



NCRA, Inc.

P.O. Box 14035

New Bern, NC 28561

NCRA BOARD MEMBERS

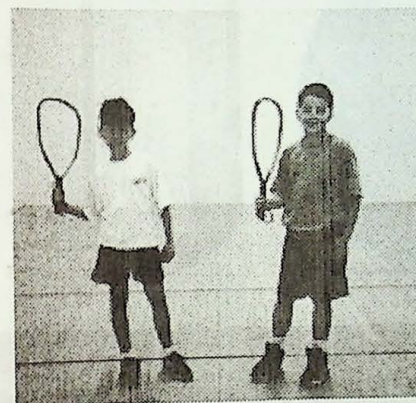
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Anyone interested in serving on this volunteer Board can submit a petition with 25 valid USRA dues paying member signatures OR ask a Board member to recommend your name to the election committee.

THE WALL NUT JOURNAL

The official Newsletter of the North Carolina Racquetball Association, Inc.

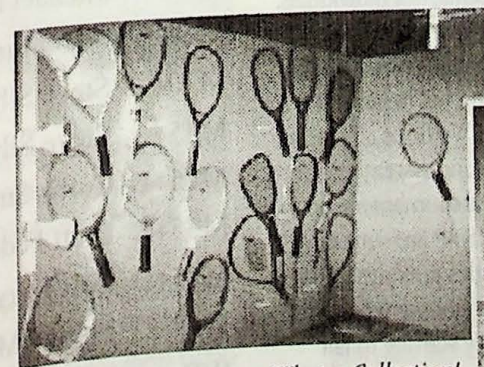
Our newest Junior Joshua Winston with dad Andreas.



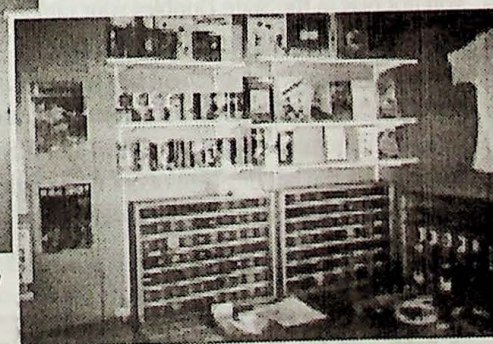
Two rising Juniors



Jonathan Justice serving in the finals at the New Bern tournament. Good form!



What a Collection!



INSIDE:

- Membership Drive • What's the Call • Presidents message
- The Trainers Corner • Tournament Schedule • Comments
- Tournament Results: Wilmington, New Bern, and Asheville

Notes and Quotes from the prez:

The turnout for the State Doubles was phenomenal. Over 80 players for our Doubles only is AWESOME!! Many, many thanks to Body Check for putting together this event so fast and efficiently.

The tournament calendar for the next year looks awesome! The number of tournaments in our state is growing by leaps and bounds. It kind of seems like the old times. You can see and play against friends and racquetballers all across the state.

Remember our goal to reach 500 members before December 31, 1999. We are picking up new members, but remember to renew through the NCRA. Don't let your membership lapse, please keep it current. Your membership carries a high value to you, your state organization, and your national organization. Look for the new goody bags being offered to new members from NCRA.

The new season is upon us and with this time comes the introduction of new racquetball gear. Remember, if you no longer want your old racquets there are several organizations that can put them to good use. Junior racquetball can always use the "gear boost".

Please let us know if you are planning to attend the National Doubles and/or US Open. If we can put together some "TEAM NC" shirts that would boost our visibility and camaraderie-that would be fun!!

COMMENTS

Well, no one sent me any comments about the NCRA, tournaments, or racquetball in general so I guess everyone must be satisfied with the way things are going. I often hear a lot of comments from the players at tournaments but no one will write their concerns down and sign their name to it. I can't voice your concerns in this column if you don't put them down in writing. I may not understand exactly what point you're trying to get across and it wouldn't be fair for me to speculate or to put my words in your mouth.

This quarter I'd like to address respect at a tournament. Not respect for the other players. I think most of the players in this state do that now. I'm talking about respect for the club where you're playing. Many times we don't realize the extra burden we put on a club when we play a tournament. We increase the load on the facilities, the personnel, and the club owners. Clubs often have to stay open extra hours to accommodate us. Employees have to work extra hours that they would normally be spending with their families. Club members may not be able to attend classes

they normally would because we're using their aerobic room for hospitality. So remember when you're at the next tournament: Put your towels in the proper hampers or return them to the desk. Don't leave them on the floor of the locker room or shower. Don't leave trash (water bottles, empty ball cans, broken balls, food plates) lying around. Put it in the trash can. Don't abuse the facility. (Slamming court doors, hitting your racquet against anything) Remember that we are their guests. Keep your children under constant supervision or put them in childcare. Besides the

liability involved should your child get hurt, children running free around the club is very disrespectful to the club's members. So have fun at your next tournament, but remember to have RESPECT. -Lynn Stephens



Lynn Stephens and Lynn Adams

MEMBERSHIP DRIVE

The NCRA is currently conducting a membership drive. Our goal is to have 511 members by December 31, 1999. Starting with the State Doubles any person signing up as a new member (not renewals) will receive a membership pack that consists of: a gym bag, T-shirt, can of Pro Penn balls, a current issue of Racquetball magazine, the last 2 current issues of the WallNut Journal, and surprise items like wristlacers, vibration dampners and sweatbands. A membership also includes 6 more issues of Racquetball magazine, entry forms from all sanctioned tournaments within the state, and you will be ranked according to your finish in the tournaments. It also helps our state organization to take care of promoting racquetball within the state.

So if you're not a member,

SIGN UP NOW.

UPCOMING TOURNAMENTS

Sept. 17-19	Outback Blast It!	The Sports Center	Fayetteville	910-864-3303
Oct. 8-10	Fall Classic	Central YMCA	Charlotte	704-333-7771
Oct. 22-24	Tournament of Champions	Elon College	Elon College	336-229-1433
Nov. 5-7	Hurricane Classic	Courts Plus	Jacksonville	910-346-3446
Nov. 19-21	Turkey Shoot	The Sports Club of Ashville	Asheville	704-252-0222
Jan. 15-17	Build the ARC	Courts Plus	New Bern	252-633-2221
Feb. 25-27	Classic Racquetball Tourn.	The Sports Center	Fayetteville	910-864-3303
March 17-19	Spring Classic	The Sports Club of Ashville	Asheville	704-252-0222
April 7-9	Spring Crusher	Courts Plus	Jacksonville	910-346-3446
June 9-11	Crystal Coast Classic	Sports Center	Morehead City	919-726-7070
June 22-24	Summer Bash	The Sports Club of Ashville	Asheville	704-252-0222
July 14-16	Big Brother/Big Sisters	Courts Plus	New Bern	252-633-2221

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DOUBLES RANKINGS

As promised, we will start ranking doubles teams in this state beginning with the State Doubles to be held in Winston Salem at the Body Check health club August 27 thru August 29. This means that you will receive a ranking with each person that you team up with at a tournament. If you play with someone different at the next tournament you will also have a ranking with that player. So you could be ranked in the same division with multiple partners. We will be ranking teams, not individuals. Points will be awarded according to where you finish in the tournament, the same way that we currently rank singles. Should you not play in the State Doubles your ranking will begin at the next sanctioned tournament that you play in. We hope all players will be patient as we implement this new ranking system for the state. We will need to get the results of several tournaments in to be able to fine-tune the system. Bruce and Wayne are currently trying to get the last bugs out of our new singles rankings. There have been many hard hours put in on the development of this system but it looks like all the pieces are finally starting to fall into place.

THE TRAINER'S CORNER

This month I will talk about cardiovascular exercise. Cardiovascular exercise is also known as aerobic activity. Aerobic means with oxygen. So aerobic work is usually described as any type of exercise done for a sustained period of 20 minutes or more. Your body will be requiring the oxygen needed as you are doing your cardio work. For racquetball, you will use a combination of

THE SUMMER BASH AT THE SPORTS CLUB OF ASHEVILLE

June 18-20

	1st place	2nd place
MO	Jason Thoerner	Allan Sheppard
MA	Mike Adams	Claude Crocker
MB	Dan Everett	Brett Feder
MC	Michael Ferris	Joel Propst
MD	Fred Murff	Bradley Vaughn
M30+	Steve Silverman	Allan Shepherd
M45+	Steve Silverman	Melvin Bailey
M25+B	Curtis Smith	Michael McDowell
M35+B	Brett Feder	Joel Propst
M45+B	Bob Terry	Paul Heathman I
WO	Phyllis Morris	Catherine Land
WB	Sharon Wilkes	Sarah O'Brien
W30+	Catherine Land	Stephanie Walker

WILMINGTON TOURNAMENT

Unfortunately, the NCRA never received the sanctioning fee from The Wilmington Athletic Club for their Atlantic Coast

NEW BERN BIG BROTHERS/ BIG SISTERS TOURNAMENT

July 16-18

The New Bern tournament was a great success as usual raising \$2500 for the Big Brothers/Big Sisters charity. They really outdid themselves this year with pancakes for breakfast and a great dinner on Saturday from Ragazzi's, that included Chicken Parmesan and great spaghetti. Add that to the stiff competition and friendly people and you've got a tournament you can't forget.



Taking advantage of the hospitality in New Bern.

1ST PLACE	2ND PLACE
Todd Cook	Greg Locke
Ken Lidonnici	Andreas Winston
Al Justice	David Bergman
Allan Layne	Jonathan Justice

MA
MB
MC
MD

article. While doing your aerobic training, you will be increasing your cardiovascular endurance. This means that you will be able to deliver oxygen to your heart at a higher level for sustained energy production. The exercise you choose to do can be almost anything. Examples are: Walking, Running, Biking, Swimming, Hiking, Stairmaster, Rollerblading, Elliptical Machines, or Rowing. These are only some examples of what you can include in your cardiovascular routine. When it's time to decide what to do for racquetball though, how do you know what's best? For the recreational and part-time tournament player, any of them will do. The main thing is to find something you enjoy doing. Too many people try to do the same exercise every time and within weeks they become bored and end up quitting. You need to make sure you find an exercise that's fun for you. Maybe you join a bike club so you always have someone to talk to while you are exercising. Or you can go to the local health club and read a book while you are stairstepping. A lot of individuals that have a hectic schedule and work inside all day just like to walk or jog outside in the fresh air. What I recommend is to pick something different every time you workout. This helps in a number of ways. One, you won't get bored doing the same exercise each time you do your cardiovascular work. Also, by doing different exercises you will be working more muscles from a variety of angles. Here's an example of why this is important. Take an advanced runner who is in good cardiovascular shape. If you try to put that person in a swimming pool for just 15 minutes, chances are they are going to not only have a tough workout but will also be extremely sore the next day. This is because the person is in great shape to run but not necessarily to swim. Make sure your muscles are ready for any type of action that will be used in racquetball. Lateral movement, forward and back, up and down; everything is incorporated in the game. You just need to make sure you find something you enjoy. Try different equipment in the gym. If you don't like it, don't use it. But at least give it a shot, you may be surprised. Here are some of the many benefits you will receive from cardiovascular exercise: *Increased Endurance, Body Fat Loss, Reduction of Blood Pressure, Helps To Strengthen Heart, Increased Bone Density, Increased Neural Activity, and the athlete will produce more efficient movements with less energy expenditure.*

How many times a week should I do aerobic exercise? If you are a beginner, you should just start off with 2-3 times a week with something as simple as walking. You might find yourself out of breath after just 20 minutes or so. That's okay. It may take a couple of weeks for your body to get used to this activity. After a while though you will be able to increase your speed and duration at a higher intensity level. Try to work your way up to 3-5 times a week for 20-45 minutes at a time. For the experienced athlete, you want to not only train 3-5 times a week for 20-45 minutes, but make sure you are using different machines and varying your intensities. This means don't just get on a machine and walk or step, but use one of the interval programs given on the machine. Increase the intensity for about 2-4 minutes at a high level and then back down to catch your breath. Repeat for the desired length of time. This will help mimic the game of racquetball which is more of a stop/start sport for sometimes over an hour. I can get more specific with these programs but I wanted to give you a brief overview. If you have any questions, feel free to contact me or talk to me the next time you see me at your local tournament. Until then, remember, there are no excuses!

Keith Taylor has been a certified personal trainer for 5 years. He owns a sports performance business in Charlotte, NC where he works with athletes of all ages and a variety of sports. You can contact Keith at 704-540-2258.

this year. We also never received their tournament results or any membership fees players may have paid to join the USRA/NCRA. We have made repeated attempts to get this money and the results of the tournament but to no avail. This means that if you played in this tournament you will not receive ranking points or any credit for playing. If you joined the USRA/NCRA or renewed your membership at this tournament then those fees may not have been forwarded to the USRA/NCRA. This is a sad situation when a tournament doesn't live up to their end of the contract they sign when they want to sanction their tournament. As a player you should insist that sanctioned tournaments turn in their results on a timely basis.

If you have questions or comments to make about this situation, or you joined or renewed your membership at this tournament you should call: Chris Neely (910)763-9655

MOA45+	Pete Shramm	Roger Felumlee
MBC25-	John Layne	Jeff Hadley
MBC35+	Mike Murray	Ken Lidonnici
MBC45+	James Eldridge	Ron Whicker
Juniors	Jillian Watson	Kendall Wall
Juniors 10-	Jonathan Justice	Kendall Wall
WOA	Meena Evans	Pam Avery
WB	Jennifer Cook	Bertha Pyne
WC	Edith Smith	Elaine Hinchman
WD	Debra Butler	Tanya Hale
MOAD	Cook/Shramm	Felumlee/Triplett
MBCD	Corey/Murray	Winston/Lidonnici
MDD	Dale/Daughty	Wong/Webb
WOAD	Avery/Helsel	Stelma/Hale
WBCD	Cook/Wood	Corey/Pyne
WDD	Butler/Hinchman	Hale/Hale
MXOAD	Dirks/Evans	Hale/Hale
MXBCD	Stelma/Webb	Bourgeois/Helsel

WHAT'S THE CALL?

Some notes on injury timeouts:

The injury must occur during the match and result from contact with the wall, ball, racquet, floor, or player. Muscle cramps, pulls, fatigue, or old injuries are not considered an injury and no injury timeout will be awarded. Should external bleeding occur the referee should stop play at the end of the rally and charge player with an injury timeout until bleeding has stopped. An injury timeout cannot be awarded for more than 15 minutes total over the length of the entire match. As soon as you recover from your injury you must resume play. You cannot use the rest of your 15 minutes for practicing shots. You may need those extra minutes later in the match should you re-injure yourself.

1. After the referee calls the score, the receiver raises her racquet above her head. The referee should:

- Immediately say "Hold Up"
- Say nothing at all
- Stop play and tell the receiver that she must raise her racquet before the score is called

The answer is b.

The server is responsible for checking to see if the receiver is ready after the score has been called. The referee should not say anything after calling the score or second serve because there is a penalty associated with not checking the receiver. See Rule 3.5

2. If a player wants to protest the referee's interpretation of the rules, he should:

- Wait until the match is over and then ask to see the tournament director
- Wait until the current game is over and then ask to see the tournament director
- Ask to see the tournament director immediately

The answer is c.

Generally accepted principal is that a protest regarding rule interpretations must be made immediately to the tournament director. See Rule B.9

3. If a player is injured, she is allowed:

- One timeout not to exceed 15 minutes
- One timeout not to exceed 20 minutes
- As many timeouts as necessary provided that the total time taken is no more than 15 minutes

The answer is c.

A player may take a total of 15 minutes in whatever increments necessary to overcome the effects of one or more injuries during the match. See Rule 3.16(b)