards will be given out at the Hall of Fame celebration banquet at the end of the year. Stay tuned for more details in the JTM newsletter in the next few weeks, hope to see you there. If you have any questions contact Don Schopieray.

TWAYNE'S TIDBITS!!!

On-Line Racquetball Instruction

USA Racquetball has launched a special section of its website dedicated to instruction. You can go to the USAR web page, and look for "Racquetball University" on the left side. Learn from the best clinicians in the country. General information, fitness, tips and techniques from Fran Davis, Tom Travers, Connie Martin, Jim Winterton and the top Pros on the IRT. Look for this page to expand and become a treasure-trove of information. Check it out at: www.usaracquetball.com/RacquetballUniversity.aspx.

RAM Strategic Planning Meeting November 9th

Where should we spend our time? How should we spend our money? Do you want big expensive State Championships where you pay more, but get an expensive giveaway item? Or, would you rather pay less, and get nothing but the event itself? The RAM Board gets a lot of feedback on topics just such as this. A LOT of feedback. We decided it was time to talk to as many of you as we can. YOU ARE INVITED to a Strategic Planning Day at the Michigan Athletic Club in East Lansing, Sunday, November 9. We will begin at 11:00 am, have lunch, go for a couple more hours in the afternoon, and call it a day.

This is Open to Everyone. We have a list of topics, but feel free to bring some of your own if you'd like. If you have anything to say, or even if you just want to hear what others have to say, just RSVP. We are hoping for a huge turnout. Do you want to help shape the course of the organization for years to come? Now is the time. This is the place.

JUNIOR'S CORNER

Calling all Juniors We Need You!!!

This year the Junior National Championships are coming to Michigan and we want to keep our string of great finishes alive. The Junior Nationals will be held at the Michigan Athletic Club, East Lansing, June 24th-28th. The tournament focuses on good friendly competition for all skill levels. This year we plan to have a full team attending, if you want to be part of all the fun just call Don Schopieray at 810.287.9394 or email Don at the address below: dschopieray@newtechnologiesinc.com



Michigan Mafia Junior Super Series

The series will start this year at the West Michigan Open and carry on through the season ending at the State Singles Championships in March. This year we will be adding a new twist to the matches, referee duty will be carried out by the players themselves. This will help the kids be ready for the rigors of refereeing matches at the national level. All divisions will feature drop down match formats to ensure good competitive matches at each event. We will also have some of the state's top players helping out with coaching at some of the tournaments. If you have any questions call Don Schopieray 810.287.9394.

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FUELING FOR FITNESS AND OPTIMAL PERFORMANCE

- Susana Arias, R.D.

In our last article we focused more on hydrating and what fuel to take in before, during, and after your racquetball match in an effort to give you a more deep understanding of the physiological functioning of your body. But while you maintain hydration and fuel up with a sports drink, you still have to eat the right foods to supply the essential nutrients and energy to perform day-to-day activities during the regular week.

Many of you, I'm sure, are already practicing and have spent many hours in the court drilling getting ready for the next season tournaments. But have you thought about what are you fueling your body with on a daily basis? Did you ever wonder while watching the athletes from around the globe perform during the Olympic games this summer, about the training, discipline, and diets that brought them to the games? And wonder what one can do to bring their own performance and diet closer to those levels? One thing for sure is that all these hard-core athletes recognize how a sound eating plan or a fueling plan can not only help them exercise with more energy, meet training goals faster, and perform better, but recover faster from workouts, decrease the risk of injuries, and stay in overall better shape. So in this issue, we want to give you more applicable day to day ideas for eating the right foods and in the right proportions to ensure optimal fitness and overall wellness and health.

We may know about carbohydrates, fats, and protein, but do we know how our appetites and food choices affect our hormone levels and neurochemical activity? Research is constantly updating our understanding of how food and nutrients affect bodily chemical reactions. The bad news is that many of our habits drive our neurochemical balances crazy such as over-consumption of caffeine, fat, sugar, alcohol, skipping meals, overeating or just being stressed out. So for all of us racquetball players, athletes, and active people it is important to understand the link between what and when we eat and how it affects our performance, health and wellness. So what do we do? How do we eat to stay in tune with our body chemistry?

I recently attended a scientific symposium led by sports nutritional experts, William Evans and Nancy Clark. Though Dr. Clark focuses on endurance sports such as marathon running, she makes general sense in her book "Food guide for marathoners" saying that fueling yourself well on a daily basis requires management skills.

Everyone knows breakfast is important, but for athletes or active people, it is even more critical. Our bodies spend most of the night in a recovery

mode, so in the morning it is time for more fuel to get into the body for the work ahead. The best breakfast foods for neurochemicals have carbohydrates which are needed to kick start blood sugar levels after fasting all night. Fueling the muscles with energy early in the day can boost workouts later on. Caffeine and simple sugars (i.e. sugary cereals, pastries, etc.) are too often used to regulate morning mood and fatigue levels. But this usually causes a temporary rise in blood sugar which then falls too low and must be repeated to maintain the effect (aka the quick fix cycle). On the other hand, complex carbohydrates (i.e. orange juice, wheat toast, and whole grain cereals) cause a gradual healthier increase and should account for about 60% of your caloric intake.

By lunch time, the body is craving protein which is needed thru dinner for maintaining and rebuilding muscle. Both lunch and dinner should include protein which should take up about 15% of your total calorie intake. By late afternoon, we begin to crave fat. Athletes often do not eat enough fat because they are either on a high-carbohydrate diet or are "fat phobics", having been led to believe all fat is bad for your health. Though the typical American diet includes too much total fat, as well as too much of the wrong and too little of the right fat, the fact is that some amount of fat is not only good for health but necessary. Try to include more monounsaturated fats (i.e. olive, peanut and canola oils for cooking) and less saturated (whole milk, cream, cheese, fatty meats) or polyunsaturated (corn, soybean, sunflower oils for cooking) fats in your diet. Much of our fat cravings can often be satisfied with a low fat (rather than non-fat) snack such as a muffin or banana bread.

In terms of preparing for a match, the best pre-match food would depend on the time of day. A morning match would require more carbohydrate while an afternoon or evening match would need a combo of complex carbohydrate and protein (ie. tuna/turkey with wheat bread or crackers, lowfat cottage cheese or yogurt and fruit, or a bean salad (humus) on pita or tortilla). Fat should be avoided because it takes longer to digest and could interfere with performance.

During the week, developing a strategic eating plan is an essential part of your nutritional success. Just as you plan your workouts for the week, having a nutrition program planned out ahead of time can really make a difference in performance. Keep balanced meals on the plate and plan to eat every 3-4 hours during the day, 3 meals and 3-4 snacks will help spread out energy over the day, maintaining muscle energy and helping you recover better from workouts. Look for lean protein to build and maintain muscle

(cont on pg 10)

SUPPORT YOUR NEWSLETTER

- Allan Coyle

Our newsletter, the Racquetball Reporter, has been an excellent publication put together and formatted by Dianne Easterling with much support from the RAM board especially president Twayne Howard and Team Michigan coordinator Don Schopieray all to serve the RAM membership with timely information concerning racquetball and racquetball players.

As members, we are passionate about the sport of racquetball and also enjoy the camaraderie and community created by players, families and friends. We can't play in every tournament; we can't speak with every player, so the Racquetball Reporter helps to fill the gaps with happenings from around the state and player accomplishments statewide and nationally.

Our newsletter also helps keep us informed of player activities off the court, and also to educate us in safety and preparation for competition. As you can see by the articles over the past year there is a growing interest and a willingness to contribute. We have had excellent articles on nutrition by Susanna and Ed Arias, off the court member endeavors such as Kristy Kehl's swim in the Mackinaw Straits, articles on safety as the one on Keith Bryan and Protective Eyewear (this was also picked-up and published in the USAR National Magazine). Congratulations Keith!!

To keep this publication interesting we need more participation. It could be sharing how racquetball has built friendships to the point of bringing families together that otherwise may not have been if it were not for the happenstance of meeting on a court for a league game. Did you get married on the court? Are you now godparents for another family's children? Share your stories, share your endeavors, tell us about your trials of starting a high school league, or your attempts at developing a collegiate intramural league. Reminisce, many of you remember the hey-day of racquetball, but many others have no idea what it was like. How about some old photos? We would love to include photos of memorable events and players. The National Juniors Championships returns to Michigan in 2009--remember what you experienced in 2006--share your story! Even if you don't consider yourself a writer, we have good listeners willing to write your story down. Just send us the new and refreshing ideas.

The one area that the newsletter could stand an increase in is the Ad department. There are many equipment representatives hawking their products or services to Michigan RAM members. Help support the Racquetball Reporter by influencing your companies to place an ad. Tournament directors, you know many players travel and spend the night, get your tournament host hotel to place an ad.

The Racquetball Reporter needs your participation to continue to be a success. Help by writing an article or placing an ad. Simple requirements are that it needs to be a word.doc for articles; photos need to be in a .jpeg format; advertisements should be .jpeg also. Prices for and deadlines for ads are found on page 10 and include submission in all of the newsletters for that given year.

For further information or thoughts contact Allan Coyle via email: adcoyle@gmail.com or call 517.485.8309. I will be looking for you and interesting events at all upcoming tournaments this year. Share your stories and your memories. Share a smile with another Michigan racquetball player.

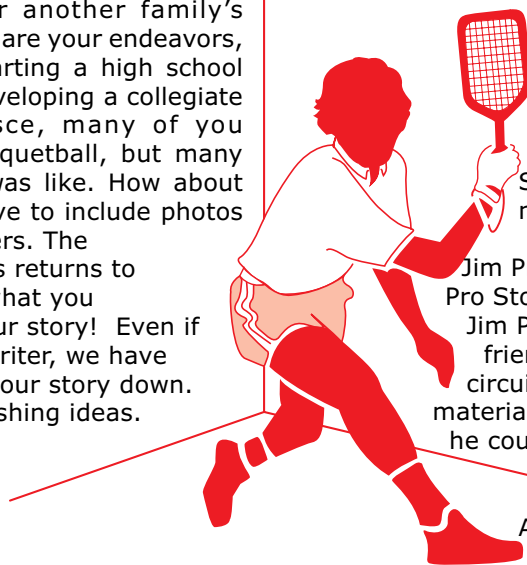
Submission deadline for the Winter 2009 issue of the RAM Racquetball Reporter is January 14, 2009. Submissions should be sent to Allan Coyle at adcoyle@gmail.com.

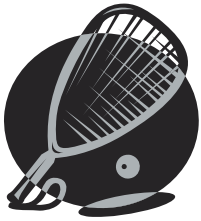
A CLASSIC - THE BEARD (LESS) ONES

In August 1975, there was a USRA Pro Stop in Livonia. It was held at the then new 14 court racquetball facility, Racquetime. In 1975, Racquetime was the largest racquetball only facility in the state and one of the largest in the country. This particular tournament had all the big shooters in it: Steve Keeley, Davey Bledsoe, Steve Serot, Rich Wagner, Mike Zeitman, and Jim Pruitt. Jim who??

Jim Pruitt ran the first Seamco Leach Pro Stop in Lansing. As the story goes, Jim Pruitt and Mike Zeitman were friends. Mike played on the pro circuit and Jim well, he was not pro material. Mike would tease Jim and say he could spot him 20 points and still beat him in a game to 21.

At the Pro Stop, Mike and Jim made a bet, (cont on pg 9)





FROM THE US OLYMPIC TRAINING CENTER AT COLORADO SPRINGS

- Tia Lecland, Racquetball League
Coordinator, Franklin Racquet Club

What a week! I just spent the most tremendous experience at the High Performance Racquetball Training Camp any racquetball player could dream of with top pros and the best coaches in the World!

All 33 "campers" ranging in age from age 14 (1) to 63 arrived on Thursday, September 4th from all over the country, Texas, New Jersey, Michigan, Florida, etc. and met at 7:00 pm with the coaches for orientation.

The objective of the meeting, led by Camp Director and Coach Jim Winterton, was to hand out the schedule for the next 5 days. The team of Coaches included Jim Winterton, Dennis Fisher, WPRO Jo Shattuck, WPRO Rhonda Rajsich, IRT Pro Andy Hawthorne and Team USA Coach Dave Ellis. Dr. Jim Hiser, Executive Director of USA Racquetball, led calisthenics every morning and gave presentations in the evenings.

Here's a typical day at the High Performance Racquetball Camp:

6:20 am - Assemble at U.S. Olympic Training Center (USOTC) and Lake run (2-3 miles) *(There was an option for the "modified group" = walk and stationary warm-ups)*

7:15 am - Good morning cals led by Dr. Hiser for everyone

7:35 am - Stations (with 30 seconds between) teaching the warm-ups

8:00 am - Breakfast at the USOTC *(wonderful choices of healthy fresh and very good food by the Olympic food chefs)*

9:30 am - Bus to Lynmar Racquetball Club—one group a day was on Lunch Duty *(in charge of loading food prepared for us)*

10:00 am–12:00 - On 1st day, open play for video analysis—and—Dartfish analysis *(Dartfish: a side by side comparison of our forehands and backhands compared to Andy Hawthorne and Rhonda Rajsich and Jo Shattuck, plus video analysis by touring pros Andy Hawthorne, Rhonda Rajsich, and Jo Shattuck)*

Noon - Lunch (courts open for play or one-on-one help from the pros of the coaches.)

1:00 pm - Plethora of drills (forehand, backhand-serves, returns of serves, offensive returns, use

different techniques, and different types of skill sets etc.)

4:00 pm - Bus back to USOTC—with one instructor while the group on lunch duty stayed later, cleaned and loaded bus and was offered extra help or open play until 5:00.

At the training center, we showered, had dinner, checked emails or rested before we met again at 7:00 pm where Dr. Hiser gave presentations on different subjects (Goal setting, visualization, what it takes to be a champ, etc.). The "training" night closed with an overview of the schedule for the next day.

After this meeting, we met with our group and our Coach to prepare a little skit for the next day. These skits were presented the next morning after the cals. We had a lot of fun preparing and watching them!

My first impressions – I have not yet left the Training Center, I am waiting for the shuttle bus as I am writing this:

"What a great blessing to be here in this facility where champion athletes train; everything is inspirational. What a great opportunity to be working with top pros and top coaches – always listening, helping, and offering the same attention to every single "camper." Last but not least, it was great to meet all the athletes/campers. Everyone is so dedicated to the sport of racquetball, so enthusiastic! We were pushed to the limit and gave everything we got. It was interesting to interact with a wide variety of individuals in terms of ages, profiles and level of game; and always fun.

As Jeremy, another "camper" (also called the Runner) said: *"I am grateful for the opportunity to live as a full time athlete for a week at the USOTC. I feel like I have been to school and now have the tools to become a high level player – I just got to go on the court and do my drills."*

I would enthusiastically encourage anybody to attend a future camp. It does bring you a LOT!

Editor's Note: This high performance elite training camp at the Olympic Training Center in Colorado Springs is traditionally held end of July/beginning of August, but this year it was postponed to September (because of the Worlds in Ireland held in August).

Tia was asked about some specifics that she learned and has implemented into her training routine. *"Many topics were covered: shot selection and percentage hitting center;*

(cont on pg 10)

MICHIGAN'S OUTDOOR RACQUETBALL SEASON

- "Big Daddy" Greg Lewerenz

What an incredible season of outdoor racquetball for Michigan!! Over 350 participants across four incredible events crammed into little more than three months of summer. The sport of outdoor racquetball continues to grow in the Midwest thanks to WOR, Ektelon, and the Belle Isle team.

The season kicked off for the 28th year of Belle Isle racquetball on June 21st and 22nd with the Belle Isle Fun Doubles. This event signals the official "opening day" of outdoor racquetball in Michigan. It is as much a social event, as it is a racquetball tournament. That is not to say the competition isn't fierce, because it certainly is, but people come out just to see and be seen. The family atmosphere and beautiful scenery on the island are a draw for competitors and spectators alike. The competitors in this event are not fighting just for a trophy, or just for bragging rights, but the biggest motivation is entry in to the Belle Isle Pro/Am Championship.

The second tournament of the season was the Belle Isle Summer Classic on July 19th and 20th. This tournament features a straight draw, singles and doubles divisions, and skill and age divisions. This is where the competition stiffens, and the competitors are honing their skills for the "Big Show", the Belle Isle Pro/Am Championship, to come in August.

The Belle Isle Summer Classic welcomed back many of the northwest Ohio, Toledo players, as well as, some heavy hitters from Cleveland; Ontario, Canada; and Orlando, Florida. This event is no different than the other Belle Isle events, when it comes to the party. The music, the barbecue feast, and the crowd of spectators last all day and into the night. "Can You Stand The Heat" Doubles Tournament at St. Claire Shores Michigan put on by Tom Blakeslee and Twayne Howard was the third

tournament of the season. CYSTH is now in its third year running, and set a new record for total entries at 62. This one day round robin doubles event on July 26th also set a new record for entries into the Century Doubles division. The Century Doubles division is a Belle Isle originated division for partners whose combined age equals one hundred or greater. The competition in this division is almost as rugged, as the Open division, and because of the large number of entries, the division was split into flights, and further into skill with Open Century, and A Century divisions. The tournament is run by two of Michigan's finest tournament directors, and the event, hospitality, and competition is always first class.

Then comes the "Big Show", the tournament that everybody wants to win, the Belle Isle Pro/Am Championships on August 16th and 17th. The champions are the best outdoor racquetball players in the Midwest. They have the right to brag to the rest of the country to come out and test your mettle against the best of the best. This WOR Super Series Event welcomed two of the best outdoor pros in the world in Craig "Clubber" Lane and Greg Solis to battle for the title of Belle Isle Champion. Clubber stated after the event, "It is very tough to go into your 'house' and compete." Only the very best survive at Belle Isle, and Clubber knows this firsthand. In addition to the "Dream Team" from southern Cal, Belle Isle also welcomed back the #10 ranked IRT Pro, Andy Hawthorne, for a return visit to the Belle Isle Championships. This was only Andy's second outdoor tournament, after his excellent showing last year at Belle Isle - 2007 Belle Isle Pro Championships Runner up in Men's Pro Singles, and Men's Pro Doubles Champion. Andy is now hooked on outdoor racquetball, and the Belle Isle vibe. All the trimmings were at this event. There was the DJ spinning R&B all day and into the night, the

open bar(barrel), and the usual feast. There is no party like a Belle Isle party! This tournament continues to be a showpiece for the growing sport of outdoor racquetball.

Huge thanks to WOR, Ektelon, Hank Marcus, Vic Leibofsky, Allan Kazem, Tom Blakeslee, Twayne Howard, Veronica "Ronnie" Brown, Marcos "Mr. Belle Isle" Rivera, Scott "Born of the Earth" Boswell, Felicia Mann, Russell Baker, Sheri, John, Anthony, "Clubber", Greg Solis, Andy Hawthorne, Team Big Daddy (Ron & Greg), and to all our players.

A CLASSIC...

(cont from pg &)

the two would play and the loser would have to shave off his beard. The rules were the best two out of three games to 21 points. Jim served the first game (with a 15 point spot) and lost 21-20. Mike served the second game and Jim won pretty easy. The only problem was now that Jim was out of gas. While Jim was taking a LONG break between the second game and the tie-breaker and doing a little worrying, Teri Davis came up to him and said, "It's really a shame Jim, I always like your beard." Needless to say this did not exactly build up Jim's confidence.

Game three began and it looked like for Jim was going to have to get out his Gillette razor. Mike was serving at 20 serves 18, and then at 20 serves 19 and then at 20 serves 20. Well, the Gods must have been on Jim's side that day because he got the serve and won the game 21-20 and the match.

Mike Zeitman was a man of his word because shortly thereafter he was seen in the locker room, razor in hand. This is the story of the Beard (less) Ones.

FUELING FOR FITNESS AND OPTIMAL PERFORMANCE

(cont from pg 6)

mass (low-fat meat, poultry, fish, or beans), high-carbohydrate grains for muscle energy (pasta, brown rice, couscous, or corn), a fruit and vegetable for vitamins and minerals, and foods with a high monounsaturated fat content for a fit nervous system and fatty acid requirement.

The *Dietary Guidelines for Americans* published by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) are here to help guide optimal food choices. The Guidelines describe a healthy diet as one that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and dairy products; includes lean meats, poultry, fish, beans, eggs, and nuts. It is low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Basically this is what you want to keep in mind when you make your daily food choices:

- * Try to eat at least 2 cups of fruit and 2 1/2 cups of vegetables per day.
- * Choose a variety of colors of fruits and vegetables each day, think of a rainbow of food: red and green apples, green peppers,

orange carrots, white potatoes, blue berries.

* Include whole-grain products at least 2 times per day, such as oatmeal for breakfast and whole wheat bread for lunch.

* Drink 3 cups per day of fat-free or low-fat milk or yogurt. Or if you don't drink milk try the calcium equivalent in low-fat cheese (1 cup).

* Limit intake of saturated and trans fats and choose healthier oils such as olive and canola oils, nuts and nut butters, and oily fish such as salmon.

TIA'S RESPONSE

(cont from pg 8)

service selection and simplified charting; physical conditioning and nutritional requirements; mental preparation and concentration; goal setting and motivation. How to develop a personal training schedule and a training schedule already completed on CD; plus—A free complete library of lessons from Coach Winterton's website.

In my case, I selected a number of drills to build consistency in a first phase that I work on three times a week followed by a run to develop endurance and explosiveness, with intervals equalling jog and run. I will revise this routine, once I feel I reached my initial goals and include more advanced drills."

VIEW FROM THE PRES. . .

(cont from pg 2)

Where should we spend our time? How should we spend our money? Do you want big expensive State Championships where you pay more, but get an expensive giveaway item? Or, would you rather pay less, and get nothing but the event itself?

The RAM Board gets a lot of feedback on topics just such as this. A LOT of feedback. We decided it was time to talk to as many of you as we can. We will begin at 11:00 am and hit a few of these topics, have lunch, go for a couple more hours in the afternoon, and then call it a day.

This is OPEN TO EVERYONE. We have a list of topics, but feel free to bring some of your own if you'd like. If you have anything to say, or even if you just want to hear what others have to say, just RSVP. You can email me, or give me a call. We are hoping for a huge turnout. Do you want to help shape the course of the organization for years to come? Now is the time. This is the place. Here's your chance to give your input and your thoughts.

I'm looking forward to another great season in 2008-09 and I hope you enjoy it as much as I will. See you all on the courts.

ADVERTISING RATES FOR THE RAQUETBALL REPORTER FOR 2008-09

The Racquetball Reporter is published quarterly throughout the year - August, November, February, and May. Items to be included in the Racquetball Reporter for the **2008-09** year must be submitted by the following dates:

August 15, 2008 January 12, 2009
October 6, 2008 April 24, 2009

Advertisement material is subject to approval by the RAM Board of Directors. The prices for advertisement material are:

\$400 - Full page ad to run in all four issues (7"w x 9.5"h)

\$250 - Half page ad to run in all four issues (7"w x 4.75"h)
\$150 - Quarter page ad to run in all four issues (3.5"w x 4.75"h)
\$100 - Club listing for all four issues (3"w x 2"h)

All advertisements must be submitted in camera ready format in the appropriate size. E-mailed graphics can be accepted in either a .TIFF or .JPG format. All advertisements will be in black and white for all issues, except the May issue which will be in full color. Payment must accompany submission of all advertisement material. Information may be mailed to The Racquetball Reporter, 321 Village Dr., Lansing, MI 48911 or sent electronically to djeasterling@earthlink.net.



RACQUETBALL ASSOCIATION OF MICHIGAN

2008 RAM STATE DOUBLES CHAMPIONSHIPS

DECEMBER 5-7, 2008

TOTAL SPORTS

40501 Production Drive, Harrison Twp., MI 48045
Phone (586) 463-2000



ENTRY FEES & DEADLINE

First Event \$35 per person - \$70 per team
Second Event \$15 per person
Juniors \$15 per person - \$30 per team
USA Racquetball Membership \$35 per person

Entries must be received by December 1, 2008. Play is limited to two events per person. Tournament is USA Racquetball sanctioned. A \$5 late fee will be charged for all entries received after the deadline. This includes all phone entries. Phone entries must be confirmed by Twayne or Tom. **The Junior/Veteran division can be your third division. Play in the Junior/Veteran division will begin Sunday afternoon.**

RULES AND REFEREES

Single elimination format with matches consisting of two games to fifteen and a tie-breaker to eleven. USA Racquetball rules apply including **mandatory USA Racquetball-approved lensed eyeguards**. Penn HD purple balls will be used for all matches. Referees will not be used. All players will use the honor system.

STARTING TIMES

Play will begin on Friday, December 5, 2008. Call the club Thursday, December 4, after 12:00 pm for starting times, or check the website at <http://www.michiganracquetball.net> or at [R2 Sports.com](http://R2Sports.com). **Effort will be made to reduce Friday and Sunday play.**

AWARDS

Medals will be given for the first and second place winners in divisions with draws of at least eight teams. Each player will receive a complimentary souvenir.

ELIGIBILITY

All players must live or work full time in the state of Michigan, and be a member of RAM. Players must be able to provide proof.

TOURNAMENT DIRECTORS

Tom Blakeslee -- (810) 217-8668
Twayne Howard -- (616) 771-0312

SPECIAL TOURNAMENT EVENTS

General Player Meeting - Saturday, December 6 - 7:00 pm

"I Gotta Have That" Auction & Party - December 6 - 8:00 pm

ENTRIES MUST BE RECEIVED BY DECEMBER 1, 2008

Name _____ Partner 1 _____
Address _____ Partner 2 _____
City _____ Club Affiliation _____
Phone (days) _____ (evenings) _____ Date of Birth _____

Make checks payable to RAM, and mail to RAM State Doubles Championships, 38114 Lakeshore, Harrison Twp., MI 48045
You may also sign up and pay online at R2Sports.com

Entry Fee (first event) \$35 _____
2nd Event Fee \$15 _____
Junior Fee \$15 _____
USA Rac. Membership \$35 _____
Late/Phone Fee \$ 5 _____
Total _____

Waiver clause: I hereby for myself, my heirs, executors & administrators, waive & release any & all claims for damages I may have against RAM, the host club, tournament staff, & their agents, for all injuries which may be suffered by me due to participation in said tournament.

Signature: _____ Date: _____
(parent/guardian signature if under 18)

DIVISIONS

circle correct choices - limit 2 divisions + Junior/Veteran

	MENS		WOMENS		
Open	25 C	40 Open	50 Open	65 Open	
A	30 Open	40 A	50 A	Mixed Open	
B	30 A	40 B	50 B	Mixed A	
C	30 B	45 Open	55 Open	Mixed B	
D	35 Open	45 A	55 A	Mixed C	
25 Open	35 A	45 B	55 B	Mixed D	
25 A	35 B	45 C	60 Open		
25 B	35 C	Junior/Veteran (can be third division)			

Juniors: (specify age division) _____
(All Juniors play will be on Saturday)

Alternate division: _____
(Divisions may be combined if fewer than 8 teams)

Mail To: RAM STATE DOUBLES CHAMPIONSHIP, 38114 Lakeshore, Harrison Twp., MI 48045

JOIN THE RACQUETBALL ASSOCIATION OF MICHIGAN

Membership Includes:

**Membership card, USA Racquetball Official Rule Book, travel and equipment discounts*

**USA Racquetball medical, life, and liability insurance at sanctioned events*

**Four issues of the RAM newsletter, THE RACQUETBALL REPORTER*

**Six issues of the USA Racquetball national magazine, RACQUETBALL MAGAZINE*

**RAM sanctioned tournament entry forms mailed to your home*

**Eligibility to play in all sanctioned tournaments and receive national ranking points*

MEMBERSHIP APPLICATION

DATE _____ EMAIL ADDRESS _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DATE OF BIRTH ____ / ____ / ____ HOME PHONE _____

_____ \$35.00 – Adult Competitor

_____ \$20.00 – Junior Competitor (18 and under)

_____ \$100.00 – Adult Competitor for 3 years

MAIL TO: RAM, 38114 Lakeshore, Harrison Twp, MI 48045

Racquetball Reporter

321 Village Dr.
Lansing, MI 48911

