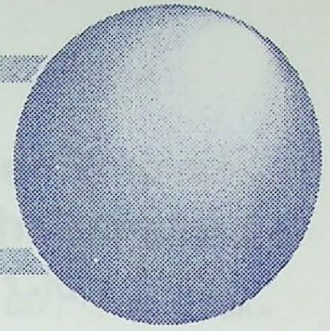




NHRA



The New Hampshire Racquetball Association (NHRA) *Rollout...*

Volume 1, Issue 3
Winter 1998

New NHRA website
www.net-marks.com/NHRARacquetball

**New Hampshire Racquetball
Association (NHRA)**
91 Lancaster Avenue
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NHRA Board of Directors 1998

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Letter From Our President

Hello,

Well, we are finally underway with our 1998-99 racquetball season here in New Hampshire. It seems like it has been a long time coming with all the preparation and board meetings that have been going on this summer.

First of all, thanks for all of the positive feedback we have been getting about the newsletter. We are quite proud of it and we wish to make it even better. If you have an article for it, or would like to advertise in the newsletter, then please contact me at the above address..

With the beginning of a new season, I would like to issue a challenge to all of our members in the NHRA. How about...

1) Recruiting one new member for the NHRA. With each new membership, our association gets revenue to help make racquetball better for you here in New Hampshire. (Not to mention, a new player to whom you can show your considerable talents!)

racquetball. I recently asked the players at The Executive to donate their old racquets and came out with 61 of them! (And that was asking nicely...no arm twisting!)

3) Teaching a junior or adult how to play racquetball. And, as long as you are teaching someone to play the game, how about...

4) Getting AMPRO certified! You will really learn alot about the game of rball and it will really help you with your own game. We are trying to host an AMPRO certification clinic in your area...and I will keep you posted on this great opportunity.

5) Becoming involved in one of the NHRA's committees. We could sure use your help!

6) Last but not least, why not set a personal goal for yourself this year to advance one level (for example, D to C or C to B).

Kelley Beane

New NHRA Website

Hello "New Hampshire" and welcome to another year of racquetball! For your surfing pleasure, we have finally posted the first official NHRA website. The URL for the website is as follows:

www.net-marks.com/NHRAcquetball

The website has been designed to provide up-to-the-minute tournament results, schedules of upcoming events and tournaments, a listing of racquetball clubs in NH, and information about our all-important Membership Drive.

Because this website is still under construction, we would love to hear about any of your suggestions, comments, and/or compliments about this new site. Feel free to contact any member of the NHRA Board of Directors at the various tournaments or via e-mail.

Thank you,

Tony Bruzzese

CARL's

**O
R
N
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R**

**Food
for
Thought...**

Unless you are fortunate enough to win a tournament, most players compete for those \$50 designer tee-shirts or so you say. But I suspect, there are many of you like myself who play tournaments for the food. Few players realize how important the food is!!!

How many times has it been when you are involved in a tough 10-0 tie-breaker and your mental focus is interrupted by wondering if there is any pizza left. I suspect this has cost many of us to lose a match. Second, we have all witnessed "temper tantrums" on the court, and while most folks think "bad calls" caused this eruption, the truth of the matter is that the player just found out there was no food left.

While there are Restaurant Food Critics, as three-time *NH Hospitality Player of the Year*, I have self-appointed myself as this year's NHRA Tournament Food Critic. I will disguise myself as a racquetball player to rate all of this year's tournament's food, searching for the Five Star tournament food award.

Carl Savage

You can't think and hit at the same time...
- Yogi Berra -

February 17-21 *Boston Pro-Am* at Ridge Athletic Club (RAC) in Braintree Massachusetts

Want to take a 55-minute drive south on Route 93 to see Cliff Swain, Sudsy Monchik, John Ellis, and Adarm Karp "battle" it out on the rball court for 2-3 days? Come 'on down to the Ridge to see the 1998-99 Boston Pro-Am Tournament...hope to see you there!!!

Everytime I step on the court I give 110% effort...
- Cliff Swain -

Need new strings???
Call Kelley Beane...
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(603) 641-6116...

Annual Marsden Tournament at North Conway Athletic Club

The North Conway Athletic Club (NCAC) will again host the 14th Annual John Marsden Memorial Racquetball Tournament. The date has changed from late January to the weekend before Thanksgiving (November 20-23, 1998).

According to Rocky Hathaway, NCAC Manager, "We worked with the New Hampshire Racquetball Association (NHRA) and agreed to change the date to help the "spreading" out of the scheduled tournaments across the rball season." Rocky added, "We would like to believe that this new date will fit well with all player's abilities to schedule tournaments. And everyone knows that we offer great hospitality, prizes, shirts, raffles, and "awesome" fun! We have planned an enormous raffle and a great Saturday night party to help make this a truly memorable event!"

Rocky has arranged for a fabulous rate for two at the Yankee Clipper (\$39.00) which includes a great breakfast for the both of you at the wonderful Blueberry Muffin coffee shop. For the shoppers in the family, North Conway is unparalleled when it comes to clothes outlets. So, you can also start you Christmas shopping early!

On the more serious side, this annual tournament is run for the memory of a man -- John Marsden -- who had the attitude and conviction of the importance of combining sports and kids. The funds raised by this tournament and several other events during the year will go to various youth sports activities throughout the Conway and North Conway communities.

Kelley and your entire NHRA Board say to you, "C'mon gang, lets get out and support Rocky's efforts at this great tournament for this important cause!" Note that more information about this tournament along with an official application is also included in this issue of the NHRA Rollout. Now, what possibly could be your excuse now for missing this great event?

One Serve. Legendary Cliff Swain on Racquet- ball

About five years ago, I was working in Boston Massachusetts in the "Financial District" and traveling over to the Boston Athletic Club (BAC) at lunch time to play basketball. On this particular day in August, I was trying to guard this guy who was as "quick as a cat" and seemed to be effortlessly dribbling and scoring at will on me. I'll never forget the extremely quick hands and feet that this guy had as he easily tracked down balls as they were about to go "out of bounds" and saved them (like Dennis Rodman) back into his teammates.

After the game, I said to one of the other players on the court "WHO is this guy that is 'eating me alive' out there?". "Oh, you mean Cliff? Yeah, he's the Number One racquetball player in the world...and he's pretty good at playing "hoop" too!", the guy muttered.

As we sat down on the bench between games I asked Cliff if he was any good at playing racquetball. He said, "Yeah, some people think that I am" and he laughed.

Over the course of that summer and during the next 2-3 years I became friends with Cliff and some of his South Boston (Southie!) basketball and racquetball players. A tough, tough competitive bunch if there ever was one. As Al Riley would say, "if you are in Southie and you open up a dictionary you will never ever find the word 'sympathy' in it..." and that just about sums up their attitude about competition, winning, and never, EVER losing!

In fact, I heard on more than one occasion that if you lose a game in Southie you are in a sense an "outcast" (shunned) until you go back and win back your pride back by beating that particular opponent and beating him by a lot more than he beat you! That seems to be the Golden Rule in South Boston. Winning isn't everything...its the ONLY thing!!! do so for "no charge." However, if you are taking the exam for the *first* time, then there is a \$10.00 fee.

Anyhow, over the next 2-3 years I got a very unique opportunity to see the Southie handball, racquetball, and basketball culture (Southie was 19-0 last year in Division I basketball) from the "inside" point of view. On a regular basis, I would watch Cliff and his buddies play racquetball and squash on Friday nights at the BAC. This was usually during the summertime when Cliff was home to Southie from the IRT Pro Tour.

As I look back on those times, I consider it a great honor and privilege to have met and experienced the tremendously friendly and competitive "Southie" handball and racquetball community. And, with each issue of this newsletter, I would like to share more and more of these great experiences....-jay keddie-

Interested in Advertising in the NHRA Rollout???

Our advertisement rates are as follows:

Full page = \$100

Half page = \$50

Quarter page = \$25

Business card = \$15

If you are interested in making your business or yourself "visible" in this NHRA

**To Kelley Beane and Jimmy
Lukeman...**

...two dedicated leaders

...two great champions

...two patient coaches

**Thank you for ALL you have
done for us,**

- Mike and Matt Keddie -

Improving Your Game!

The season has officially started!!! Most of you have already put away the golf clubs, wiped the dust off your racquets, and are now gearing up for another exciting and successful racquetball season. You then walk onto the court, hit blistering 120 mph shots, and then get that feeling that this will be your season, and then suddenly you realize that you want to compete at a higher level this year.

At tournaments and at my local club, I come across a lot of people that ask me the following question:

“Chris, what can I do to bring my game up to the next level?”

There are three answers to this question (from a broad spectrum) that can contribute to your reaching or not reaching that next level in racquetball. They are as follows:

1) Find players that are at a higher level than you and play them regularly 2-3 times per week! This will not only raise your level of performance after a short period of time, but it will also help you gain a certain level of confidence about your game that will be a very positive factor when playing in tournaments.

2) Take a lesson from a *Certified Racquetball Instructor*. Proper form and mechanics are two vital components for your reaching that next level. A certified rball instructor can help you with your mechanics and he or she can also give you some great tips on your game that will increase your level of play.

3) The last answer is the one I would like to focus more on and that is simply...**practice!!!**

The key to hitting consistently “good” shots is simply to have good mechanics and lots of self-confidence. If you add good mechanics and confidence to your practicing sessions, then you will develop muscle memory (or memorization)! This occurs when you train your body and mind to perform a very specific function at a very consistent level.

A good example of this is riding a bike! The more you ride, then the easier it becomes for you to do so (you have established confidence in your

ability to ride it). Eventually, you will get to a point where you will start doing it without thinking about it-- this is called establishing “muscle memory” for that specific activity.

The more you develop muscle memory or memorization then the more confidence you will build in your ability to perform that specific activity. And, as a result, the “end” result will be much more consistent racquetball shot execution!

Now, after reading this sequence of four suggestions, I’m sure that several comments come to mind, such as:

“Chris, some of us work for a living and don’t have the time to practice!”

“Some of us have families!”

“How do you practice for racquetball?”

“Practicing is boring!”

Very valid points! What most people who play don’t realize is that whenever you step out onto a court you *PRACTICE*. “How is that?” you ask. **SIMPLE!** Whenever you step onto a court (whether for recreation or in a tournament) what is the first thing you do after stretching out? You **WARM-UP!!!**

Warming up is important to help you loosen those muscles, get your body moving, blood circulating, and mind focused on winning by executing your shots. What most people don’t know is that this is a form of *PRACTICE!* You are training your body and mind to execute your shots to a certain level of consistency and the best way to do this is to do it over and over and over again until you start doing it without thinking. The more you *PRACTICE* the more your body will remember what you are teaching it and the easier it gets to execute your shots more consistently.

Now most people feel that *PRACTICE* requires you to spend hours upon hours of drilling by yourself. That is not the case at all! Although it takes a lot of discipline and a lot of desire to do this, you can, however, spend as little as 30 minutes a few times per week with some very basic drills that will help improve your game little by little.

The Last Chance...

Here's a few simple drills to get you started on your way:

1) Start at the 20ft line (short line) and facing parallel with the side wall, with a ball in hand, drop it and hit it at the front wall about 20 times. While doing this it is good to keep aware of your mechanics (foot position, grip, ball contact, etc.). A good kill shot will bounce at least 4 times from when it contacts the front wall to the time it reaches the back wall.

2) After doing that 20 times, float back to about 38ft (2 feet from back wall) and do the same thing 20 times. Next, stay in the same position and instead of dropping the ball from hand, bounce it off the back wall and hit it 20 times. After you complete this go to center court (about 1-2 feet behind the dotted safety line) and hit 20 pinches. A good pinch will bounce 2 times before it reaches the service line (the first red line of the service box). Not only is the overall objective to be more consistent but also to have a balanced game as well. Most players that you come across at a higher level tend to be equally as strong on the backhand as the forehand. So these drills should be done on both sides.

Again these are just a few basic drills that will get you started to improving your game. Truth is there are many variations to this and many other shots to incorporate as well as you progress (cross court pass, ceiling shots, splat shots, etc.). To keep this interesting though try to be as creative as possible (put up a racquetball can at the front wall and try to hit it or tape a little square on the front wall and try to hit it as many time as possible).

These are just a few of many different ways to taking that first step to bringing your game up to that next level.

Good Luck to you this season and Happy Shooting!

Chris Zalegowski
NH State Open Champion

It was 8 o'clock on a Sunday morning, September 20, 1998. While most other people in New England were just barely waking up and looking forward to a relaxing weekend day, I was up at the *Executive Health and Sports Center* preparing for a racquetball match.

It was a tournament weekend, the *Executive Open*, and by 8:30 am the racquetball hallways were "buzzing" with excitement. This was my third tournament but I had not yet experienced the thrill of winning.

I wanted today to be *the* day...the one where I could have a "W" for a win posted up next to my name, instead of my consistent "L" for a loss. As I warmed up to play, I tried to mentally "see" myself hitting a nice, low hard pass shot on the side or a perfect backhand serve.

My warmup routine was decent and about 10 minutes later I stepped out onto the court for my first match. I lost my first game but my second game went a little better. I still could not pull it off -- a "win" that is. I tried not to lose my self-confidence, though, because I still had another match to play before the day was over.

About an hour later, I found myself stepping out onto the court again for my second match. This was my *last chance* to succeed in what I had set out to do this particular morning at the *Executive*. It was my last chance to prove myself in this tournament as a racquetball player, but most of all, as a competitor.

As my first game started out, things were looking very good, but then I lost the serve. Then my opponent (she) started to "rack up" the points. Frustration set in...but I overcame it just enough to win back the serve. Only, I lost the serve to her once again. I didn't get the serve back until the first game was completely over.

I started off "strong" in my second game, but then it became a series of serves which were "won" instead of points that were won. Then, she (my opponent) started to get points and it was all I could do to win back the serve!

Referee Clinic Held at Executive

I finally did win back the serve and then I was able to serve 5 or 6 perfect serves in a row. And I had WON, finally!!! It felt great but I was reminded that it was not over yet. I still had to play the tie-breaker to 11 points.

This tie-breaker game started out with very few points won on my side. It was a game that consisted of "contending" for serves versus points. The tone of the game soon changed, though, as I started to win some points. I could now see the frustration in my opponent and I began to use it to my advantage.

I continued to hit side pass shots because I had slowly realized that these shots were one of my opponents greatest weaknesses. Before I knew it, the score was 10-5 in my favor. And I also now had the serve.

I wound up and I served a hard backhand serve, which she returned even harder, and I simply could not retaliate. I had just lost the serve I thought to myself.

In the next two rallies, she got two more points and I now knew that I really needed to get the serve back. In the next rally, I reclaimed the ball with a nice pinch shot and then stepped into the server's box.

Here was my last chance! The referee read the score, I checked my opponent, I wound up, and then I let it RIP! A perfect back-hand corner serve that was completely unreturnable.

I had just WON the match 11-7!!! I couldn't believe it...I had achieved my goal! I had dreamed of a moment like this ever since I started playing racquetball more than 7 months ago. And, now, I was actually there-- in that moment!

As I shook my opponent's hand, and walked off the court, I took with me my *first* win on my last chance.

Brie Benton
15-year-old rball player

The Executive Health and Sports Center was recently the host of the *first* "Referee Clinic" of the 1998/99 racquetball season. This clinic included a brief overview of the racquetball rules and a short question-and-answer session about the most common calls and "non-calls" experienced by players. Interestingly enough, the most common area of confusion was the *avoidable hinder* rule followed by the *technical foul* rule.

During the clinic, we had 12 players take the fifty-question exam. Not one person scored the required "passing" grade of 85%. At the very least, it was a real eye-opener for a lot of the people who took the test who thought they knew the rules of racquetball.

We will be offering the referee clinic test again in Nashua at the Justin Open tournament. This test will be given twice by Kelley Beane and Chris Zalegowski. If you have already taken the exam and you would like to take it again, then you may do so for "no charge." However, if you are taking the exam for the *first* time, then there is a \$10.00 fee.

After you finish your exam, we will grade the exams and then review your incorrect answers immediately with you. You must also referee at least 10 matches *before* we can send your results to the United States Racquetball Association (USRA) for your official certificate and pin.

All in all, we are hoping to make more players and referees more aware of the rules and idiosyncracies of the great game of racquetball. This, in turn, will make the game much more enjoyable for everyone. Hope to see you at the next referee clinic!

Kelley Beane
NHRA President

CURRENT NEW HAMPSHIRE STATE MEN'S RANKINGS

<u>MENS OPEN</u>	<u>POINTS</u>						
Chris Zalegowski	475	Scott McLaughlin	50	Burt Phillips	10	Joe Thomas	50
Jaime Boucher	145	Dan Smith	50	Russ Raby	10	Paul Wallace	35
Jim Lukeman	125	Robert Smith	35	Ralph Ruel	10	Joe Allis	30
George Vierra	100	Tom Christy	30	Bob Snow	10	Norm Boucher	20
Rocky Hathaway	65	Mike Lebrasseur	30			Dave Gilbert	15
George Delaney	50	Adam Podolec	30	<u>MENS D</u>		Ron Davies	10
Corey Boucher	30	Bill Taranovich	30	Greg Steeves	275	John Varrill	10
Josh Messina	30	Lee Bailey	25	Adam Podolec	150	Burt Watson	10
Dave Ryan	30	Bill Kelso	25	Eric Landis	130	Chris Wilson	10
Aaron Drew	20	Joe Nizkp	20	Jay Keddie	95		
Matt Whitney	20	Paul Sherwood	20	Walter Kalisz	75	<u>MENS 40+</u>	
Mike Pettoruto	15	Jim Stacey	20	Jay O'Halloran	60	Peter Messier	170
Joe Husson, Jr.	10	Rob Stewart	20	Andy Teixeira	60	John Varrill	125
Alok Mehta	10	Jeff Proctor	15	Tom Boyle	55	Joe Allis	110
Steve Pace	10	Carl Savage	15	John Biele	50	Steve Savage	50
		Jim Sims	15	Jerome Brewer	50	Mitch Milewski	30
		Hiram Towle	15	Ron Curcio	50	Joe Ruggieri	30
<u>MENS AA</u>		David Aldrich	10	Kip Jackson	50	Doug Beauregard	20
Tony Bruzzese	150	Jeff Carr	10	Vince Nazzaro	50	Dick Dyer	20
Jim Lukeman	100	Scott Elwell	10	Bill Taranovich	50	Stan Shaw, III	20
Bill Shickolovich	50	John Fera	10	Richard Bates	30	Stuart Akerson	15
Dave Barnes	30	Todd Holbrook	10	Bob Guidaboni	25	Brandt Pace	15
		Chuck Kirk	10	Peter Smith	25	Dave Gilbert	10
<u>MENS A</u>		Jeff Nichols	10	Ed Temple	25	Burt Phillips	10
Frank Gibson	250	Russ Raby	10	Matt Chabot	20		
Dave Breton	100	Scott Remson	10	Mike Goci	20	<u>MENS 45+</u>	
Dan Levasseur	100	Jay Retkevicz	10	Dan Smith	20	Peter Messier	400
Jeff Morse	100	Stan Shaw, Jr.	10	Joe Stacio	15	Joe Allis	300
Paul Wallace	85	Parker Towle	10	Bob Boyko	10	Steve Savage	50
Joe Boucher	80	Tim Wilson	10	Brandon Drew	10	Joe Ruggieri	50
Michael Cole	75			Steve Dyer	10	Parker Towle	30
Jeff Parsons	60	<u>MENS C</u>		Matt Keddie	10	Larry Kretzer	30
Carl Savage	60	Bill Gum	160	Stephen Noel	10	Dave Tenaglia	20
Jason Bessette	50	Adam Podolec	140	Jim Purington	10	Bill Greer	15
Jeff Hill	50	Robert Smith	140	Jim Radwanski	10	Dick Dyer	10
Brandt Pace	40	Jay Keddie	100	Paul Rheault	10		
Norm Boucher	20	Bill Taranovich	100	Jim Stacey	10	<u>MENS 50+</u>	
Brandon Drew	20	Greg Steeves	80			Mitch Milewski	150
Sam Serrano	20	Tom Boyle	75	<u>MENS 19+</u>		Ray Hanneman	100
Ben Mendoza	15	Ray Govotski	75	Chris Zalegowski	400	Ron Bouchard	75
Mark Souda	15	Brandon Drew	50			Brandt Pace	60
Lee Bailey	10	Robert Golden	50	<u>MENS 25+</u>		Steve Savage	50
Mark Brezina	10	Todd Holbrook	50	Jaime Boucher	150	Stuart Akerson	20
Scott Carey	10	Chester Kennedy	50	Michael Cole	125	Jerry Anctil	15
Jay Kempton	10	Jeff McKillip	50	Jeff Morse	100	Parker Towle	10
Owen Lasker	10	Dan Smith	50	Troy Bloom	50		
Jim Monohan	10	Jim Stacey	50			<u>MENS 55+</u>	
		Daviud Aldrich	45	<u>MENS 30+</u>		Brandt Pace	75
<u>MENS B</u>		Jared Mansur	30	Paul Wallace	150	Tom Boyle	50
Jeff Hill	250	Bob Griffin	25	Rick Perez	100	Owen Lasker	50
Chris Hennon	110	Robert Caldicott	20	Carl Redlich	75	Parker Towle	30
Mark Souda	95	Charles Brown	15	Jim Lukeman	65		
Brandon Drew	90	Kevin Cabasas	15	John Acampora	50	<u>MENS 60+</u>	
Bruce Rawlings	90	Rich Nivius	15	Gary Ashworth	50	Ed Dalton	300
Jason Bessette	85	John Biele	10			Bob Drouin	50
John Acampora	75	Leo Boisvert	10	<u>MENS 35+</u>		Parker Towle	10
Murray Aldous	50	Jerome Brewer	10	Jim Lukeman	530		
Tom Bonardi	50	Larry Huemmler	10	Rick Perez	100	<u>MENS 65+</u>	
Larry Lavoie	50	Wayne Lieht	10	Carl Savage	75	Ed Dalton	150
Lee Marshall	50	Jeff Nichols	10	Dave Breton	50	Norbert Lecompte	150

CURRENT NEW HAMPSHIRE STATE WOMEN'S RANKINGS

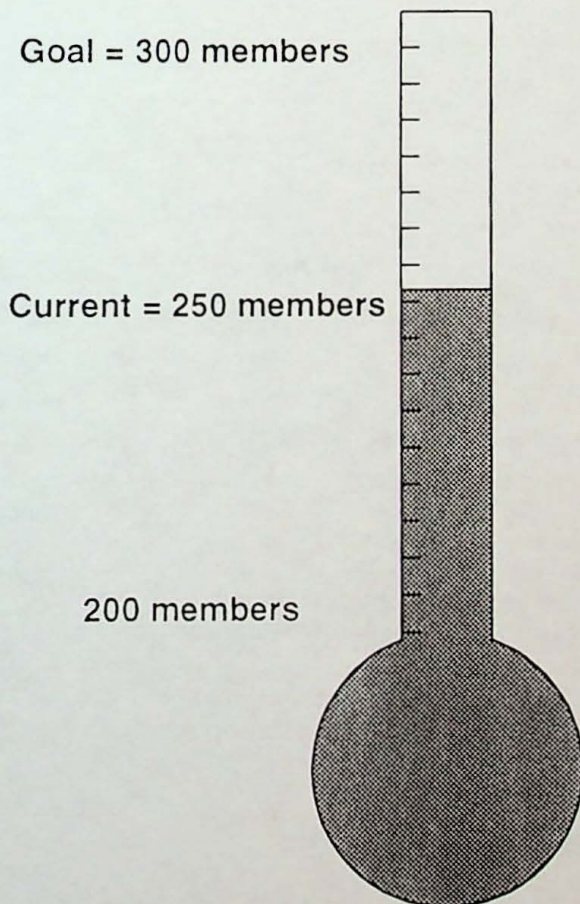
NHRA Membership Barometer...

The New Hampshire Racquetball Association (NHRA) wants you as a member of our great racquetball community! Currently, we have about 250 plus or minus members. By the end of this season, we would like to have over 300 members as shown in the barometer below.

If you or anyone you know is interested in joining the NHRA, then please contact Kelley Beane at the following address:

New Hampshire Racquetball Association
(NHRA)
91 Lancaster Avenue
Manchester, New Hampshire 03103
Phone 603-641-6116
Fax 603-627-4552

E-mail KBeane6@aol.com



WOMENS OPEN

	<u>POINTS</u>
Kelley Beane	195
Roz Petronelli	150
Nan Higgins	85
Joyce Pochily	50
Heather Dunn	30
Gail Guy	20
Cindy Hamilton	20
Joanne Pomodoro	15
Janet Grimaldi	10
Judy McCole	10
Diane Weissbach	10

WOMENS A

Judy McCole	405
Maureen Claussen	100
Pat Sims	80
Deb Irvine	50
Christina Pastore	50
Carrie Nolet	40
Denise Kilmer	30
Donna Travers	30
Bobbie Hall	20
Judy Perreault	10

WOMENS B

Judy McCole	100
Maureen Claussen	80
Carrie Nolet	50
Donna Travers	50
Terry Grahman	30
Deb Irvine	30
Denise Kilmer	30
Karen Middleton	20
Rebecca Brown	15
Nancy Lewis	15

WOMENS C

Karen Middleton	140
Denise Kilmer	50
Veronica Saffo	50
Angela Urbano	30
Pat Wolfe	30
Kim-Marie Cole	25
Jeanette Brown	20
Jen Schollmeyer	20
Rebecca Brown	15
Shelli Hamilton	15
Carrie Nolet	10

WOMENS D

Mary Tetreau	150
Karen Bedard	100
Nicole Desmarais	75
Kim-Marie Cole	50
Gretchen Gobar	50
Brie Benton	30
Thendo Tschikanroro	20
Ingrid West	20
Shelli Hamilton	15
Kim Ellsworth	10

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 www.racquetball.org
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All memberships are for one year, and include a subscription to RACQUETBALL Magazine.
 Receipt can be presented as proof of membership until competitive license is received.

The undersigned has read the waiver and release printed on the opposite side of this form,
 with the understanding that they have given up substantial rights by signing below, and
 do so voluntarily.

Member signature _____
 Parent or Guardian (if member is under 18)

Representative _____

Tournament _____ **Date** _____

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