

# Minnesota

# RACQUETBALL



## New Clubs Open – More Courts

At a time when the fitness boom of the eighties has leveled off into a way of life for many people, it is amazing that the Twin Cities still is experiencing growth. During this summer the Northwest Racquet Swim & Health Clubs, Inc. opened yet another club, Moore Lake Club, in Fridley.

The new club boasts an area of 200,000 square feet. It contains 15 racquetball courts, 2 squash courts, 6 indoor and 5 outdoor tennis courts. It has an indoor and outdoor pool plus a separate aqua aerobic pool. It includes an indoor track, spacious fitness area with the latest equipment, free weights area, aerobic studios and 2 full gyms. The club has the same locker room amenities as other Northwest clubs, plus a snack bar and a nursery for babysitting. The Moore Lake Club is one of the largest facilities in the state.

In addition, a new concept in health clubs will open this fall. The Arena Club, also part of the Northwest group of clubs, will be part of the "Target Center", the new home (arena) for the Minnesota Timberwolves. This facility will have 10

glass-backed courts. There will be a 5.5 mile indoor track and 3 fitness studios. The Arena club will also have a generous exercise and fitness area, indoor pool and other amenities. A large parking ramp is adjacent to the arena. The club will offer free downtown area shuttle service.

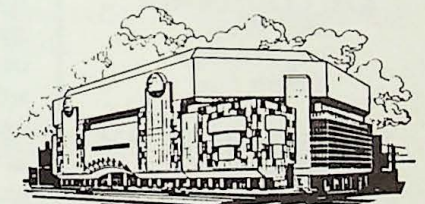
These new additions to the Northwest family of clubs, says much about the owners' commitment to provide 1st rate facilities to its members. Marvin Wolfenson and Harvey Ratner are to be commended. Although they are strong advocates of tennis, they have had the foresight to meet the needs of all types of sport and fitness enthusiasts.

Racquetball has been a large benefactor of their expansion. The combined Northwest clubs offer 133 courts to its membership and guests. The size of these clubs affords the opportunity to host state, regional and national competition. Two clubs, Hiway 100 and Burnsville, provide stadium seating for more spectators than most clubs in the country. The Arena Club will be the site of the 1991 Region 11 Championship, next April.

### Moore Lake



### Arena Club



Obviously the Northwest clubs are not the "only game in town". There are many other active private clubs in the metro area as well as community centers, YMCA's and JCC's. The combination of the multi-clubs, private and public clubs makes the Twin Cities area a thriving community for racquetball.

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# MSRA

Minnesota State  
Racquetball Association

August-September 1990

## MSRA

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## MSRA Board Talk

*From President, Peggy Clark*

It's hard to believe the tournament season is again upon us! The Board of Directors have made several decisions relevant to the tournament calendar you received in the recent "Special Summer Edition" of the MSRA News. We will establish the first full weekend in October as our annual State Doubles Tournament, and the last weekend of April as the State Singles. Our original intent was to begin and end the racquetball season with the state tournaments. This year we have clubs having sanctioned tournaments in September, and others are lining up for the 1991 summer dates already. Seeing this enthusiasm from the clubs is very encouraging.

### NATIONAL TOURNAMENT

We are becoming more involved in the National tournament scene. Our success in hosting the 1989 National Doubles, and having the Olympic Festival exposure has generated a bid for the 1991 Junior Olympics Racquetball Championship. Our Burnsville club is one of the few facilities in the country which can host these premier events. Along with national exposure comes more interest from the media to promote and cover our sport. Some of you may have seen articles about racquetball and interviews with Dana Sibell in the local press. Exciting as the national prospects are, our first commitment is to our membership at home.

### RACQUETBALL RANKING SYSTEM

Although our attempt at developing our own ranking system last year was not successful enough to publish, we have a new plan this year. At the beginning of the season, rankings will be calculated as they are at the national level. This means that you will earn ranking points for quarter final or better finishes, and for a consolation final victory. Darcy Chastain will be updating the ranking list weekly, and sending the most current list to the tournament director by the entry deadline. This list will be available at the tournament for your review. We will encourage the tournament directors to use this list, but they will always allow for a "common sense" factor to evaluate raw data.

Our long term plan is more sophisticated. We will be working with database programmers to develop software specific to

our state association. We will integrate our membership and ranking information, and your ranking will be based on the scores you earn against individual opponents. The ranking equates to a numeric value, indicating in what division you should play. The beauty of this system is that you can use it in your club league and tournament play, and when you register for a tournament, the tournament director should know where you fit. If you are interested in more specifics, or would like to help us collect information and get the system off the ground, please contact Darcy Chastain, Dee Lichty, Mike Dittrich or Peggy Clark. With some luck and some good programmers, we hope to get the finished product ready by January 1. I hope you'll be as excited as we are about the prospect.

## kids

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### A Racquetball Summer

*By Andrea Beugen*

I have had some wonderful racquetball experiences this summer. I have had the chance to travel to the Junior Nationals in Dallas, Texas in June of this year. I also attended the Junior Elite Training Camp at the Olympic Training Center in Colorado Springs, CO.

First I would like to share with you my experience in Texas. Along with 20 other juniors from Minnesota, I spend an incredible week at the Junior Nationals. We all worked hard to show that we had more team spirit than any other state. Once again we had the most colorful team clothing as we showed off our brightly colored "Zubaz" style pants. Along with the help of Hart Johnson, Todd Stead, Jonas Beugen, and our wonderful parents, we were once again able to take 3rd place in the state team standings. This was a definite highlight of my life. It is a wonderful feeling knowing I have such GREAT FRIENDS on Junior Team Minnesota.

In July, I had a second incredible racquetball experience. There were 30 kids ages 12-18 at the Olympic Training Center for the Junior Elite Camp. I had the opportunity to learn from some of the best

## AARA Rule Changes Effective September 1, 1990

Every year, the AARA reviews the rules and proposes revisions where needed. Last spring, in the first issue of *Racquetball USA*, a ballot was included to allow AARA members to vote on the proposed changes.

The term "Avoidable" in reference to specific hinders was changed to "Point" a couple of years ago. However, "point" does not accurately describe the situation when the offending player was the server--the result is a side-out. Also the phrase "point hinder" was not readily accepted by the players who continued to refer to the offense as an "avoidable hinder". Therefore, the board of directors has reversed the change and the correct term will again be "Avoidable hinder". Rule 4.16

**Court hinders may now be appealed.** Obviously this requires line judges for the match. Rule 3.7a

The most controversial rule change affects the foot-fault. Every referee knows the difficulty of trying to watch a player's front foot and also watch the ball to detect "short" serves.

**The new rule permits a player to step over the front line as long as some part of the foot makes contact with the line.** Rule 4.10.a.2

Other changes include new divisions in sanctioned tournaments. The board has added an **80+ division**, and **age divisions in mixed-doubles at five year increments beginning at 25+**. The board will also permit a **trial period of 1 year for racquets 20.5" long**. However, they will not be permitted in regional and national sanctioned competition.

*"DEE-cisions" by Rules Commissioner Dee Lichty will address questions on rules and refereeing. Watch for this new column in October. Send him your questions.*

## HEALTH & FITNESS

By *Lori Groess*

With the Olympic Festival at our heels, what better time to pay tribute to our amateur athletes. After all, they have worked long, hard hours in strenuous training and commitment to achieve their position and status in the athletic world. Still they strive for greater performance. What motivates them? What separates these athletes from the rest of us "players".

Someone once told me that being a successful athlete was 15% physical and 85% mental ability. You may notice that there is an immense amount of talent in the world. Yet, only a smattering of athletes compete at the elite level. They are also the ones who have developed some very desirable human traits: discipline, persistence and determination. Athletes learn the art of concentration, strategic planning, acceptance of failure and emotional control. They chose their direction and make the necessary sacrifices to achieve their goals.

While we may admire these athletes, we accept that we are not likely to challenge them. We all make choices and set our priorities. That however, doesn't mean we can't learn from these athletes and improve the quality of our own lives.

Athletes devote their lives to fitness and the development of skill in their particular sport. The average individual lives an active, diversified life that includes health and fitness with some attention to skill development in various sports. But a "healthy lifestyle" is more than playing a sport, working out or even having a trim body. Muscle tone, cardiovascular stamina, flexibility and coordination are part of the fitness picture. Health and fitness also includes a good mind, nutrition and proper rest.

*Editor's note: Lori Groess will write a regular "Health and Fitness" column for the newsletter.*

## Editor's Note:

The new foot fault rule may resolve one problem, but it may also create others. The change does not absolve the referee from watching the player's front foot. A foot fault must be called if a player's foot does not contact the front line. As players push the limit of the rule, some players will experiment with catching the line with their heel, which will be no easier to observe.

However, of greater concern, is educating the millions of people who play racquetball. Less than 50,000 are members of the AARA. It will be difficult enough to inform these members of this change in the basic rules. The average club player who learned from the beginning to stay within the service lines while serving, is likely not to get the message for a very long time unless informed by someone who is "up" on rule changes.

Every sport makes periodic rule changes--some good, some bad. If this new rule is a good one, I hope the national and state associations make a serious effort to educate players at all levels.

## kids korner continued

instructors in the country including Minnesota's Hart Johnson. From the very beginning friendships developed. It was a week I will never forget. It is great to see that junior racquetball has grown both in the State and in the world to the point where junior players can have the experiences I had this summer

Note: Andrea Beugen is 16 years old, from Golden Valley. She is a nationally ranked junior player as is her older brother Brett. Oldest brother, Jonas Beugen, was a member of Team Minnesota until he became ineligible when he turned 19. Jonas now works with the team as an assistant coach. All three Beugens were introduced to the sport by their dad, Mike Beugen, who currently serves on the MSRA Board of Directors.

# Upcoming Tournaments

September – October – November

Sept. 14 – 16  
2nd Annual Pete Peterson Classic II  
Northeast Racquetball Club  
Columbia Heights, MN  
(612) 572-0330

Sept. 28 – 30  
12th Annual Pabst Pro-Am  
The Courthouse  
Duluth, MN  
(218) 728-4454

Oct. 5 – 7  
**MINNESOTA STATE DOUBLES**  
Hiway 100 & N. France  
Brooklyn Center, MN  
(612) 377-5779

Oct. 19-21  
Dino's Fall Roll-Out Pro-Am  
Dino's Owatonna Racquet & Health  
Owatonna, MN  
(507) 451-0664

Oct 26 – 28  
Suburban Halloween Pro-Am  
Suburban Racquetball & Swim Club  
St. Cloud, MN  
(612) 251-3965

Nov. 2 – 4  
St. Croix Animal Shelter Benefit  
River Valley Athletic Club  
Stillwater, MN  
(612) 439-7611

Nov. 9 – 11  
Lake Country Pro-Am  
Lake Country Health & Racquet Club  
Forest Lake, MN  
(612) 464-1840

Nov. 16 – 18  
Midwest Pro-Am Invitational  
Northgate Racquet Club  
Rochester, MN  
(507) 281-1551

Nov. 23 – 25  
Mankato Thanksgiving Pro-Am  
Mankato Athletic Club  
Mankato, MN  
(507) 345-8833

Nov. 30 – Dec. 2  
Superstars/Racquetball Classic  
Northeast Racquetball Club  
Columbia Heights, MN  
(612) 572-0330

Minnesota Sanctioned Series Sponsors:

*Ektelon – Rep: Mike Weum*  
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## 1990 Minnesota State Doubles Racquetball Championship

**October 5 – 7**  
**Entry Deadline:**  
**Postmarked 9/22/90**  
**Entry Form Enclosed**

## FRIENDS OF RACQUETBALL

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# MSRA

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Racquetball Association

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