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- *National Doubles*



SPRING 2008 • VOLUME 20 • ISSUE 2

U.S. Racquetball Association

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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:

Objectives:

- **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 level 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.



24

DOUBLES



NATIONAL HIGH SCHOOL CHAMPIONSHIPS



46

COLLEGIATE CHAMPIONSHIPS



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Jim Hiser - Executive Director (130)
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Heather Fender - Exec. Assistant/Events (129)
Heather Izzett - Sanctioning Coordinator/
Membership Services (125)
Terri Morse - State/Membership Services (123)
Eddie Meredith - Events & Programs (132)
Marti Torres - Accounting Assistant (124)

USA Racquetball Advisors

Doug Ganim - U.S. Open Director
Connie Martin - AmPro Programmer
Otto Dietrich - Rules Commissioner

Email Us - FirstinitialLastname@usra.org

Contributors

Cheryl Kirk, Dave Negrete,
Connie Martin, Fran Davis, Otto Dietrich,
Steve Crandall, Hank Marcus,
Shannon Feaster, and Doug Ganim

Design

Matt Lupton

Photography

Mike Boatman
Julian Gomez
Terry McGuffey
Geoff Thomsen

Racquetball Magazine is a publication of USA Racquetball. Readers are encouraged to submit items of possible interest to Heather Fender at the address listed below or via email (hfender@usra.org). All items submitted are subject to editing by Racquetball Magazine.

Publisher

USA Racquetball
1685 West Uintah
Colorado Springs, CO 80904-2906
(719) 635-5396
www.usaracquetball.com

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FEATURES

<i>From the Top</i>	4
<i>Racquetball 4 Ever</i>	5
<i>Ultimate Warrior (part two)</i>	17
<i>Ladies in Racquetball</i>	60

ON TOUR

IRT	8
WPRO	10
NMRA	12
WOR	14
CPRT	16

INSTRUCTIONAL

<i>Strandemo Strategies</i>	18
<i>Fran's House</i>	22
<i>What's the Call?</i>	41

SPECIALS

<i>State News</i>	58
<i>Off the Court</i>	62
<i>Carrabba's Calendar</i>	64
<i>Reflections by the "Gar"</i>	66



Malia Bailey,
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By James Hiser, Ph.D.
USAR Executive Director

THE PIPELINE

In previous issues we featured juniors; this issue concentrates on high school and collegiate racquetball. The progression is obvious, and the development of all these programs must continue to improve and expand.

Included in this issue is information on how to organize and promote both high school and collegiate programs. Both hold critical importance to the future of the sport, but the impact these programs have on the players, the coaches, and even the clubs is often overlooked.

“I encourage every state to investigate the possibility of developing high school and collegiate racquetball programs. The blueprints for success are available and have been tested. Any state can analyze and model these blueprints and initiate plans for development.”

For the players, the friendships developed through competition and league play often last for a lifetime. For some, racquetball is their only extracurricular activity, while for others, racquetball provides valuable cross-training experience.

For the coaches, it provides an opportunity to give back to the sport they love so much, fostering feelings of accomplishment and gratitude. It's a way to make a difference and give back to the community and to the next generation.

Also important but often overlooked are the numerous benefits to the clubs. Many clubs complain of the difficulty in booking non-prime court time. High School and Junior leagues are perfect for filling these hours. The income to the club can be substantial; the long-term benefits of new memberships and positive public image are exciting and lucrative.

I encourage every state to investigate the possibility of developing high school and collegiate racquetball programs. The blueprints for success are available and have been tested. Any state can analyze and model these blueprints and initiate plans for development.

The recent SGMA (Sporting Goods Manufacturers Association) report indicates that racquetball participation increased 18.1% in 2008. This is an encouraging statistic, but most of this increase was likely in the middle and upper age groups. *We need juniors and collegiate programs to maintain our pipeline.* It is up to every club and to every player who loves the sport to give high school and collegiate racquetball a chance – the rewards will be immeasurable!



GRASSROOTS racquetball

By Cheryl Kirk,
USAR Board President

US Team in Cali, Colombia!

Congratulations and thank you to our U.S. Team for taking the Team Gold at the Pan American Racquetball Championships! To Cheryl, Rhonda, Jackie, Aimee, Andy, Chris, Ben and Mitch, along with their interim team coach, Mike Guidry – we are so proud of you and your accomplishments. Kudos also to Ryan Rodgers who won the Men's Elite, and to Tracy Hawthorne who competed in the Men's A's. You all represented us so well!

Check out USA Racquetball's web site if you haven't lately

Leo Vasquez and the USAR staff are doing a great job keeping the site fresh and relevant. And, please explore the state sites as well...there's a wealth of information on racquetball for every level and type of player. The national website is www.usaracquetball.com and the state links are accessible from there, under *Lists & Links/State Organizations*.

Insurance, Liability, Sanctioning

Especially since the membership dues increase, this can be difficult on the state level, facing a player who doesn't see the value and explaining that he must pay an additional \$50 above and beyond his division entry fees. Jim and the staff are working on a desktop stand-up piece for display at tournaments to help explain the benefits of membership and the role of USA Racquetball. In this economic climate and in our litigious society, I lose sleep at night worrying about those who think they're protected through the club's insurance or who don't think about it at all. Tournaments are supposed to be a fun experience for players and volunteers...let's not see people sued for the tournament director's/organization's failure to sanction (thus adequately insure) racquetball events.

Growing the Game, One (or Several) at a Time

We want to convert people to our sport; it's kind of like a religion...everyone wants everyone else to try theirs. We love what we do so much, we want people to enjoy the benefits:

health, fun, culture, camaraderie, fitness, friendship, sometimes even romance. We want to make a difference in people's lives through racquetball, like it has for us. And, we want credit for being so clever as to have suggested it in the first place! It's human nature.

So, what does it look like there in the club, in front of the court, at that "moment of truth," when people are standing right there, looking like they "maybe wanna give it a try?" I was talking with Andy Pawlowski (andy-paw@attglobal.net) of Florida, who has had success with assisting LA Fitness staff with their members who want to try racquetball, and I asked him to write something on the subject. Here are a couple of excerpts from *Racquetball Players Helping to Grow the Game*:

Become approachable: Racquetball players are certainly passionate about our sport, and the best way to help grow our sport is to share that passion with others. Our players have many diverse skills and personalities and there are many ways each of us can help develop the game. Today's clubs are mixed-use facilities, and an easy way to get started is to be friendly to the club staff and other members even if they do not play racquetball. Once you are seen as a positive influence, you will find that the club staff and members will come to you for advice and/or questions. While not everyone is an instructor, you can certainly answer questions regarding the basic rules on how to play in addition to questions regarding the proper attire as well as racquet, shoe and eyewear selection.

Beginner lessons and clinics: If you are an instructor, be careful not to overwhelm beginners with too much detail when introducing a new person or group to the sport. The focus is on teaching, not boring them with your wealth of knowledge of the game! When I give a beginner lesson or clinic, I tell them that they will be having fun within 20 minutes. Here is how I do it: I spend a few minutes outside

the court explaining the importance of warming up and stretching. Then I briefly explain the attire and equipment with a focus on safety which includes eyewear, shoes and the use of the racquet tether. Next I take them on the court and explain the court markings, the basic scoring and rules, how to serve and where to stand when serving and receiving. Next I make sure that each individual or group can at least drop and hit a ball. There is no need to bore them with stroke mechanics at this time; my goal is to have them having fun within 20 minutes. Now I am ready to have them on a court two at a time. I stay on the court with them and teach them by actually having them play.

Helping intermediate club players: If you are an Open or A player and do not like (or feel comfortable) teaching, the next best thing you can do is to invite that C player to occasionally play with you or your group. I remember when I was a C+ player and all the open players would play doubles on Sunday afternoons. Rather than shun me, one of the better players would take me as his doubles partner so as not to leave me out. I never forgot that.

In the last issue I asked, "For you, the player who is already firmly living within the culture of racquetball, how will you personally make a difference?" A couple of folks wrote to me with ideas at the email address RballNews@aol.com. Brad Gatewood (Kentucky) and Steve Feldman (Florida) wrote with ideas and offers to help out where needed. Paul Krueger of Wisconsin and Mike Lippitt of California have fostered continuing dialogue with us relative to the dues increase and how we can promote event participation within the parameters of the limited event membership option. Thanks to all who reach out...please keep your ideas and input coming our way.

We hope you enjoy this High School/Collegiate issue as much as we enjoyed putting it together – and have a great summer!



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RACQUETBALL IN FLORIDA DURING SPRING BREAK *what could be better?*

by Dave Negrete
IRT Commissioner



Event director Kim Roy with Rocky Carson and Kane Waselenchuk

IRT Florida Spring Break Pro Am • March 12-15, 2009

Kim Roy and the Sarasota Bath & Racquet Club were pleased to welcome back the IRT pro players to sunny Sarasota for the 2009 IRT Florida Spring Break Pro Am Racquetball Tournament. This 2nd annual Tier 1 event was action-packed with Pro Am mini-doubles, a fashion show at the beach, Saturday night DJ dance party that lasted long after the DJ left, and some incredible racquetball! Local TV stations and newspapers were there to capture the event and cheer on local competitors Mike Harmon and Brad Slocum. Mike Boatman captured impressive professional photographs of the event (available to view at www.kimroyracquetball.com). Jump Up Your Fun (Tyson Peco, owner) donated an inflatable bounce house, the featured entertainment for all the junior players. Sunday finished with Kane Waselenchuk winning the pro finals against Rocky Carson in 3 games. Following the pro finals, Rocky played mini-games of racquetball against the kids at the event. His gift for giving to the younger generation of racquetball is truly amazing!

Side Notes

Thanks to the Sarasota Racquet and Health Club for hosting the event. This was a very impressive facility and definitely promotes racquetball to its fullest in the community. Many of the top Florida players play here.

Great job by Kim Roy and her support staff at the event. It was run very smooth and all the players enjoyed the hospitality offered.

Also big thanks to Sal Perconti for his continued support of the event and his dedication to racquetball. We are very fortunate to have Sal involved in the game. We hope to be back next year.



Event Director Neal Heggen with Jack Huczek and Kane Waselenchuk

WASELENCHUK WINS 6TH IRT EVENT OF THE SEASON AT THE 2009 SEATTLE OPEN

February 19-22, 2009

The #5 ranked player in the world, Kane Waselenchuk from Edmonton, Alberta, Canada upset #2 Jack Huczek of Dallas in four games, 11-0, 6-11, 11-9, 11-5 to take the title at the 2009 Seattle Open February 19-22 at the Washington Athletic Club. This was Kane's sixth title of the season and the third time he has bested Huczek in the finals. Jack was looking to defend his title here in the Emerald City but just didn't have the game this time around. Kane kept Jack off balance most of the match and mixed up his service game with power and finesse. The win here in Seattle moved Kane closer to the year-end #1 ranking he has been coveting all season.

Huczek reached the final by taking out the #3 player in the world, Alvaro Beltran of Tijuana, Mexico in three straight games, 15-13, 11-2, 11-1. Beltran was hoping to meet up with Kane in the final since he is the only player to defeat Waselenchuk this season. Huczek was too much for Beltran in this match. Kane took the number one player from Orange County California, Rocky Carson, in three quick games 11-5, 11-2, 11-1. Carson has yet to find an answer to counter Kane's game this season.

Over 200 players entered this event from all over the world, making this the largest turnout in the history of the tournament; over 30 players were turned away in the amateur draw due to the fact that the event reached its capacity very early on. The event also had the largest pro draw in its three-year history with over 40 players.

Hats off to Event Director Neal Heggen for running a first class event once again, and thank you to Wanda Collins, Keith Turley and Deb Turley for your assistance all weekend.

The Washington Athletic Club is an excellent facility located in the heart of downtown Seattle. We appreciate everything the club does for the event; special thanks to General Manager Darrin Barr for all his support.

WASELENCHUK WINS AGAIN AT THE 2009 SAN DIEGO OPEN February 26-March 1, 2009

The IRT returned to San Diego's American Athletic Club and was greeted with an amateur draw of over 300 players from Mexico and the United States. The IRT draw once again approached 50 here in San Diego, making it the largest of the season. This event offers much to the



Mariachi Band at the San Diego Open party

players: food is served nearly around the clock, and there is always a great party with live entertainment on Saturday night. This year was no exception, and if you like carne asada, guacamole, chips and chicken-on-the-grill, beware: you will gain a few pounds here no matter how many matches you play over the weekend!

Fourth-seeded Kane Waselenchuk (Edmonton, Alberta, Canada) won a tough four-game battle 11-5, 5-11, 13-11, 11-5 over #2 seed Jack Huczek (Dallas, TX) to take the title. A big backhand shot at 10-10 in the third game was the turning point in the match for Waselenchuk, who now has logged seven victories this IRT season. Huczek played some outstanding racquetball throughout the match and put pressure on Kane the entire time, but Kane was just too much. Waselenchuk won here in 2006, making him the first repeat winner of this event.

Side notes

What a great job by all the volunteers and staff at this event. All the players were treated first class all weekend. The IRT and players thank you all.

Sinuhe, Francisco and Scott, thank you for your help and support of the IRT players – you guys are class acts.

Big thanks to Brent Avery and his lovely wife Sofia. Your hospitality and attention to detail is much appreciated by the IRT. This was a great event, and we look forward to coming back next year.

Thanks to Tony Ramirez for stepping up as always to take on the title sponsorship role of the event. Tony is the lifeline of the IRT in this region; we appreciate your support and efforts for allowing the best in the world to travel to your city and display their skills. Also, thank you to all the hard-working volunteers who manned the BBQ grill all week. We loved the tortillas and carne asada!

CURRENT RANKINGS As of March 23, 2009

Rank	Pro	Points	Previous Rank	Season-To-Date Rank	Season-To-Date Points	Season-To-Date Best
	WASELENCHUK, KANE	4309	1	1	4309	4309
	CARSON, ROCKY	3405	2	2	3810	3405
	HUCZEK, JACK	3173	3	3	3720	3172
	BELTRAN, ALVARO	2824	4	4	3135	2824
	MANNINO, JASON	2333	5	5	2445	2332
	VANDERSON, SHANE	2216	6	6	2681	2216
	WILLIAMS, MITCH	2096	8	7	2705	2096
	CROFT, BEN	1961	7	8	2396	1961
	CROWTHER, CHRIS	1534	9	9	1670	1534
	THOERNER, JASON	1440	10	10	1455	1436
	HAWTHORNE, ANDY	1290	11	11	1564	1290
	HERRERA, JUAN	1016	12	12	1120	1016
	HERRERA, ALEJANDRO	990	13	13	1065	990
	HERRERA, ANDRES	803	16	14	802	802
	WOODBURY, TRAVIS	780	15	15	840	780
	SHIMIZU, HIROSHI	754	14	16	754	754
	HERRERA, ANTHONY D.	722	20	17	801	722
	ODEGARD, KRIS	634	17	18	634	634
	CARSON, TONY	626	18	19	607	607
	ROJAS, JOSE	574	22	20	574	574
	CONNELL, LEE	517	24	21	517	517
	LANDA, ALEJANDRO	510	23	22	510	510
	MORENO, JAVIER	488	19	23	488	488
	GUTIERREZ, POLO	458	26	24	458	458
	SWAIN, CLIFF	442	21	25	442	442
	LANDERYOU, TIM	441	27	26	441	441
	GREEN, MIKE	392	32	27	392	392
	MEJIA, GILBERTO	374	25	28	374	374
	FILIPPINI, RAFAEL	372	29	29	372	372
	MINOR, KEITH	300	33	30	300	300

2008-09 IRT SCHEDULE

Tier Level	Date	Tournament Location	Result
GS	SEPT. 17-21	MOTOROLA WORLD CHAMPIONSHIP Denver, CO	Kane Waselenchuk
T1	SEPT. 25-28	KANSAS CITY OPEN Kansas City, MO	Kane Waselenchuk
T1	OCT. 2-5	KENTUCKY OPEN Bowling Green, KY	Kane Waselenchuk
T1	OCT. 9-12	CANADIAN CLASSIC Edmonton, Alberta, Canada	Jack Huczek
T4	OCT. 10-12	AUBURN VW OPEN Kent, WA	Jimmy Lowe
T4	OCT. 8-12	XV INTERNATIONAL RACQUETBALL TOURNAMENT Santiago de Cali Colombia	Juan Gutierrez
T3	OCT. 17-19	LOU BRADLEY MEMORIAL Madison, WI	Shane Vanderson
T4	OCT. 17-19	WEST MICHIGAN OPEN Presented by Spartan Stores Grand Rapids, MI	Mike Green
GS	OCT. 22-26	US OPEN Memphis, TN	Kane Waselenchuk
T2	OCT. 29- NOV. 2	CHIHUAHUA OPEN Chihuahua, Mexico	Gilberto Mejia
T4	NOV. 2-3	IRT JAPAN INTERNATIONAL EVENT Tokyo Japan	Shane Vanderson
T4	NOV. 6-9	LONG ISLAND OPEN Long Island, NY	Andy Hawthorne
T4	NOV. 6-9	SHAWN HYATT EXCAVATING SHOOTOUT Yakima, WA	Rocky Carson
T3	NOV. 6-9	NEW MEXICO PRO AM Albuquerque, NM	Alvaro Beltran
T4	NOV. 7-9	POMONA VALLEY OPEN Claremont Ca	Chris Crowther
T1	NOV. 13-16	JUAREZ OPEN Juarez, Mexico	Rocky Carson
T4	DEC. 5-7	18th ANNUAL TURKEY SHOOT Garden City, KS	Alvaro Beltran
T1	JAN. 8-11	CALIFORNIA OPEN Los Angeles, CA	Rocky Carson
T1	JAN. 15-18	NEW YORK CITY PRO AM Long Island, NY	Kane Waselenchuk
T4	JAN. 22-25	NEW JERSEY OPEN Fairfield, NJ	Eric Muller
T4	JAN. 30-FEB. 1	WICHITA OPEN Wichita KS	John Cole
T4	JAN. 30-FEB. 1	CINCINNATI OPEN Cincinnati, OH	Andy Hawthorne
T2	FEB. 5-8	LEWIS DRUG PRO AM Sioux Falls SD	Jack Huczek
T4	FEB. 12-15	35TH KEYSTONE CLASSIC Winnipeg Manitoba Canada	Tim Landeryou
T1	FEB. 19-22	SEATTLE OPEN Seattle WA	Kane Waselenchuk
T4	FEB. 20-22	35TH TORNADO ALLEY CLASSIC Wichita Falls TX	Alex Ackermann
T1	FEB. 26-MAR. 1	SAN DIEGO OPEN San Diego, CA	Kane Waselenchuk
T2	MAR. 5-8	CARL MYERS MEMORIAL Garden City, KS	Mitch Williams
T4	MAR. 6-8	LEAMINGTON RACQUETBALL CLASSIC Leamington Ontario Canada	Eric Derocchers
T1	MAR. 12-15	FLORIDA SPRING BREAK Sarasota, FL	Kane Waselenchuk
T4	MAR. 20-22	MILLER LITE OPEN York, PA	Travis Aldinger
T4	MAR. 19-22	NORTHWEST OPEN Bellingham, WA	Joey Lakowske
T1	APR. 23-26	DENNIS ROSENBERG PRO AM Allentown, PA	Kane Waselenchuk
T4	MAY 1-3	TOPEKA, KANSAS	Bradley Rogers
GS	MAY 5-9	MOTOROLA IRT PRO NATIONALS Chicago, IL	Kane Waselenchuk
T4	JUNE 5-7	MARYLAND CHAMPIONSHIPS Laurel, MD	

Dates and cities subject to change.

PRIZE MONEY DETERMINES TIER LEVEL

GS - GRAND SLAM - \$30,000 Minimum

T1 - TIER ONE - \$17,500 Minimum

T2 - TIER TWO - \$10,000 to \$17,500

T3 - TIER THREE - \$5,000 to \$10,000

T4 - TIER FOUR - 0 to \$5,000



LONGORIA TAKES TERRAPIN SHOOTOUT

The WPRO's marquee event for the "Racquetball for Life" campaign was hosted in the Washington, D.C. area March 27-29 at the Lakeforest Sport & Health Club in Gaithersburg, MD. The atmosphere at this event was unlike any other, with the cause of breast cancer awareness and prevention so close to everyone's hearts. Proceeds from the tournament benefited the American Breast Cancer Foundation (ABCF), a national 501(c)(3) nonprofit committed to providing direct financial assistance to uninsured and underinsured individuals for diagnostic tests to aid in the early detection and survival of breast cancer.

The draw was stacked for this one as the ladies of the WPRO always love to support events that directly benefit ABCF and our Racquetball for Life campaign! After so many five game matches and gut-wrenching endings coming out of the WPRO draw, it was no surprise that the final provided a similar storyline. Sunday's championship was a rematch of the Miller Lite Open final in York with #1 Rhonda Rajsich taking of California taking on #2 Paola Longoria of Mexico. This time Longoria came out on top as her drive serves down the stretch proved too much for Rajsich to handle in her normal aggressive fashion. The

crowd was thrilled with the high-level play of both pros throughout the match and no one seemed to want them to stop slugging it out for the title. Final scores: (-7,-8,9,9,8.

Special thanks to Lula Parker, general manager of Lakeforest S&H, and her staff for the first-rate hospitality! The WPRO appreciates the support of all the event sponsors, including E-FORCE, Bev Supanick – Racquetball Coach (www.racquetballguru.com), RacquetballOnline.tv, EINSTEIN Bagels, Ledo's Pizza, ABC Tees, and Logorific.

The WPRO and ABCF initially joined forces in 2007 to promote "Racquetball for Life," a campaign designed to raise breast cancer awareness, prevention and detection through the sport of racquetball. The partnership aims to increase breast cancer awareness while also educating the public about the benefits of playing racquetball.

"The WPRO is honored to support ABCF and their mission in providing breast cancer screening services for women in need," said Shannon Feaster, WPRO Commissioner. "This tournament helps us raise breast cancer awareness while showing young girls and women that racquetball is a fun sport that can improve their overall health."

ABCF's Key to Life Breast Cancer Assistance Program provides direct assistance in the form of financial grants for annual mammogram screenings and breast cancer diagnostic tests. Each year, approximately 10,000 women and men nationwide receive services through the Key to Life Breast Cancer Assistance Program.

LONGORIA CLAIMS GREAT BALLS OF FIRE CHAMPIONSHIP

The Great Balls of Fire Pro-Am (held Feb 27-March 1) has become a staple event in Miami for both high-ranking amateurs on the national stage as well as the ladies of the WPRO. For the third time in as many years, the GBOF event has invited the women's pro tour to South Florida to heat things up at the University of Miami Wellness Center. This spectacular tier one event was directed by UM Racquetball Club's Lynne Olvey and WPRO pro Vivian Gomez.

This year, the event teamed up with the American Breast Cancer Foundation and the WPRO Racquetball for Life campaign to assist in the fight to eradicate breast cancer and provide funding for research grants, education, screening and treatment in Miami and other communities around the world.

The WPRO championship came down to a familiar two-some, #1 Rhonda Rajsich and then world-#3 Paola Longoria. This match went down to the wire – a five-game battle (-7, 5, -6, 5, 3).

Thanks to all the sponsors who made this event possible, including La Cubanita products (Pattr, PROEDGE GROUP, Flagler Dog Track, Arch & McMorris Wealth Management Group, Roman Sausage brand, and WPRO pro Laura Brandt.)



RAJSICH WINS MILLER LITE OPEN

The stars of the WPRO converged on The Athletic Club of York, Pennsylvania for the 2009 Miller Lite Open, which took place March 20-22. Top seed Rhonda Rajsich was on fire during this match and didn't give her opponent, Paola Longoria, an opportunity to catch a groove in this match. Rajsich defeated Longoria in four: 2,8,-9,7. Heading into the Miller Lite Open, Rajsich had won three WPRO titles this season and was matched only by Longoria, who is on her heels in the race for the season-ending top spot. The Miller Lite Open is the last WPRO stop leading up to the tour's grand slam finale – the Ektelon WPRO World Championships in Stockton, CA.

The outstanding reputation of this event brought players from all over the country and others had to be turned away! There was even a strong international presence in the women's pro division with pros traveling from Canada, Chile, Mexico, and Japan to compete in this premier championship. The WPRO would like to extend our heartfelt appreciation to Khanh Holtslander (PA's top racquetball promoter), Karen Morton (creator of the WPRO's "Anita Court" logo) and Travis Aldinger (co-owner of The Athletic Club of York) for making this event possible (in conjunction with an IRT satellite stop). Thanks also to tournament staff members: Tim Page (co-owner of The Athletic Club); Andy Tarburton (photographer), Doug and Tim (who ran the tournament desk) for ensuring that the WPRO pros were well taken care of throughout the weekend. You guys are the best! This event would not be possible without the generous contributions of the event sponsors: Miller Lite; Z Motor Co. (Kyle and Kim Zemeski); Harsco Corporation (Steve Baney); Hales & Company (Rob Lieblein); Colonial Dental Group (Dr. Tammy del Sol, DMD); Timothy A. Kline, CPA; National Vision Administrators (Millie Monaco); C & M Painting (Michael Rice); Z-Band (Dick & Nathan Snyder); Diane Stokes; Rex Herbert; William "Bill" Reck; The Pond on Fulling Mill - an over 55 community; Express Scripts, Inc. (Kelly Depcik); Transfection Designs (Karen Morton & Khanh Holtslander); Ye Olde Ale House (Blain Hensch); T.G.I. Friday's; White Rose Bar & Grill; Texas Roadhouse; Hooters.

WPRO CURRENT RANKINGS AS OF APRIL 10, 2009

Rank	Name	Residence
1	Rhonda Rajsich	Los Angeles, CA
2	Paola Longoria	Tijuana, MEXICO
3	Cheryl Gudinas Holmes	Naperville, IL
4	Kerri Wachtel	Cincinnati, OH
5	Kristen Bellows	Pleasant Grove, UT
6	Adrienne Fisher	Centerville, OH
7	Veronica Sotomayor	Ecuador
8	Angela Grisar	Santiago, Chile
9	Doreen Fowler	Silver Spring, MD
10	Brenda Kyzer	Leesville, SC
11	Jennifer Saunders	Winnipeg, MB CAN
12	Jo Shattuck	Denver, CO
13	Diann Moore	Griffith, IN
14	Samantha Salas	Leon, Mexico
15	Keely Franks	Lufkin, TX
16	T.J. Baumibaugh	Reston, VA
17	Vivian Gomez	Miami, FL
18	Krystal Csuk	Chicago, IL
19	Susy Acosta	Chihuahua, MEXICO
20	Christie Van Hees	Calgary, AB, CANADA



NATIONAL MASTERS RACQUETBALL

Official Racquetball Association
Since 1974

OREGON OCTUPLETS

The National Masters Racquetball Association held its National

Racquetball Championships in Canoga Park, California from March 11 through 15, 2009 at The Spectrum Club. We were last there in March 2006, with this trip being the fourth or fifth time in several years, and the NMRA is happy to have been invited back. It

is very nice having the championships in one venue. There were 155 players entered, with 24 women in the event. There was also an exhibition match between Ruben Gonzalez and Rhonda Rajsich after the player registration on Tuesday night.

The Men's 50 singles (Tom Weniger vs. Howard Walker) ended with Walker calling a penalty hinder on himself at 9-10 in the third game of the playoff finals. It was déjà vu of Ruben Gonzalez some 30 years ago at the Pro Nationals calling a penalty on himself. Such sportsmanship is what the NMRA is all about!

There were eleven players in the Men's 80+ singles and they had a straight round robin (ten matches) with Armand Matern beating out Dick Kincade.

Neil Wong provided music on the piano before, during and after the banquet. Newsletter Editor Cindy Tilbury sang during the cocktail hour. Guest soloist Lillie Knauls entertained the group during the banquet. She has sung in 49 states and 57 countries. NMRA member Roland Chan performed vocals during the "after party." The banquet staff at the Woodland Hills Hilton also joined in.

We hope to see you in July at the University of Illinois, Champaign. There is still time to get entered into this tournament. This will be a 'return engagement' for the NMRA to Champaign. We held this event there in 1999 and 2001. Our Doubles-only event will be in November, with the location to be announced by early summer. We are hoping for a warmer location and larger turnout than we had at Denver in December. Lastly, the Board is working on the details on Tucson, Arizona for March 2010.



VICKY AND DAVID REYES RECEIVE
FIRST TIME PLAYER SHIRTS

Good luck to our members and readers at the upcoming Adult National Singles. For more information on any of the items above, please browse to www.NRMA.info, www.R2Sports.com, www.MissLillie.com or www.usaracquetball.com.

The NMRA is dedicated to the mature racquetball player 45 years old and older. All matches (singles, doubles, and mixed doubles) are self-officiated and round-robin format, at our two annual events -- No More One Round and Out. Your first event does not require membership to the association, but we wish you would join. We look forward to your joining us at an upcoming event.

2009 Women's Senior/Masters Racquetball Championships - 20 YEARS OF GREAT RACQUETBALL



65+ GROUP



45+ FINAL TWO (THE LAST MATCH -MATCH WENT TO A TIEBREAKER)

Usually warm weather in the mid 80's greeted the 100 players arriving in Los Angeles for the 20th Annual Women's Senior/Masters Racquetball Championships, held January 16-18, 2009 at the Spectrum Club in Canoga Park. Many players gladly left behind frigid temperatures to flock to sunny California, and all the participants from New York to Hawaii were anticipating three days of exciting competition, camaraderie and fun! Not to mention, trips to the beach!

As usual, the action got off to a fast start with "fun doubles" on Thursday afternoon. This bonus event was planned to give players a chance to meet friends and check out the courts in a relaxed atmosphere. Over \$700 was raised for Susan G. Komen for the Cure®.

Serious singles competition got underway on Friday. Tournament Directors Debbie Tisinger-Moore and Randy Lam manned the tournament desk with the help of Janelle Tisinger. Super volunteer Hiro Nagata kept the food and snacks coming all weekend. There were always fresh bagels available from Western Bagel (courtesy of club member Debbie Rose Simon). When not playing, players had time to eat lunch, watch other matches and of course browse through the items

offered in the silent auction. The auction featured lots of goodies donated by Wilson and by Debbie Tisinger-Moore; Ektelon items were donated by Kris Kaskawal and Nidia Funes; Paula Sperling contributed an entry to the World Seniors; and a special quilt made by the late Mary Low Acuff was donated by Vickey Utter.

Besides the court action, one highlight of every Women's Senior/Masters is the Saturday night banquet, and this one for commemorating the 20th Anniversary was extra-special. It was a relaxed affair at the Radisson, featuring a buffet and live music from local band "Take Cover." A slide show featuring pictures from all 20 tournaments ran continuously during dinner. Laughter greeted many of the old pictures: "Was I that skinny?" "Look at those glasses!"

Nancy Kronenfeld prepared a booklet with lots of history and fun facts about our 20 years. For instance, Pauline Kelly, Linda Covault and Kendra Tutsch were at both the 1st and the 20th Women's Senior/Masters. Kendra Tutsch has played in all 20! Over the years, Jo Kenyon won the most gold medals, and Linda Moore has won the most silver. After dinner, there were a few presentations and the results of the silent auction were announced -- we

raised over \$1,200, with half going to the USAR College Scholarship Fund.

After 2-1/2 days of intense competition, winners were decided by early Sunday afternoon. All players who placed received a beautiful glass trophy featuring the tournament "wave" logo. Find complete results <http://www.r2sports.com/tourney/viewResults.asp?TID=4353>.

The WSMRA would like to thank the owners, manager Ken Marshall and the entire staff of the Canoga Park Spectrum Club; Tournament Directors Debbie Tisinger-Moore and Randy Lam; Chris Evon and our National Sponsor Wilson Racquetball; and all of the other individuals and businesses who supported this tournament, including Brenda White of USA Embroidery for the great pink vests. Look for a complete list of sponsors and contributors on our web site.

The 21st annual tournament will be held in the Washington, DC area at The Lake Forest Sport and Health Club in Gaithersburg, MD in mid-June 2010. For more on the WSMRA, pictures, results and information on next year's tournament, please check our website www.wsmra.com or <http://my.execpc.com/~tutsch/WSMRA/main.html>, or contact Kendra Tutsch at kdtutsch@wisc.edu.

WANT TO IMPROVE YOUR GAME? MIX IT UP!

BY DARRIN SCHENCK

PRESENTED BY



When I sat down at National Doubles in Tempe, AZ to speak with some of the best players in the game, I was surprised to learn how much each of the guys thought being able to play both indoors and outdoors helped their overall skills as a player. Rocky Carson, Craig "Clubber" Lane and Greg Solis were kind enough to sit and chat with me, and I'd like to share these comments in a series of articles. I hope you learn as much as I did.

Just to be clear about my history with the game, I have played racquetball for over 20 years, including a two-year stint in the Top 20 on the IRT. My first swing at a racquetball took place on an outdoor court. I began playing racquetball on outdoor courts and learned the basics of the game at a park across the street from my house. I would walk over and play six nights a week, and I credit those guys who taught me the very basics with getting me started in the game. But to be honest, I have strayed from my roots; I have not been on an outdoor court for a long time. So I sat down with some of the guys who are the best at both to refresh my memory as to the benefits of playing both versions of the game.

While talking with Rocky Carson, I mentioned the Q&A that is posted on the worldoutdoorracquetball.com website and asked him to elaborate a little.

Q: HOW DID PLAYING OUTDOOR HELP/AFFECT YOUR INDOOR GAME?

A: Any kind of racquetball helps my game. With no back wall, ceiling, or sidewalls, the differences are overwhelming. Some of the worst shots indoors are great outdoors:



overheads down the middle, overhead Z serves, etc. When I am playing outdoors, I am still learning and copying from great players like Hawkes. It makes it exciting and frustrating at times. I have to think about situations instead of reacting to them like I do indoors. The challenging thing about outdoors is that being a pro does not guarantee you a win over anyone. There are great outdoor players who are A players indoors, but they can beat me or any other pro outdoors.

When asked about the website posting, Rocky just had to laugh. His first outdoor tournament was the 2002 Outdoor National Championships, and when I asked him the following question, I loved his reply. "Correct me if I am wrong, but didn't you win that tournament, Rocky?" I inquired. He flashed that bright smile of his and just kind of laughed a little. "Yeah, I guess I did," he said. As usual, the very humble Carson failed to mention that he pulled off what is considered the greatest upset in the history of outdoor racquetball by defeating Brian Hawkes in the finals. He also won the event in 2004, so I made a mental note that maybe some of the pros have trouble on the outdoor courts, but apparently Rocky is an exception. His game style is well suited for playing both indoors and outdoors -- hitting well placed passes and working the rallies to his advantage before attempting kills. Rocky commented that playing outdoors helps him stay sharp with his footwork and also work on cutting the ball off, which can be essential to success in the indoor events.

This seems to be one of the most difficult transitions for indoor pros to make when venturing outdoors. The places you play a shot from on the court can be vastly different, and cutting off the ball can force your opponent deep and even out of the court when you hit the right shot. It is much more difficult to hit a kill shot from 50' away from the front wall. Add in the challenge of chasing a shot off of your court and into the one next to you, (something an indoor player never faces) and you have two of the basic frustrations with which even "the best the game has ever had to offer" will struggle. Cliff Swain and Marty Hogan have been testing their skills outdoors; despite their immense racquetball skills, they are not quite dominating that world just yet. Although each of these Hall of Famers has had some success outdoors as well, they are still much more vulnerable in the early rounds versus when they play indoors.

Craig "Clubber" Lane and Greg Solis both had some interesting comments on the outdoor game and the differences people new to the game of outdoor racquetball will face. Watch for highlights of that conversation in the next issue of Racquetball magazine.

You can check out more info, videos and links to other Racquetball sites on my website at www.rbguru.com.

EKTELON BEACH BASH FOR CASH

by Vic Leibenfsky

Gorgeous blue skies, ocean breeze and the steady buzz of tourists walking the boardwalk was the backdrop. It was a perfect scene for the 2nd annual Ektelon Beach Bash for Cash held on the Historic Courts on Garfield Street at Hollywood Beach, Florida.

The \$4,000 in prize money attracted a whopping 133 players to the event, including 32 teams in the pro draw. Many thought racquetball legends Marty Hogan and Cliff Swain were the early favorites and expected them to have an easy trip to the finals. Instead, they fell in the quarterfinals to locals Ignacio Estinal and Oscar Negron in front of a frenzied home crowd.

This event marked the triumphant return of Robert "Iceman" Soste from a debilitating Achilles injury. With longtime friend and partner Alfredo Ramirez, this team has dominated the one-wall racquetball scene for many years until Robert's recent injuries. Many questioned whether Robert was coming back too soon and whether he and partner Alfredo would still have their magic.

In the semifinals things looked bleak as they lost their first game to Xavier Luna and Eric Faro. From that point on, Iceman and Freddy turned it up another notch and no one else in the draw could compete. After winning the next two games in their semifinal match, they took down Michael Dembin and David Blatt in an exciting final in front of a huge crowd.

The crowd was thrilled to have Garfield Street pioneer and long-time advocate Wally Schmidt on hand to congratulate the winners. Many bystanders walking the boardwalk found themselves mesmerized watching racquetball for the very first time, and vowed to give it a try!

KING AND QUEEN OF THE BEACH



KING OF THE BEACH

The King of the Beach battle was waged on Saturday, March 14th at Marina Park in Huntington Beach, CA. Over 40 competitors tried to wrestle the crown from defending champ Josh Tucker.

In the first round, notable casualties included 5th seed Marty Hogan and last year's runner-up, 4th seed Mike Peters. The second round included a talent-laden pool with Craig "Clubber" Lane, Rick Sandello, Josh Tucker, and Rod "Thunder" Frontino. Sandello and Tucker emerged, leaving a disappointed Lane to ponder next year. Other notables to make it to the Elite 8 included former winners Greg Solis and Zeus Ocana. Solis was unable to sustain his run, losing in a tie-breaker to Zeus who chose his former partner, Jesus Ustarroz for that battle. Bill Tosonowsky did everything he could to try and get Solis to the finals, but it was not to be on this day.

The Final Four consisted of Josh Tucker, Zeus Ocana, Jesus Ustarroz and Rick Sandello. Since Tucker prevailed in all three games, the battle was for second place. Zeus nipped Jesus by two points and finished second.

That left Jesus Ustarroz in 3rd and Rick Sandello in 4th, just another 2 points behind.

Once again, Josh Tucker reigned as King of the Beach.

Stay tuned for next year's battle and hopes of seeing some Floridians and Hawaiians in the mix! Special thanks to John Ellis for making it down from No-Cal and as always, we extend our gratitude for the incredible hospitality provided by Jimmy Banuelos, Gary Martin, and Thunder Mountain.



QUEEN OF THE BEACH

The Queen of the Beach battle came on Sunday, March 15th under sunny skies on beautiful Huntington Beach. Over 24 women showed up and the final proved to be a real nail-biter. After the dust settled, it was Gay Degree, Janelle Tisinger, Sherri Knecht and defending champion Rhonda Rajsich in the finals.

This was nearly a repeat of last year's final four, with Janelle Tisinger replacing Michelle Key in the final group. The finals could not have been any closer as Gay Degree completed what many would call an upset, logging one point more than Rhonda and thereby earning the crowning for Queen of the Beach. Congratulations, Gay!

Once again, there were prize money, prizes, great food, music and new friendships being formed, all in the name of outdoor racquetball.

WOR commends Tournament Director Greg Solis on running a smooth, organized event. And thanks to Craig Lane and Mike Peters for the making the standings calculations – grace under pressure!



CLOUSE GETS FIRST WIN OF SEASON IN ROCHESTER

Woody Clouse notched his first win of the season at the Penfield Pro-Am to go with his three finals appearances with a 5-9, 9-7, 9-5, 9-0 win over Ruben Gonzalez. Gonzalez gave his all through the first two games as he came out strong, winning the first and taking a 7-4 lead in the second. Clouse was able to turn it around and dominate the rest of the match. As the rankings were calculated after the event, Gonzalez accumulated enough points to take over the #1 ranking despite the Clouse victory.

To reach the finals, Woody Clouse fought past a scrappy Mike Ceresia in a long four-game semifinal 6-9, 9-4, 9-7, 9-2. Clouse would face second seed Ruben Gonzalez who started strong against Jimmy Lowe, taking a 9-5, 9-4 lead before Lowe took the third game 9-2 and came from a 2-7 and 4-8 deficit in the fourth game to force a tiebreaker. Gonzalez again came out strong in Game #5 with leads of 7-2, 8-6 and 8-9 before Lowe took a lead and served for the match at 9-8. Gonzalez fought back with dives and saves until a lob serve that cracked out ended the match at 11-9.

Top-ranked Woody Clouse had led the way into the semifinals with a three-game win over qualifier Ted Pittinaro. Pittinaro had qualified with a four-game win over Jeff Schuetz earlier in the day. Second seed Ruben Gonzalez cruised in three games as well over Dave Spoletta, a winner earlier over Ron Corsaro. Number three Jimmy Lowe matched the top two with his win over Tom Mastrodonato, who had advanced over Dean Kaplan. In the quarterfinal match-up of CPRT pros, Mike Ceresia lost the first game to Mike Ray, but Ray was forced to retire with a calf injury.

This was the premier event for the CPRT in the Eastern U.S. and featured 4 of the top 5 ranked CPRT pros at one of the great venues that has been hosting professional racquetball for many years. Thanks go out to the Penfield Fitness & Racquet Club, Alan Hanford and Keith Lopresto for hosting another great CPRT event with support of a contingent of loyal and active sponsors.

2008-09 Current Rankings (prior to 2009 Pro Nationals)

RANK	PLAYER	TOTAL
1	Ruben Gonzalez	3685
2	Woody Clouse	3410
3	Jimmy Lowe	3170
4	Mike Ceresia	1305
5	Cliff Swain	1170
6	Tom Travers	785
7	Gerry Price	770
8	Mike Ray	765
9	Steve Wattz	645
10	Bret Harnett	505
11	Bill George	375
12	Dave Sable	275
13	Dale Millhollin	265
13	Armando Villa	265
13	Tom Mastrodonato	265
13	Ted Pittinaro	265
13	Keith Minor	265
13	Doug Ganim	265
13	Dave Spoletta	265
20	Ravi Sohoni	255
21	Steve Cook	250
21	Randy Forrest	250
21	Darrell Baricuartro	250
24	Ron Corsaro	130
24	Jeff Schuetz	130
24	Brad McCunniff	130
27	Richard Eisenmann	125
27	Paul Whitten	125
27	Mike Grisz	125
27	Eugene Coyle	125
27	Egan Inoue	125
27	Dennis Kaufman	125
27	Darrin McNally	125
27	Darjon Bittner	125
27	Dale Durboraw, Jr.	125
27	Claude Hagopian	125
27	Dean Kaplan	125
27	Brian Clark	125
39	Cary Slade	20
40	George Pappas	10
40	Angelo Batistatos	10

THE ULTIMATE WARRIOR

PART TWO

Presented by

HEAD

Penn

by Fran Davis, with Cliff Swain

Fran: When did you turn pro and how did you do it?

Cliff: In February of 1985, I went to Tulsa to play a pro stop. The week before, I had lost an open tournament and was beaten badly in the qualifying division by Steve Lerner in three games. I was thinking of not going at all, that maybe I wasn't ready. My father said, "It's not that you're not ready, it's just that you didn't do what you can do." He said, "Go do what you can and you'll win. Be the first person to ever win the tournament as a qualifier." Wow, it's very simple when you get right down to it. I guess he was right.

Fran: How do you plan on capturing the #1 title again, if that is your goal? If not, what is your goal?

Cliff: My goal is not to be #1 at this time. I don't wish to travel as much as I would need to, to accomplish that...I've done that enough. My goal is to win matches and tournaments, especially since I know people think I won't. I know I will. It's taking me a bit of time to get all the way back, and I've lost some matches that really bug me. That is something I will remedy. I'm in the gym regularly again and I'm eating as I should...I've lost 12 lbs. And then it goes back to what my dad said in 1985, "Do what you can, and you'll win." I'm doing this while working on my golf game, hoping to play some pro tournaments someday soon – my other goal!

Fran: You have just come back from retirement...tell us when you retired, why, what did you do during that time off, and why did you come back? How did you prepare for your comeback? How is your age, if at all, affecting you physically/mentally?

Cliff: I retired 2½ years ago because I sought more of a normal life. It has been the most amazing life. I've been all over the world, met amazing people, experienced extravagance, flew an F-16 jet, and competed at the highest level for a very long time. I've had a life that most never get to experience, and I've appreciated every second of it.

However, for even the greatest things, there is a price to pay, a trade-off. For over twenty years, I have never slept in my own bed more than 60 days in a row

and that is taxing in its own way. My desire to compete or play racquetball has never diminished, not even a little bit, but everything is a trade-off. If I want to be #1 again I would need to travel three weeks a month. If I want to live a more normal life I can't travel so much. Since you can't always have it both ways, I've had to make a decision. In the meantime, I'm a member of a beautiful country club in Naples, Florida. I've golfed as much as possible and loved being less disciplined about my workouts. As a matter of fact, saying 'yes' to fun more often than 'no' has been a blast.

I went to Hawaii (for more fun) and got talked into an outdoor tourney while I was there. I had played about five times in a year and a half; although my expectations are always high when I play, I wouldn't have bet the farm on myself for this one. I played Alvaro who was #3 at the time in the semi's and Rocky who was #1 in the finals, and I played them back-to-back in the heat. I'm not sure where it came from, but I didn't lose a game and nothing felt different mentally or physically. My friend Shawn Royster was at a loss for words, which doesn't happen that often! So the outdoor tournament is what kicked it off for me and made we want to compete again. I decided to play, but only to hand-pick tournaments, which means you can't be #1, but I plan on competing to the fullest when I do play. At that point is when HEAD, who I had been with the bulk of my career, offered me a lifetime contract renewable every three years if I choose.

In my case, I believe age has had a bit of affect. As far as a comeback goes, people have achieved much greater feats than me taking time off and then beating some 20-year-olds in a game where I've already proven to myself that I can do what I truly set my mind to.

Fran: How do you maintain your competitive edge?

Cliff: Now that I've been playing so long, it's a question I hear often. To me this is an easy one. I'm naturally competitive. Like I said, it's what I love to do, but the main reason I give it 100% every time is pride. To do it any other way would be shameful. To be given the physical gifts I've been given from God and my mother and father and not use them to the



fullest every time would be something I couldn't live with. From the compliments I've received, I fully realize that there are people who would give almost anything to do what the other pro's and I are able to do. I know those people are watching me. I know it's often expensive for those people to travel to watch us. I have never once and never will take that for granted. I'm not sure why I've been so lucky, but it's the least I can do to give it all I have, both on and off the court.

Fran: You are one of the most competitive players out there to watch... how do you go for broke physically all the time? Does it lead to injuries? If so, how is your recovery?

Cliff: It was twenty-something years before I missed a tournament and 24 years before my first injury time out. I never fluctuated one pound accidentally and never lost a single match because somebody was in better shape than me. I did, however, get the #1 ranking while needing a knee surgery for eight months of the season. This is the first time I've mentioned this. I think there are other athletes who would deal with the pain the way I did. I also know that there are athletes who not only quit the first chance they get, but they also make sure everyone knows why...that's called an excuse in my eyes. My father said, "If you're hurt, then don't play; if you play, then you're not hurt." I think these things, along with some good fortune, are why I've had such a long career.

STRANDEMO'S STRATEGIES



It was fun to look at these older photos and make some observations and comments. With regard to both racquetball strategy and stroke mechanics, in every decade of racquetball, the best players have all performed using the same fundamentals: photos and videos prove it to be true. The photos in this article are a perfect demonstration of how, when players have time to hit, they step into their shot (photos 1,2,3,4) and when the action is fast and they're cutting off balls in the crucial Zone 2-3 area, they'll be hitting from open stances (photos 5,6,7,8,9,10). This closed stance/open stance fundamental has been accepted since the early days of the 70's. It happens exactly the same today and will continue as long as racquetball exists. Many instructors still have a hard time coming to grips with this reality.

BASIC INFORMATION EVERY HIGH SCHOOL AND COLLEGIATE SHOULD KNOW



photo 1

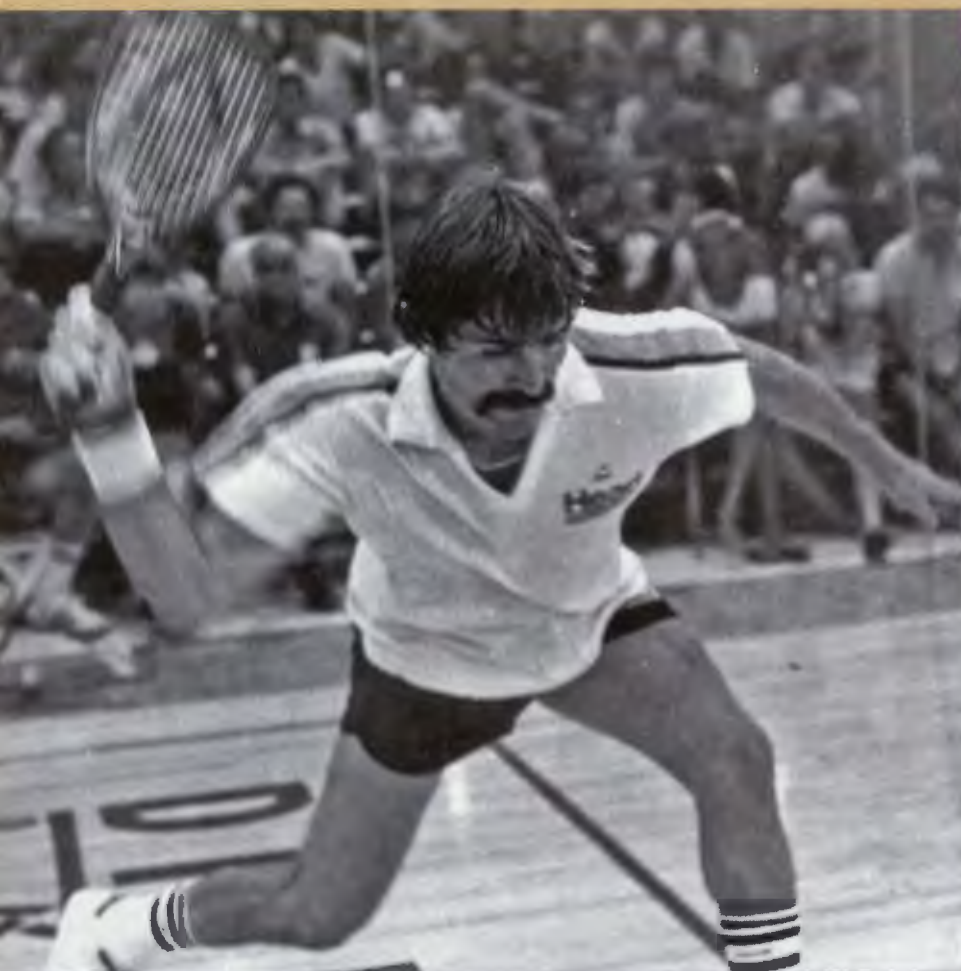


photo 2

From this low drive and hard Z serving position, you can see how both Mary Hogan (photo 1) and Cliff Swain (photo 2) have their hitting elbows bent so much and so late in their hitting motion. This bending allows both of them, at the last second before ball contact, to forcefully extend their arm and snap their wrist for maximum velocity.

Notice how both of these great players dip their hitting shoulders, to allow their arm to angle down so they can make very low ball contact on the low drive and hard Z serves. Their ball contact will be about 5" to 6" off the floor and their low drive target on the front wall will be about 12" to 13" up from the floor. This upward arc of the low drive into the front wall will hopefully make their serve take its first bounce in Zone 2 (20-25 feet from the front wall) and put tremendous pressure on the receiver in the back corner. From the photo, notice how their off arms are clearing so they can follow through over near their non-hitting shoulders (excellent technique).

photo 3



This is an example of the same low drive or hard Z serve from a side view. Notice the server (Steve Strandemo) has his hitting arm very bent (similar to photos 1 and 2) just before he drives his right shoulder down into the serve. Also, as he's forcefully striding into this serve with his left leg, his right leg is collapsing; therefore allowing his right shoulder to drop down into the shot. He will get to the exact position Swain gets to in photo 2. Realize all three serving players (photos 1, 2, 3) are executing the same movements and all will end up with their racquets and bodies in the same position at ball contact.

Let's examine this photo: first looking at the defender (Jerry Hilecher) watching the hitter (Greg Peck) set up for his backhand. Because at this time in racquetball (mid 80's) the dotted line had not been put on the floor, we need to judge where the defender is positioned. Hilecher's at approximately 25 feet back in his coverage (excellent); he has his body turned at 45 degrees watching his opponent set up; and his racquet arm and racquet are positioned about thigh level, he's ready to hit either a quick forehand or backhand in the Zone 2-3 area. It's so key to notice in this photo how Hilecher's body and mind are staying back in his coverage, waiting for Peck's left-up shot to rebound back to him. Also, note the defender is positioned perfectly to give the hitter all three of his appropriate offensive shots (1) down the left wall kill-pass, (2) pinch using the left wall, and (3) cross-court kill-pass to the back right corner. Realize that the defender does not have to give the hitter the reverse pinch into the front right corner. Hilecher is in excellent coverage position.

Now, let's make some good points relating to Greg Peck (the hitter) In Greg's backhand set-up, his left arm is underneath his hitting arm (excellent), his racquet is set back between his head and left shoulder (excellent), he's in a closed hitting position with right leg at a 45-degree angle to the left wall (excellent), his shoulders and hips are coiled in just before he forcefully uncoils his body into this backhand (excellent). A lot of great information in this photo!



photo 4

STRANDEMO'S STRATEGIES



photo 5



photo 6

These are two excellent examples of Marty Hogan attempting to re-score off Cliff Swain's offensive left-up shots. In photo 5, notice Hogan's hitting position in Zone 2-3 is open stance with his right foot slightly deeper than his left foot. His knees are slightly bent, his left arm is out of the way, and he has a shortened forehand follow-through. Note his racquet has followed through up and the racquet head is higher than his wrist position at the finish. Realistically, racquetball has always been an up, down, through and up finishing position. Take note that Swain, after his offensive attempt, is moving forward and is preparing to cover Hogan's next left-up shot. In photo 6, this is a very similar hitting position for Hogan: notice how his head is still down after the shot (excellent). Also his hitting position is again open stance, left arm out of the way, follow-through up. All of these good fundamental make for clean, efficient and powerful execution. Notice how Swain is so alert and ready to pounce on anything that's left up off Hogan's racquet.

photo 7

In photos 7 and 8, the situation is reversed and Swain is the hitter in this Zone 2-3 coverage. In photo 7, notice Swain in an open stance hitting position; with his left foot slightly behind his right (very good). This is also an excellent example demonstrating when the hitter is making ball contact around knee level, how the angle of his left leg from hip to knee and the angle of his left arm make parallel lines. This is so fundamentally and realistically correct. Notice Swain's eyes focused on ball/racquet contact and so is Hogan (out of our view, but you can feel him coming back into the Zone 2-3 area, getting ready to cover Swain's next left-up shot).

Photo 8 is not a sequential picture of photo 7. This is completely different rally but another great example of Swain's open stance hitting off Hogan's left-up shot. Notice the angle of Swain's feet; left foot farther back than his right and both feet angling to the back left corner (again, fundamentally sound). Also a very clean swing from Swain: right arm out of the way, shortened forehand follow-through with the racquet head slightly higher than his wrist and his eyes so focused. Also, Hogan's coming into the Zone 2-3. Notice in both photos, the back foot slightly behind the front, body as a slight angle to the back corner, follow-through over to opposite shoulder area and the head really staying down after ball contact.

Photos 9 and 10 are included to demonstrate how top players (Swain and Strandemo) virtually come off the floor when they're ripping from open stances in Zone 2-3. Notice in both photos, the back foot slightly behind the front, body at a slight angle to the back corner, follow-through over to opposite shoulder area and the head really staying down after ball contact.

I hope you enjoyed this article. If you have any comments or questions, please write to me at stevestrandemo@hotmail.com or call 760.445.4444.



photo 8



photo 9



photo 10



BUILDING YOUR PERFECT GAME

By Fran Davis



Q: *Fran, I spoke with a few people who have attended your camps and a few of the athletes you coach. They raved about the racquetball journals you taught them to keep. Can you explain?*

A: There are two types of journals I recommend keeping:
1) A journal of your training
2) A journal of your matches

First of all, what is a racquetball journal? It's keeping precise records of what is going on, how you performed, and how you felt before, during and after your practice session or your match. Most people are familiar with doing this type of exercise because they have kept diaries (another form of a journal) all their lives or have had to keep journals for school or logs at work.

The reason why you want to keep a racquetball journal is so you can re-create successes and minimize your failures. Let's look at a few examples:

A-Training Schedules

- 1 If you won a tournament or performed well at an event, you can train exactly the same way you trained prior to that event...letting history repeat itself.
- 2 Conversely, if you lost at a tournament or performed poorly, you can change or adjust your training accordingly...so history does not repeat itself.

B-Match Play

- 1 If you won a match or performed well during a match, you could jot down your opponent's strengths and weaknesses (S & W) and what you did that worked (or didn't work) and use it to re-create a future victory.
- 2 If you lost a match or performed poorly during a match, you could also jot down your opponent's strengths and weaknesses (S & W) and look at what worked (or didn't work) and see where you could make any adjustments.

Keeping a racquetball journal will take your game to another level – just ask some of the top pro's like Jason, Kane, Cheryl and Rhonda. Some are more detailed than others, but they all keep some form of records (a journal). There is no way the pros or you could remember everything that happened, so leave nothing to memory and write things down.

Now, let's take a quick look at what I recommend in these two journals:

A Training Journal – days, times, duration, results, and how you felt during:

- 1- Drilling session
- 2- Aerobic and anaerobic workouts
- 3- Footwork drills
- 4- Nutrition
- 5- Mental skills

B Match Journal – day, time, scores, results at tournament, who you played and how you felt. Use the following eight headings to gather information on you and your opponent:

1. Stroke mechanics
2. Court position
3. Shot selection
4. Serves
5. Return of serve
6. Footwork
7. Emotional state
8. Type of player

In summary, by keeping accurate records you will be able to go back and review your journal and then assess your workouts/practices as well as your match play. With that information, you can keep what is working and change what is not working...plain and simple.

Good luck in learning how to keep a journal – it's not really hard to do, but absolutely imperative if you are serious about bringing your game to the next level.

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

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2009 USAR NATIONAL DOUBLES CHAMPIONSHIPS

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BIGGEST COMEBACK EVER OR BIGGEST CHOKE EVER?

Down 10-2 tiebreaker and struggling to find a successful serve Jack Huczek and Rocky Carson regained the serve and served out winning 11-10. How did this happen? It was probably a combination of Rocky and Jack finding effective serves that resulted in weak returns (high lob knick and Z-serve) and Jack Huczek recovering from a disastrous second game playing almost flawlessly in the tiebreaker. This match will definitely be remembered as the one that got away from Mitch and Ben!



RECORDS THAT MAY NEVER BE BROKEN

Jackie Paraiso continues to add national titles to her remarkable record. This year's defense of her 08' title was Jackie's 13th National Doubles title while Aimie recaptured her 5th straight national title (3 with Jackie and 2 with Laura Fenton) and guess what? They are still not done!



HANSEN CONTINUES TO ADD TO HIS NATIONAL MEN'S DOUBLES TITLES

Tim Hansen added to his list of National Men's Doubles titles by capturing his 12th Doubles Championship. Teamed with Jimmy Lowe, Hansen and Lowe defeated Doug Gamin and Darin Randles in the Men's 40+.

THE "OLD GEEZER" WINS ANOTHER NATIONAL CHAMPIONSHIP

After surviving the tiebreaker and a controversial no call avoidable hinder in the finals, Ruben Gonzalez, the "old geezer" wins another national title in the men's 55+. His partner, Hatch Saakian, played steady and kept the ball in play, allowing Ruben to do what he does best: finish the rallies!



TISINGER AND BAILEY COMBINE TO CAPTURE THEIR ELEVENTH NATIONAL WOMEN'S TITLE

Debra Tisinger and Malia Bailey teamed up to capture the Women's 50+ title as Malia captured her 4th Women's Doubles title and Debbie her seventh title in the women's division.

DOUBLES ATTRACTS HALL OF FAME MEMBERS AND PROS

Many Hall of Fame along with many former and current pros participated in this year's event, lead by IRT professionals Kane Waselenchuck and Jason Mannino the participants included former IRT top 5 professional Tim Doyle, Hall of Fame member Dave Peck, and former pro and US Team Member Eric Mueller.





2009 USAR NATIONAL DOUBLES CHAMPIONSHIPS



Men's Doubles US Team Qualifying - Single Elimination

1st: Jack Huczek / Rocky Carson III - Trophy Club, TX/Ladera Ranch, CA
 2nd: Ben Croft / Mitch Williams - Lake Bluff, IL/Albuquerque, NM
 3rd: Chris Crowther / Tim Doyle - Riverside, CA/Encinitas, CA
 4th: Jason Thoerner / Shane Vanderson - Pekin, IL/Tampe, FL

Men's Doubles Open - Single Elimination

1st: Micah Rich / Randy Long - Paradise, CA/Woodland, CA
 2nd: Dave Genevay / Tommy Medina - Chandler, AZ/Phoenix, AZ
 3rd: Jansen Allen / Tyler Otto - Rice, TX/Pueblo, CO
 4th: Jansen Allen / Tyler Otto - Rice, TX/Pueblo, CO

Men's Doubles Elite - Single Elimination

1st: Andy Lewis / Ken Angelocci - Lake Worth, FL/Lake Worth, FL
 2nd: Brian Lesieur / Tom Keogh - Hudson, NH/New Hyde Park, NY
 3rd: Phillip Cohen / Raymond Maestas - Santa Fe, NM/Albuquerque, NM
 4th: Brent Huff / Kevin Yeazell - Peoria, IL/Naperville, IL

Men's Doubles A - Single Elimination

1st: Brian Campbell / Gregg Espin - Mesa, AZ/Chandler, AZ
 2nd: Jonathan Clay / Russell Palazzo - Middletown, NJ/Bozrah, CT
 3rd: Jerome Wilson / Lawrence Eastman - Burnsville, MN/Edina, MN
 4th: Gavin Henderson / Imre Barkovics - Peoria, AZ/Glendale, AZ

Men's Doubles B - Single Elimination

1st: Devin Clark / Jose Luis Islas - National City, CA/Encinitas, CA
 2nd: Michael Gurriel / Sam Krawl - Glendale, AZ/Phoenix, AZ
 3rd: Brian Ancheta / Ed Boyle - Gresham, OR/Beaverton, OR
 4th: Ernie Dominguez / Ken Courtney - Apple Valley, CA/Bartow, CA

Men's Doubles MC/D - Single Elimination

1st: Douglas Edwards / Rudy Olivares - Corpus Christi, TX/San Antonio, TX
 2nd: Chris Pasciuti / Vito Colucci - Peoria, AZ/Glendale, AZ
 3rd: Fred Grahm / Lloyd Ferran - Silver City, NM/Espanola, NM
 4th: Larry Montoya / Ronald Maestas - Santa Fe, NM/Las Vegas, NM

Men's Doubles 24+ - Round Robin

1st: Anthony Carson / Charles Pratt - Pueblo, CO/Portland, OR
 2nd: Jansen Allen / Tyler Otto - Rice, TX/Pueblo, CO
 3rd: Micah Rich / Victor Frausto - Paradise, CA/Woodland, CA
 4th: Jeremy Meadows / Tim Noll - Oceanside, CA/Oceanside, CA

Men's Doubles 25+ - Round Robin

1st: Dale Valentine / Todd Entrikin - Riverside, CA/Moreno Valley, CA
 2nd: Charlie Stalder / Dave Genevay - Mesa, AZ/Chandler, AZ
 3rd: Larry Desorbo / Matthew Moccia - Los Gatos, CA/Nashua, NH
 4th: Ben Simons / Jason Bronson - Mesa, AZ/Glendale, AZ

Men's Doubles 30+ - Round Robin

1st: Craig Lane / Greg Solis - Huntington Beach, CA/Unknown, CA
 2nd: Bronc Hughes / Jason Samora - San Rafael, CA/Unknown, OR
 3rd: Phillip Cohen / Raymond Maestas - Santa Fe, NM/Albuquerque, NM
 4th: Shawn Hanshaw / Tim Annear - Danville, CA/Dublin, CA

Men's Doubles 35+ - Single Elimination

1st: Jeff Bell / Thomas Fuhrmann - Tucson, AZ/Carpinteria, CA
 2nd: Brad McCuniff / Keith Minor - Cedar Falls, IA/Channahon, IL
 3rd: Darin Randles / Tommy Medina - Phoenix, AZ/Phoenix, AZ
 4th: Darin Randles / Tommy Medina - Phoenix, AZ/Phoenix, AZ

Men's Doubles 35+ A - Single Elimination

1st: Andy Lewis / Ken Angelocci - Lake Worth, FL/Lake Worth, FL
 2nd: Drake Deavours / Martin Gonzalez - St. John, IN/Steger, IL
 3rd: Ron Miramontes / Steven Saragosa - Woodland, CA/Woodland, CA
 4th: Leo Vasquez / Michael Ray Franks - Arlington, TX/Avondale, AZ

Men's Doubles 40+ - Single Elimination

1st: Jimmy Lowe / Tim Hansen - Wahiawa, HI/Wellington, FL
 2nd: Doug Ganim / Darin Randles - Westerville, OH/Phoenix, AZ
 3rd: Brad McCuniff / Keith Minor - Cedar Falls, IA/Channahon, IL
 4th: Brad McCuniff / Keith Minor - Cedar Falls, IA/Channahon, IL

Men's Doubles 40+ A - Round Robin

1st: Brian Campbell / Gregg Espin - Mesa, AZ/Chandler, AZ
 2nd: Kimon Dusouljoglou / Wayne Storch - Green Brook, NJ/Kendall Park, NJ
 3rd: Daniel Rhodes / Jeff Clark - Beaverton, OR/Portland, OR
 4th: Nick Kelly / Roberto Tijerino - Scottsdale, AZ/Gilbert, AZ

Men's Doubles 45+ - Single Elimination

1st: Scot Consoli / Scott Collins - Orlando, FL/Woodstock, GA
 2nd: David Azuma / Gilbert Cepedo - Lake Oswego, OR/San Jose, CA
 3rd: Glenn Bell / Jimmy Lowe - Nederland, TX/Wahiawa, HI
 4th: Gordon Kirkland / Tim Hansen - Orlando, FL/Wellington, FL

Men's Doubles 45+ A - Round Robin

1st: Bruce Ericsson / Karl Einstein - Gilbert, AZ/Chandler, AZ
 2nd: Alan Baron / Mike Colbert - Phoenix, AZ/Cave Creek, AZ
 3rd: Bill Bouie / Leon Jackson Jr. - Reston, VA/Centerville, VA
 4th: Drake Deavours / Jim Bono - St. John, IN/Crown Point, IN

Men's Doubles 45+ B - Round Robin

1st: Don Bates / Victor Steil - Dover, DE/Newark, DE
 2nd: Ernie Dominguez / Tony Diaz - Apple Valley, CA/Pinon Hills, CA
 3rd: Greg Kearney / Julian Delreal - Oak Hills, CA/Victorville, CA
 4th: Charles Stalder / Steve Nearents - Tonasket, WA/Omak, WA

Men's Doubles 50+ - Single Elimination

1st: Eric Sherwood / Stephen Watt - Napa, CA/Santa Rosa, CA
 2nd: Joseph Hassey / Glenn Bell - Las Vegas, NV/Nederland, TX
 3rd: Bruce Lillis / Thomas Moore - Cincinnati, OH/Las Vegas, NV
 4th: Mike Lubbers / Russ Bonanno - Phoenix, AZ/North Massapequa, NY

Men's Doubles 50+ A - Round Robin

1st: Drake Deavours / Jim Bono - St. John, IN/Crown Point, IN
 2nd: James Harvey / Ray Crowell - Marietta, GA/Cleveland, GA
 3rd: Bill Bouie / Bill Hartwell - Reston, VA/Sterling, VA
 4th: Jeffery Tipton / Raymond Bierner - Gilbert, AZ/Glendale, AZ

Men's Doubles 55+ - Single Elimination

1st: Hatch Saakian / Ruben Gonzalez - Tujunga, CA/Staten Island, NY
 2nd: Bert Castellanelli / Steve Cohen - Lodi, CA/Orange, CA
 3rd: Howard Walker / Mark Baron - Austin, TX/Herdon, VA
 4th: Gene Pare / Jim Bailey - Campbell, CA/Norfolk, VA

Men's Doubles 55+ A - Round Robin

1st: James Harvey / Ray Crowell - Marietta, GA/Cleveland, GA
 2nd: Bob Smith / Stan Lemon - Bend, OR/Plano, TX
 3rd: Hank Estrada / Thomas Curran - Alta Loma, CA/Wilson, NC
 4th: Jim Verhaeghe / Thomas Lundy - Tucson, AZ/Tucson, AZ

Men's Doubles 60+ - Single Elimination

1st: Jim Bailey / Jim Hiser - Norfolk, VA/Colorado Springs, CO
 2nd: Dan Schaffer / Neil Eichelberger - Bethlehem, PA/Allentown, PA
 3rd: Craig Olsen / Tom McKie - Grand Island, NE/Garland, TX
 4th: Ralph Worthington / Steve Meltsner - Chula Vista, CA/W. Hartford, CT

Men's Doubles 65+ - Round Robin

1st: Gene McBride / Roger Hostetler - Flagstaff, AZ/Flagstaff, AZ
 2nd: Joseph Capozzoli / Louis Mastroianni - Penn Valley, PA/Whitesboro, NY
 3rd: Fredrick Roe / Howard Nellor - Santa Monica, CA/Winter Springs, FL
 4th: Dan Beharav / William Baker - Bellingham, WA/Rancho Palos Verdes, CA

Men's Doubles M 50C/55C - Round Robin

1st: Fred Grahm / Lloyd Ferran - Silver City, NM/Espanola, NM
 2nd: John Cooper / Peter Kochis - Edmond, OK/Oklahoma City, OK
 3rd: Larry Montoya / Ronald Maestas - Santa Fe, NM/Las Vegas, NM
 4th: Dwight Smith / William A. Rhoades - Unknown, NY/Goshen, NY

Men's Doubles M24B/25B/45B Group:1 - Round Robin

1st: Matthew Koop / Timothy Burke - Sierra Vista, AZ/Sierra Vista, AZ
 2nd: Jason Hicks / Larry Hicks - Vine Grove, KY/Vine Grove, KY
 3rd: Brent Krah / Chase Angelocci - Phoenix, AZ/Lake Worth, FL

Men's Doubles M24B/25B/45B Group:2 - Round Robin

1st: Roby Partovich / Rod Sharrar - Oceanside, CA/Oceanside, CA
 2nd: Devin Clark / Jose Luis Islas - National City, CA/Encinitas, CA
 3rd: Craig Jensen / Sol Soto - Chandler, AZ/Phoenix, AZ
 4th: Brian Phillips / Mike Beckman - Chaska, MN/Victoria, MN

Men's Doubles M25A/30A - Single Elimination

1st: Robert Purdy / Ryan Hunter - Tiverton, RI/Warwick, RI
 2nd: David Hill / Ronald Garzia - Park Ridge, NJ/Tappan, NY
 3rd: Jeff Clark / Shawn Wilson - Portland, OR/Tualatin, OR
 4th: Richard Aal / Tom Lomardo - Campbell, CA/San Jose, CA

Men's Doubles M25B/35B/40B - Pool Play

1st: Matthew Koop / Timothy Burke - Sierra Vista, AZ/Sierra Vista, AZ
 2nd: Jason Hicks / Larry Hicks - Vine Grove, KY/Vine Grove, KY
 3rd: Brent Krah / Chase Angelocci - Phoenix, AZ/Lake Worth, FL



Men's Doubles M250/350/400 - Pool Play

1st: Roby Partovich / Rod Sharrar - Oceanside, CA/Oceanside, CA
2nd: Devin Clark / Jose Luis Islas - National City, CA/Encinitas, CA
3rd: Craig Jensen / Sol Soto - Chandler, AZ/Phoenix, AZ
4th: Brian Phillips / Mike Beckman - Chaska, MN/Victoria, MN

Men's Doubles M400/450 - Round Robin

1st: Douglas Edwards / Rudy Olivares - Corpus Christi, TX/San Antonio, TX
2nd: Robert Spitswamers / Scott Clelland - Palmdale, CA/Saugus, CA
3rd: John Cooper / Peter Kochis - Edmond, OK/Oklahoma City, OK
4th: Harry Moore / Joe Williams - Lincoln, NE/Lincoln, NE

Men's Doubles M500/550 - Round Robin

1st: Don Bates / Victor Steil - Dover, DE/Newark, DE
2nd: John Parks / Ty Kelly - Oakley, CA/Rancho Cordova, CA
3rd: Al Kittica / Lyle Stewart - Scottsdale, AZ/Tempe, AZ
4th: Bruce Adams / Lynn Stephens - Tulsa, OK/Carthage, NC

Men's Doubles M70/75 - Round Robin

1st: Jerry Northwood / Rex Lawler - Prescott, AZ/Terre Haute, IN
2nd: Bob Warren / Rick Baird - Sun City West, AZ/Glendale, AZ
3rd: Ron Adams / William Baker - Camarillo, CA/Rancho Palos Verdes, CA
4th: Nick Cheolas / Robert Rietveld - Joprey, IL

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: Kim Russell-Waselenchuk / Kristen Bellows - Austin, TX/Pleasant Grove, UT
4th: Cheryl Gudinas Holmes / Krystal Csuk - Naperville, IL/Aurora, IL

Women's Doubles Open - Round Robin

1st: Mary Lyons / Susan Pfahler - Neptune Beach, FL/Neptune Beach, FL
2nd: Tammarian Rogers / Wanda Collins - Renton, WA/Bellingham, WA
3rd: Kristen Junkin / T. J. Baumbaugh - Dumfries, VA/Reston, VA
4th: Lorraine Feeney / Marsha Kazarosian - Abington, MA/Haverhill, MA

Women's Doubles B - Round Robin

1st: Adrienne Antoni / Shannon Erting - Phoenix, AZ/Chandler, AZ
2nd: Diana Johnson / Julia Mouser - Phoenix, AZ/Tustin, CA
3rd: Glenda Lopez / Lindy Lee Kirkland - Orlando, FL/Orlando, FL

Women's Doubles WC/WO - Round Robin

1st: Dana Richardson / D'Ette Wiggins - Albuquerque, NM/Albuquerque, NM
2nd: Laila Parmian / Margo Rainey - Tempe, AZ/Gilbert, AZ
3rd: Colleen Keating / Elizabeth Parks - San Jose, CA/Oakland, CA
4th: Daria Defusto / Gijenna Hazzell Conway - Mesa, AZ/Phoenix, AZ

Women's Doubles 40+ - Double Round Robin

1st: Lorraine Feeney / Roz Petronelli - Abington, MA/N. Easton, MA
2nd: Lori Inskip / Marcia Richards - Littleton, CO/Littleton, CO
3rd: Deb Stefandel / Jean Trimble - Indianapolis, IN/Orlando, FL

Women's Doubles W30/75 - Round Robin

1st: Diane Moore / Vivian Gomez - Griffith, IN/Miami, FL
2nd: Tammarian Rogers / Vivian Rodriguez - Renton, WA/Olympia, WA
3rd: Candi Hostovich / Kristen Junkin - Burke, VA/Dumfries, VA
4th: Beth Neff / Debra Bryant - Puyallup, WA/Sneads Ferry, NC

Women's Doubles W300/350/400 - Round Robin

1st: Lynn Yeazell / Thao Le - Naperville, IL/Falls Church, VA
2nd: Elizabeth Higa / Sarah Houghtailing - Honolulu, HI/Honolulu, HI
3rd: Leslie Messmer / Meredith Wilkes - North Ridgeville, OH/Chagrin Falls, OH
4th: Katy Wood / Melody Gorno - Sitka, AK/Trenton, MI

Women's Doubles W400/400/450 - Double Round Robin

1st: Glenda Lopez / Lindy Lee Kirkland - Orlando, FL/Orlando, FL
2nd: Engracia Powell / Len Huynh - Wellington, FL/Venice, FL
3rd: Dana Richardson / D'ette Wiggins - Albuquerque, NM/Albuquerque, NM

Women's Doubles W450/500/550 - Round Robin

1st: Cheryl Jones / Kerri Garcia - Rochester, MN/Scottsdale, AZ
2nd: Laura Natividad / Regina Bouie - Mililani, HI/Reston, VA
3rd: Carla Francis / Nancy Large - Castro Valley, CA/Napa, CA
4th: Cece Palaski / Marquita Molina - Santa Fe, NM/Wasco, CA

Women's Doubles W550/60/65 - Round Robin

1st: Brenda White / Debbie Chaney - Dunlap, IL/Indianapolis, IN
2nd: MeriJean Kelley / Nidia Funes - Palo Alto, CA/Novato, CA
3rd: Joann Johnson / Terry Ann Rogers - Bellingham, WA/San Mateo, CA
4th: Gail Schaefer / Mildred Gwinn - Randallstown, MD/Waxhaw, NC

Mixed Doubles Open - Single Elimination

1st: Kane Waselenchuk / Kim Russell-Waselenchuk - Austin, TX/Austin, TX
2nd: Andy Hawthorne / Diane Moore - Seven Hills, OH/Griffith, IN
3rd: Aimee Ruiz / Jason Thoenner - Stirling, NJ/Pekin, IL
4th: Greg Solis / Janel Tisinger - Unknown, CA/Simi Valley, CA

Mixed Doubles Elite - Single Elimination

1st: Bryan Crosser / Trish Beatty - Yardley, PA/Pewaukee, WI
2nd: Alan Lawson / Jessica Munoz - Burlington, WA/Burlington
3rd: Cindy Gilbert / Tim Annear - Cupertino, CA/Dublin, CA
4th: Kris Kaskawal / Rick Sandello - Lahabra, CA/Whittier, CA

Mixed Doubles A - Single Elimination

1st: Anita King / Howard Walker - Pflugerville, TX/Austin, TX
2nd: Melissa Bentley / Mike Murphy - Perry, OH/Mentor, OH
3rd: Gladys Leonard / Leon Jackson Jr. - Alexandria, VA/Centreville, VA
4th: Dianne Doerschel / Michael Gurriel - Peoria, AZ/Glendale, AZ

Mixed Doubles B - Single Elimination

1st: Julia Mouser / Roby Partovich - Tustin, CA/Oceanside, CA
2nd: Lynn Stephens / Mimi Greene - Carthage, NC/Mililani, HI
3rd: Gijenna Hazzell Conway / Mike Tanaka - Phoenix, AZ/Scottsdale, AZ
4th: Lan Huynh / Bruce Adams - Venice, FL/Tulsa, OK

Mixed Doubles MXC/D - Round Robin

1st: Carmen Alonso / Julien Delreal - Victorville, CA/Victorville, CA
2nd: Joe Williams / Tracy Schaefer - Lincoln, NE/Sandusky, OH
3rd: Kevin Kaesberg / Laila Parmian - Tempe, AZ/Tempe, AZ
4th: Damian Zamorano / Gijenna Hazzell Conway - Mesa, AZ/Phoenix, AZ

Mixed Doubles 30+ - Round Robin

1st: Corey Fritz / Kristen Junkin - Herndon, VA/Dumfries, VA
2nd: Scott Kraemer / Trish Beatty - Oconomowoc, WI/Pewaukee, WI
3rd: Ira Holland / T. J. Baumbaugh - Herndon, VA/Reston, VA
4th: Shannon Henley / Shawn Wilson - Milwaukee, OR/Tualatin, OR

Mixed Doubles 35+ - Single Elimination

1st: Liz Alvarado / Mark Malowitz - San Antonio, TX/Corpus Christi, TX
2nd: Beth Neff / Rafael Filippini - Puyallup, WA/Bonita, CA
3rd: Melissa Bentley / Mike Murphy - Perry, OH/Mentor, OH
4th: Laura Goo / Michael Gurriel - Peoria, AZ/Glendale, AZ

Mixed Doubles 40+ - Round Robin

1st: Jody Nance / Mark Nomura - Lodi, CA/Fremont, CA
2nd: Dorcy Norton / John Winings - Escondido, CA/Altaville, CA
3rd: Ivan Matsui / Janice Murphy - San Francisco, CA/Oakland, 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: Cindy Gilbert / Gilbert Cepeda - Cupertino, CA/San Jose, CA
4th: Ken Stone / Linda Moore - Pleasanton, CA/Lincoln, NE

Mixed Doubles 50+ - Single Elimination

1st: Glenn Bell / Malia Bailey - Nederland, TX/Norfolk, VA
2nd: David Azuma / Elaine Dexter - Lake Oswego, OR/Pleasanton, CA
3rd: Chris Evon / Gordon Kirkland - Wheeling, IL/Orlando, FL
4th: Debra Tisinger-Moore / Troy Stallings - Simi Valley, CA/Sioux Falls, SD

Mixed Doubles 55+ - Round Robin

1st: Steve Cohen / Barbara Ahearn - Orange, CA/Scottsdale, Arizona
2nd: Diana Matthews / Terry Pett - Lincoln, NE/Bennet, NE
3rd: Dianne Doerschel / Jesse Thornton - Peoria, AZ/ Surprise, AZ
4th: Bill George / Terry Ann Rogers - Sacramento, CA/San Mateo, CA

Mixed Doubles 60+ - Single Elimination

1st: Jim Bailey / Mildred Gwinn - Norfolk, VA/Waxhaw, NC
2nd: MeriJean Kelley / Mike Pawka - Palo Alto, CA/San Diego, CA
3rd: Jerry Northwood / Mary Lou Furas - Prescott, AZ/Unknown, AZ
4th: Cece Palaski / James Harvey - Santa Fe, NM/Marietta, GA

Mixed Doubles 65+ - Round Robin

1st: Nidia Funes / Price Thomas - Novato, CA/Redwood City, CA
2nd: Marquita Molina / Ron Adams - Wasco, CA/Camarillo, CA
3rd: Gail Schaefer / Rex Lawler - Randallstown, MD/Terre Haute, IN
4th: Dan Baharav / Mildred Gwinn - Bellingham, WA/Waxhaw, NC

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SPECIAL SECTION



HIGH SCHOOL & COLLEGIATE



SPRAGUE DEFENDS NATIONAL TITLE

Hard work, dedication and a complete team effort, including support by an army of volunteers, resulted in Sprague High School's victory and successful defense of their 2008 National Title. Congratulations to Head Coach Bill Edmiston and his entire staff.

NATIONAL HIGH SCHOOL CHAMPIONSHIPS

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PURE DOMINANCE- TAYLOR KNOTH AND DEVON PIMENTELLI

Only one opponent each reached double figures in any of their matches. This is Devon's first national high school victory; Taylor is a three-time winner who was there to defend his 07' and 08' titles.

SPECIAL THANKS

For the first time, the event was fortunate to be able to utilize the beautiful Missouri Athletic Club as a second club. The club was last used by USA Racquetball for the Olympic Festival in 1998. The club's three-wall glass court and amphitheatre seating provided excellent viewing for the top level finals and the presenting of awards. Thanks to Shari Coplen who secured the club, thus providing an excellent venue for the event.



ST. LOUIS WINS BOYS AND GIRLS TEAM TITLES

Surprising team victories were shared by both St. Louis University High School (boys) and Cor Jesu High School (girls). SLUH won only two individual divisions, Boys #55 and Boys #65 while Cor Jesu won only one individual division, Girls #35, thus supporting the whole team concept where everyone contributes to a team victory.



2009 USAR National High School Championship Standings St. Louis, Missouri

TEAM

High School	City	Points
1. Sprague HS	Salem, OR	4,024
2. Parkway West HS	St. Louis, MO	3,714
3. Beaverton HS	Beaverton, OR	3,017
4. LaSalle HS	Milwaukie, OR	2,743
5. Southridge HS	Beaverton, OR	2,503
6. Lincoln HS	Portland, OR	2,427
7. Kirkwood HS	St. Louis, MO	2,045
8. Oregon City HS	Oregon City, OR	1,629
9. Sunset HS	Portland, OR	1,222
10. Mountain Home HS	Mountain Home, AR	412

BOYS

High School	City	Points
1. St. Louis University HS	St. Louis, MO	2,500
2. Sprague HS	Salem, OR	2,058
3. LaSalle HS	Milwaukie, OR	1,844
4. Beaverton HS	Beaverton, OR	1,703
5. Lincoln HS	Portland, OR	1,663
6. Parkway West HS	St. Louis, MO	1,244
7. Southridge HS	Beaverton, OR	1,144
8. Kirkwood HS	St. Louis, MO	1,014
9. Oregon City HS	Oregon City, OR	854
10. Sunset HS	Portland, OR	609
11. DeSmet Jesuit HS	St. Louis, MO	596
12. Downers Grove North HS	Woodridge, IL	460
13. Franklin HS	Stockton, CA	425
14. Mountain Home HS	Mountain Home, AR	382
15. Westview HS	Portland, OR	375
16. Artesia HS	Artesia, NM	288
17. Braden River HS	Bradenton, FL	275
17. Catholic HS	Baton Rouge, LA	275
17. Rex Putnam HS	Milwaukie, OR	275
20. Christian Brothers College HS	St. Louis, MO	175
21. Kearns HS	West Jordan, UT	125
22. Rio Rancho HS	Rio Rancho, NM	88

GIRLS

High School	City	Points
1. Cor Jesu Academy	St. Louis, MO	2,480
2. Parkway West HS	St. Louis, MO	2,168
3. St. Joseph's Academy	St. Louis, MO	1,836
4. Sprague HS	Salem, OR	1,492
5. Southridge HS	Beaverton, OR	1,188
6. Visitation Academy	St. Louis, MO	1,099
7. Beaverton HS	Beaverton, OR	935
8. Marlborough HS	Marlborough, MA	859
9. Kirkwood HS	St. Louis, MO	858
10. Notre Dame HS	St. Louis, MO	833
11. Nerinx Hall	St. Louis, MO	732
12. Capuchino HS	San Bruno, CA	575
13. Sunset HS	Portland, OR	509
14. Oregon City HS	Oregon City, OR	475
15. Upper Arlington HS	Columbus, OH	375
16. Lincoln HS	Portland, OR	304
17. LaSalle HS	Milwaukie, OR	233
18. Cibola HS	Albuquerque, NM	50
19. Cottonwood HS	Salt Lake City, UT	40
20. Mountain Home HS	Mountain Home, AR	30

Boy's High School Singles #1 Gold - Olympic Format

1st: Taylor Kroth - La Salle, Milwaukie, OR
 2nd: Oylan Reid - Lincoln High School, Portland, OR
 3rd: Jose Diaz - In-Shape Sports Club @ West Lane, Stockton, CA
 4th: Erick Podwill - Westview High, Portland, OR

Boy's High School Singles #1 Blue - Olympic Format

1st: Joshua Hungerford - Rex Putnam, Milwaukie, OR
 2nd: Parker Miles - Sprague, Salem, OR
 3rd: Rick Charbonneau - Oregon City High School, Oregon City, OR
 4th: Nick Hoffmann - Christian Brothers College High, St. Louis, MO

Boy's High School Singles #1 Red - Olympic Format

1st: Peter Wrigley - Jordan Valley Athletic Club, West Jordan, UT
 2nd: Joe Marlo - Kirkwood, Kirkwood, MO
 3rd: Tyler Schlichte - Riverpoint Sports and Wellness, Rio Rancho, NM
 4th: Nick Brito - Artesia High School, Artesia, NM

Boy's High School Singles #1 White - Olympic Format

1st: Steve Schlarman - Parkway West, Town And Country, MO
 2nd: Ryan Gleason - DeSmet Jesuit, St. Louis, MO

Boy's High School Singles #2 Gold - Olympic Format

1st: Jeremy McGlothlin - La Salle, Canby, OR
 2nd: Ryan Charbonneau - Oregon City High School, Oregon City, OR
 3rd: Aj Evansen - Beaverton, Portland, OR
 4th: Sam Reid - Lincoln High School, Portland, OR

Boy's High School Singles #2 Blue - Olympic Format

1st: Michael Sheerman - Parkway West, Manchester, MO
 2nd: Kevin Kissel - St. Louis University High School, St. Louis, MO
 3rd: Payne Stoddart - Kirkwood, Kirkwood, MO
 4th: Eddie Kadlec - DeSmet Jesuit, St. Louis, MO

Boy's High School Singles #2 Red - Olympic Format

1st: Ryan Schoonmaker - Sprague, Salem, OR
 2nd: Nick Loy - Downers Grove North, Woodridge, IL
 3rd: Blake Rupprecht - Southridge, Beaverton, OR
 4th: Jonathan Scott - Sunset High School, Beaverton, OR

Boy's High School Singles #2 White - Olympic Format

1st: Casey Garretson - Mountain Home High School, Mountain Home, AR
 2nd: Henry Rodriguez III - Artesia High School, Artesia, NM

Boy's High School Singles #3 Gold - Olympic Format

1st: Matt Gillette - Sprague, Salem, OR
 2nd: Joey Pryor - Beaverton, Beaverton, OR
 3rd: Sean Templin - Lincoln High School, Portland, OR
 4th: Clayton Newberry - St. Louis University High School, St. Louis, MO

Boy's High School Singles #3 Blue - Olympic Format

1st: Nick Twyman - Sunset High School, Portland, OR
 2nd: Daniel Guilek - Southridge, Beaverton, OR
 3rd: George Papulis - Parkway West, Manchester, MO
 4th: John Malley - Kirkwood, Kirkwood, MO

Boy's High School Singles #3 Red - Olympic Format

1st: Tony Marquez, Jr - Artesia High School, Artesia, NM
 2nd: Matt Ellis - La Salle, Oregon City, OR
 3rd: Tim Luecke - DeSmet Jesuit, St. Louis, MO
 4th: Jonathan Callahan - Mountain Home High School, Mountain Home, AR

Boy's High School Singles #4 Gold - Olympic Format

1st: Maxwell Wade - Sprague, Salem, OR
 2nd: Andrew Connor - St. Louis University High School, St. Louis, MO
 3rd: Mikael Koiv - Southridge, Beaverton, OR
 4th: Chris Connell - Beaverton, Portland, OR

Boy's High School Singles #4 Blue - Olympic Format

1st: Elliott Cohen - Lincoln High School, Portland, OR
 2nd: Thomas Bottchen - Kirkwood, Kirkwood, MO
 3rd: Reid Johnson - Parkway West, Chesterfield, MO
 4th: Andrew Otto - DeSmet Jesuit, St. Louis, MO

Boy's High School Singles #4 Red - Olympic Format

1st: Kramer Croissant - La Salle, Gladstone, OR
 2nd: Roman Lopez - Artesia High School, Artesia, NM
 3rd: Brian Weber - Sunset High School, Portland, OR
 4th: Westin Sykes - Mountain Home High School, Mountain Home, AR

Boy's High School Singles #5 Gold - Olympic Format

1st: John Duchardt - St. Louis University High School, St. Louis, MO
 2nd: Jacob Begis - Beaverton, Beaverton, OR
 3rd: Joshua Heater - Sprague, Salem, OR
 4th: Collins Waki - Southridge, Portland, OR

Boy's High School Singles #5 Blue - Olympic Format

1st: Andy Lipski - Sunset High School, Portland, OR
 2nd: Michael Hehner - DeSmet Jesuit, St. Louis, MO
 3rd: Hunter Maret - Parkway West, Ballwin, MO
 4th: Matt Wadzita - La Salle, Vancouver, WA

Boy's High School Singles #5 Red - Olympic Format

1st: Max Brumm - Portland, OR
 2nd: Charlie Pepin - Kirkwood, Kirkwood, MO
 3rd: CJ Menschik - Mountain Home High School, Mountain Home, AR

Boy's High School Singles #6 Gold - Olympic Format

1st: Mark Kissel - St. Louis University High School, Collinsville, IL
 2nd: Matt Nehlik - St. Louis University High School, St. Louis, MO
 3rd: Ethan Nicholas - Sprague, Salem, OR
 4th: Logan Hershenow - Parkway West, Town and Country, MO

Boy's High School Singles #6 Blue - Olympic Format

1st: Peter Higgins - Sprague, Salem, OR
 2nd: Conor Smith - Parkway West, Ballwin, MO
 3rd: Peter Harris - St. Louis University High School, St. Louis, MO
 4th: Nick Schmidt - St. Louis University High School, St. Louis, MO

Boy's High School Singles #6 Red - Olympic Format

1st: Ryan Taylor - Southridge, Beaverton, OR
 2nd: Barrett Lamb - Parkway West, Chesterfield, Missouri
 3rd: Justin Ramacciotti - St. Louis University High School, Chesterfield, MO
 4th: Aaron Heisohn - St. Louis University High School, St. Louis, MO

Boy's High School Singles #6 White - Olympic Format

1st: Patrick Day - Kirkwood, Kirkwood, MO
 2nd: Aaron Halbert - Southridge, Beaverton, OR
 3rd: Anthony Martinez - Sprague, Salem, OR
 4th: Cory Kenoyer - Sprague, Salem, OR

Girl's High School Singles #1 Gold - Olympic Format

1st: Devon Pimentelli - Prime Time, San Bruno, CA
 2nd: Amanda Lindsay - East Side Athletic Club, Oregon City, OR
 3rd: Courtney Chisholm - Marlborough, Marlborough, MA
 4th: Lily Berry - Sawmill Athletic Club, Columbus, OH

Girl's High School Singles #1 Blue - Olympic Format

1st: Sara Del Balzo - Sunset High School, Portland, OR
 2nd: Stephanie Moyle - Southridge, Beaverton, OR
 3rd: Bridgette Shamleffer - St. Joseph's Academy, St. Louis, MO
 4th: Emma Scheer - Kirkwood, St. Louis, MO

Girl's High School Singles #1 Red - Olympic Format

1st: Karin Foster - Sprague, Salem, OR
 2nd: Rebecca Lin - Parkway West, Chesterfield, Missouri
 3rd: Sarah Noles - Cor Jesu, Brentwood, MO
 4th: Margie Laurentius - Nerinx Hall, St. Louis, MO

Girl's High School Singles #1 White - Olympic Format

1st: Jess Rocchio - Notre Dame, High Ridge, MO
 2nd: Teal Laroque - Cottonwood High, Salt Lake City, UT
 3rd: Lilly Hailey - Lincoln High School, Portland, OR
 4th: Tiffany Oentscher - Mountain Home High School, Mountain Home, AR

Girl's High School Singles #2 Gold - Olympic Format

1st: Tanya Ulloa - Sprague, Salem, OR
 2nd: Danielle Dewoskin - Parkway West, Chesterfield, MO
 3rd: Kristen Kenck - Beaverton, Beaverton, OR
 4th: Corinne Walther - Visitation, St. Louis, MO

Girl's High School Singles #2 Blue - Olympic Format

1st: Rachel Schmidt - Cor Jesu, St. Louis, MO
 2nd: Karissa Beatty - Southridge, Beaverton, OR
 3rd: Anna Erker - St. Joseph's Academy, St. Louis, MO
 4th: Katie Ventrella - Nerinx Hall, St. Louis, MO

Girl's High School Singles #2 Red - Olympic Format

1st: Carly Finke - Notre Dame, St. Louis, MO
 2nd: Natalie Tyrey - Kirkwood, Kirkwood, MO
 3rd: Alex Hailey - Lincoln High School, Portland, OR
 4th: Nyssa Achtyes - Sunset High School, Portland, OR

Girl's High School Singles #2 White - Olympic Format

1st: Ashley Sheldon - La Salle, Camas, WA
 2nd: Kayla Pereira - Marlborough, Marlboro, MA
 3rd: Lianna Zortman - Mountain Home High School, Mountain Home, AR

Girl's High School Singles #3 Gold - Olympic Format

1st: Lauren Oberle - Cor Jesu, Ballwin, MO
 2nd: Amy Rung - Parkway West, Manchester, Missouri
 3rd: Alexa Franklin - Sprague, Salem, OR
 4th: Molly Albrecht - St. Joseph's Academy, St. Louis, MO

Girl's High School Singles #3 Blue - Olympic Format

1st: Lydia Mitchener - Kirkwood, Kirkwood, MO
 2nd: Kaitlin Kelly - Visitation, Chesterfield, MO
 3rd: Lainey Nash - Notre Dame, St. Louis, MO
 4th: Missy Skijian - Southridge, Beaverton, OR

Girl's High School Singles #3 Red - Olympic Format

1st: Kelsy Killian-o'neal - Beaverton, Portland, OR
 2nd: Miranda Baker - Sunset High School, Portland, OR
 3rd: Hayley Gutzler - Lincoln High School, Portland, OR
 4th: Anya Crea Vance - Lasalle, Sandy, OR

**Girl's High School Singles #4 Gold - Olympic Format**

1st: Chloe Gremaud - Parkway West, Chesterfield, Missouri
 2nd: Rachel Creel - Beaverton, Beaverton, OR
 3rd: Abby Brotherton - Cor Jesu, Ballwin, MO
 4th: Katie Wecke - Notre Dame, St. Louis, MO

Girl's High School Singles #4 Blue - Olympic Format

1st: Elizabeth Hejlek - St. Joseph's Academy, St. Louis, MO
 2nd: Meghan Foster - Sprague, Salem, OR
 3rd: Hannah Bick - Visitation, St. Louis, MO
 4th: Mackenzie King - Nerinx Hall, St. Louis, MO

Girl's High School Singles #4 Red - Olympic Format

1st: Augusta Herman - Southridge, Tigard, OR
 2nd: Kelsey Crouch - Lincoln High School, Portland, OR
 3rd: Alex Gray - Kirkwood, Kirkwood, MO
 4th: Karla Cordova - La Salle, Clackamas, OR

Girl's High School Singles #5 Gold - Olympic Format

1st: Patricia Billette - Southridge, Tigard, OR
 2nd: Mary Clare Purcell - St. Joseph's Academy, Clayton, MO
 3rd: Tara Twyman - Parkway West, Creve Coeur, Missouri
 4th: Eleni Walters - Cor Jesu, St. Louis, MO

Girl's High School Singles #5 Blue - Olympic Format

1st: Megan Florent - Kirkwood, Kirkwood, MO
 2nd: Christina Gianino - Visitation, St. Louis, MO
 3rd: Brittany Bunselmeyer - Sprague, Salem, OR
 4th: Amy Niehaus - Nerinx Hall, St. Louis, MO

Girl's High School Singles #5 Red - Olympic Format

1st: Anna Holdener - Notre Dame, Belleville, MO
 2nd: Bridgette Shaw - La Salle, Milwaukee, OR
 3rd: Kara Lester - Lincoln High School, Portland, OR

Girl's High School Singles #6 Gold - Olympic Format

1st: Anna Schwartz - Visitation, Chesterfield, MO
 2nd: Tori Suttar - St. Joseph's Academy, St. Louis, MO
 3rd: Kathy Mustain - Parkway West, Manchester, MO
 4th: Diana Veit - Visitation, Chesterfield, MO

Girl's High School Singles #6 Blue - Olympic Format

1st: Madeleine Keough - St. Joseph's Academy, St. Louis, MO
 2nd: Laura Seier - Notre Dame, St. Louis, MO
 3rd: Allie Brown - Notre Dame, St. Petersburg, MO
 4th: Haley Krachenfels - Parkway West, Ballwin, MO

Girl's High School Singles #6 Red - Olympic Format

1st: Amanda Romshausen - Cor Jesu, St. Louis, MO
 2nd: Becky Spezia - Visitation, St. Louis, MO
 3rd: Sally Purcell - St. Joseph's Academy, St. Louis, MO
 4th: Abby Newby - Visitation, Ballwin, MO

Girl's High School Singles #6 White - Olympic Format

1st: Emily Najjar - Nerinx Hall, St. Louis, MO
 2nd: Alex Ziegler - Notre Dame, St. Louis, MO
 3rd: Ellie Spinner - Nerinx Hall, St. Louis, MO
 4th: Katie Deschler - Nerinx Hall, St. Louis, MO

Boy's High School Doubles #1 - Single Elimination

1st: Jeremy McGlothlin / Taylor Knott - La Salle, Canby, OR/La Salle, Milwaukee, OR
 2nd: Dylan Reid / Sam Reid - Lincoln High School, Portland, OR/Lincoln High School, Portland, OR
 3rd: Rick Charbonneau / Ryan Charbonneau - Oregon City High School, Oregon City, OR/Oregon City High School, Oregon City, OR
 4th: Kevin Kissel / Spencer Rusch - St. Louis University High School, St. Louis, MO/St. Louis University High School, St. Louis, MO

Boy's High School Doubles #1 Consolation - Single Elimination

1st: Joe Marlo / Payne Stoddart - Kirkwood, Kirkwood, MO/Kirkwood, Kirkwood, MO
 2nd: Parker Miles / Ryan Schoonmaker - Sprague, Salem, OR/Sprague, Salem, OR
 3rd: Adam Davis / Collins Waki - Southridge, Tigard, OR/Southridge, Portland, OR
 4th: Matthew Phillips / Michael Butler - DeSmet Jesuit, St. Louis, MO/DeSmet Jesuit, Saint Peters, MO

Boy's High School Doubles #2 - Single Elimination

1st: Joey Pryor / AJ Evansen - Beaverton, Beaverton, OR/Beaverton, Portland, OR
 2nd: Matt Gillette / Maxwell Wade - Sprague, Salem, OR/Sprague, Salem, OR
 3rd: Blake Rupprecht / Daniel Guikak - Southridge, Beaverton, OR/Southridge, Beaverton, OR
 4th: Andrew Connor / Clayton Newberry - St. Louis University High School, St. Louis, MO/St. Louis University High School, St. Louis, MO

Boy's High School Doubles #2 Consolation - Single Elimination

1st: Brian Weber / Stephen Alger - Sunset High School, Portland, OR/Sunset High School, Portland, OR
 2nd: Matt Ellis / Matt Wedzita - LaSalle, Oregon City, OR/La Salle, Vancouver, WA
 3rd: CJ Menschik / Jeremy Stephens - Mountain Home High School, Mountain Home, AR/Mountain Home High School, Mountain Home, AR

Boy's High School Doubles #3 - Single Elimination

1st: Mikael Koiv / Paul Nkemontoh - Southridge, Beaverton, OR/Southridge, Beaverton, OR
 2nd: Jacob Begis / Jonathan Friedman - Beaverton, Beaverton, OR/Beaverton, Beaverton, OR
 3rd: Mark Kissel / Matt Nehlik - St. Louis University High School, Collinsville, IL/St. Louis University High School, St. Louis, MO
 4th: Conor Smith / Hunter Maret - Parkway West, Ballwin, MO/Parkway West, Ballwin, MO

Boy's High School Doubles #3 Consolation - Single Elimination

1st: Kramer Croissant / Ron Augustine - La Salle, Gladstone, OR/La Salle, Portland, OR
 2nd: Matt Hencken / Michael Meyer - St. Louis University High School, St. Louis, MO/St. Louis University High School, St. Louis, MO
 3rd: Brooks Withem / Christopher Emmert - Sprague, Salem, OR/Sprague, Salem, OR
 4th: Mitchell Thorvilson / T J Willoughby - Sprague, Salem, OR/Sprague, Salem, OR

Girl's High School Doubles #1 - Single Elimination

1st: Kayla Pereira / Courtney Chisholm - Marlborough, Marlborough, MA/Marlborough, Marlborough, MA
 2nd: Danielle Dewoskin / Rebecca Lin - Parkway West, Chesterfield, MO/Parkway West, Chesterfield, MO
 3rd: Rachel Schmidt / Sarah Noles - Cor Jesu, St. Louis, MO/Cor Jesu, Brentwood, MO
 4th: Karissa Beatty / Stephanie Moyle - Southridge, Beaverton, OR/Southridge, Beaverton, OR

Girl's High School Doubles #1 Consolation - Single Elimination

1st: Ashley Sheldon / Katie McCarthy - La Salle, Camas, OR/La Salle, Portland, OR
 2nd: Anna Erker / Bridgette Shamleffer - St. Joseph's Academy, St. Louis, MO/St. Joseph's Academy, St. Louis, MO
 3rd: Hannah Bick / Kaitlin Kelly - Visitation, St. Louis, MO/Visitation, Chesterfield, MO
 4th: Rachel Holdener / Stephanie Myers - Notre Dame, Belleville, IL/Notre Dame, St. Louis, MO

Girl's High School Doubles #2 - Single Elimination

1st: Elizabeth Hejlek / Tori Suttar - St. Joseph's Academy, St. Louis, MO/St. Joseph's Academy, St. Louis, MO
 2nd: Abby Brotherton / Lauren Oberle - Cor Jesu, Ballwin, MO/Cor Jesu, Ballwin, MO
 3rd: Kristen Kanck / Rachel Creel - Beaverton, OR, Beaverton/Beaverton, Beaverton, OR
 4th: Amy Rung / Chloe Gremaud - Parkway West, Manchester, MO/Parkway West, Chesterfield, MO

Girl's High School Doubles #2 Consolation - Single Elimination

1st: Augusta Herman / Patricia Billette - Southridge, Tigard, OR/Southridge, Tigard, OR
 2nd: Mallorie Popp / Sarah Schneider - Nerinx Hall, St. Louis, MO/Nerinx Hall, St. Louis, MO
 3rd: Kelsey Crouch / Alex Hailey - Lincoln High School, Portland, OR/Lincoln High School, Portland, OR
 4th: Amya Cree Vance / Karla Cordova - La Salle, Sandy, OR/La Salle, Clackamas, OR

Girl's High School Doubles #3 - Single Elimination

1st: Mary Clare Purcell / Rachel Stocke - St. Joseph's Academy, Clayton, MO/St. Joseph's Academy, Chesterfield, MO
 2nd: Eleni Walters / Meredith Welsh - Cor Jesu, St. Louis, MO/Cor Jesu, St. Louis, MO
 3rd: Sumera Javed / Tara Twyman - Parkway West, Town and Country, MO/Parkway West, Creve Coeur, MO
 4th: Megan Vincent / Molly Albrecht - St. Joseph's Academy, St. Louis, MO/St. Joseph's Academy, St. Louis, MO

Girl's High School Doubles #3 Consolation - Single Elimination

1st: Emily Buehlmann / Robin Bajwa - Parkway West, Ballwin, MO/Parkway West, Ballwin, MO
 2nd: Emily Caulfield / Zoe Preis - Cor Jesu, Manchester, MO/Cor Jesu, St. Louis, MO
 3rd: Katie Strickland / Megan Florent - Kirkwood, Kirkwood, MO/Kirkwood, Kirkwood, MO
 4th: Emily Butz / Jessica Arndt - Cor Jesu, St. Louis, MO/Cor Jesu, St. Louis, MO

Mixed High School Doubles #1 - Single Elimination

1st: Ashley Sheldon / Taylor Knott - La Salle, Camas, OR/La Salle, Milwaukee, OR
 2nd: Amanda Lindsay / Rick Charbonneau - Oregon City High School, Oregon City, OR/Oregon City High School, Oregon City, OR
 3rd: Dylan Reid / Hayley Gutzler - Lincoln High School, Portland, OR/Lincoln High School, Portland, OR
 4th: Karin Foster / Ryan Schoonmaker - Sprague, Salem, OR/Sprague, Salem, OR

Mixed High School Doubles #1 Consolation - Single Elimination

1st: Emma Scheer / Joe Marlo - Kirkwood, St. Louis, MO/Kirkwood, Kirkwood, MO
 2nd: Adam Davis / Stephanie Moyle - Southridge, Tigard, OR/Southridge, Beaverton, OR
 3rd: Jacob Boyle / Kelsy Killian-O'Neal - Beaverton, Beaverton, OR/Beaverton, Portland, OR
 4th: Sara Del Balzo / Stephen Alger - Sunset High School, Portland, OR/Sunset High School, Portland, OR

Mixed High School Doubles #2 - Single Elimination

1st: AJ Evansen / Kristen Kenck - Beaverton, Portland, OR/Beaverton, Beaverton, OR
 2nd: Jeremy McGlothlin / Katie McCarthy - La Salle, Canby, OR/La Salle, Portland, OR
 3rd: Danielle Dewoskin / Michael Shearman - Parkway West, Chesterfield, MO/Parkway West, Manchester, MO
 4th: Sam Reid / Lilly Hailey - Lincoln High School, Portland, OR/Lincoln High School, Portland, OR

Mixed High School Doubles #2 Consolation - Single Elimination

1st: Matt Gillette / Tanya Ulloa - Sprague, Salem, OR/Sprague, Salem, OR
 2nd: Blake Rupprecht / Laine Nash - Southridge, Beaverton, OR/Southridge, Beaverton, OR
 3rd: Nick Twyman / Nyssa Achtyes - Sunset High School, Portland, OR/Sunset High School, Portland, OR
 4th: John Malley / Natalie Tray - Kirkwood, Kirkwood, MO/Kirkwood, Kirkwood, MO

Mixed High School Doubles #3 - Single Elimination

1st: Maxwell Wade / Meghan Foster - Sprague, Salem, OR/Sprague, Salem, OR
 2nd: Sean Templin / Alex Hailey - Lincoln High School, Portland, OR/Lincoln High School, Portland, OR
 3rd: Ethan Nicholas / Samantha Kerzel - Sprague, Salem, OR/Sprague, Salem, OR
 4th: Brittany Bunselmeyer / Joshua Heater - Sprague, Salem/Sprague, Salem

Mixed High School Doubles #3 Consolation - Single Elimination

1st: Katie Strickland / Paul Roth - Kirkwood, Kirkwood, MO/Kirkwood, Kirkwood, MO
 2nd: Logan Hershenow / Reba Bajwa - Parkway West, Town and Country, MO/Parkway West, Ballwin, MO
 3rd: Augusta Herman / Paul Nkemontoh - Southridge, Tigard, OR/Southridge, Beaverton, OR
 4th: Denis O'Grady / Lizzy Henquinet - Kirkwood, Kirkwood, MO/Kirkwood, Kirkwood, MO

THE COACHES: THESE PROFILES OF DEDICATED COACHES PAINT THE PICTURE OF SUCCESS WITH HIGH SCHOOL PROGRAMS.



DOC JOE KOESTNER
St. Louis University High School (SLUH)
24 years as a coach

How did you get started?

I responded to a school announcement asking for a faculty moderator for the racquetball club. I played in college so thought the position was a good fit.

Please provide a little history of your program.

After attending an AmPro instructional clinic with Fran Davis, our team's philosophy became "play high percentage racquetball." In 1994 we had an undefeated season, then won our first state championship in 1995 and our first Nationals in 1998. We have now won 11 States and 3 Nationals, and SLUH recently clinched the Boys' Team national title in March.

To what do you attribute your success?

We have a group of wonderful assistant coaches who help motivate and teach 55 to 60 kids who come out every year. Since our freshmen normally have never played racquetball, our coaches and senior players are crucial to teaching and motivation.

What are some of the special features of your program?

First, we encourage all varsity players to take private lessons. If they cannot afford it, we try to get them scholarships. Nobody is limited because of financial issues.

Also, for the past 20 years, our alumni players get together the day after Christmas each year. We also have an annual Top Turkey Tournament that includes alumni and current players. This way, the older kids inspire and encourage the younger kids, and we develop a great team atmosphere.



NINA KLEIN
Nerinx Hall High School,
St. Louis
6 years as a coach

Why do you coach?

I have been a player for 30 years, and I am passionate about the sport. When I had a chance to coach, I took it!

How do you promote the program?

The girls promote the program themselves. The girls have a school TV program, NERX-TV "The Morning Show." In the show they report wins and losses, talk about upcoming tournaments, and provide an overall promotion of the racquetball program.



PAUL GORDON
Kirkwood High School,
St. Louis
14 years as a coach

Why do you coach?

I love the game and like working with high school kids.

How do you promote racquetball at the school?

A current problem is many athletes are playing or concentrating only on one sport and training or playing that sport all year long. When I began, the sport was less intense and racquetball was an option that complemented other sports.

We still promote racquetball as a cross-training sport but also stress the great aspects of being involved in the racquetball program. There is great diversity in skill levels, thus

allowing players of different athletic abilities an opportunity to play on a co-ed team and make friends from other schools – this is unique.



BILL EDMISTON
Sprague High School
10 years as coach

Why do you coach?

I enjoy racquetball and I do it for the kids. The experience builds self-esteem, confidence and a passion for the game in the players.

How do you promote your program?

The kids basically promote themselves. Our best advertisement is the team's national wins (won 2008 and 2009 National High School Championships). Our kids actually recruit and pull in the other kids.

What is the secret of producing a winning team?

Team camaraderie, interaction with other players, a commitment to being successful, and, of course, sportsmanship.

How do you start a team?

First, parent involvement is crucial. Parents can motivate and encourage their kids; some can act as additional coaches and volunteers. Athletic directors who support the program are very important. They provide credibility to the program. Junior high (8th grade) students are a great place to recruit as are other sports (baseball, softball) for players who can use racquetball as a cross-training sport.



AN INTERVIEW WITH **DAN WHITLEY**

DAN WHITLEY HAS BEEN DIRECTOR OF THE ST. LOUIS HIGH SCHOOL LEAGUE SINCE 2002. RACQUETBALL MAGAZINE CAUGHT UP WITH HIM FOR SOME Q&A ON THE RENOWNED SUCCESS OF THE PROGRAM IN ST. LOUIS.

The St. Louis program basically involves private schools. Why is this?

When the league first started, it was held in and sponsored by the Spalding Clubs. They had eight clubs in the area with vacant courts between 3:30 p.m. and 5:00 p.m. They decided to work with local schools to provide programs that would fill the courts during those hours. This was when racquetball was in its heyday. At that time, a parent was usually available to transport kids and be involved in the program. Now, both sets of parents usually work so it is harder for them to volunteer to help during those hours. Private schools have a tendency to encourage extracurricular programs and have faculty more involved, while public schools rely more on parent volunteers. These volunteers are harder to sustain and usually will leave once their children have left the program. The public schools that have sustained the program have been able to do so because they have people who are loyal to the program and stay even after their children have graduated. Also, private schools also encourage participation in life sports. And, public schools have a harder time encouraging sports that involve additional fees such as court fees.

How did you convince the club to support the high school program?

It is the synergy that is here. Most of the younger club leagues were in the 40-something demographic. The missing demographic was 30-something. So, a great next step was to introduce racquetball to younger players. Since the high school program was already established, they didn't have to start from scratch. The high school program brought in additional revenue to clubs. Parents who used to play came to watch their kids and decided they wanted to start playing again. Many decided to get family

memberships so they could play with their kids. After the kids had graduated, they came home from college on breaks and continue to play at the clubs. We also worked with area colleges to continue racquetball programs. We offered special memberships for the "under 30s" so when they graduated from college they could continue to play. This began actualizing racquetball as a life sport, encouraging them to join any club. For us, it was leveraging 50% of the revenue from the youth racquetball programs, which is an increase from seven years ago.

How much extra revenue do you think the high school program (classes, court fees, new memberships, etc.) bring to your club every year?

This is hard to quantify. Basically we are a ten-court club but without the high school program, we would be a five-court club. It would be more challenging to keep racquetball without the program. The program is important to racquetball players because they know that without it they probably wouldn't have the courts or programs that are currently being offered. The benefits of the high school program extend to everyone. We have camps and lessons scheduled throughout the year; basically we're set up like a tennis club for all ages. We are mostly a soccer club, so having the racquetball program supplementing the soccer program is a huge benefit. It allows us to do other things including host large tournaments including the USAR National High School Championships.

What PR benefits does the high school program provide the clubs?

It provides the members of tomorrow and brings a lot of people back into the game. It is a great selling point recognizing some of the national

champions that played in the clubs while they were in the high school program. When people are new to St. Louis and they see the pictures of some of the champions, they are more likely to join the club. The members have confidence that the club will be around for awhile, so they are less likely to want to leave, especially since there is a solid youth program, a solid adult program, and the next wave of players moving up into the program. The demographics of the club are visible and make a unique offering to potential new members.

Have there been any issues or challenges that particularly come to mind?

Liability has become a big issue. It helps for those concerned about liability that the high school program is tied to USA Racquetball and has the general liability and secondary accident coverage.

Also, I would love to see more college teams and college competition throughout Missouri and the Midwest. Running the high school program along with being a coach makes it difficult to start a really strong college program. We need an individual to start it, someone who is willing to stay with the program until it is on its feet like ECRC or WCRC.

Finally, when I became director in 2002, there were fewer girls than boys in the high school program. Numbers were really low on the girls' team. As I was contemplating how to recruit more teams, I realized that I needed to know how to build the program before I could recruit the teams. I asked the young lady working at the front desk if she knew of any girls' schools that had racquetball players but did not have a team. She said she played racquetball and her school didn't have a team. I asked her if she had a few friends who might be interested in playing racquetball as a team. She said she'd check...and the next day she came in with five friends. Soon we had eight members on the team: six seniors and two freshmen. The school was Cor Jesu and the program has continued to steadily improve. The girls' teams have since grown and now match or surpass the boys' teams in numbers. We are actually in a situation where we may need to begin recruiting more boys' teams!

GREAT RESULTS FROM A SMALL TEAM



Coach Dave Azuma
Beaverton High School,
Oregon

With only eleven players, you earned the most points per player of any team at National High Schools. How did you do that?

I brought our best players, and it can be accomplished with a small team. *(Editor's Note: It was obvious from watching many of the Beaverton players that they have received excellent instruction and coaching. At this level, the smallest improvements can bring tremendous results.)*

High School racquetball has huge #6 divisions (over 100 in both the Boys and Girls #6). (Editor's Note: there are six singles divisions at the national high school and collegiate tournaments.) What is the philosophy behind allowing such large divisions? The "#6" is the future of this tournament. This tournament and the state tournaments provide the avenue to keep these kids playing and coming back next year. If I have 60 kids, I expect 1/3 to be competitive players, 1/3 to be semi-competitive and 1/3 to be purely

recreational/social players. All are important, but this event is only attractive to competitive and semi-competitive players.

How would you start a program at a school that does not have one?

By getting one or two players and introducing the sport as a club sport. On club sport day, have a booth and try to get others to come out and try the sport. Once you get them in, the game sells itself.

How could you encourage a club to get involved?

Clubs that do not allow kids – especially high school kids – in the club are missing a great opportunity. We encourage clubs to sell blanket non-prime court time for five months. We try to attract about 130 kids at \$135 per kid. Sell the income factor to the club. We predict about 15 new memberships per year from the parents of these kids, and these are long-duration memberships since the parents often stay after their child leaves our program.

What is the difference between the Oregon Junior and High School programs?

Many of the players play both, but I would say many Juniors had parents who played racquetball, but the High School players were attracted to the sport by friends and their peers.

Do you need parents to be a successful coach?

Absolutely! Parents handle the administrative tasks (fundraising, transportation, etc.) while the coach focuses on teaching the kids how to play.

What is the key to being a good coach?

As a coach it is important to understand how to transform a recreational player into a competitive player. You have to be able to see the fire in some of the recreational players and then work to cultivate their talents.



WHAT'S THE CALL?

a special high school rule

by Otto Dietrich
USA Racquetball National Rules Commissioner

A few weeks ago, I ran one of the tournament desks at the U.S. National High School Championships. For those who may not know, a primary focus of high school play is development and fun. Sure they have some very serious competitions, but the bulk of the high school players possess various levels of skills. So, for several years now, the High School Council has employed a special rule governing mixed doubles play that has apparently proved to be successful in leagues.

In adult doubles play, there is no special rule, so the male is allowed to serve to either partner on the receiving team. The High School Council, in an attempt to make the serve not quite so intimidating for less experienced female players, approved the following modification for the serve:

- (1) Each receiving team member must clearly take a position on opposite sides of the back court within 10 seconds of the score being called. Failure to do so is delay of game.
- (2) The boy must serve to the boy and the girl must serve to the girl. Any serve that is judged by the referee to be served to the incorrect player is a fault serve (same as a short serve). Definition of legal serve: the serve must bounce in the middle, or in the correct side of the court, and must remain either in the middle or on the correct side of the court for the second bounce if it were to occur.
- (3) Only the boy may return the boy's serve; only the girl may return the girl's serve. Returning serve out of turn is considered an encroachment and results in a point for the serving team.

IN ADULT DOUBLES PLAY, THERE IS NO SPECIAL RULE, SO THE MALE IS ALLOWED TO SERVE TO EITHER PARTNER ON THE RECEIVING TEAM.



DEADLINE FOR PROPOSED RULE CHANGE

Finally, the June 1st deadline for submission of proposed rule changes will be rapidly approaching by the time you read this article, so be sure to email me right away with any you may have to suggest. The entire process is described on page 51 of the current rulebook. All proposals will be given a fair hearing. When you do, please cite the current rule number, describe in detail why you think it should be changed, and then provide the proposed wording for your suggested revision of the current rule.

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>.

So, 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*.





OREGON'S HIGH SCHOOL

Racquetball League Program

Coach Brian Ancheta and some of his Centennial High School Players

by Connie Martin

The Oregon High School Racquetball League Program is at its strongest numbers of players (500) and participating schools (26) with volunteer coaches, organizers, parents and friends numbering in the hundreds," declares Ariana White, Commissioner of the Oregon High School Racquetball League. Ariana has been at this post since 2007. Some of you in other states may read this first statement and think, "We can't do that...we can't organize a program in our state for 500 kids!" That's what we thought, too, when we started the program in 1995 (organized by a dad, Gary Kerwood) with less than a dozen kids from just two schools. Gary enlisted other friends and parents and kids, and within five years the program grew to 200 kids. Now, fourteen years later, we are at 500 and growing! Some of you will say, "The schools won't let us in!" Many of the schools in Oregon wouldn't either, at first. Some Oregon schools now allow kids to letter, and they call racquetball a sport! Others have set up their racquetball program up as a club, organized by the kids, and it takes just an advisor to monitor the program. And others still don't recognize it, but the kids still play for their school. It has become an activity at their schools, just like the bowling club or ski club or science club.

This program would not survive without volunteers. Ariana White states it best when she says, "The dedication, commitment and enthusiasm of our hundreds of vol-

unteers (including coaches, parents, teachers, family members and friends) have been essential to the success of the Oregon High School Racquetball League. Our program would not be as strong as it is today without the support of these outstanding volunteers."

That is what the OHSRL is all about: volunteers! Volunteers to recruit kids; volunteers who are parents or interested players who start a team with some kids from a local high school and then play against some kids from other high schools. The kids practice at the local clubs under coaches who are also top players in the U.S., like Dave Azuma; club racquetball directors such as Brian Ancheta; and past graduates of the high school that they coach. Then, there are individuals like Pat Montgomery, who never played in the league but has two sons who played, and those like Alex Savory who took a gold medal in the State Championships a few years back and now helps coach. All are volunteers, all keep the OHSRL program alive. High school students practice 2 to 3 times each week so they will be ready for the Saturday matches run by volunteers. The matches prepare the kids for the ultimate showdown, the State Tournament, to determine not only individual medalists but also who has the best High School Team in Oregon. Each year the program will grow...as long as the volunteer system stays in place.

About the OHSRL

The league meets October thru February. Kids start practicing at local clubs with their coaches in October. They generally pay a league fee of \$55, which includes their USA Racquetball Membership and fees that support the administration of the State League. Kids who are members of the club where they practice pay nothing more, while non-members of the club where they practice pay an average of \$25 per month. This usually includes the practices and non-prime-time membership to the club. (At Cascade Athletic Clubs, we host four schools and the majority of these kids and their families become members by the end of the season – a bonus for the club!)

Kids can be any level of player from beginners who have never played a competitive sport in their life, to those who play in adult Open divisions in tournaments such as Taylor Knott, the most decorated high school racquetball player in Oregon history. Taylor has earned an unprecedented four Boys' Singles championships and four Doubles championships (three Boys' and one Mixed).

Kids are recruited from parents or players the first year, then from the kids who were on their team the year prior. Enlisting a teacher at that high school to play really helps promote it within the school. Many of these teachers also become volunteer coaches or take on an advisory position for the kids.

Some of the schools have three kids on their team, some have 55. If a school has more than 10 kids, they split them up into more than one team per school, like Gresham High School, who had 24 kids on their school team this past season: they have the Blue Team, Silver Team and White Team. Most schools try to split the teams evenly between boys and girls and their levels. Some do Varsity and JV teams. They try to keep friends together, too.

Once the season begins, matches are held on four Saturdays in November, December and January. With 500 strong, this requires the use of 7-10 clubs each Saturday for 4-6 hours. David Moyle (who has a full-time job and also coaches a team) sets up the Saturday matches. This can be quite challenging when dealing with numbers of courts, numbers of players (girls and boys) at each site, and their skill levels.

We have a unique league rating system for the kids (see www.oregonracquetball.org > OHSRL). They are split by their levels and they play a round robin against kids of the other schools on their level of play in singles and then doubles, including mixed doubles. Each site is run by a volunteer site director. The whole league is computerized so once the kids are entered, it spits out who plays whom. Once the scores are all entered, it gives the kids (and teams) their new ranking points for the next league match.

Once the league is competed, the kids play in the State Tournament, now held over four days and in three

clubs on a weekend in February. Players pay an entry fee of about \$50 and besides the Olympic format racquetball play, they receive a t-shirt, food and beverages for four solid days. There are seven divisions of singles and three of doubles. Kids earn individual medals in the gold, blue, red and white divisions; they also earn points for their school with the crowning of a Boys' Team, Girls' Team and Overall Team.

After the State Tournament, many of the kids go on to compete at the National High School Championships, which have been held in the Salem or Portland area of Oregon or in St. Louis (which has another great high school league program). I doubt there is another high school sport where kids of all skill levels can go and compete on a national level and earn points for their school.

Why should you run your own state program:

Simply put, it keeps racquetball alive and well! It enables clubs in Oregon to keep their courts, not take them out. It gives kids a chance to be a part of a team, because we all levels of players are welcome. It produces lifetime players, which is not only good for the sport but for the clubs who depend upon memberships to keep their court numbers intact. And, as Ariana states, "We've seen many of our students continue their

racquetball careers in college. For instance, students from Oregon State University (in Corvallis, OR) won the Overall Team trophy at the USAR National Intercollegiate Championships in 2006 and 2008."

Many of these kids play the adult tournaments, they become employees of clubs, they have kids and then get their kids involved in the sport. You couldn't ask for better ambassador than that.

On a personal level, I have been involved with the Oregon High School League for about six years when my son decided to play racquetball in high school. He has graduated...and I still coach! It has renewed my passion in the sport. Watching the kids start as freshmen (some of whom have never participated in any sports before) and win a medal their junior or senior year is a thrill. To become involved in their lives and watch them develop into wonderful young men and women is a bonus. And to then have them keep in touch and email you and tell you they are now working at a club, or helping with their school's racquetball intramural program, or playing for a university, is what the OHSRL is all about.



Ariana White, Commissioner for the OHSRL

Connie Martin is the Program Director at Cascade Athletic Clubs in Gresham, OR. She can be reached at: Connie@CascadeAthleticClubs.com. Connie is also part of USA Racquetball's 'Racquetball University' Staff. Please frequently visit www.usra.org > Racquetball University, where monthly tips on Programming are available for download.

a family affair

THE BOYLE CLAN

We don't just *like* racquetball...
we *love* racquetball!

by Ed Boyle

I am an IT guy by trade (computer nerd) but after work my whole life is racquetball and my family. When I started playing racquetball tournaments a decade or so ago, I only had one son. Now I have five kids. The youngest is Kaitlyn (8), who is a member of the Olympic Junior Racquetball Team and the oldest is Jacob (16) who plays in the Oregon High School League. Rounding out the clan are Crystale and Ashley (12) and Steven (13) and of course my wife Tammie who also plays when she is not running the kids to and from school and the club and helping with the tournaments. Tournaments for me used to be about playing a match and sitting around waiting to play the next. But now, I not only run the tournaments for the juniors (OJRA) and some of the adult tournaments (ORA) in the state, I also play, string racquets and cheer my kids on while they play. My kids help post scores and referee; my wife helps with the hospitality.

I asked my kids why they liked racquetball. Of course their first answer was getting to see all the friends they have made throughout the years. I recently took my kids to the Junior Worlds in Tempe, AZ. At Worlds they met and played with kids from all over; their favorites were the team from Nicaragua. The team adopted my family for the week. We hung out with them and spent an afternoon shopping the day after the tournament was over. My kids still talk with the Nicaraguan team members a couple times a week over the Internet. And, there's always the medals, and the food, and the sodas that they love to consume while at the tournaments. For Tammie and me, we can't think of anything better than spending the evenings at the club with our family and then the weekends at tournaments. I know my kids are building character and developing skills they will take into adulthood. The kids and adults they meet are a great mix of people from whom to learn. Jacob is in high school and Steven is close behind. Oregon has such a great program and soon all my kids will be able to take advantage of it. Who knows, maybe one day they'll become State Champions or Intercollegiate Champions. I know that would be a goal for them and for me, but no matter how high they go, they have and will continue to develop in a positive manner because of racquetball.



I am so proud of all of my kids and my wife. Not only have we as a family embraced the sport of racquetball, it has embraced us! I am extra proud of my youngest, Kaitlyn. She made the Junior Olympic Racquetball team at the age of seven. She has had to play with the older kids in my family, and I think that's why she tries so hard to play better than any of the other kids. What I like best is when anyone asks my kids where and how they learned to play – their response is "my dad taught me!"

"Ed Boyle is not only a huge part of the success of racquetball in Oregon, but he is an overall ambassador for the sport of racquetball everywhere! The impact he has made on this sport is phenomenal. Every state needs its own 'Boyle Clan!'"

– Brian Ancheta, ORA Vice President
and Cascade Athletic Club Racquetball Director

WHAT A HIGH SCHOOL PROGRAM CAN DO FOR YOU

WHY HIGH SCHOOL RACQUETBALL IS A WIN/WIN SITUATION

For the Athletes:

- For elite athletes (baseball, football, and basketball), racquetball is a great cross-training sport.
- Jeff Conine, retired All-Star and World Series champion baseball player credits racquetball with fine-tuning his eye-hand coordination skills and improving his baseball abilities.
- Racquetball players normally can arrange a flexible training/playing schedule and then arrange their time to play a school sport along with racquetball.
- For non-elite athletes (the majority of high school players), racquetball provides an opportunity to play a team sport, compete at their level (different skill divisions available), play a social sport (high school racquet ball is co-ed), and share in the experience of representing their schools in an organized nationally-recognized athletic event.

For the Player:

- Provides an athletic opportunity for almost any skill level of student.
- Creates opportunities for non-elite athletes to compete on a school team.
- Provides opportunities for social inclusion with both male and female students.

For the School:

- Provides an athletic opportunity for many students at a very low cost to the school.
- Involves students who may not qualify for a major sport activity or who may not participate in any school activity.
- Provides great public relations for the school since most activities are outside the school in public/private racquetball facilities.
- Provides opportunity for students to socialize with other students.
- Creates an opportunity for students to learn structure, how to handle the pressure of competition, and how to be part of a school team.

For the Club:

- Provides financial opportunities during non-prime time hours.
- Provides opportunities to sign up new members: athletes and their families.
- Provides free advertisement for club through inter-city team competitions and word of mouth.
- Exposes club to new prospective members for little or no investment.
- Exposes current members to the value of playing racquetball and the possibilities of other junior involvement.

Come Support Junior Racquetball!

2009 JUNIOR OLYMPIC CHAMPIONSHIPS

Michigan Athletic Club

East Lansing, MI

June 24th – 28th, 2009

Enter online or download a printable entry form at www.usaracquetball.com

Host Hotel Information:

Comfort Inn

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2187 University Park Drive

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Free high speed Internet and hot breakfast!

Holiday Inn Express

517-349-8700

2209 University Park Drive

Single/Double: \$92

Special Code: USA Racquetball Junior Nationals

Covered pool and free hot breakfast!

HOW TO GET BETTER – FAST

and how to coach 'em up, too!

by Jim Winterton

COACHING: TEACH HOW, NOT WHAT

To teaching pros and coaches: first, I must say I am amazed at how many of you experts there are out there, and at such a young age! I have spent 40+ years learning my craft and I'm still learning. So let me give big salutes to the experts who have already stopped reading. To the rest of us who are still learning, this is what I have found to work, and not work; oh, since I am still learning, any comments, improvements etc. please go to www.coachrball.com and send them to me. I do change my mind and add and subtract as I go through the years.

Do not teach "WHAT", teach "HOW." Here is an example of "what:"

"Hit the ball down the line. Hit a good drive serve. Great return, now go cross court. Try it again, and so on, and so on." ("What" you want the athlete to do.)

Now here is an example of teaching the "how:"

"Let's work at hitting at full extension with your weight back. Strive to hit the ball at the midline of your body on the forehand side. Follow through over the top to get the ball down the line. Aim more toward the middle of the court for a clean cross court pass." ("How" the athlete should execute the shot.)

Teaching "how" is much more difficult than teaching "what." Watching folks play and offering feedback on positioning is the "what." The "how" demands you explain that poor footwork and mechanics contribute to lack of execution. This instruction is more difficult but more efficient in the long term. (Note here: during match play it is usually the "what" that can be

coached up, not the "how." The "how" is usually done in practice and preparation.)

MOTIVATION

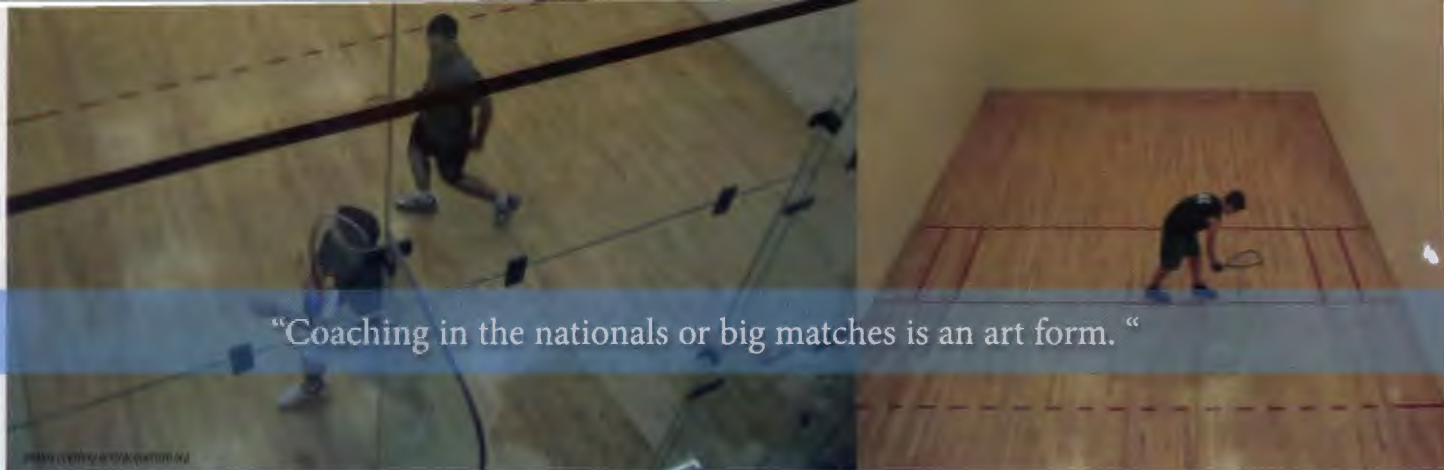
Next, motivate the athlete; easier said than done, this motivation thing. I believe in a philosophy that the personal well being of an athlete is more important than the victories. With that said, the next thing to remember is to always be stretching your students' abilities. Give them more than they are ready for, so they always will reach to be better. Not too much instruction so they become frustrated, but just enough to "tweak their gray cells." I emphasize to the athletes I work with that:

- a. It's okay to hit a bad shot, you are learning.
- b. Yes, your game could go down before it goes up.
- c. You will not remember all of this, and that is why you must write it down.
Let me explain 'c' further. For years, I was frustrated as players came back for lesson #2 and had not improved. I had to re-teach lesson #1. When I began insisting my students use notebooks and take notes, the lessons stuck. Not only did the lessons work better, the athletes became more self-sufficient. They could take practice notes, competition notes, and workout notes in their book. When they report to me, I always ask for the book. Remember, if you do not know where you're going or where you've been, you are probably going to get there.
- d. You must work within your personal schedule; and not do too much.

Regarding the schedule thing, it is really difficult to juggle school or career or relationships, etc. The process of support team-building and strategies for overcoming obstacles in training is part of a professional coach's job. The more experience the coach has, the more strategies a coach will have. That does not mean the coach has to be an old codger, but it does mean the coach must have years of experience to deal with schedules of practice sessions.

Another tip for teaching pros is to be careful teaching only "your way." Teach each student within a system, but allow for differences and do not teach every student the same. This was a mistake I made as a young coach, but years of public school education (I am a retired English teacher) taught me "one size does not fit all." A senior athlete may need "tweaking" as opposed to a young athlete who may need the more traditional approach of proper mechanics work. I look at it this way: I am the consultant you hired. Here are my thoughts on how you should attack your weaknesses, but you are the boss. You hired me so if you choose to "shortcut" to improve your game, I can do that also. As long as I tell you the pros and cons of what you want me to do, I can sleep at night knowing I did the best I could.

Note to junior coaches: a similar approach works. Let the juniors have some control. I tell my kids, the serious players who want to play tournaments need extra help. I send the recreational players who want to play for fun out to the courts while I work with the serious kids on one court. It doesn't take long to build a culture of, "Hey I want some instruction too!"



“Coaching in the nationals or big matches is an art form.”

Another side note: be careful not to judge. Many students have wanted to be recreational players only, had fun and gotten “hooked” and now are serious tournament players. I have had many kids who have been recreational players for years become serious players later. You may give more instruction to the tourney kids, but don’t be giving negative feedback to those who choose to play recreational racquetball.

COACHING GAME TIME

Coaching in the nationals or big matches is an art form. I am very lucky because at junior nationals I get to match my wits against the best junior coaches in the nation such as John Ellis, Fran Davis, Malia Bailey and Andy Hawthorne, to name a few, who all have great junior players and tons of tournament experience. It is fun because it is never personal, but all of us want our kids to succeed and we all coach great kids from great families! I do see some coaches give too much advice. Usually, a few words are all that’s needed. During time outs, it is usually not what you say, but how you say it that can win for a kid. Here is an example:

Wrong: “Come on, Junior, concentrate!” (On? What?) “Come on, Princess, try!” (I think they are not trying?)

Right: “Junior, just hit the ball in the center of the strings. That’s all I want you to do. Princess, keep moving, keep fighting. I love the effort you gave on that last point.”

One last tidbit for teaching pros to make their lives easier, it has to be emphasized that the pro cannot make anybody a better racquetball player. The responsibility of improving is the athlete’s. A coach can only show “how” (to grow as a racquetball player). That growth means practice. That practice means failing. Failing is part of learning, but somehow that part of it often is sometimes lost on parents, athletes and coaches.

I like to ask the athlete, “What is the weakest part of your game?”

When they reply, I then ask them, “Why are you working on the strongest part of your game, then?”

Of course they are because they don’t want to look bad. I also will not let my athletes do it wrong. After teaching a lesson, I will sneak around the corner and watch them practice. If they are doing it wrong, I will stop them and correct them. Eventually they will hear my voice in their head as they practice. This constant learning environment keeps serious players coming back. Having fun and having a relaxing way about you on the court is also part of it. I try to get that serious tooth grinding look off of the player’s face and get them smiling. It makes the lesson far more fun and makes it go faster!

THESE KIDS TODAY... WHY, BACK IN MY DAY...

The major weaknesses in junior athletes are mechanics and footwork, which I have addressed above. One thing that bothers me is all the braces I see at Junior Nationals. When a child is wearing an elbow

brace before they are 18 years old, it is a sign they are not hitting the ball correctly. Speaking physically, I see weak lower back strength, poor core strength, and poor hip flexibility. Any personal trainer worth his salt can fix these issues. I send my adult players to personal trainers and attempt to get my kids playing other school sports. I love it when my athletes choose to play football, soccer, basketball, or any of the other team sports in school. These programs should address those physical issues mentioned above.

Overall, the athletes of today are far superior due to top training techniques and facilities available to them. That being said, the athletes have to learn to help themselves. Depending upon a coach or a parent may win a few matches in the 14 & Under age range, but will be to their detriment later in life. I want my kids to think independently of me. In big events like Junior Nationals, I will “coach’em up” a little, but for the most part I leave them alone.

Special thanks go to my mentor, Dave Peck, the man who assisted me, Cliff and Kane among many others. Other concepts were “borrowed” from Tom Travers, Dan Obremski, Tim Doyle, Fran Davis, Stu Hastings, anyone who ever taught at the elite camp, the late Mike Luciw, and Steve Strandemo. The pedigree of all of this instruction goes back to Carl Loveday and especially to Dr. Bud Muehleisen who is the father of our game and the first inductee into the USA Racquetball Hall of Fame.

2009



NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS

THE NEW DYNASTY?

Delta College emerged on the scene and unexpectedly upset Colorado State University in its first appearance as an official team. Led by U.S. Junior Team Member and World Champion Jose Rojas, the Delta team will be a force to reckon with in future years. The victory only 9 points, came down to the last match of the tournament.

ARE JUNIOR PROGRAMS THE PIPELINE FOR COLLEGIATE RACQUETBALL?

Twelve out of thirteen players on the Oregon team came up through state and national junior programs with twelve players' being graduates of Oregon Junior and High School programs.



DELTA COLLEGE AND COACH DAVE ELLIS

Men's Collegiate Singles #1 Gold - Olympic Format

- 1st: Jose Rojas - Delta College, Stockton, CA
- 2nd: Allan Crockett - Univ. of Alabama, Tuscaloosa, AL, Birmingham, AL
- 3rd: Anthony Carson - Colorado State Univ., Pueblo, CO
- 4th: Anthony Herrera - Univ. of Colorado at Colorado Springs, Grand Junction, CO

Men's Collegiate Singles #1 Blue - Olympic Format

- 1st: Blase Zera - Missouri State Univ., Springfield, MO
- 2nd: Brandon Mitchener - Univ. of Missouri - Columbia, St. Louis, MO
- 3rd: Nicholas Knudsen - Iowa State Univ., Ames, IA
- 4th: Michael Dunlay - Univ. of Florida, Jacksonville, FL

Men's Collegiate Singles #1 Red - Olympic Format

- 1st: Dylan Kim - Springfield College, Roxbury, VT
- 2nd: Vicente Uriostegui Jr - Ohio State Univ., Canal Winchester, OH
- 3rd: Jeff Moirano - Nichols College, Holden, MA
- 4th: Pete Rolashevich - Univ. of Wisconsin, Madison, WI

Men's Collegiate Singles #1 White - Olympic Format

- 1st: Richard Alfaro - Univ. of California - Berkeley, Antioch, CA
- 2nd: Cody Mower - Grossmont College, San Diego, CA
- 3rd: Bryan Kinkade - Texas A&M Racquetball Club, College Station, TX
- 4th: Brandon Nance - Northern Arizona Univ. Recreation Center, Glendale, AZ

Men's Collegiate Singles #2 Gold - Olympic Format

- 1st: Jonathan Doyle - Univ. of Alabama, Tuscaloosa, AL, Cincinnati, OH
- 2nd: Tyler Otto - Colorado State Univ., Pueblo, CO
- 3rd: Ismael Aldana, Jr. - Delta College, Stockton, CA
- 4th: David LaForest - Oregon State Univ., OR

Men's Collegiate Singles #2 Blue - Olympic Format

- 1st: Justin Labelle - Baldwin Wallace College, Mayfield Heights, OH
- 2nd: Jon Perritt - Texas A&M Racquetball Club, Huffman, TX
- 3rd: Oren Schwartz - Univ. of Florida, Cooper City, FL
- 4th: Troy Johnston - Univ. of Florida, Cooper City, FL

Men's Collegiate Singles #2 Red - Olympic Format

- 1st: Scott Rieders - Univ. of Oregon, Eugene, OR
- 2nd: Hassan Ahmed - Purdue Univ., West Lafayette, IN
- 3rd: A J Berry - Univ. of Utah, Salt Lake City, UT
- 4th: Paul Burningham - Univ. of Utah, Salt Lake City, UT

Men's Collegiate Singles #2 White - Olympic Format

- 1st: Joe Blank - Utah Valley Univ., Provo, UT
- 2nd: Jonathan White - Rensselaer Polytechnic Institute, Middlefield, CT
- 3rd: Andrew Long - U.S. Air Force Academy, CO
- 4th: Spencer Galloway - Ohio State Univ., Delaware, OH

Men's Collegiate Singles #3 Gold - Olympic Format

- 1st: David Horn - Delta College, Stockton, CA
- 2nd: Jansen Allen - Colorado State Univ., Rice, TX
- 3rd: Grant Stalley - Oregon State Univ., Beaverton, OR
- 4th: Andrew Kemlage - Univ. of Missouri - Columbia, St. Louis, MO

Men's Collegiate Singles #3 Blue - Olympic Format

- 1st: Jeff Skanchy - Brigham Young Univ., Provo, UT
- 2nd: Brian Glancy - Arizona State Univ., Tempe, AZ
- 3rd: Stan Rosen - Utah State Univ., Logan, UT
- 4th: Alex Petak - Utah State Univ., Logan, UT

Men's Collegiate Singles #3 Red - Olympic Format

- 1st: Kevin Ross - Univ. of Illinois - Urbana/Champaign, IL
- 2nd: Sid Maru - U.S. Air Force Academy, CO
- 3rd: Pat Wicketts - Univ. of New Mexico, Gallup, NM
- 4th: Preston Stewart - Univ. of New Mexico, Gallup, NM

Men's Collegiate Singles #3 White - Olympic Format

- 1st: Jonathan Kuehnle - Ohio State Univ., Columbus, OH
- 2nd: Chris Perry - U.S. Military Academy, West Point, NY
- 3rd: Bryan Whitaker - Purdue Univ., West Lafayette, IN
- 4th: Mason Hays - Purdue Univ., West Lafayette, IN

Men's Collegiate Singles #4 Gold - Olympic Format

- 1st: Jose Serrano - Delta College, Stockton, CA
- 2nd: James Daly - Baldwin Wallace College, Akron, OH
- 3rd: Jose Ramos - Colorado State Univ., Pueblo, CO
- 4th: Rishi Ghosh - Univ. of Missouri - Columbia, Chesterfield, MO

Men's Collegiate Singles #4 Blue - Olympic Format

- 1st: Tyler Way - Oregon State Univ., Corvallis, OR
- 2nd: Elliott Saunders - Univ. of Oregon, Portland, OR
- 3rd: Chris Gladd - Penn State Univ., State College, PA
- 4th: Kyle Adams - Univ. of New Mexico, Hobbs, NM

A DYNASTY COMES TO AN END

If repeated victories over a number of years are the true measurement of a dynasty, then Colorado State University may have been considered a dynasty in men's collegiate racquetball. Although this year's unexpected defeat at the hands of Delta College was by only 9 points, the defeat did little to deter from what Dick Krinsky has done at Colorado. Dick continually recruits across the country. He helps his athletes with finances and academic programs. His teams are also at the top of the collegiate men's racquetball. Although second this year you can be sure Dick and his team will be back next year and will again be competing for the national title.

OREGON STATE REPEATS—HOW DO THEY DO IT?

Three years ago no one knew Oregon State had a racquetball team. Then followed two straight national team titles. How was this possible? There are several keys to Oregon's success, but one of the predominant features is the recruitment of players from the Oregon Junior program. The leadership and experience of junior players Sanjay Laforest and Ashley Willhite helped organize and motivate the team.



Men's Collegiate Singles #4 Red - Olympic Format

- 1st: Dayton Rohner - Utah Valley Univ., Lehi, UT
- 2nd: Jerred Moon - Texas Tech Univ., Flower Mound, TX
- 3rd: Andrew Nielson - Missouri State Univ., St. Louis, MO
- 4th: Dan Coleman - Missouri State Univ., St. Louis, MO

Men's Collegiate Singles #4 White - Olympic Format

- 1st: Andy Hawkins - Univ. of Texas, Austin, TX
- 2nd: Andrew Roberts - U.S. Military Academy, West Point, NY
- 3rd: Kevin Frederickson - Nichols College, Webster, MA
- 4th: Alexander Dodson - Univ. of Colorado, Colorado Springs, CO

Men's Collegiate Singles #5 Gold - Olympic Format

- 1st: Tony Jammal - Colorado State Univ., Roseville, CA
- 2nd: Michael Carrington - Oregon State Univ., Beaverton, OR
- 3rd: Brendan Reid - Univ. of Missouri - Columbia, St. Louis, MO
- 4th: Xavier Pereira - Univ. of Florida, Gainesville, FL

Men's Collegiate Singles #5 Blue - Olympic Format

- 1st: Mike Blakesley - Utah State Univ., Logan, UT
- 2nd: Carlos Camacho - Univ. of Texas, Austin, TX
- 3rd: Vamsi Varanasi - Rensselaer Polytechnic Institute, Troy, NY
- 4th: Christopher Beavan - Rensselaer Polytechnic Institute, Troy, NY

Men's Collegiate Singles #5 Red - Olympic Format

- 1st: Bradley Keeland - Texas Tech Univ., Lubbock, TX
- 2nd: Daniel Graugnard - Univ. of Illinois - Urbana/Champaign, IL
- 3rd: John Snyder - Univ. of New Mexico, Albuquerque, NM
- 4th: Justin Kaye - Univ. of New Mexico, Albuquerque, NM

Men's Collegiate Singles #5 White - Olympic Format

- 1st: Brandon Fisel - Iowa State Univ., Ames, IA
- 2nd: Scott Addy - U.S. Air Force Academy, CO
- 3rd: Jeff Correia

Men's Collegiate Singles #6 Gold - Olympic Format

- 1st: Rick Gardner - Brigham Young Univ., Provo, UT
- 2nd: Adam Chow - Univ. of Florida, Gainesville, FL
- 3rd: Dan Arnold - Oregon State Univ., Salem, OR
- 4th: Kevin Hasselfeld - Univ. of Missouri - Columbia, St. Louis, MO

Men's Collegiate Singles #6 Blue - Olympic Format

- 1st: Jared Kearby - Univ. of Texas, The Woodlands, TX
- 2nd: Andrew Danford - Baldwin Wallace College, Berea, OH
- 3rd: Marco Fontana - Colorado State Univ., Pueblo, CO
- 4th: Michael Baker - Clarkson University, Potsdam, NY

Men's Collegiate Singles #6 Red - Olympic Format

- 1st: Eric Riddle - Penn State Univ., St. Mary's, PA
- 2nd: Chris Pope - Iowa State Univ., Ames, IA
- 3rd: Christian Ryser - U.S. Military Academy, West Point, NY
- 4th: Patrick Jones - Univ. of Utah, Sandy, UT

Men's Collegiate Singles #6 White - Olympic Format

- 1st: Tom Stoughton - Ohio State Univ., Columbus, OH
- 2nd: Jeremy Robben - U.S. Air Force Academy, CO
- 3rd: Chris Nethcote - Bryant Univ., Norfolk, MA

Women's Collegiate Singles #1 Gold - Olympic Format

- 1st: Sheryl Lotts - Baldwin Wallace College, Bedford, OH
- 2nd: Kara Mazur - Univ. of Alabama, Tuscaloosa, AL, Avon, CT
- 3rd: Ashley Willhite - Oregon State Univ., OR
- 4th: Teresa Diaz - Delta College, Stockton, CA

Women's Collegiate Singles #1 Blue - Olympic Format

- 1st: Jennifer Stone - Univ. of Wisconsin, Madison, WI
- 2nd: Ashley Siemers - Univ. of Denver, Manchester, MO
- 3rd: Candace Tomczak - Penn State Univ., Erie, PA
- 4th: Kayla McCloy - Univ. of Utah, Salt Lake City, UT

Women's Collegiate Singles #1 Red - Olympic Format

- 1st: Gabrielle Shurman - Simpson College, Prole, IA
- 2nd: Cindy Burman - City Form, Chesterfield, MO
- 3rd: Lauren Ritter - Arizona State Univ., Tucson, AZ
- 4th: Adriana DiMatteo - Arizona State Univ., Tucson, AZ

Women's Collegiate Singles #1 White - Olympic Format

- 1st: Krista Allen - Utah State Univ., Logan, UT
- 2nd: Kelly Gremley - Purdue Univ., West Lafayette, Indiana
- 3rd: Tracey Strombeck - Ohio State Univ., Tampa, FL
- 4th: Rebecca Kallio - Univ. of California - Berkeley, Emeryville, CA

Women's Collegiate Singles #2 Gold - Olympic Format

- 1st: Sharon Jackson - Univ. of Alabama, Tuscaloosa, AL, Shelbyville, IN
- 2nd: Sarah Hettesheimer - Baldwin Wallace College, Berea, OH
- 3rd: Alyssa Asay - Oregon State Univ., Beaverton, OR
- 4th: Eliza Culverwell - Brigham Young Univ., UT

Women's Collegiate Singles #2 Blue - Olympic Format

- 1st: Rachel Weiss - Clarkson Univ., Potsdam, NY
- 2nd: Emma Nix - Univ. of Missouri - Columbia, Kirkwood, MO
- 3rd: Hannah Bloombaum - Arizona State Univ., Lake Jackson, TX
- 4th: Kristen Landry - Univ. of Oregon, Portland, OR

COLLEGIATE



CLARKSON CAPTURED DIVISION II TITLE

For the second time in collegiate racquetball history, Clarkson has captured the combined Division II title.



Colorado State College Div. II Boys

Women's Collegiate Singles #2 Red - Olympic Format
1st: Cathryn Mahoney - Penn State Univ., Jonestown, PA
2nd: Jessie Benson - Missouri State Univ., Chesterfield, MO
3rd: Stephanie Gemp - Utah State Univ., Logan, UT
4th: Shalane Peery - Nichols College, Barrington, RI

Women's Collegiate Singles #2 White - Olympic Format
1st: Melissa Schulze - Univ. of Texas, Austin, TX
2nd: Dana Pepa - Bryant Univ., Windham, NH
3rd: Erin Krueger - Univ. of Wisconsin, Madison, WI
4th: Adrienne Griffiths - Univ. of Utah, Salt Lake City, UT

Women's Collegiate Singles #3 Gold - Olympic Format
1st: Brittany Travers - Univ. of Alabama, Tuscaloosa, AL
2nd: Katherine Yourstone - Brigham Young Univ., UT
3rd: Kristen Holler - Penn State Univ., State College, PA
4th: Megan Mathes - Oregon State Univ., Corvallis, OR

Women's Collegiate Singles #3 Blue - Olympic Format
1st: Danielle Nason - Univ. of Oregon, Eugene, OR
2nd: Laura Buck - Univ. of Missouri - Columbia, Arnold, MO
3rd: Kaitlyn Hanlon - Springfield College, Torrington, CT
4th: Cassie Pawling - Springfield College, Torrington, CT

Women's Collegiate Singles #3 Red - Olympic Format
1st: Samantha Schram - U.S. Military Academy, West Point, NY
2nd: Stacey Chan - Univ. of Texas, San Antonio, TX
3rd: Meredith Caraway - Missouri State Univ., St. Louis, MO
4th: Sammi Brooks - Missouri State Univ., St. Louis, MO

Women's Collegiate Singles #3 White - Olympic Format
1st: Rachel Hudson - Ohio State Univ., Seville, OH
2nd: Laura Jones - Univ. of New Mexico, Albuquerque, NM
3rd: Staci Gibbons

Women's Collegiate Singles #4 Gold - Olympic Format
1st: Jessica Clyde - Brigham Young Univ., UT
2nd: Monica Frank - Baldwin Wallace College, Niles, OH
3rd: Teresa Wright - Oregon State Univ., Milwaukie, OR
4th: Leila Parmian - Arizona State Univ., Tempe, AZ

Women's Collegiate Singles #4 Blue - Olympic Format
1st: Kate Springer - Penn State Univ., State College, PA
2nd: Tyler Fridley - Baldwin Wallace College, Niles, OH
3rd: Mary Sheehan - Bryant Univ., Kennett Square, PA
4th: Gillian Leonard - Ohio State Univ., Columbus, OH

Women's Collegiate Singles #4 Red - Olympic Format
1st: Hailey Miller - Univ. of Oregon, Eugene, OR
2nd: Maren Wilkerson - Utah State Univ., Logan, UT
3rd: Evany Pace - Univ. of Utah, Salt Lake City, UT
4th: Alyse Kelly - Univ. of Utah, Salt Lake City, UT

Women's Collegiate Singles #4 White - Olympic Format
1st: Emma Kirn - Springfield College, Roxbury, VT
2nd: Sarah Korsmeyer - Missouri State Univ., Springfield, MO
3rd: Carolina Ramirez - Univ. of Alabama, Tuscaloosa, AL
4th: Chelsea Hunkler - U.S. Military Academy, West Point, NY

Women's Collegiate Singles #5 Gold - Olympic Format
1st: Hilary Munger - Brigham Young Univ., Provo, UT
2nd: Meghan Donnithorne - Univ. of Oregon, Salem, OR
3rd: Chelsea Donnithorne - Oregon State Univ., Salem, OR
4th: Molly Haragan - Baldwin Wallace College, Louisville, OH

Women's Collegiate Singles #5 Blue - Olympic Format
1st: Ashley Hrivnak - Penn State Univ., State College, PA
2nd: Haydee Cruz - Arizona State Univ., Phoenix, AZ
3rd: Jennifer Samaniego - Univ. of Texas, San Antonio, TX
4th: Katie Christiansen - Univ. of Texas, San Antonio, TX

Women's Collegiate Singles #5 Red - Olympic Format
1st: Krista Marklin - Univ. of Missouri - Columbia, Wildwood, MO
2nd: Andrea Ruotolo - Bryant Univ., Suffield, CT
3rd: Sophie Young - U.S. Military Academy, West Point, NY
4th: Crystal Garcia - U.S. Military Academy, West Point, NY

Women's Collegiate Singles #6 Gold - Olympic Format
1st: Stevanie Medearis - Oregon State Univ., Boring, OR
2nd: Eden Gilligan - Penn State Univ., State College, PA
3rd: Alison Spencer - Brigham Young Univ., Provo, UT
4th: Kammi Hunt - Utah State Univ., Eagle Mountain, UT

Women's Collegiate Singles #6 Blue - Olympic Format
1st: Kristen Frisk - Arizona State Univ., Tempe, AZ
2nd: Jessica Hubert - Univ. of Oregon, Gresham, OR
3rd: Haley Hempy - Ohio State Univ., Columbus, OH
4th: Klara Kim - U.S. Military Academy, West Point, NY

Women's Collegiate Singles #6 Red - Olympic Format
1st: Leah Stanko - Univ. of Missouri - Columbia, High Ridge, MO
2nd: Becca Pittenger - Baldwin Wallace College, Alliance, OH
3rd: Jessica Painter - Univ. of Texas, Austin, TX
4th: Katy Kane - Univ. of Arkansas, Fayetteville, AR

Men's Collegiate Doubles #1 - Single Elimination
1st: Anthony Carson / Jansen Allen - Colorado State Univ., Pueblo, CO/Colorado State Univ., Rice, CO
2nd: Ismael Aidana, Jr. / Jose Rojas - Delta College, Stockton, CA/Delta College, Stockton, CA
3rd: Allan Crockett / Jonathan Doyle - Univ. of Alabama, Birmingham, AL/Univ. of Alabama, Cincinnati, OH
4th: Harry Matt Fuller / Zach Apperson - Baldwin Wallace, Cincinnati, OH/Baldwin Wallace, Zanesville, OH

Jose Rojas/
Alan Crockett

Men's Collegiate Doubles #1 Consolation - Single Elimination
1st: Kamran Masood / Ryan Ingram - Arizona State Univ., Tempe, AZ/Arizona State Univ., Kannapolis, NC
2nd: Anthony Martin / Paul Birmingham - Univ. of Utah, West Jordan, UT/Univ. of UT, Salt Lake City, UT
3rd: Justin Ott / Michael Dunlay - Rensselaer Polytechnic Institute, Middlefield, NY/Rensselaer Polytechnic Institute, Troy, NY
4th: Jonathan White / Matthew Saleh - Rensselaer Polytechnic Institute, Middlefield, NY/Rensselaer Polytechnic Institute, Troy, NY

Men's Collegiate Doubles #2 - Single Elimination
1st: David Horn / Jose Serrano - Delta College, Stockton, CA/Delta College, Stockton, CA
2nd: Grant Stalley / Michael Carrington - Oregon State Univ., Beaverton, OR/Oregon State Univ., Beaverton, OR
3rd: Jose Ramos / Tyler Otto - Colorado State, Pueblo, CO/Colorado State, Pueblo, CO
4th: Bradley Knudsen / Oren Schwartz - Univ. of Florida, Jacksonville, FL/Univ. of Florida, Cooper City, FL

Men's Collegiate Doubles #2 Consolation - Single Elimination
1st: Chris Gladd / Steve Register - Penn State Univ., State College, PA/Penn State Univ., Chester Springs, PA
2nd: Andrew Nielson / Stan Rosen - Utah State Univ., Logan, UT/Utah State Univ., Logan, UT
3rd: Chris Perry / Eric Goodrich - U.S. Military Academy, West Point, NY/U.S. Military Academy, West Point, NY
4th: David Brock / Kyle Smart - Univ. of Utah, West Valley City, UT/Univ. of Utah, Salt Lake City, UT

Men's Collegiate Doubles #3 - Single Elimination
1st: Dale Fonken / Tyler Way - Oregon State Univ., Clackamas, OR/Oregon State Univ., Corvallis, OR
2nd: Adam Chow / Xavier Pereira - Univ. of Florida, Gainesville, FL/Univ. of Florida, Gainesville, FL
3rd: Steven Mobley / William Bessette - Arizona State Univ., Gilbert, AZ/Arizona State Univ., Chandler, AZ
4th: Andrew Danford / Galen Reding - Baldwin Wallace, Berea, OH/Baldwin Wallace, Wilmington, OH

Men's Collegiate Doubles #3 Consolation - Single Elimination
1st: Dan Coleman / Ignacio Gayo - Missouri State, St. Louis, MO/Missouri State, Springfield, MO
2nd: Jake Andersen / Mike Blakesley - Utah State Univ., Logan, UT/Utah State Univ., Logan, UT
3rd: Brenton Turner / Tom Sloughton - Ohio State Univ., Louisville, KY/Ohio State Univ., Columbus, OH
4th: Christian Ryser / John Robison IV - Univ. of Utah, Sandy/Univ. of Utah, Murray, UT

Division I Men's Scoring	
Delta College	1,660.00
Colorado State University - Pueblo	1,651.00
Oregon State University	1,459.00
University of Alabama	1,225.00
Baldwin Wallace College	1,147.00
Brigham Young University	974.00
University of Florida	941.00
Arizona State University	819.00
University of Missouri - Columbia	789.00
University of Oregon	608.00
Penn State University	541.00
University of New Mexico	539.00
University of Illinois	479.00
Akron University	470.00
University of Utah	393.00
University of Texas	373.00
Utah State University	357.00
Iowa State University	351.00
Utah Valley University	311.00
Missouri State University	307.00
United States Military Academy (Army)	271.00
Texas A & M	260.00
Ohio State University	251.00
Texas Tech University	208.00
Purdue University	189.00
US Air Force Academy	187.00
University of Arkansas	177.00
Boston University	140.00
California State University - Fresno	140.00
Eastern New Mexico University	140.00
University of Denver	91.00
University of Wisconsin - Madison	39.00
University of California - Berkeley	17.00
U-Mass Lowell	17.00
University of Houston	17.00
Grossmont College	6.00
Northern Arizona University	5.00

OTHER NOTES

National Collegiate Coach of the Year

Tim Miller - Baldwin Wallace

Division I Women's Scoring	
Oregon State University	1,390.00
Brigham Young University	1,260.00
Baldwin Wallace College	1,065.00
University of Alabama	1,060.00
University of Missouri - Columbia	603.00
Penn State University	588.00
Arizona State University	576.00
University of Oregon	547.00
Utah State University	235.00
Delta College	210.00
Ohio State University	199.00
Missouri State University	157.00
United States Military Academy (Army)	153.00
University of Wisconsin - Madison	141.00
California State University - Sacramento	140.00
SUNY Binghamton	140.00
University of Texas	135.00
University of Utah	120.00
University of Denver	106.00
University of California - Berkeley	33.00
University of New Mexico	21.00
Purdue University	12.00
University of Arkansas	0.00
University of Illinois	0.00

Division I

Combined Scoring

Oregon State University	2,849.00
University of Alabama	2,255.00
Brigham Young University	2,234.00
Baldwin Wallace College	2,212.00
Delta College	1,870.00
Arizona State University	1,395.00
University of Missouri - Columbia	1,392.00
University of Oregon	1,155.00
Penn State University	1,129.00
Utah State University	592.00
University of New Mexico	560.00
University of Utah	513.00
University of Texas	508.00
University of Illinois	479.00
Missouri State University	464.00
Ohio State University	450.00
United States Military Academy (Army)	424.00
Purdue University	201.00
University of Denver	197.00
University of Wisconsin - Madison	180.00
University of Arkansas	177.00
University of California - Berkeley	50.00

Division II Men's Scoring	
University of Colorado - Colorado Springs	283.00
Bryant University	194.00
Clarkson University	182.00
Rensselaer Polytechnic Institute	177.00
Springfield College	93.00
Simpson College	70.00
Nichols College	0.00

Division II

Women's Scoring

Clarkson University	177
Bryant University	116
Springfield College	105
Simpson College	68
Rensselaer Polytechnic Institute	17
Nichols College	0

Division II

Combined Scoring

Clarkson University	359
Bryant University	310
Springfield College	198
Rensselaer Polytechnic Institute	194
Simpson College	138
Nichols College	0



Shane Wood
and Tim Miller

Women's Collegiate Doubles #1 - Single Elimination

- 1st: Kara Mazur / Sharon Jackson - Univ. of Alabama, Avon, CT/Univ. of Alabama, Shelbyville, IN
2nd: Sarah Hettesheimer / Sheryl Lotts - Baldwin Wallace, Berea, OH/Baldwin Wallace, Bedford, OH
3rd: Ashley Willhite / Alyssa Asay - Oregon State Univ./Oregon State Univ., Beaverton, OR
4th: Charlotte MacFarlane / Eliza Culverwell - Brigham Young Univ., Provo, UT/Brigham Young Univ.

Women's Collegiate Doubles #1 Consolation - Single Elimination

- 1st: Hannah Bloombaum / Leah Redwine - Univ. of Oregon, Portland, OR/University of Oregon, Springfield, OR
2nd: Jessie Benson / Lauren Ritter - Missouri State Univ., Chesterfield, MO/Missouri State Univ., St. Louis, MO
3rd: Stephanie Cemp / Tierney O'Brien - Penn State Univ., Erie, PA/Penn State Univ., State College, PA
4th: Candace Tomczak / Kate Springer - Nichols College, Barrington, MA/Nichols College, Auburn, MA

Women's Collegiate Doubles #2 - Single Elimination

- 1st: Megan Mathes / Teresa Wright - Oregon State Univ., Corvallis, OR/Oregon State Univ., Milwaukie, OR
2nd: Jessica Clyde / Katherine Yourstone - Brigham Young Univ./Brigham Young Univ.
3rd: Laura Buck / Monica Frank - Univ. of Missouri, Arnold, MO/Univ. of Missouri, St. Louis, MO
4th: Kristen Landry / Leila Parnian - Arizona State Univ., Lake Jackson, AZ/Arizona State Univ., Tempe, AZ

Women's Collegiate Doubles #2 Consolation - Single Elimination

- 1st: Danielle Nason / Hailey Miller - Univ. of Oregon, Eugene, OR/Univ. of Oregon, Eugene, OR
2nd: Kierney Waldron / Mary Sheehan - Bryant Univ., Guilford, CT/Bryant Univ., Kennett Square, PA
3rd: Jennifer Samaniego / Melissa Schulze - Utah State Univ.,

Logan, UT/Utah State Univ., Logan, UT

4th: Nicole Brinck / Maren Wilkerson - Utah State Univ., Logan, UT/Utah State Univ., Logan, UT

Women's Collegiate Doubles #3 - Single Elimination

- 1st: Alison Spencer / Hilary Munger - Brigham Young Univ., Provo, UT/Brigham Young Univ., Provo, UT
2nd: Amber Shaw / Chelsea Donnithorne - Oregon State Univ., Corvallis, OR/Oregon State Univ., Salem, OR
3rd: Molly Haragan / Becca Pittenger - Baldwin Wallace/Baldwin Wallace
4th: Cassie Pawling / Haydee Cruz - Arizona State Univ., Tempe, AZ/Arizona State Univ., Phoenix, AZ

Women's Collegiate Doubles #3 Consolation - Single Elimination

- 1st: Meghan Donnithorne / Sydney Prescott - Univ. of Oregon, Salem, OR/Univ. of Oregon, Milwaukie, OR
2nd: Alyse Kelly / Maureen Kumar - Univ. of Texas, Richmond, TX/Univ. of Texas, Austin, TX
3rd: Crystal Garcia / Klara Kim

Men's Singles M/A/B - Single Elimination

- 1st: Ramon Gomez - Univ. of New Mexico, Santa Fe, NM
2nd: Rikson Zollinger - Brigham Young Univ., Orem, UT
3rd: Matthew Scanio - Univ. of Massachusetts - Lowell, Burlington, MA
4th: Jeff Moirano - Univ. of Wisconsin, Madison, WI

Men's Singles M/A/B Consolation - Single Elimination

- 1st: Michael Newman - Arizona State Univ., Tempe, AZ
2nd: Vitali Azouz - Univ. of Texas, Austin, TX
3rd: Bryan Corell

Men's Singles C / D - Single Elimination

- 1st: Daniel Graugnard - Univ. of Illinois - Urbana/Champaign, IL
2nd: Alex Arguelles - Univ. of Arkansas, Centerton, AR
3rd: Jeffrey Glynn - Univ. of Massachusetts - Lowell, Danvers, MA
4th: Bryan Whitaker - Purdue Univ., West Lafayette, IN

Men's Singles C / D Consolation - Single Elimination

- 1st: Trevor Thorp - Univ. of Wisconsin, Madison, WI
2nd: Kyle Hillman - Univ. of New Mexico, Albuquerque, NM
3rd: Josh Bluth - Univ. of Utah, Salt Lake City, UT
4th: Michael Knudsen - Univ. of Utah, Salt Lake City, UT

Men's Doubles B - Round Robin

- 1st: Joseph Gershin / Justin Kaye - Univ. of New Mexico, Albuquerque, NM/Univ. of New Mexico, Albuquerque, NM
2nd: Michael Newman / Nathan Towse - Arizona State Univ., Tempe, AZ/Arizona State Univ., Tempe, AZ
3rd: Ben Moulton / Jeffrey Glynn - Univ. of Massachusetts - Lowell, Charlton, MA/Univ. of Massachusetts - Lowell, Danvers, MA

Men's Doubles C - Round Robin

- 1st: Andrew McLeod / Vitali Azouz - Univ. of Texas, Austin, TX/Univ. of Texas, Austin, TX
2nd: Cameron Cannady / Kyle Hillman - Univ. of New Mexico/Univ. of New Mexico, Albuquerque, NM
3rd: Jon Rafkind / Josh Bluth - Univ. of Utah, Salt Lake City, UT/Univ. of UT, Salt Lake City, UT

Women's Singles W/A/B - Round Robin

- 1st: Jennifer Stone - Univ. of Wisconsin, Madison, WI
2nd: Sue Sublaban - California State Univ., Sacramento, Stockton, CA
3rd: Ashley Siemers - Univ. of Denver, Manchester, MO

Women's Singles C / D - Round Robin

- 1st: Kelly Gremley - Purdue Univ., West Lafayette, IN
2nd: Maureen Kumar - Univ. of Texas, Austin, TX
3rd: Mina Tabatabai - Univ. of Houston, Houston, TX
4th: Katy Kane - Univ. of Arkansas, Fayetteville, AR



BUILDING BRIDGES and the POWER of TEAMWORK

By Ed Remen

I've had a role in just about every aspect of racquetball over the last 40 years: Hall of Fame member, coach, club owner, AMPRO clinician, physical educator, and being on the Board of Directors for USA Racquetball.

I believe that intercollegiate racquetball, the instructional programs and club play represent a key ingredient in the growth and future of our great sport.

In the past, at many of the larger universities, the athletic departments, intramural sports (recreational sports), facilities/operations and the physical education departments were under one umbrella, and there were good lines of communication and cooperation between all parties.

Today it is a much more complex situation and most of these university departments are separate entities unto themselves. This presents more of a challenge for the implementation of an active racquetball program.

I am fortunate to have 18 wonderful racquetball courts at North Carolina State University. These courts see play from 8:00 a.m. to 5:00 p.m. with students taking racquetball classes to fulfill their physical education requirements. All students must take two semesters of Physical Education to graduate. With the college student

population becoming less fit and struggling with obesity issues, we have a strong professional Physical Education Department that educates our students regarding the benefits of living a healthy and physically active lifestyle. We provide opportunities for sport, fitness and leisure, with racquetball being one of the most popular activities our students select.

We instruct over 1,000 students each year (40 sections with 25 students per class and a 20% female enrollment). With university statistics like these, that's a lot of new racquetball players that USAR and the state associations need to reach out and embrace. The potential is unlimited.

Most students have not been exposed to racquetball before. They receive a course syllabus with specific objectives and outcomes for the class as well as a daily schedule of class activities for the entire semester. We meet for 50 minutes twice a week. The University provides racquets and balls and the students must purchase eyewear. This has worked out well. The students have their own eyewear when they play after class, and they do play.

The majority of our students love our classes. They learn a new lifetime sport, get lots of exercise and meet other students to play with outside of class.

Students here are required to take written exams, a skill test (one-minute wall rally), officiate matches and participate in class activities (tournaments, etc.).

After 5:00 p.m. Rec Sports (Intramurals) and Facilities control our 18 racquetball courts. A good working relationship with these departments allows our Racquetball Club to flourish. Our Racquetball Club has two tiers of participation: a recreational and a competitive group. They meet one night a week and reserve courts for club members. The club has elected officers and is student-driven. I serve as their Faculty Advisor. We maintain open channels of communication, which allows us to provide a good racquetball experience for everyone.

We view everybody in this process as racquetball team members. We want to promote and provide racquetball opportunities at all levels of participation. Whether it is Physical Education racquetball instructional classes or recreational/competitive club play, working together involves building a community in which all members feel valuable, responsible and engaged in the work at hand. This is a tremendously rewarding experience. RACQUETBALL – LIVE IT, LOVE IT, a Sport for Life!



COLLEGIATE CORNER

By Darrin Schenck
ASU Racquetball Head Coach and
Ektelon's Collegiate Racquetball Director

A rizona State University (ASU) played host to the rest of the field in the 2009 Intercollegiate Racquetball Championships with 44 other schools traveling to Tempe, AZ for this event. Many of the players left snow behind to spend four days playing racquetball and soaking up the springtime sun. ASU assembled a team of players that we thought would give us the best chance for another high-ranking finish; six months' worth of work was on the line. Although it is in the works, we do not currently have any collegiate regional competition with which to hone our tournament skills. The coaches do have the ASU team players compete in a few local events in an effort to prepare for the big moment: Intercollegiates!

In reality, I'm not sure there is any way to prepare these kids for a stage as big as this one. In our sport we play as individuals or as a doubles team when we enter any tournament. In this event, every win counts, all of your teammates watch your matches and cheer for you, and of course, the opponents do the same. The atmosphere is electric...and LOUD! I have never heard the roaring response to every rally like you get for all four days at this event. It's intense, to say the least. I've had the opportunity to play on some big stages during my career, but I have not personally experienced anything like this. I would literally equate it to the Finals in Houston or at the US Open. But again, the difference in those situations is that the players are trying to win for themselves, and at the Intercollegiate Championships, you play for you, your team, and the school you represent. Did I mention it is intense?

For my team, our job is to prepare them physically, give them solid fundamentals and a sound game plan to work with, and provide some basic breathing exercises to help them maintain their composure during their matches. That's the best we can do; the rest is up to them. If you have seen me coaching during these events, I look like a crazy person running from court to court, trying to be in four places at once. Even though I have very qualified assistant coaches, I want to be there for each player during this experience. I want so badly for them to do well, not for me, but for them. I know from personal experience that these memories will last a lifetime. I want them to get the most out of this: to succeed, to win, to savor the moment. I want to give them the storybook ending to their college racquetball career. I have six kids

who are not returning next year, and of course not everyone can win their last match. But the reality is, the terrific memories are not always in wins and losses. In fact, one of my students said something to me that made me feel so much better about ensuring everyone is happy. Ryan Ingram, my Men's #1 player said the following, "You know what? All the work we did, all the practice and all the preparation were worth that one match I just played." He was referring to his quarterfinal loss to Anthony Herrera, and although the scores didn't seem that close, he played a very good match against a very accomplished player. Ryan did everything we had worked on, hustled until the very last point, and played with sportsmanship and integrity throughout.

I think this sums up not only his match but the overall spirit of this event. After a long rally where both players dove at least twice, Ryan ended up diving for a ball in the front court. Exhausted, he got up and walked to the front wall, calling timeout as he sat down. Anthony was also tired from that rally and grabbed a seat next to him. The two shared a laugh and sat there, soaking in the moment on the stadium court at the final collegiate event of the year. It was Ryan's moment in the sun, and he made the most of it. I was so proud of him, regardless of the score in that match.

The ASU team finished sixth overall, and we are very proud of that. In the three years I have been coaching in the college ranks, the competition has gotten exponentially better. Shane Wood and USA Racquetball continue to grow the sport at the collegiate level, and the work shows each year with new and better teams competing. Since ASU does not have the ability to offer scholarships and we do not have a well established junior racquetball program, finishing ahead of schools that have one or the other on their side is very satisfying. We are able to compete on something of an un-level playing field and still do very well. My kids work hard, play hard, and hopefully enjoy this experience as much as I do. I pour my heart and soul into this event and need several days to recover, both mentally and emotionally. But every year I look back and know that all of us have loved every minute.

Visit my website and check out all the pictures from the event: www.rbguru.com. Next year we are headed back to the Midwest to the SW Missouri State 2010 Intercollegiate Championships.

Darrin Schenck is Head Coach of ASU Racquetball and Ektelon's Collegiate Racquetball Director. He is the author of *Percentage Racquetball* and *Racquetball 101*; both are available on his website.

COLLEGIATE RACQUETBALL: AN INTERVIEW WITH COACHES



SHANE WOOD
Chairperson, ECRC and
National Collegiate Council
Began coaching in 1994

What is the one key in starting collegiate programs?

Have a goal for your athletes and your team. There needs to be some type of internal challenge system, more than just lessons, to keep the athlete stimulated. That is why

conference play in the ECRC has resulted in such great growth.

Tell us more about the ECRC.

The ECRC started in the early 80's.

It was a small group of colleges that traveled and competed. The key to the success is what I stated above – measured goals. If a team starts and only has two girls they know to be truly competitive, they need to recruit six girls. Thus, the goal of winning within their league as a team becomes an important driving force of success.

How important is the sociability factor?

Many consider the ECRC one team! The sociability factor is the glue that holds the entire league together. We have an alumni club that keeps growing and giving back.

What is the status of collegiate racquetball?

This has been a huge week (interviewing at Intercollegiate

Nationals). We have finalized five conference schedules. This, without question, is racquetball's biggest potential and we anticipate a 100% increase in participation next year.

What is the one thing you need to help with collegiate growth?

We need volunteers and people interested in helping with the different leagues. Anyone interested can contact me directly.

Where would like to see collegiate racquetball in 10 years?

I would like to see a NCAA-type format with established conferences holding qualifiers to compete in the Nationals. To accomplish all this, we need consistent leadership at the college level, something that has been difficult to establish.



KENNETH BRAGER
U.S. Military Academy,
West Point, NY
2 ½ years as a coach

Why did you volunteer to coach?

I played racquetball at West Point and just loved the sport. I wanted other cadets to have a similar experience.

How does racquetball fit into the West Point curriculum?

At West Point, racquetball is a hobby club. There are competitive clubs in other sports; cadets are given time to practice and compete. The cadets

have very busy schedules and thus for a hobby club, the cadets have to participate and compete on their personal time; this can sometimes be difficult. We are trying to elevate our status to competitive club.

Why do you think cadets play the sport?

I think the #1 reason is the camaraderie with other cadets and also the league. The Cadets enjoy the competition and representing their school.

Why do you think the school allows racquetball?

Racquetball brings a great deal of positive presence. Our sport has a very positive reputation on campus and is offered as a PE class.

What is important about the league?

Collegiate racquetball is built on the team aspect, and it is this feature that is the strength of the league program. Both good and average players mingle and share in the same experience on their school team.

What is the key to having a good team?

Recruit players when they are freshmen. For us, travel is one of the keys in recruiting new players. All cadets like to get away and represent the school.

What is your biggest obstacle?

Finding good athletes to compete. It's difficult as a hobby sport, but we have done a good job at recruiting, thus resulting in good teams.



THE PREMIERE COLLEGE LEAGUE

Eastern Collegiate Racquetball Conference

By Alex Barch



A northeastern racquetball league, in one form or another, has been active since the late 1970s, making it only a few years younger than the pro tour. It has gone through several name changes, finally settling on Eastern Collegiate Racquetball Conference (ECRC) around 1985.

Originally a racquetball meet worked the way collegiate squash still runs their regular season match-ups: one school would travel to another school and let their #1 ranked players play, their #2 ranked players play, and so on. The school with the most match wins would take the meet.

In the mid 80s, they realized that everyone was traveling on the same weekends, so it made more sense for everyone to travel to the same place. The conference switched to a playoff format, where up to eight players from a school would be split into perhaps four skill division brackets, and the round in which you lost determined the number of points you earned for your school. The school with the most points was declared the winner.

As with the name changes, the ECRC also went through several leadership changes, though none of my sources had much information on the old conference leaders. We'll just

focus on the fact that they were facilitating college kids to play racquetball. Pat Bernardo, a former collegiate player and now owner of RacquetWorld, took over in the early 90s. Around that time a typical collegiate meet would involve four to six schools and 30 to 40 players. By the time Shane Wood took over in the late 90s, Pat had grown the league to the point where most meets were twice that size, and he did it during a period that saw an overall decline in the number of racquetball players.

Under Shane Wood, the league grew even larger. When I first started playing in the 2004-2005 season, we were typically hosting events with over 100 players from 12+ schools. This past year at our last regular season event, we had 170 collegiate players, started at 11:00 a.m. on Friday and were booked solid until 4:00 p.m. late Sunday afternoon. The ECRC has had the rather desirable problem of being forced to cut out certain consolation divisions and remove mixed doubles entirely in order to get people home before midnight on Sunday.

I always hear that people are asking why the ECRC is so successful. At first glance you may think that it's because we're extraordinarily tall, toned, and good

looking, and while that's true, the real reason is much deeper. Like any organization, the atmosphere matters. This is a very friendly conference, and the culture grows on you. The team leaders without exception are good, reliable people. The great competition in the ladies divisions also stands out. There are usually over 50% as many women players as men, and if you don't think that's remarkable, check the draw at your next non-collegiate tournament.

As a member of both the squash and racquetball teams, I can attest to the success of the tournament format. It allows teams to get to know each other better than a team-versus-team match-up. When squash teams play each other, you don't get to know anyone from the other schools. At an ECRC event, you have the support of your team but feel much more mixed in with the other teams, and you're almost forced to make new friends. It's always great to see a new team member talking like old friends with players from other schools after half a day at their first tournament.

We've had some great sponsors: the standouts in no particular order are RacquetWorld, USA Racquetball, and Ektelon. We'd be hitting against the side of a barn without them.

But anyone will tell you the real key to our success is two people, Shane Wood and Rob "Smokey" VanSchalkwyk, aka "they-who-do-not-sleep." As with anything else, hard work pays off. These two work with literally very little rest to make sure things go off without a hitch on tournament weekends. If you're looking to recreate the success of the ECRC, I would suggest you either lure Shane and Smokey away from us, or put in as much work as they have. I'd recommend there being at least five of you.



AN ECRC PERSPECTIVE

By Joshua Masia



photos courtesy ecrracquetball.org

I started playing racquetball the summer after my freshman year. I enjoyed playing the game and decided to join the Penn State Racquetball Club that fall, then was invited to travel with them to ECRC events. Like most players in the ECRC, I had hardly played racquetball before going into my first tournament. I was nervous and was unsure of what to expect. Those feelings went away once I started to meet the people I was competing against. Everyone seemed friendly and excited to meet new people. It made me feel right at home.

I've always been impressed with how players from other schools were so encouraging and willing to help me. I remember one time when I was talking with a friend about how I had no idea how to dive. A player from another team took it upon himself to give me a crash course on diving right then and there. He started flopping around on the observation deck while explaining the right technique.

The ECRC has helped me learn how to focus my efforts in order to meet goals: now I eat healthy, run, lift, and drill. It's also helped me become more disciplined at school.

It's also been great to meet people from outside my hometown. After playing in the ECRC for less than two years, I feel like every city in the northeast now has someone I'd like to visit.

NATIONAL COLLEGIATE COUNCIL MEMBERS

Shane Wood - Chairman of Collegiate Program

Tim Miller - Council Member - Baldwin Wallace

Richard Krinsky - Council Member - University of Colorado-Pueblo

John Bardos - Council Member - WCRC Commissioner

David Sims - Council Member - Missouri State University

Rob VanSchalkwyk - Council Member - Nichols College - ECRC

Del Villanueva - Council Member - University of California-Berkeley

Gary Rasmussen - University of New Mexico

Darrin Schenk - Arizona State University



ECRC RACQUETBALL – *Often Imitated, Never Duplicated*

By Jonathan Clay



A few years ago this was the slogan on an ECRC tee shirt when our league went to Nationals. Then it was just something funny, but now, as I look back on my past in the ECRC, I realize it is something much more than that.

I had been playing racquetball out of Providence College for two years or so before I met Shane Wood. He persuaded me to form my team and enter the league. I had played every amateur tournament available throughout New England, but it seemed interesting to me to come and compete with other college kids in this league called the ECRC. It didn't take long to see why everyone in the league seemed to be having so much fun. The relationships that I have formed in my 5+ years involved with the league are ones I will keep with me for a long time. It is the ECRC that has helped to instill the passion I have for the sport of

racquetball. This passion has taken me to 10+ national tournaments, 100+ amateur events, and to a few prestigious positions in racquetball. I was a regional coordinator for Ektelon Racquetball, and I am currently the president of New Jersey Racquetball, helping to get more people into the sport through tournaments and events. I also now own my own clothing company, ROLL-OUT Racquetball, and I try to give back to the ECRC in thanks for the many memories it has given me.

It's impossible to sum up the league in a few short paragraphs, because the league is more than just racquetball. It's friendships, relationships, marriages, kids, etc. Racquetball is just the catalyst to bring it all together.

I guess the one story that I think best represents what the ECRC means to me is something that happened to me at National

Intercollegiates. I was competing as a one-man team; no one traveled to Arizona with me that year. However, there were 50+ of my best friends from the league also there with their teams. I was playing the #1 player from the ASU team, and ASU always brings an army of fans to cheer on their players. I asked someone in the league to round up as many of the ECRC'ers as he could, and to try and "out-cheer" ASU (no small task...). Going into the tie-breaker, the entire tournament was staring at Court 4 because there were 50 kids cheering and chanting "EC-RC." You couldn't even hear the ASU cheers anymore. My opponent looked at me and said, "Man, how big is your team?" To me, that is the ECRC in a nutshell. It's not a league made up of the Penn State Team, Clarkson University Team, etc. The entire league is one big team...we just happen to wear different uniforms.

north carolina

GIVES BACK BY...

Innovative ways for states to service their members

How can we 'give back' to our state members? How can we show appreciation to our loyal members and tournament players in a meaningful way?" The NCRA Board members desperately wanted to find an answer.

The board hosted a banquet dinner at the State Singles. It turned out to be just a dinner! Most racquetball players do not want to dress up for an event when going to a racquetball tournament. They want to eat, play racquetball, and play some more. Though everyone had a great time, it didn't achieve our goal: to give back to our players and grow our sport.

Kevin Webb, General Manager at Courts Plus (Jacksonville, NC) and an Ektelon Pro came up with a great idea! "Let's allow all current members to play their first event for free at our next State Tournament." His idea was to give back but also to get new members.

The board was ecstatic! We began "brainstorming" the event. We decided to allow all current NCRA/USAR members to play their first event for free. Their second event would be free too, but only, if they sponsored a new NCRA/USAR member who would also play in the State Doubles tournament.

Courts Plus of Jacksonville jumped at the idea. They donated

the use of their facilities and arranged for all the hospitality, including full meals for the whole weekend. What a turnout...fun was, indeed, had by all!

Twenty-six new NCRA/USAR members joined and six regular members renewed at the tournament. Each player received a tournament sweatshirt, an NCRA backpack, Ektelon headbands/wristbands, and a can of Ektelon balls. Awards were also given out for first and second place finishers. Members in attendance received a high quality draw for exciting and challenging play. Courts Plus raised funds for their cancer foundation. Thanks to sponsors of the tournament, over \$2,000 was raised. A silent auction raised an additional \$500 for the foundation and the NCRA Junior Scholarship fund. The auction was made possible by generous donations from our great sponsors: Wilson, Ektelon, Courts Plus, and Racquetball Warehouse. Congratulations Team North Carolina!

By so structuring this event, over 26 new tournament players were afforded the opportunity to experience tournament play. Many young women, who were not sure they wanted to enter the tournament world, played and are now eager to play at future tournaments. Guys

who were a little wary are now regulars on the courts. The Board acted "outside the box" and brought players and tournament racquetball together.

North Carolina currently has a scholarship program, a junior grant program, an annual state awards program, and it also helps sponsor a women's pro stop. Additionally, every new NCRA member gets a free new member bag with lots of goodies inside.

At our State Singles in March, we applied the creativity of the Board and our membership to offer a State Singles that again showed our state members how much we care and how much we thank them for their loyal support.

Thanks to all who helped make this event a success. The sponsors were phenomenal. They unselfishly gave their money and/or goods. We are happy with the great success of this event, and we thank Kevin for his great idea!

The NCRA encourages all states to evaluate what they can do for their state players, and what ramifications their actions would have for racquetball, USAR, and for recreational players all over America. We know our sport is awesome. It is easy, fun, fast, and great for fitness. Let's find creative ways to introduce people to racquetball!



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www.RacquetForTheCure.com

Tenth Anniversary Denver Founding Event

HIGHLANDS RANCH NORTHRIDGE RECREATION CENTER *By Linda Mojer*



Denver RFTC organizers deliver proceeds to Komen officials. L-R: Jo Shattuck (foreground), Pat Reed, Marcia Richards, Michelle Ostrander (w/check), Linda Mojer, Jill Adams and Sabrina Wright-Hobart (foreground).



Pat Reed

After squaring up all the bills and accounting, Racquet for the Cure organizers were pleased to deliver a \$12,500 donation to the Denver affiliate of Komen for the Cure - which also exceeded their \$50,000 cumulative gift goal for a decade of support.

Despite trying economic times, 84 players took part in this year's special event, and two local donors once again gave generous gifts to support the fundraising effort. Thanks to Kathy Martinez and Lucy Jirik, RFTC was able to surprise the local affiliate with a check that was nearly twice as large as the previous year.

Earlier in the season, several events had also pledged their proceeds to Denver's anniversary effort, including Pueblo's long-running annual Cinco De Mayo tournament hosted by Deb Beaudry, a Richey Racquet Club fundraiser organized by Kim Roy in Florida, and a renewed special gift from the annual Women's Senior/Master Racquetball Association National Championship, held in California.

As always, a dedicated volunteer corps pulled together to guarantee a successful event, and long-time event supporters gave generously of their time, talent and cash for the cause. Thanks to ongoing programs and development by Deb Beldring and Cindy Tilbury, this year also marked a major influx of new women players - with novices and beginners outnumbering the veterans by a substantial margin!

In preparation for the event, Jo Shattuck went above-and-beyond (as usual) in promoting the event with creativity and flair. Just weeks before the event, she offered free instruction to staffers from the Denver affiliate Komen for the Cure offices, and trained a foursome of new players. Executive Director Michelle Ostrander, Jill Adams, Sabrina Wright-Hobart and Pat Reed all took part in "rookie" divisions and came away from the event with a brand new sport.

Visit www.racquetfortheCure.com/events/2009_events/09_denver/09event_preview.htm for more on Racquet for the Cure.

THEY WORK HARD FOR THE MONEY

In December 2008, four staff members at the Denver Affiliate of Susan G. Komen for the Cure® were challenged by the organizers of the Racquet for the Cure to learn how to play racquetball.

Jo Shattuck, the #9 ranked women's racquetball player in the world and a local organizer for Racquet for the Cure offered lessons - providing the staff would participate in the Racquet for the Cure tournament.

They readily accepted the challenge and began in earnest to learn the game! The tournament quickly approached, and Jill Adams, Michelle Ostrander, Pat Reed and Sabrina Wright-Hobart donned pink shirts and gave it their all. No trophies were brought home, but raising money has never been so much fun!



SPONSORSHIPS PART 3:

By Steve Crandall
Vice President,
Sales & Marketing
Ashaway Racket Strings

TOURNAMENTS

In two previous columns, we discussed sponsorships from the point of view of players (Sept/Oct '08) and manufacturers (Nov/Dec '08). The other area where sponsorships play an important role is with tournaments and related events. This area is particularly important to Ashaway, since we have been the Official String for USA Racquetball for many years, and as such, we are eager to support the cause of racquetball.

That said, it's also important to note that, much as we would like to, we cannot possibly sponsor every deserving event. We often can't even do as much as we would like with the sponsorships we do provide. We do not offer sponsorships out of charity or as acts of philanthropy or kindheartedness. We are kindhearted, to be sure, but sponsorships are business activities. They are part of our marketing programs, and like any other business activity, they must be accounted for and generate a return.

In our case, that return is visibility for our company and the opportunity to have people try our string, especially young people who are new to the sport. We believe that once people try our string, there's a good chance they'll stick with it. For that reason, string is a very important component of all our sponsorship efforts.

So we focus our efforts on providing string through different tournaments and charitable (often youth-oriented) events. This can be done in any number of ways. Sets of string can be included as part of a player's registration package; offered as prizes for tournament winners at various levels or for different divisions; or given out as prizes at banquets, dances, raffles or other tournament-related events. For junior programs, the goal is simply to help put string in the racquets of kids who might otherwise not be able to afford it.

We are kindhearted, to be sure, but sponsorships are business activities. They are part of our marketing programs, and like any other business activity, they must be accounted for and generate a return.

As tournaments increase in size and participation, our sponsorship activities become more ambitious, with major national and professional tour events providing the most visibility. Here we will negotiate a number of different packages, often getting to display Ashaway banners near the courts, print logos on shirts and hats, or be listed in tournament literature and promotions as part of the deal. For signature events we will often work with a tournament stringer in setting up a stringing service booth and offering special promotions for sponsored and non-sponsored players. At last year's US Open, for example, Ashaway partnered with Rex Lawler to provide a number of string-related services to both professional and amateur participants.

But as noted, there are always more deserving events than we have sponsorship resources. For an organization or tournament to qualify, we look at a number of criteria related to the ability of the event to generate visibility. These include its reputation and track record with us in the past, the number of players participating, the number of similar events in the area, and what we see as the future potential of the event. We don't always work with the biggest events, but with those we feel hold the best promise for Ashaway and for the sport overall.

Sponsorships are a good thing, well worth the investment we and other manufacturers make in them. And they're good because unlike advertising or other strictly promotional activities, they are win-win propositions: manufacturers win with increased visibility for their products; tournaments and organizations win with valuable products or other resources to support their activities; players win by becoming the recipients of those products; and the sport as a whole wins via the synergy of all participants working together.

SURVIVE AND ADVANCE

by Twayne M. Howard

A New Way of Life for a New Year

"Survive and advance." The first time I heard that phrase, a basketball coach was doing a post-game interview trying to explain his team's performance in the NCAA Championship tournament. His team was the better team, but it almost didn't show that day. They were out-hustled and out-played, but they were able to pull out the game. The coach, while not happy about the performance, was accepting of the result. It wasn't pretty, but style points don't count. For his team, in an elimination tournament, it was all about persevering and finding a way to win. Survive that game and advance to play the next round. "Survive and advance."

I often think of that phrase in the middle of a tournament. Whether I play well or not, I'll get done with a tough win, and that phrase will pop into my head. It's all about "survive and advance."

I had a few of those moments at the recent Michigan State Doubles Championships. I had three great partners and had a lot of fun. (Thanks Mr. Reid, Jan and Brad!) But I only advanced in one division. We had a good weekend and got past a few tough matches. (Thanks Brad!) That phrase kept coming back to me. Focus, play hard, kill in the pass direction, flat swing, concentrate and bend your knees. "Survive and advance."

As I was driving home, reflecting on another fun tournament weekend, that phrase popped back into my head, but with greater meaning. Ladies and gentlemen, 2009 will be a watershed year. We are facing some of the worst economic times in decades. Our financial system and auto industries have received bailout funding from the federal government. Major retailers such as Circuit City have filed for bankruptcy protection. Homes and cars aren't selling, and many believe they can't get a loan to

buy anything, even if they are qualified. Everyone keeps asking, "Where's my bailout?"

And in our little part of the world, not that those don't all affect us, USA Racquetball is raising its membership fees. Now... Really?!? Ladies and gentlemen "Survive and Advance." That is what USAR is trying to do. Over the past few years, USAR has done an amazing amount of work to ensure its sustainability. Debts have been paid off, overhead slashed, and operations have been completely overhauled and leaned in order to keep the organization afloat. Having watched it from my seat, it has been nearly miraculous. I cannot say enough about the efforts made by the Staff and Board of USA Racquetball.

USAR is in the perfect position to help take racquetball to the next level. That is what the dues increase is all about. There is work to be done, and only USAR is in the position to do it. Two major national health club chains are each opening approximately 70 locations over the next year or so. One has prioritized racquetball and is including courts in each facility. That's great news. The other chain, "not so much." Literally, not so much as one court across the entire building plan. Now, you and I could launch a letter and phone campaign, but I don't think we'd have much chance of doing any good. USAR, however, with a professional marketing campaign to sell the benefits of racquetball, and the benefits of racquetball members to a facility, pulls a lot more weight. That's one huge reason for the increase.

Who can launch a national marketing and outreach effort to show the benefits of our great sport? Who can help coordinate all of the groups associated with racquetball – the state associations, the equipment manufacturers, AmPRO, IPRO, IRT, WPRO, WSMRA, IRF, NMRA, CPRT

HEAD RACQUETBALL PLAYER SUDSY MONCHIK INDUCTED INTO STATEN ISLAND SPORTS HALL OF FAME

Legendary racquetball player and Team HEAD member Sudsy Monchik has been inducted into the Staten Island Sports Hall of Fame.

Sudsy joins 90 other famous athletes that hail from the New York borough. He is now enshrined among the likes of 1912 Olympic medalist Abel Kiviat, Gloria Cordes Elliott - the female baseball player who provided the inspiration for "A League of Their Own" and the man who hit one of baseball's most famous homeruns: Bobby Thomson.



and even WOR. (Bonus points to the first person to tell me what all those acronyms stand for.) USA Racquetball. If not USAR, then who?

Who can coordinate all of the grassroots efforts to share ideas among the groups? Who can keep the progress rolling and keep our great game growing and evolving? We have had steady growth at the recreation level over the past several years. Who can capitalize on that growth and help it spread further? Who can help bring racquetball to where we all want it to be? USA Racquetball. If not USAR, then who? USAR has made it through the "Survive" part. Now it is time to "Advance."

Most years, my first article is a comment on the great progress over the past year, and the things I look forward to in the next year. This year is very different. The world is changing and it would be irresponsible not to recognize that.

As always, I remain optimistic. The economy will turn around. The stock market will rebound. Cars and houses will begin to sell. Detroit will take its rightful place at the top of the automotive world.

As for racquetball... We enjoy a great sport. It provides exercise, and friendship, and competition, and health, and wellness, and frustration relief, and a social life, and the occasional championship, and the occasional bruise to brag about just as much as a medal, and a multitude of benefits too numerous to mention. USA Racquetball is poised to not only "advance" but to conquer. I look for great things from racquetball in the coming years, and I cannot support USAR's effort strongly enough.

I wish you all a safe, healthy and prosperous year. In all things – "Survive and Advance."

USED RACQUETBALLS

by Rick Weaver

I am a newcomer to racquetball (within the past couple of years). I have only played a couple of tournaments (one in Salina, Kansas and the other in Wichita) and have enjoyed the competition very much. One thing that has impressed me about the tournaments is the level of respect and sportsmanship that I've seen amongst the competitors.

Another observation I had during the tourney in Wichita was that each match was issued a new racquetball to use but the balls were not used for a second match. I've had old racquetballs at home and my kids absolutely love to play with them. Given that the racquetballs are small and light and so popular with my young ones, I had the idea to collect old balls from tournaments and athletic clubs that have courts and redistribute them to needy or disadvantaged kids domestically and even overseas. I've already begun collecting for a Hopi Mission School that is on an American Indian reservation in New Mexico and an orphanage in Chennai, India for school-aged children.

To that end, I invite you to participate with me in this endeavor. If you are running a tournament or if you have contact with a fitness or athletic club that has courts, would

you please collect all of the balls that are used and would end up discarded? In the event that you are close to Wichita I can arrange to have the balls collected. If you are not close to Wichita the balls could be packed in a Priority Mail envelope (you can fit about 30 balls in each) or a Priority box from the United States Postal Service. Obviously that would cost a bit of money and I would be willing to work with you to cover that cost to you. The Priority boxes and envelopes are free from the USPS and you can pick them up at your local branch or order them online. I would be more than happy to send you some, too, if need be.

I've even thought about distributing the Priority envelopes for players when handing out packets for tourneys, too.

If anyone would be willing to help me out with this project, I would really appreciate it. Just shoot me an email and let me know either way. Feel free to forward this to anyone that you think may be interested in helping, too.

My mailing address is: Rick Weaver, 128 Meadow Lane, Hesston, KS 67062 and my email address is racquetballs@freegraceplace.org.



AIMEE RUIZ JOINS TEAM EKTELON

Racquetball Advisor and Champion to Further Strengthen Company's Promotional Efforts

Ektelon Racquetball is proud to announce that Aimee Ruiz has officially joined its advisory staff.

In her new role, Aimee will be responsible for signing and supporting sponsored Ektelon athletes and developing grassroots and promotional programs designed to raise awareness for the sport and further position Ektelon as the leading brand in the sport.

EVENT TITLE	EVENT START	EVENT END	CONTACT	
2009 MA STATE DOUBLES	5/15/2009	5/17/2009	ROBERT	VAN SCHALKWYK
2009 CA CSRA ONE DAY DAVIS SHOOTOUT	5/16/2009	5/16/2009	BILL	GEORGE
2009 MD SPRING SHOOTOUT	5/16/2009	5/16/2009	SUSAN	FLAESCH
2009 MWRA DOUBLES CHAMPIONSHIPS	5/16/2009	5/17/2009	SUSAN	FLAESCH
2009 PA MANA ON MAIN ST DOUBLES AND JUNIORS	5/16/2009	5/17/2009	TOM	GAFFNEY
2009 TX DALLAS SERIES V ONE DAY SHOOTOUT	5/16/2009	5/16/2009	MARTIN	MCDERMOTT
2009 42ND USAR NATIONAL SINGLES CHAMPIONSHIPS	5/20/2009	5/25/2009	EDDIE	MEREDITH
2009 WA ROLLOUT FOR CYSTIC FIBROSIS	5/28/2009	5/31/2009	NEAL	HEGGEN
2009 FL JUNIOR REGIONAL CHAMPIONSHIPS	5/30/2009	5/31/2009	KIM	ROY
2009 SC SAINT FRANCIS SOUTHEAST CHAMPIONSHIPS	6/5/2009	6/7/2009	ANGEL	MIRANDA
2009 VA COMMONWEALTH GAMES	6/5/2009	6/7/2009	PHIL	WHEELER
2009 TX JUNIOR STATE CHAMPIONSHIPS	6/5/2009	6/7/2009	LANCE	GILLIAM
2009 FL SUNSHINE STATE GAMES	6/12/2009	6/14/2009	JEAN	TRIMBLE
2009 CA CSRA BIG C SHOOTOUT	6/13/2009	6/13/2009	MIKE	LIPPITT
2009 WA THE RUSTY POLLOCK MEMORIAL SHOOTOUT	6/13/2009	6/13/2009	NEAL	HEGGEN
2009 AR NWAC SUMMER SHOOT-OUT ON THE HILL.	6/13/2009	6/13/2009	MIKE	COOK
2009 TX MAVERICK JUNE TRIPLE CROWN RACQUETBALL SHOOTOUT	6/13/2009	6/14/2009	LEO	VASQUEZ
2009 NC ALOHA OPEN	6/19/2009	6/21/2009	LYNN	STEPHENS
2009 36TH USAR JUNIOR OLYMPIC CHAMPIONSHIPS	6/24/2009	6/28/2009	EDDIE	MEREDITH
2009 IN HOT SUMMER NIGHTS	6/27/2009	6/28/2009	RYAN	GRIFFIN
2009 USAR HIGH PERFORMANCE TRAINING CAMP	7/1/2009	7/31/2009	JAMES	WINTERTON
2009 FL FIRECRACKER TOURNAMENT	7/3/2009	7/5/2009	CHAD	BAILEY
2009 WOR WORLD CHAMPIONSHIPS	7/9/2009	7/12/2009	ALLAN	KAZEM
2009 TX MAVERICK JULY TRIPLE CROWN RACQUETBALL SHOOTOUT	7/11/2009	7/12/2009	LEO	VASQUEZ
2009 NMRA INTERNATIONAL CHAMPIONSHIPS	7/15/2009	7/18/2009	TOM	CURRAN
2009 NC BIG BROTHERS BIG SISTERS TOURNAMENT	7/17/2009	7/19/2009	JAN	STELMA
2009 AZ KEY SPORTS FLAGSTAFF RACQUETBALL CLASSIC	7/17/2009	7/19/2009	KAREN	KEY
2009 TN JFFC SUMMER SLAM	7/17/2009	7/19/2009	TERRY	DAVIS
2009 MD COME IN FROM THE SUN	7/18/2009	7/19/2009	SUSAN	FLAESCH
2009 FL LAKELAND YMCA SUMMER CLASSIC	7/24/2009	7/26/2009	JUDD	MARTIN
2009 NATIONAL MILITARY CHAMPIONSHIPS	7/24/2009	7/26/2009	EDDIE	MEREDITH
2009 IL 16TH ANNUAL SUMMERFEST OPEN	7/24/2009	7/26/2009	DOUGLAS	HALVERSON
2009 IN IN/IL STATE GAMES	8/8/2009	8/8/2009	RYAN	GRIFFIN
2009 TX MAVERICK AUGUST TRIPLE CROWN RACQUETBALL SHOOTOUT	8/8/2009	8/9/2009	LEO	VASQUEZ
2009 NASHVILLE RACQUETBALL CHAMPIONSHIPS	8/21/2009	8/23/2009	TERRY	DAVIS
2009 25TH IRF WORLD SENIOR RACQUETBALL CHAMPIONSHIPS	9/1/2009	9/5/2009	GARY	MAZAROFF
2009 TX MAVERICK TRIPLE CROWN RACQUETBALL CHAMPIONSHIPS	9/12/2009	9/13/2009	LEO	VASQUEZ
2009 IN LAWLER SPORTS PRO AM	9/17/2009	9/20/2009	MANUEL	RODRIGUEZ
2009 KY PROAM OPEN RACQUETBALL CHAMPIONSHIPS	10/8/2009	10/11/2009	RON	MARR
2009 TX TEXAS STATE DOUBLES RACQUETBALL CHAMPIONSHIPS	10/9/2009	10/11/2009	LEO	VASQUEZ
2009 14TH ANNUAL US OPEN RACQUETBALL CHAMPIONSHIPS	10/21/2009	10/25/2009	DOUG	GANIM
2009 TX TEXAS STATE SENIORS RACQUETBALL AND GOLF TOURNAMENT	11/14/2009	11/14/2009	LEO	VASQUEZ
2009 TX MAVERICK HOLIDAY RACQUETBALL SHOOTOUT	12/12/2009	12/12/2009	LEO	VASQUEZ

2009 RACQUETBALL CALENDAR

EVENT PHONE	CONTACT PHONE	FACILITY NAME	FACILITY CITY	STATE
978-273-3110	9782733110	FITNESS FIRST HLTH & RACQ CTR	FEEDING HILL	MA
916-879-2229	916-879-2229	UNIV OF CALIFORNIA-DAVIS	DAVIS	CA
410-579-2295	410-461-0660	SPORT FIT LAUREL RACQUET & HEALTH CLUB	LAUREL	MD
410-579-2295	410-461-0660	SEVERNA PARK RACQUETBALL AND FITNESS CLUB	MILLERSVILLE	MD
215-778-3783	610-583-4004	CHALFONT ATHLETIC CLUB	CHALFONT	PA
214-827-9994	972-233-6774	THE TEXAS CLUB	DALLAS	TX
719-635-5396	719-591-8756	YMCA - DOWNTOWN HOUSTON	HOUSTON	TX
	360-820-3224	PRO SPORTS CLUB	BELLEVUE	WA
603-491-1494	603-491-1494	HARBOUR ISLAND ATHLETIC CLUB	TAMPA	FL
803-467-6038	803-467-6038	GREENVILLE RACQUET & FITNESS	GREENVILLE	SC
540-721-9035		ROANOKE ATHLETIC CLUB	ROANOKE	VA
210-573-2324	210-979-7055	TRITON SPORTS CENTER	SAN ANTONIO	TX
407-352-6589	407-352-6589	YMCA - LAKELAND	LAKELAND	FL
510-504-2492	5105042494	BIG C ATHLETIC CLUB	CONCORD	CA
	360-820-3224	ISLAND ATHLETIC CLUB	FREELAND	WA
	479-756-6920	NORTHWEST ATHLETIC CLUB	SPRINGDALE	AR
817-275-3340	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
910-638-8008	9107153482	WINSTON SALEM HEALTH AND FITNESS	WINSTON SALEM	NC
719-635-5396	719-591-8756	MICHIGAN ATHLETIC CLUB-LANSING	EAST LANSING	MI
	3178426563	YMCA - FT WAYNE CENTRAL	FORT WAYNE	IN
		USA RACQUETBALL *FAST*FURIOUS*FITNESS	COLORADO SPRINGS	CO
941-545-5802	941-545-5802	SARASOTA BATH & RACQUET CLUB	SARASOTA	FL
		MARINA PARK	HUNTINGTON BEACH	CA
817-275-3340	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
		UNIVERSITY OF ILLINOIS	CHAMPAIGN	IL
252-633-2221	252-633-2221	COURTS PLUS OF NEW BERN	NEW BERN	NC
	602-821-7846	FLAGSTAFF ATHLETIC CLUB WEST	FLAGSTAFF	AZ
615-390-4218	615-895-3679	JIMMY FLOYD FAMILY CENTER	LEBANON	TN
410-579-2295	410-461-0660	SEVERNA PARK RACQUETBALL AND FITNESS CLUB	MILLERSVILLE	MD
863-875-1220	863-688-7700	YMCA - LAKELAND	LAKELAND	FL
719-635-5396	719-591-8756	U.S. AIR FORCE ACADEMY	COLORADO SPRINGS	CO
630-629-3390	630-973-6131	GLASS COURT SWIM & FITNESS	LOMBARD	IL
	3178426563	OMNI 41 SPORTS COMPLEX	SCHERERVILLE	IN
817-275-3340	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
615-895-3679	615-895-3679	YMCA - DOWNTOWN NASHVILLE	NASHVILLE	TN
505-321-1110	505-321-1110	MIDTOWN SPORTS & WELLNESS	ALBUQUERQUE	NM
817-275-3340	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
	8122353701	INDIANA STATE UNIVERSITY	TERRA HAUTE	IN
270-304-4575	2707659941	WESTERN KENTUCKY UNIVERSITY	BOWLING GREEN	KY
817-275-3340	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
	614-890-6073	THE RACQUET CLUB OF MEMPHIS	MEMPHIS	TN
817-275-3340	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
817-275-3340	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX

RACQUETBALL MEMBERSHIP UPDATE

*Report by: Jim Hiser, Executive Director and Cheryl Kirk, President,
& Ben Brewster – Member, Marketing Committee, USAR*

Great news for our sport...during these tough economic times it's hard to find a bright spot but we're pleased to report that in 2008 racquetball participation has jumped over 18% and racquetball's one of only 4 sports that has shown continual participation increase since the year 2000 (the others were tennis, soccer, and basketball).

We are encouraged about how our sport is growing and continue to look for ways to improve the USAR's delivery of services to our membership, fitness clubs, sponsors and product manufacturers.

Last year we decided that a study should be conducted to find out what our membership looks like (demographics) and to ask if USAR is serving its membership in a meaningful way. The idea was to develop a picture of who we are that can be used to develop programs to increase and improve sponsorship and membership services.

We enlisted the help of the University of Northern Colorado's Sport Marketing Research Institute (SMRI) under the direction of Dianna Grey, PhD. SMRI has worked on similar studies for the LPGA, Denver Nuggets and Race for the Cure organizations. A team of researchers was assigned and a plan was developed to present a survey to 10,000 members via the Internet. Responses were collected for one month and cut off on January 6, 2009. During that period, 1,684 members responded with completed surveys. Over 44,000 pieces of information were collected and included information about our playing habits, where we live, household income, knowledge of USAR support activities and sponsor support.

We plan to make an expanded version of this report available on our website, but for now let us share some of the highlights:

Who are we?

- We are mostly male (86.7%) and most of us (71%) are between the ages of 30 and 58.
- We are loyal...53.4% of the respondents have been members of USA Racquetball for more than five years and 38.6% for more than ten years. This is a good message for club owners...racquetball players keep their memberships.
- We are well educated with 66.2% having some college or higher.
- We are very active. Respondents average 5.56 other activities that they're involved with. Golf, biking, weight training, concerts, fitness/aerobics, running and travel account for the top seven activities. We believe this offers us a great opportunity to attract sponsors that traditionally have been associated with other sports.
- We're affluent...64.7% of respondents indicated having household incomes of over \$75,000 and 90.7% have made purchase via the Internet with 50% indicating that they were likely to extremely likely to purchase from a USA Racquetball sponsor.
- We play in all 50 states with 33% of our players located in six states: Texas, California, Florida, Illinois, Washington and Colorado.

What kind of job are we doing for you...

We thought it important to ask questions about how well our national organization is understood and perceived by our membership.

- 62.2% of the respondents indicated that they understand completely or mostly what USAR does. We would like to see a higher level of understanding here and are putting plans in place to help members and potential players understand the benefits and support that we offer.
- USAR received a high percentage of favorable responses on questions dealing with: trust that the USAR will contribute to the success of the sport (80.4%), ease of dealing with the USAR (81.0%).

Where to go from here...

We should all be delighted with our recent increased participation figures and we believe our demographics deliver a positive message for our sponsors, club owners and players. We're a well educated, affluent, internet savvy and a loyal-to-our-sport group of people. But we can't rest on this. We need to make sure that racquetball is profitable for club owners and sponsors so that they will build courts. We see our on-going challenges as twofold: first, continue to grow our base by working mainly at the club level providing increased levels of support and promotional activities and second, to gain support from sponsors that have traditionally been associated with other sports.

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Purchase this unique property and enjoy the good life in beautiful Avon, Connecticut, in the heart of the state's Farmington Valley.



This is a glorious opportunity for the dedicated player to own a home complete with indoor swimming pool and a championship racquetball court, all with valley views.



This 8,800 SqFt post and beam masterpiece is spread over five levels, all served by a personal elevator, 2 fully equipped kitchens, and a geo-thermal heating and cooling system which handles the entire property including the garage and pool areas. The home has five Bedrooms among which is a huge master suite on the 3rd level and an oversize guest suite on the 4th. Treat yourself to the good life at only \$1.49 million.



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Seattle, WA 98115
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Fax: 206-260-7909...new

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

VHS = ~~\$39.95~~ \$19.95 special blowout price
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DVD = \$49.95 plus shipping & handling -120 minutes

Questions? video@FranDavisRacquetball.com

For additional information go to
www.FranDavisRacquetball.com

Camp Schedule

2009/2010 CAMPS

Weekend Racquetball Fantasy Camps

May 29-31	San Diego, CA
July 24-26	Woodbridge, NJ
July 31-August 2	San Francisco, CA
September 11-13	Sarasota, FL
September 25-27	Oklahoma City, OK
October 2-4	San Antonio, TX
October 16-18	Atlanta, GA
November 6-8	Chicago, IL
January 22-24	Los Angeles, CA
January 29-31	Las Vegas, NV
February 5-7	Seattle, WA
March 5-7	Minneapolis, MN
March 19-21	Long Island, NY

Week Long Racquetball Fantasy Camps™

April 30- May 7, 2009 Kauai, HI
(Hawaiian Island...Advanced Camp)
December 3-10, 2009 Aruba
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TIM AND CINDY DOYLE: THE DYNAMIC DUO

By Charlie Garfinkle,
"HOF Class of '89"



There is often discussion as to whether or not Kane Waselenchuk, Marty Hogan, Cliff Swain, or Sudsy Monchik are "the greatest racquetball player of all time." This subject can be heavily debated with all of the aforementioned getting many votes of support from different experts.

However, there is one truism in racquetball that cannot be disputed. Tim and Cindy Doyle are undoubtedly the greatest brother-sister duo to have ever played the game of racquetball. Tim was ranked #2 in the world for many years, and Cindy reached a career high of #5 in the world.

I had the privilege of watching the Doyle siblings from their earliest beginnings. They lived only ten minutes from me and played at Four Wall Courts in Cheektowaga, a suburb of Buffalo, New York.

It's not surprising that both youngsters started playing at about seven years of age — their parents, John and Merilee, were co-owners of the club. "Needless to say," said Tim, "we didn't have any trouble getting court time."

Donna Meger, one of the area's top women players, was instrumental in getting the kids into lessons and coaching. Shortly afterward, the Doyles teamed up with Jim Winterton, who is one of the most respected coaches in the history of the game.

Winterton noted that Cindy was always focused, even as a youngster, whereas Tim didn't seem to be as much into the game as she was. "I wasn't really sure that Tim would make it big," Winterton said. "He didn't seem as motivated as Cindy. However, I was convinced that Cindy would, because she had great focus and skills, even as a youngster. Boy, was I ever wrong about Tim! He went on to become one of the greatest players in the history of racquetball."

Both players won national titles in the 10 & Under divisions and then the older age divisions as they triumphed in many tournaments in high school. However, there is no truth to the rumor that Tim was so young when he entered his first tournament that he had to take a timeout due to a dirty diaper.

Tim's ascent to stardom is especially noteworthy. He played varsity basketball through high school in addition to competing in racquetball tournaments all over the East and the United States.

"Basketball was tremendous for me in high school," Tim said. "The game helped me with my eye-hand coordination, footwork, and foot speed, in addition to keeping me in great shape."

Tim would often play a basketball game on Friday night, then be on his way to a racquetball tournament shortly afterward or the next morning. Not surprisingly, he was in tremendous shape and was already demonstrating the dynamic serve that has been clocked at a mind-boggling 181 miles an hour, only 125 miles an hour faster than my best serve!

During high school, Tim met Doug Ganim, one of the game's great promoters and one of the best doubles players in the country. Tim would travel to Ohio to play in some of the best tournaments in the country that were hosted by Ganim. Ganim and Tim became great friends both on and off the court, and Tim attributes a great amount of his success to Ganim.

In advising high school and college players, Tim stresses that you should train as hard as you can. If you are going to play tournaments, practice against the best competition available. "Winning is important," Tim related. "However, you must also learn from each match and try to improve on each weakness." Tim also advises that having a coach who knows your game, both physically and mentally, is extremely important.

Cindy's approach to the game was somewhat different. She was a great believer in visualization. "I read this great book on visualization," Cindy said. "And, I spent a great amount of time working on that aspect before and during tournaments."

Cindy, who was on a full scholarship at Memphis State (now the University of Memphis) remembers playing in a tournament where she was being closely observed by Larry Liles, the coach of Memphis State, and Andy Roberts, a former Memphis star and another all-time racquetball great.

In the finals, she was a game apiece against her opponent. During the timeout between the second and third games, both Liles and Roberts gave her advice for the third game. "I completely ignored their advice and went to an isolated place during the timeout, visualizing what I had to do." Cindy won the third game.

In 1990, Tim, barely out of high

school, moved to near the top of the racquetball world. He defeated the highly-regarded Egan Inoue in the finals of the National Singles Championships in Houston. The scores were 15-5, 15-4! Tim aced Inoue 21 out of 30 points in one of the most incredible displays of serving ever seen in racquetball.

Tim's service display was one of the main reasons that the upcoming pro tour decided to go to one serve instead of two. The reasoning was that there would not be many rallies with two serves, and this definitely would not make for good television.

In the women's finals, Cindy was not to be outdone. She demonstrated why she had won a full scholarship. She lost to the highly respected all-time racquetball great Michelle Gilman in a pulsating three game final.

Cindy went on to win two NCAA Division I Women's Racquetball Championships, one while at Memphis State and the other at the University of Buffalo.

Tim had one of the most outstanding professional careers of any racquetball player. For almost fourteen years, he was consistently ranked in the top four players, often at the #2 ranking. His professional wins included victories over Cliff Swain, Marty Hogan, Mike Yellen, Sudsy Monchik, Jason Mannino, Andy Roberts, and Bret Harnett. Brings to mind the old adage, "Not too shabby!"

Cindy went to become #5 in the world and played on the pro tour for five years. It was while she was playing racquetball that she met her future husband, Jeff Conine. Conine starred in major league baseball and was also a former junior racquetball national champion. Conine always stated that the skills of racquetball greatly helped him in baseball. Nine years ago, Cindy and Jeff won the National Doubles Championships in the Mixed 30+. Jeff, now retired from playing baseball, works in the personnel department of the Miami Marlins. The Conines live in Ft. Lauderdale with their three children.

Tim presently resides in San Diego where he travels throughout the United States and Canada putting on exhibitions and clinics for E-Force. He is still an outstanding player and a great ambassador for the game.

Both Cindy and Tim give a great amount of credit for their success in racquetball and in their personal lives to their father, John (deceased) and Marilee, their mother. Cindy said, "Without their support and encouragement we would have never achieved the success that we had. Win or lose, they were always there for us."

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