

ORA Newsletter

"The Pinch"



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Co-Editors: Russ Dworshak/Lee Vantreese

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CHRIS COY

Outstanding Junior player from Oklahoma

By Susie Coy & Russ Dworshak

Chris Coy has been a very visible player at most of the tournaments around our state for quite some time. Chris will be twelve this year, he started playing at the age of six and is a member of the Pro-Kennex Elite Team. He has stayed with Pro-Kennex because he believes in their products and they believe in him.

To date he has played in 25 tournaments in Oklahoma, Arkansas, Colorado and Texas. He has won 1st place in all Junior events he has entered. He has also played in two National events and two World events. The last national was in June 1998 in Portland, Oregon where he finished first place in the blue division making him fifth overall in the tournament. Chris has also brought home a number of trophies in the Men's novice and Men's D divisions. Recently, Chris attended the fall Maverick Classic in Arlington Texas. He brought home a 1st place trophies in Juniors 12 and 14 and under, with the addition of the 1st place trophy in Men's D division.

Chris placed second in the Junior World Tournament in December, 1998 in California. In January, 1999 he won the 12 and under Juniors Division at the Proam in Denver. In talking with his parents you can see the pride in their faces. They know that the lessons he learns on the courts will help him to succeed in anything else he wants to do in his life. They truly enjoy the tournaments, and especially all the nice people who attend. It is most encouraging to hear players talk about what an inspiration Chris has been to them and to others they know.

Chris practices everyday for three to four hours. His tips for other players are "To be a winner you have to watch your opponent and see how he plays. Play your game, not his. Don't get in a hurry while you are playing, slow down and think, shoot your shots. Don't get mad if you're mad at yourself, you can't play as well. Above all, be a good sportsman".

HEALTH & FITNESS CLUBS !!!!!

INCREASE MEMBERSHIPS, AT NO COST !!!!

If you think your local racquetball facility, e.g., club, YMCA, etc. could use a racquetball league or mini tournament, contact one of the ORA Board of Directors listed in this newsletter. We will be happy to come to your facility and help get a league or tournament set up. Also there are a number of members on the board of directors that would be happy to put on a free clinic or seminar in your area. Please feel free to contact any one of the ORA board members for help promoting the sport in your area. For clubs this is an excellent way to get new members or encourage present members to renew membership, at no cost to you.

ALL WOMEN'S CLINIC

in Broken Arrow
by Georgia Dworshak

Dec. 3rd at All American Fitness in Broken Arrow, OK, Chris Carter and Georgia Dworshak held a women's only clinic. The clinic was designed to help entry level players and the women who came were very appreciative of the free instruction. The class included a basic overview of the rules and how to keep score. Chris also demonstrated the mechanics of the forehand, backhand and serve. Each participant had the chance to play an instructor for a few minutes to get the feel of an actual game. We look forward to having more clinics like this one to encourage more women to play the sport. Dave Watson, Georgia Dworshak, Pete Kochis, Chris Carter, Bruce Adams and Terese Lewis have volunteered to hold clinics in the near future designed to promote Women's and Juniors racquetball.

Do YouTravel ?????

If you have a trip planned in the future and would like to incorporate some racquetball, try going to **www.meetandplay.com** on the world wide web. This web site is maintained to allow travelers the opportunity to contact someone in a city they will be visiting. There is also a place on this site to look for tournaments sorted by state. You will find a wide selection of links to other racquetball sites around the country.

Dave Watson Wins Big in 1998

Local player, Dave Watson from Miami, Oklahoma has been very visible at most of the tournaments in our area and competed in several national racquetball tournaments this year.

At the 1998 Ektelon National Singles Championships in Houston, he made our state proud with an outstanding performance by winning the 30+ age division.

He then proceeded to capture the 35+ age division at the 1998 World Seniors Tournament in Albuquerque.

To top off a phenomenal year, he then won the 1998 US Open Championship 35+ age division in Memphis. This year is the result of Dave putting in years of hard work and dedication to this sport. The next time you see him, you might want to shake the hand of a real Racquetball celebrity and an Oklahoma hero.

ORA JUNIORS UPDATE, DEC 98

by Bruce Adams

A great big HELLO and welcome to Jeff Parsons, from the Oklahoma Racquetball Association and its juniors section. He and his family (Dad Wayne and Mom Susan) looked for me at Fayetteville to discuss juniors in racquetball in Oklahoma. Jeff is fourteen and has only been playing about three months. However, Mom and Dad report that Jeff tries to get in two hours per day of practice after football practice. He also played his first tournament at Fayetteville and second one at Ft. Smith's Miller Lite Classic held October 2-4, 1998 at the Ozark Sports Club. Jeff also went to Kansas City the weekend after Thanksgiving. Team HEAD is sponsoring Jeff Parsons. Jeff Gunter and others are working with "little Jeff". I look forward to seeing Jeff on the circuit. He is quite the athlete also.

Chris Coy was in Arlington, TX just before the Miller Lite Classic at Ft. Smith (Oct. 2-4) being interviewed and photographed for a Children's magazine story in Child's Life. The magazine promotes how illnesses in children can lead to inspiring events and/or changes in lives. Look for the November 1998 issue of Child's Life with our ambassador to racquetball in it. Maybe a copy of the article (or website) can be provided for all to view.

I hope everyone of you had a great time at Elk City; this one has the BEST (and I do mean BEST!) hospitality in the four state area. If you missed the homemade soup, or the endless nachos, or the homemade pies, see you next year! Start making plans now. It is worth the trip to western Oklahoma. I hope to see you at upcoming tournaments. Check the tournament schedules in The Pinch and on our Website.

Do not forget about **STATE JUNIOR SINGLES CHAMPIONSHIPS**. It will be held on Saturday (27th) the same weekend as the **STATE ADULT SINGLES**, which is March 26, 1999. Mark you calendars now! Start getting ready.

Tell me how racquetball is helping you in another sport that you compete in. Do you see any similarity to football (which position), basketball, baseball, soccer, martial arts, skateboarding, rollerblading, etc.? I want to hear from you.

Be sure and check out the Juniors section online at the ORA website at <http://www.netdesignsltd.com/ora> the new web site is up and running and looks great! Soon you will find shots, drills and other neat stuff that space will not allow here. If you have an e-mail address and would like to stay abreast of what is happening in the state of Oklahoma, send it to any ORA Board member or me. Your address will also be listed on the website with others that have been provided.

Bruce Adams, e-mail to: badams@citgo.com

ORA Junior Program Director and Coach, Tulsa Metro Junior Racquetball Team

Once again the **Citgo/MDA Racquetball Benefit Classic** is scheduled for **March 4-7, 1999** at the **Thornton Family YMCA** in Tulsa, Oklahoma. This Tournament fills up fast so get your entry forms turned in or contact Chris Carter at 918-495-4965 for more information.

Racquetball U.S Open Telecast

The Racquetball U.S. Open will be broadcast 2/14/99 on ESPN2 at 1:00am CST. It will be one hour long, so set your VCRs for this lively, action packed telecast !!!

Tip from the Top

by CHRIS CARTER

ADDED POWER DURING A DRIVE SERVE:

Instead of bouncing the ball straight up and down on your drive serve, as you are standing in the back of the service box, try bouncing the ball towards the front wall. This will add a little momentum to the ball, but mostly it will force you to maximize the use of rotating your body and really stretching to hit the ball. (i.e. you will be stepping into the ball more). For even more power, try rotating your hips backwards to where you are almost facing the back wall/side wall corner and then rotating your hips back through the ball for a full swing and complete follow through.

Racquetball Schedule of Upcoming Events

February 5-7, 1999; "Northwest Athletic Club Spring Open"; Northwest Athletic Club; Springdale, AR; Lance Dearien (501)756-6920; (ldearien@aol.com).

March 4-7, 1999; 3rd Annual "CITGO/MDA Racquetball Benefit Classic"; Thornton Family YMCA; Tulsa, OK; Chris Carter (918)250-4151 (racqbo@aol.com) and Bruce Adams (918)493-2276 (BAdams@tul.citgo.com) .

March 12-14, 1999; "Silver Bullet Shootout"; Ozark Sports Club; Fort Smith, AR; Dann Schwinger (501)646-4338.

March 26-28, 1999; Oklahoma Racquetball Assn. Adult State Singles and Junior State Singles Championships; Oklahoma City, OK; Pete Kochis (405) 844-6004 or peterk1@home.com.

April 16-18, 1999; Region IV Adult Singles; St. Louis, MO and Houston, TX.

May 26-31, 1999; Adult National Singles Championships; Houston, TX;

The ORA Board and members of the Oklahoma Racquetball Association express their sincere sympathy to the family of Ryan, Sherri, and Sabrina Kinnaman on the loss of their loved one.

ORA WEB SITE

BE SURE AND STOP BY TO SEE US AT

<http://www.netdesignsltd.com/ora>

the ORA web site is up and running and looks great !!!!

Notes from the President

by Pete Kochis

The ORA Board met briefly at the Ponca City Tournament. Another class event put on by Dan, Kip and Kirk. Congratulations to Ponca City folks for being very fortunate in getting a new Director at the YMCA who is supportive of racquetball. He even plays and from what I saw he plays well. His name is Kelly Kay. The ORA Board meeting was very productive. I shared with the members some of the highlights from last week's USRA Leadership Conference in Colorado Springs. Many changes coming to racquetball from a national and manufacture level. We will see a much stronger emphasis on "grassroots" player awareness and development.

The ORA Board discussed the upcoming State Singles and Juniors event during the weekend of March 26, 1999. We will have a banquet and Chris "Cecille B." Carter is going to provide another original videotape for our viewing pleasure. We will have questionnaires for ORA members to fill out and provide input to us on what you feel can or should be done by the ORA Board. We are looking very hard at having a blood test activity for Tournament participants. This will be for at least cholesterol and more importantly prostate (PSA) with results sent to home addresses. We hope to do this at no charge for USRA/ORA members but at worst there maybe a nominal fee. Where else can you get for \$20, a 1st class bi-monthly Racquetball Magazine, a quarterly ORA Newsletter, annual entry into sanctioned racquetball events with a \$5,000,000 insurance policy and an annual blood test. Find us a better deal !! The ORA Board feels it is very important for each of us to be aware of how we are doing physically. The ORA treasury, as of 1/25/99, has a balance of \$1324.58. The ORA account is to be used for activities that improve or benefit racquetball in Oklahoma, e.g., increase membership, especially Women and Juniors, quality of play, club participation, etc.

ORA/USRA CONTACTS

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