

RACQUETBALL

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INSIDE: CHOICE US OPEN PREVIEW



Laura Fenton and Amy Ruiz
Women's Doubles Champions



Javier Moreno and Alvaro Beltran
Men's Doubles Champions



2006 TEAM USA



Christine Van Hees
Women's Singles Champion



Jack Huczek
Men's Singles Champion

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MONTH

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September • October 2006

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MISSION STATEMENT

USA Racquetball (USAR) is the National Governing Body for the sport of racquetball, recognized by the U.S. Olympic Committee and is committed to excellence and service to our members. We provide opportunities for members and enthusiasts to actively participate in the sport, through sanctioning of events, administration of programs and development of competitive teams.

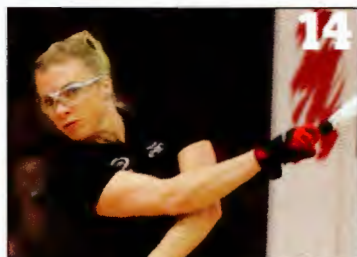
VISION STATEMENT

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 levels 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.

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US OPEN PREVIEW



WORLD CHAMPIONSHIPS



CHANGES IN RACQUETBALL

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**BY JAMES HISER, PH.D.
USAR EXECUTIVE DIRECTOR**



There have been many rumors spreading throughout the racquetball community regarding the situation surrounding Kane Waselenchuk. Hopefully the following explanation will clarify the position taken by USA Racquetball.

Kane Waselenchuk tested positive for two banned substances while competing in the Canadian National Racquetball Championships. The testing body responsible for testing athletes in Canada is called the Canadian Center for Ethics in Sport and is the Canadian counterpart to our testing body called The United States Anti-Doping Association

Also, internationally there is an agreement between Olympic Committees that requires each country to uphold the decision of all drug related hearings. What this all means is that any suspension set forth by the Canadian Center for Ethics in Sports must be invoked by the Canadian Racquetball Association, The International Racquetball Federation, and USA Racquetball. None of these governing bodies have any input into the decision. All organizations must then invoke Kane's suspension as long as the suspension remains in effect.

WITHIN THE **UNITED STATES** THIS MEANS THAT ALL **SANCTIONED** EVENTS MUST ALSO INVOKE THE **SUSPENSION**.

(USADA). Both organizations are designated by their Olympic Committees to administer drug testing.

In the U.S., National Governing Bodies (NGB's) are all required to sign a contract with the United States Olympic Committee (USOC) which requires NGB's to abide by rules, regulations, and penalties set forth by USADA and the USOC.

Within the United States this means that ALL sanctioned events must also invoke the suspension. Thus, Kane cannot participate in any USA sanctioned event during his suspension period.

PASSION FOR RACQUETBALL

BY RANDY STAFFORD
PRESIDENT, USAR BOARD OF DIRECTORS



Just how many hobbies or interests do we have that we would call ourselves really passionate about? I have many varied interests and fun things to do. But my long term passion has to be racquetball. Racquetball has affected my life in many ways, both short-term and long-term. Over a long period of time, it has provided a healthier, stronger body and mind. It has given me many lifelong friends and experiences I will cherish forever. I

benefit every time I play and get that feeling of refreshing exercise that enables me to go and tackle the next day, and the next. Nowhere else can I get this "exercise high" but on the court. I require this sport...this is what I call a passion for racquetball!

I possess a strong desire to share these benefits with my fellow racquetball players and I do my best to bring in new players. We at USA Racquetball are in a unique position, singularly devoted to promoting racquetball at all levels – indeed, we are the only governing body of racquetball able to comprehensively accomplish this. Yes, we have struggled in past years and it has been difficult to adequately promote racquetball. But rest assured we go into this new season committed to promoting racquetball like never before.

I am asking you to join with me and help promote our common passion. We have begun our new fundraising campaign and have established new levels of giving to enhance our efforts. All monies donated go to the direct support of racquetball and now you can easily select into what area of racquetball you wish your donation to be designated. For example, you can elect to give a donation to support Juniors, our U.S. Team, Women's or Men's initiatives, and/or our General Fund.

It is a real treasure to have a passion in life. We are privileged both to play a great sport and to be able to give so that others can enjoy it, too. Please join with me and make your donations count so we can help grow our sport!

MEMBER – BASED FUND RAISING OPTIONS

LEVEL	AMOUNT	GIFTS
Gold	\$5000	Airfares and lodging at National Singles or Doubles
Silver	\$2500	Official US Olympic Team watch/VIP status at National Singles and Doubles
Bronze	\$1000	Lifetime membership – VIP status at National Singles & Doubles – USA logo Polo
Killshot	\$500	VIP Status at Singles and Doubles for one year – Business card Advertisement in one issue of Racquetball Magazine
Team	\$250	Business card advertisement in racquetball magazine, USA logo T-Shirt
Ace	\$100	Car Decal and name listed in Racquetball Magazine
Rally	\$50	Name listed in Racquetball Magazine

PLAYERS HELPING PLAYERS

Elite Level \$1000 plus

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Randy Stafford
Fred Bomeny
Gary Rasmussen
Mike Neeser
Salvatore Perconti

A Level \$500 Plus

Geoff Peters
Annie Muniz
Salvatore Perconti
Womens Senior
Jim Hiser
Denny Vincent
Doug Smith
Dave Ellis
James Kostal
Michael Lippitt
John Ellis

B Level - \$250 Plus

National Masters
Lance Gilliam
Christy Gallow Cramer
Pedro Flores
James Scott
Chucks Racquetball
Equipment

C Level - \$100 Plus

Mark Warren
Girish Vallabhan
Linda Hunt
WSRC
Michael Lippitt
Joe Houck
Bill George
Chuck Kaiser
Col Ben Marshall
David Michalek
Dennis Rosenberg
Chuck Rousenberg

Dick Kincade
Jere Luttner
Joel Gellman
Joseph Leech
Ken Fife
Mark Coleman
New Mexico Racquetball
Robert Christiansen
Vito Longo

D Level - \$50 Plus

William Rubenstein
Guy Faget
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Thomas Heroux

In the Game - Under \$50

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James Roth
Patricia Baldrick
Roger Rydman
James Winterbottom, III
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Isidro Aldaco
Barbara Naparano
David Lund
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Roger Parker
Ronald Apperson
Steven Finette
Terry Dees
Tom Doughty
Willie McCadden
Bob Kunimura
Don Jones
Pete White
Randy Trainor
Gilberto Villanes
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Christine Wright
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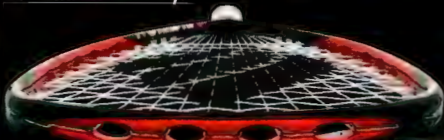
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CASCADE ATHLETIC CLUB

GRESHAM, OR

In 1977 Cascade Athletic Club opened its doors for members at the height of the racquetball boom, hosting a Pro-Stop featuring legendary names such as Charlie Brumfield, Davey Bledsoe and a youngster named Marty Hogan.



Brian Ancheta and Mens Open Regionals Champ Jeff Stark

Twenty nine years later racquetball is still the focus of this 117,000 sq. ft., multipurpose club. Cascade has 11 racquetball courts which come in handy when hosting a wide variety of racquetball programs including leagues, lessons, juniors, round robins, high school league, mixers, camps and demo nights. Cascade also hosts one of the largest and most popular USAR Regional Championships in the United States.

Cascade Athletic Club has a strong racquetball support staff starting at the top with owners Mark and Debbie Eisenzimmer. Mark is an A level tournament player and plays 2 to 3 times a week. Our newly inducted USAR National Hall of Famer, Connie Martin, is the club's Program Director, coaches the Gresham High School Team and is serving as the Oregon Racquetball Association State President. Racquetball Director, Brian Ancheta, is a 2005 National Champion, on the board for the Oregon Racquetball Association, heads up all the racquetball activities and is also the club's assistant manager.

Brian lists his high school program as his most rewarding program, with 4 teams and over 40 students joining the 300 other students involved in the Oregon High School League. "It's fun and they are the future of our business."

Brian's advice for any club trying to start up a racquetball program or improve the one they have would be...

- 1 Hire a racquetball director
- 2 Get staff and management involved.
 - Give lessons to all new staff
 - Give discounts to staff for leagues and tournaments
- 3 Get involved in your state association. (Host a USAR Tournament)
- 4 Have a racquetball Pro Shop. Use your manufactures to provide Pro's for Demo Clinics. Run a racquet special for new members.
- 5 Have a passion for the game and spread that passion to your staff and members.
- 6 Offer programs for new members and existing members of all ages and levels of play.

Brian can be reached at BAAncheta@aol.com



Right, back row: Brian Ancheta (Manager of Cascade Athletic Club) and Mark Eisenzimmer (owner of Cascade Athletic Club). Front row: Connie Martin and Debbie Eisenzimmer (owner of Cascade Athletic Club)



Big 'D' Racquetball Clinic

CASCADE FACTS

- Over 1,000 racquetball members
- Family owned and operated for 29 years
- 3 National Champions on staff
- 1998 IHRSA Racquetball Club of the Year



GET READY

GET SET—GET CERTIFIED

BY DEBBIE BRYANT AND LYNN STEPHENS

It's important for the growth of racquetball that as many people as possible are aware of the correct rules of the sport and how to apply them. Racquetball is one of the few sports where its players are required to referee matches. The USAR wants to increase the quality of the referees in the sport by becoming aggressive in teaching them the rules and proper methods of refereeing. Other benefits from this program will be: more interaction between the players; more interest in wanting to learn the rules of the game; improved quality of existing referees by providing training and assistance where required; and ensured uniformity of interpretations of the rules for the referees and players.

The revised USAR Level I State Referee Certification program has finally hit the hands of every State President thanks to the USAR and its Rules Certification Committee. The USAR has created a data base link on the USA Racquetball member's website that lists all players' current referee

status as "pending" or "certified." Due to an issue in transferring the information from the old database to the new member's website, not all expiration dates are correct at this time. All players who are currently certified and have not already become certified under the new program will have until January 1, 2007 to get re-certified. Each state is responsible for the certification of referees. In addition, certification will be offered at National Singles and Doubles events.

In order to fully support this program, the USAR will recognize certified referees at National Tournaments (National Singles and National Doubles) after January 1, 2007, by paying those referees ten dollars (\$10) per match. All pending referees and non-certified referees will be paid five dollars (\$5) per match.

The State Association has the right and responsibility to revoke or place a certification into pending status in the best

interest of the sport of racquetball. The State Association will also provide each certified referee with a card stating their certification and expiration date.

Record keeping is equally important for this program. States must keep all their own records of referees certified within their state and update the USAR records on the membership site. It is suggested that one individual be designated as the Referee Director for the State and that person should administer the program including all recordkeeping and updates of the USAR site.

Future goals of the Rules Committee are to revise the Level II and Level III certification test and standards.

Should you have any questions concerning the program or need assistance with implementation, please contact either of the Certification Committee Co-Chairs, Debra Bryant at dbryant@ncracquetball.com or Lynn Stephens at lstephens@ncracquetball.com.

LEVEL 1 (STATE LEVEL) REFEREE CERTIFICATION STANDARDS

INITIAL CERTIFICATION REQUIREMENTS:

- Attend a rules clinic
- Pass a written closed-book test with a score of 86 or above
- Referee 10 matches (8 matches at any level, plus 2 assessed matches)
- Pass two match assessments (one singles and one doubles) with a score of at least 90 on each. These matches must be (1) a semi-final or final match in the men's B (or higher) singles, and (2) a semi-final or final match in the men's C (or higher) doubles. The matches selected for these assessments must be approved by the assessor as being ones that offer a valid test of refereeing skills
- Pay a \$10 fee
- Certification is valid for three (3) years from the date of completion

- o An individual will only be allowed one attempt to pass the written test and/or match assessment at each tournament.

CERTIFIED REFEREE REQUIREMENTS:

- Attend at least one Referee Case Study clinic each year
- A yearly unannounced observation by a state representative will be conducted on all certified referees to ensure they are maintaining a high standard of refereeing skills
- At the end of the three-year certification, certified referees will be required to re-take the written test (minimum score of 86), attend either a rules or case study clinic, pass a match assessment (minimum score of 90), and pay \$10.00.

PENDING CERTIFICATION:

- Pass the written test with a score of at least 86
- Attend a Rules Clinic
- Pay fee of \$10.00
- Working on completing the required 10 matches
- All requirements to attain certification must be completed within 12 months. Failure to do so will require the player to re-start the entire certification process from the beginning.

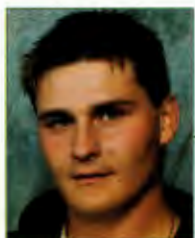
THE STATE ASSOCIATION WILL OFFER 2 TYPES OF CLINICS:

- **Rules Clinic:** This clinic will go over the basic rules of the game and the referee's responsibilities
- **Case Study Clinic:** This clinic will go over rules interpretation and different play scenarios that may occur while refereeing

2006-07 IRT SEASON PREVIEW

BY DAVE NEGRETE

Once again the IRT season ended in dramatic fashion with Kane Waselenchuk gaining the #1 year-end ranking at the last event of the year, the IRT Motorola Pro Nationals presented by Verizon Wireless. This was the second year that the #1



ranking came down to the last match of the season between Jack Huczek and Kane Waselenchuk.

So on to the 2006-07 season...what might be in store?

→ Jack Huczek has flirted with the top ranking for the last three years and will be in prime position to achieve his ultimate goal this year with new sponsor Head Racquet Sports.



→ Cliff Swain has announced that this will be his last year on the IRT tour full-time and it will be interesting to see if this great champion can finish his stellar career in the top spot.



→ Jason Mannino has been working very hard during the off season after signing a new deal with Pro Kennex and will be a very strong challenger to finish #1 for the second time in his career.



→ If Alvaro Beltran can get over the hump and finish an event with a win, he could be a spoiler in this year's race.

→ Rocky Carson has all the tools to finish near the top spot and has shown flashes of brilliance the last two years.

→ Shane Vanderson should benefit from an off-season move from Ohio to sunny Florida and training with his brother might just provide the little extra he will need to contend.

→ Jason Thoerner proved last year he can push the top players to the brink and this should be a breakthrough year for him.

→ Mitch Williams finished the season strong, propelling himself to the highest ranking in his brief career (#9) and it remains to be seen whether this young college student will win a big match this season.

→ Josh Tucker, Andy Hawthorne, Alejandro Herrera, Ben Croft and Chris Crowther all will be in the mix but will have to grab that big win this season to gain the Top Eight's respect.

→ And just when you thought he was solidly in the history books, here comes five-time #1 Sudsy Monchik back full-time on the tour! After a two-year hiatus, Sudsy has recognized that his true passion is racquetball and he will begin his comeback bid in Kansas City. The sport and the IRT welcome Suds back with open arms and if he's been training hard, he could be in the mix by the U.S. Open.

We are also proud to announce a few new cities we'll be visiting this season. Kansas City, Allentown, Seattle and Huntington Beach have been added to the schedule.

Our staple cities remain just that and are listed on the IRT website.

This will be an unbelievably exciting season and we look forward to seeing you at an IRT event near you. For all the current IRT news, keep your eyes on www.irt-tour.com.

INTERNATIONAL RACQUETBALL TOUR SCHEDULE

2006-07 SEASON

Oct. 5-8 Bowling Green, Kentucky T1
 Oct. 12-15 Toronto, Canada T1
 Oct. 19-22 Madison, Wisconsin T4
 Oct. 19-22 Grand Rapids, Michigan T4
 Oct. 26-29 Albuquerque, New Mexico T1
 Nov. 3-5 Long Island Open, New York T4
 Nov. 3-5 City, TBA T1
 Nov. 15-19 Memphis, Tennessee T1
 Jan. 11-14 Orange County, California T1
 Jan. 18-21 Long Island, New York T1
 Feb. 8-11 Sioux Falls, South Dakota T2
 Feb. 15-18 City, TBA T1
 Feb. 22-25 San Diego, California T1
 March 2-4 Schererville, Indiana T4

March 2-4 City, TBA T1
 March 8-11 Colorado Springs, Colorado T1
 March 15-18 City, TBA T2-4
 March 22-25 Boston, Massachusetts T1
 March 29-April 1 Chesapeake, Virginia T1
 April 12-15 Allentown, Pennsylvania T1
 April 25-29 Motorola Pro Nationals Chicago, Illinois T1

Dates Are Pending For The Following Cities:
 Greensboro NC., Dallas TX., Seattle WA., Riverside CA.

Dates And Cities Subject To Change.
 T1 Tier One Full Ranking Event \$15k
 T2 Tier Two \$10-\$15k
 T3 Tier Three \$5-\$10k
 T4 Tier Four 0-\$5k
 Prize Money Determines Tier Level



WPRO

WOMEN'S RACQUETBALL THRILLS!

BY SHANNON FEASTER

The top WPRO players from all over the world converge on cities throughout North America to showcase their talents on the racquetball court...and their goodwill throughout the community! With more than 200 of the most talented women athletes from over a dozen countries competing in championship events this season, the Women's Pro Racquetball



(WPRO)Tour is using the momentum of increased player participation and an energized, loyal fan base to take the sport to the next level. The 2006-2007 WPRO Tour schedule, which



includes a "Racquet for the Cure" tournament series to benefit breast cancer research, is as robust as it's been in years. This season, the WPRO has joined with "Racquet for

the Cure" to raise awareness of breast cancer research and support around the world and to raise funds



this season, in Gaithersburg, Maryland and Denver, Colorado. The WPRO Tour has committed to raise funds to benefit a great cause that is near to our hearts, that of the work done through the Susan G. Komen Breast Cancer Foundation.

According to the American Cancer Society, an estimated 212,920 new cases of breast cancer will be diagnosed in American women in 2006 alone. The dynamic



players of the WPRO travel throughout the world to promote health and fitness among women and youth by introducing them

to the thrilling sport of racquetball and exhibiting tremendous athleticism and mental toughness at

the highest level. The WPRO is currently comprised of elite athletes representing over a dozen



countries, including the United States, Mexico, Chile, Canada, Puerto Rico, Japan, Venezuela and the Dominican Republic. The tour is run by Commissioner Shannon Feaster, a Washington, D.C. native, and a committed Board of Directors whose collective mission is to: **1) Enhance** the quality and quantity of WPRO events **2) Secure** partnerships and sponsorships that will continue to advance the vision and objectives of



the tour **3) Increase** exposure for the WPRO and its players **4) Develop** opportunities

for women and young girls to play racquetball at all levels For more information about the WPRO, visit www.ladiesproracquetball.com. We look forward to seeing you at one of our Tour events in the coming season!

2006-2007 WPRO EVENT SCHEDULE:

Sept. 15-17	Fayetteville, NC – Outback Blast It! Pro-Am (T1)
Oct. 20-22	Gaithersburg, MD – Racquet for the Cure (T1)
Nov. 3-5	Long Island, NY – Long Island Open (T1)
Nov. 15-19	Memphis, TN – U.S. OPEN (GS)
Dec. 8-10	Arlington, VA – Christmas Classic Pro-Am (T1)
Jan. 5-7	Seattle, WA – Emerald City Open (T1)
Jan. 19-21	Stockton, CA – Superbowl Open (T1)
Feb. 9-11	Denver, CO – Racquet for the Cure (T1)
Feb. 16-18	Rawlins, WY – Pepsi Premier (T3)
Feb. 22-25	Toronto, Ontario – The Great Canadian Challenge (GS)
March 9-11	Miami, FL – Great Balls of Fire Pro-Am (T1)
May 4-6	New Orleans, LA – WPRO Pro Nationals (PN)
Tier 1 Full ranking events; Pro Nationals; Grand Slams; Satellites: Tier 2; Tier 3; Tier 4	

WPRO RANKINGS

As of September 15, 2006

1	Rajsich, Rhonda	777.5	14	Powell, Lori-Jane	107.13
2	Gudinas, Cheryl	727.525	15	Fowler, Doreen	89.75
3	Van Hees, Christie	620	16	Salas, Samantha	89.5
4	Walsh, Kristen	458	17	Wachtel, Kerri	77.5
5	Grisar, Angela	448.63	18	Morton, Karen	69.25
6	Moore, Diane	266.5	19	Gomez, Vivian	63.75
7	Kyzer, Brenda	236	20	Hirobayashi, Kyoko	54.75
8	Shattuck, Jo	224.88	21	Fisher, Kelley	48.5
9	Brown, Tammy	218.5	22	GrandMaitre, Josee	47.51
10	Fenton, Laura	172.5	23	Gellman, Rachel	40
11	Acosta, Susy	137.25	24	Enriquez, Nancy	38.75
12	Hallander, Kersten	115.5	25	Saunders, Jennifer	37.5
13	Fisher, Adrienne	109.25	For complete rankings, visit www.ladiesproracquetball.com .		

> on tour

HALL OF FAME

NOMINATIONS DUE

Nominations for the USA Racquetball Hall of Fame are due November 1, 2006. The Racquetball Hall of Fame is maintained to recognize and honor those athletes and contributors who have demonstrated outstanding achievement in competition, or in the development, leadership, and advancement of the sport. The award is based upon years of consistent excellence in one or more of the following areas:

COMPETITOR: In either an amateur or professional field, the person must have influenced other competitors with his or her performance through any or all of the following: High performance standards; sportsmanship and fair play; competitive techniques; persistent and inspirational leadership.

CONTRIBUTOR: The person must have made a significant and noteworthy contribution, which has left a lasting, positive effect on the advancement of the sport. The person's efforts should have been devoted to the sport and organization of racquetball.

Nomination Criteria: Contributor & Competitor

Age Limit: Candidates must be 40 years of age or older.

Requirements: The candidate must have influenced the sport of racquetball through any or all of the following: outstanding performance, leadership, fair play, competitive techniques, or lasting and beneficial contributions to the advancement of the sport.

Criteria:

[Contributor] Nominees must have been involved in racquetball at a state, regional, or national level for a minimum of ten (10) years.

[Competitive Professional] Top-level professionals may be nominated, once they have been retired from professional tour play for at least three (3) years.

[Competitive Amateur] Nominees must have exhibited outstanding performance at the national level in either singles or doubles play over an extended period of time. Quality of competition and depth of field should be key criteria in the consideration of national champions, and all nominees must adhere to the highest standards of fair play and sportsmanship.

Stipulation: In the case of special circumstances (death, career-ending injury, or illness) a person may still be eligible for a nomination, even though specific criteria

(10 years in the sport; top ranking or retired for three years) may not have been met.

Nominations: Any current USAR member may nominate a candidate. The USAR may designate a specific form for nominations that must be used and the timeframe for submitting nominations. The call for nominations will be publicized in RACQUETBALL magazine with sufficient lead-time to allow response. A person may not nominate him or her self.

Eligibility: Staff members or members of the respective IRT/WPRO/USAR Boards of Directors shall not be eligible for nomination until three years after their term has expired or three years following their last employment by one of the above associations.

Stipulation: If consistent with nomination criteria, USAR Board members who serve specifically in an athlete capacity (athlete representatives to the board) may be considered for Hall of Fame review during their terms of service [three-year waiting period may be waived in this instance].

Documentation: The person presenting a nomination must obtain and submit a resume and complete a cover letter. This, one page, cover letter should accurately summarize the resume.

Limits: A candidate nominated, but rejected for three consecutive years, may not be nominated again for a minimum of three years.

In order to nominate a candidate who fits the bill, please review the guidelines above, then submit the proper text and support materials to complete your nomination. If the needed documentation is available in digital form, you may deliver it by email, or send your postal package to:

"Racquetball Hall of Fame"

ATTN: Heather Fender

1685 West Uintah

Colorado Springs, CO 80918

STATE FEATURE

TEXAS

BY RANDY STAFFORD

TEXAS RACQUETBALL ASSOCIATION

State President: Lance Gilliam



Q. *What would you say the key is to having a successful organization?*

A. Dedicated board members who organize, assist and report our state tournament activity.

Q. *What is the number one complaint you hear as president?*

A. Rankings, results and seeding! Most of our players would prefer to see their rankings quickly updated after each tournament

Q. *What are your most successful programs?*

A. In Texas we have been very proud of our website. It displays future tournaments, rankings, and results.

Q. *If you could share some advice to a struggling state what would it be?*

A. Concentrate on an informative website, and keep all programs simple. Encourage and inspire other board members to help and delegate duties.

Q. *What would you consider your state's greatest accomplishment during your tenure?*

A. I was just elected President in May, however in the next few years I would like our state to increase the number of junior and women players.

Q. *What makes racquetball in your state special?*

A. Texas is a large state. We have a number of cities that have thriving racquetball programs. Tournaments allow for these different programs to travel and compete against each other. As with most racquetball tournaments around the country, in Texas we love to compete and after playing we celebrate this wonderful sport.

Lance currently serves as Treasurer on the USA Racquetball national board of directors and was recently re-elected to a second term of service. Lance is a 30 year tournament player and has been an active event director for the last 10 years. Lance resides in San Antonio with his family and works as a CPA.

Members of the Board:

Lance A. Gilliam – President
Leo Vasquez – Vice President
Bob Sullins – Treasurer
Jere Lutner – Secretary

Board Members:

Soly Kor
Jeff Noblade
Mark Carpenter
Eddie Vann
Mike Fitzsimmons



Membership Strength:

900 and growing

State Population: 22,859,968

Lifetime Members:

22 call Texas home

The official cooking implement is the cast iron Dutch oven and the bluebonnet was adopted as the official state flower in 1901. The highest point is Guadalupe Peak (8,749 ft.) The word Texas or Tejas was the Spanish pronunciation of an Indian word meaning "friends".

There are hundreds of colleges, universities, technical colleges, community colleges throughout the Lone Star State and to name a few:

Texas A & M, University of Texas, Baylor University and Rice University

Five Largest Cities:

Houston, San Antonio, Dallas, Austin and Fort Worth

Texas has plenty of attractions that make it a year round tourist destination. These are a must see:

The Alamo and River Walk in San Antonio, Johnson Space Center in Houston, USS Lexington in Corpus Christi, the Texas State Capitol Building and Texas Stadium, home of the renowned Dallas Cowboys.

2006 CHOICE HOTELS



RACQUETBALL CHAMPIONSHIPS

NOVEMBER 15-19, 2006
MEMPHIS, TENNESSEE



CHOICE HOTELS INTERNATIONAL

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SPECIAL RACQUETBALL MAGAZINE
2006 CHOICE HOTELS
US OPEN PREVIEW



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A Preview to the 2006 CHOICE HOTELS US OPEN RACQUETBALL CHAMPIONSHIPS

BY DOUG GANIM

Well it's hard to believe it has been eleven years but the 2006 Choice Hotels US OPEN Racquetball Championships has arrived! This year's event promises to be the best ever with a record turnout of both players and spectators. The purpose of this special Preview Section is to give you an idea of what to expect at this year's tourney.

Amateur Draws: The amateur matches will be played primarily at WellWorx Sportsplex (formerly Six50), Ridgeway Baptist Rec. Center, and The University of Memphis. No consolation divisions will be offered due to the huge draw and lack of available court time. The competition is excellent in all of the divisions offered as we have competitors from all over the world entered into the tournament. The top four finishers in each division will receive oversized US OPEN medals, that weigh about 1 lb. each!

Pro Match Tickets: There is no better place in the world to watch pro racquetball than at the Choice Hotels US OPEN Racquetball Championships. First of all, every top player in the world on the IRT and the WPRO Tours is in Memphis. For the true racquetball enthusiast this means incredible matches to watch right from the

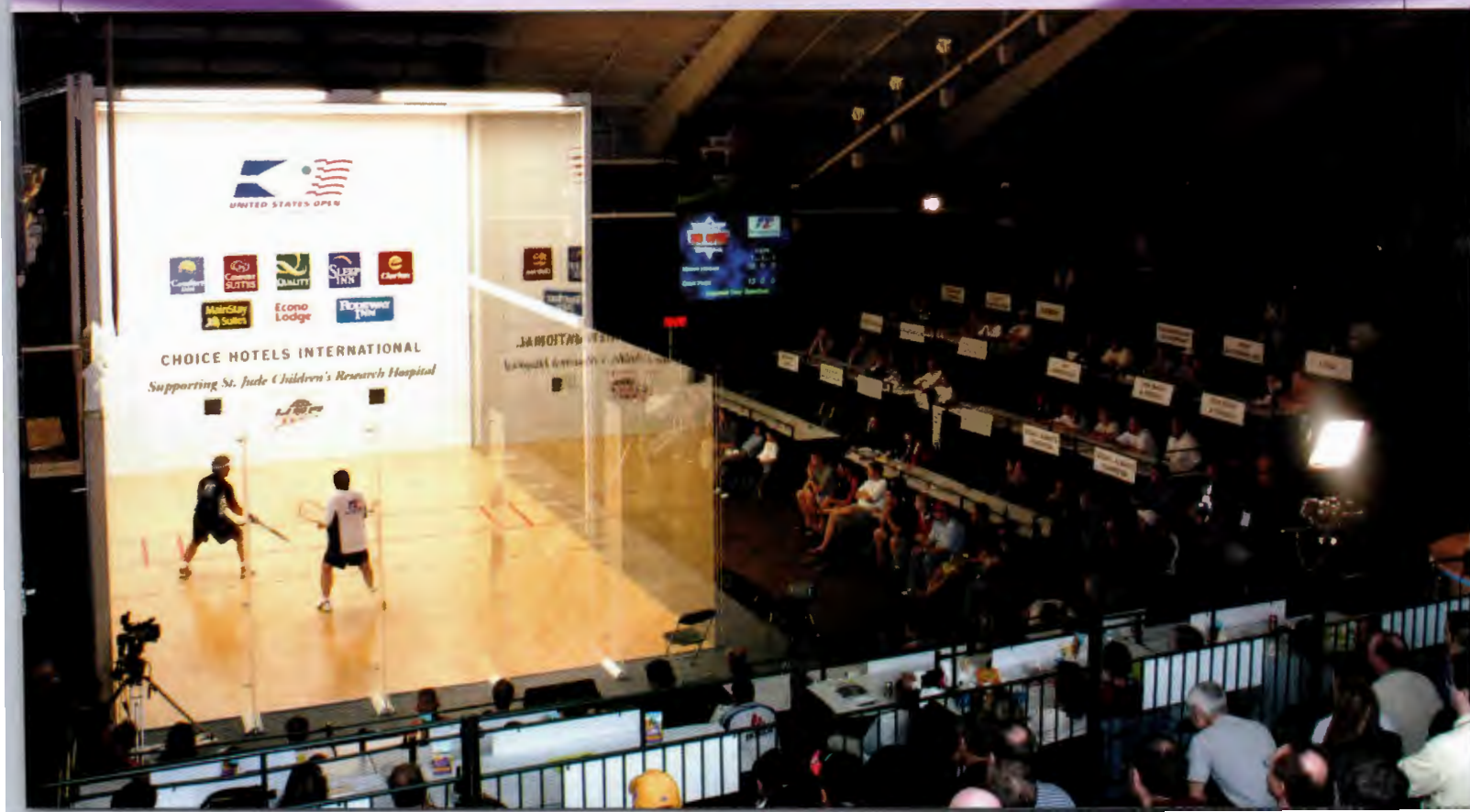
round of 64. Second, ALL pro match courts are professionally wired for sound so spectators can hear every grunt, groan, and under-the-breath comment throughout every match of the tournament. The ball sounds like a missile being shot off so be sure to wear your earplugs if you have sensitive "flappers". Third, all the feature matches take place on the breathtaking made-for-TV portable stadium racquetball court. This engineering marvel has two walls made of crystal clear Lucite acrylic that is not only optically correct (no tinting, blurring, or bending of light) but is beautiful to behold. All the Lucite material is butted up against each other with Lucite "fins" providing the support. Even the "L" brackets are made of Lucite so the result is a seamless visual experience that makes you feel like you right in the court with the players. The stadium seats about 1,000 fans and ticket sales are always brisk. Your best bet is to purchase the Ticket Package which includes all sessions. This is by far the best value.

Parties, Parties, and More Parties!

One of the things the Choice Hotels US OPEN is best known for is the evening social functions. For those planning to attend you will expect some of the same old

year starting with the "free admission" Pro-Am Doubles for St. Jude on Tuesday evening, the fun "Players Gathering" at the Fox and Hound on Thursday evening, the Players Dance Party in the Pub on Friday evening and the largest bash of the year—the Saturday evening Grand Gala—THE PARTY WITH THE PRO'S. Other activities include a special Wednesday evening Internationals Reception for all our "out of the country" guests and a weeklong Industry Trade Show in the Player's Hospitality Village featuring all the top racquetball manufactures displaying the latest and greatest gear available in the sport. Look for returning special events this year including the IRT Champions Clinic and the IRT/WPRO Super Skills Challenge sponsored by NIKON!

No way to attend the event this year!: If you absolutely can't make it to this year's tournament then the last resort is to follow the action from home. To help make this easier we will transform our website -- www.choicehotelsusopen.com --- into a computer "window" to look in on the action at the tournament. Plans include offering frequent amateur division results posting, up to the minute pro match results, digital photographs from throughout the event.





streaming video of select pro matches, and web-radio voice interviews with top pro's as well as play-by-play voice streaming of the quarters, semi's, and finals. Special thanks to our computer guru and webmaster Willie Tilton for spearheading this ambitious project for the Choice Hotels US OPEN.

THE PRO'S!: As always, the focal point of the Choice Hotels US OPEN are the pro players and the incredible entertainment they provide as each player quests for the coveted US OPEN title. Anyone on tour will tell you that at the U.S. OPEN intensity is at its' highest so every match yields both

players at 120% effort. The following pages in this Racquetball Magazine Special Preview Section provide some detailed insights about which players to keep your eye on at this year's' Choice Hotels US OPEN.

RETURN OF THE KING – A 2006 Choice Hotels US open preview

BY ERIC MULLER

The name "Kane" is of Celtic / Gaelic descent and stands for "tribute". In Japanese, Kane means "golden", and in Hawaiian, Kane is the word for "man". So, it is only fitting that fans taking Pilgrimage to racquetball Mecca in Memphis this November surely will pay tribute to racquetball's golden man, Kane Waselenchuk – a 3:2 favorite and once again my pick to win the US OPEN for an unbelievable 4 years in a row.

Picking the world number one to win the US OPEN is not exactly going out on a limb, but at this stage in his career, King Kane has earned the respect to be considered the favorite every time he steps on the court. While his '05 US OPEN victory was solid he did go on in the season to struggle with #2

Jack Huczek who ended up taking him to the wire in the last event of the season to settle Pro World Champion honors.

The outcome of the US OPEN is often a weather vane for the remainder of the season as those who win the US OPEN have finished the year #1 in eight of the last ten years. Kane already has earned a place as one of the eight or ten greatest players in history. Another US OPEN crown and another #1 finish in '06-'07 will be an important milestone in Kane's quest to breathe the rarified air of Hogan, Yellen, Swain and Monchik – the only players ever to finish #1 more than four times. While Kane maintains a healthy respect for the talents of his competitors, his confidence and ambition have grown over time. Kane

likes being #1, he's comfortable with the pressures that come along with being #1 and he has no intention of relinquishing the spot to anyone.

While the smart money will bet on Kane, I believe the road to the '06 title will be substantially more difficult this year. The players with the best chance to prevent Kane from pulling off a hat trick are:

Jack Huczek (3:1 odds) – Huczek's prospects for capturing his first US OPEN crown look bright. In fact, last season Jack beat Kane in three separate events and finished just one match short of a year-end #1 title, losing to Kane at the Motorola IRT Pro Nationals. The casual observer might argue that Jack cannot beat Kane in the

really big matches however the fact is that he has been closing the gap in each of the last two years and 2006 may be his time. I expect Huczek to reach his first Memphis final and provide more than a suitable test for King Kane.

Cliff Swain (5:1 odds) – A man who already has found his formula for success against all comers, Swain will once again be in the mix at the OPEN. Last year he stunned the crowds at age 39 to beat Jack Huczek in the semi's to once again reach the finals of the US OPEN. The odds makers have quit calling this guy to old to win and reserved themselves to the fact that when Swain steps into the spotlight with a packed stadium and the TV cameras rolling, the clock seems to role back 15 years for Swain as he pumps 180 mph drive serves at his opponents.

Jason Mannino (5:1 odds) – Mannino would be the first to tell you that the 2005 OPEN, with a quarter final loss to Carson, was a disappointment. In fact, '05-'06 marked the first time in years that Mannino did not win an event and he barely held on to a top four ranking. With a clear head and his back feeling better than it has in years, I expect a complete resurgence from Mannino this season. Look for Mannino to win more of his close matches and put himself back

into contention for the #1 ranking. In Memphis, I pick Mannino to reach the semis and push Kane to his limits. Should he be able to disrupt Kane's rhythm and smother every open ball, Mannino could pull off the unthinkable win his second US OPEN championship.

Sudsy Monchik (6:1 odds) – He's back! Much to the delight of racquetball fans worldwide, Sudsy has returned full time to the IRT after two years completely away from the game. At the time of this writing, Sudsy has yet to play his first pro stop (Kansas City) so it is near impossible to lay odds down on his chances. Is he in shape? Has he been training? Is his broken body healed and ready for the rigors of the US OPEN? These are all questions that will be answered at this years US OPEN. One thing is for sure, no player in history has loved the spotlight more than Sudsy Monchik. When he hits the portable court with the stands full of people chanting his name watch out as he will bring 110% to the table. Unfortunately he will have not many ranking points and will have to play a top seed early. Not sure if I feel sorry for Sudsy or for the poor top seed that has to play him in the round of 16. Get a seat early if you want to watch as this one will be a sell-out!

PRO-AM DOUBLES FOR ST. JUDE CHILDREN'S HOSPITAL

Want to treat yourself to an incredible racquetball experience while at the same time supporting a world-renowned charity devoted to caring for children with catastrophic illnesses? Well here may be your chance! On Tuesday evening Nov. 14th at the 2006 Choice Hotels US OPEN 32 lucky amateurs will team up with the top stars on the IRT and WPRO for a special Pro-Am Doubles tournament. A \$300 donation gets you into the draw, until 32 commitments are received. The evening features free food and drink, an autographed racquet from your pro partner, and a complimentary portrait with your pro partner.

Although this event has sold out each of the last ten years, at the time of this writing there are still a handful of spots left. If you are interested in participating, call (800) 234-5396 ext. 0 to register.

ATTENDING THE CHOICE HOTELS US OPEN AS A VIP!

A very limited number of four-person courtside luxury GOLD BOXES still remain for the 2006 Choice Hotels US OPEN. The cost is \$2,600 and includes four GOLD All-Access Credentials to the event. In addition to enjoying the pro matches from your private and comfortable courtside GOLD BOX, All-Access Credential holders have unlimited access to the exclusive Pro/GOLD Lounge throughout the event featuring free food and drink (beer, soda, water, wine, and champagne) during all hours. Event sponsors, top ranked men and women pro players, and GOLD BOX holders are the only VIPS's permitted in the lounge.

At the time of this writing there were only two GOLD BOXES left. If you are interested please call (614) 890-6073 to check for current availability.





Rocky Carson (8:1 odds) – Carson's nearly pulled the upset of the century at last years US OPEN by taking Kane to wire in the semi's, losing a heartbreaking 11-9 fifth game tiebreaker. The fact is that Carson has been in the semi's two years in a row and is riding high from his first ever "Trifecta" victories last season (first player ever to win the National Doubles, National Singles, and Outdoor Nationals in the same season). However, Carson still has yet to take his game to a level where he is a threat to compete for the #1 ranking. Carson will face a tough and determined opponent in the quarter finals, and I believe he will be in for a rocky road should he face Mannino or Vanderson.

Alvaro Beltran (12:1 odds) – Beltran continues to be a big under-performer at the US OPEN. Last season was a strong one for him on tour with two event victories but he came up small in the Grand Slams. Everyone on tour knows how dangerous this player can be as he has all the tools. The question is, will he ever break through on the biggest stage and really show the fans what he has under the hood.

Shane Vanderson (12:1 odds) – After an exciting run to the semis in the '03 OPEN, Vanderson was upset by Polo Gutierrez in the 32's in '04 and then again by Swain in the quarters last year. The truth is that last season was a disaster for Vanderson with no highlights to speak of all year. He cannot afford another bad season at this point to be seriously considered a rising star on

the IRT. He has more than enough experience now with 4 years on tour to relax and play his best. I would not be surprised to see Vanderson in the semi's this year.

Jason Thoerner (20:1 odds) – Never really a threat at the US OPEN, Jason Thoerner quietly worked his way into the top 8 in the world rankings by year end last season. This impressive result was not the reason I choose to give him somewhat reasonable odds to win the US OPEN. The reason I put Jason at the top of my darkhorse list is because of his fearless attitude and spotlight loving personality. A perfect example of this was his near fifth game upset at the Pro Nationals last year against Jack Huczek where he entertained the crowd while hitting awesome shot after awesome shot to stretch the shocked Huczek to 12-10 in the tiebreaker. Don't be surprised to see Thoerner in the semi's giving a top seed more than they can handle.

Kyle Veenstra (60:1 odds) – In '04 Veenstra was the Cinderella story, notching an impressive win against Beltran in the 16's. Last year was not as rosy for Kyle but the fact remains he has had success on the portable court before and can call on those memories when things get tight.

Mitch Williams (25:1 odds) – One of the hardest hitters on tour Mitch is always dangerous to play. He has yet to break through in a Grand Slam event but has the weapons to do so. His go for broke style can catch fire leaving opponents watching thunder rollout after thunder rollout. Don't be surprised to see an upset out of Williams in '06.

HONORABLE MENTION:

Josh Tucker – last season was solid for Tucker with multiple wins over Vanderson and other top players. However, he also took some beatings from the elite ranked players. Perhaps the hardest hitter in the world his power always poses a threat to anyone on the court with him.

Ben Croft – as one of the more talented junior / collegiate players to come along in a few years, Croft will be looking to make a splash at the OPEN. Last year he picked off Mannino in one pro stop so he knows he can step up to the challenge.

Ruben Gonzales – popping a quarter at the OPEN is well within the grasp of the ageless wonder. He did it last year at the Pro Nationals at the age of 53. AMAZING!

In closing, it has been many years since we have had so many great plots and sub-plots going into the US OPEN. Can Kane win four in a row? Can Huczek win his first? Will Sudsy shock the world and win his 5th US OPEN after a 2 year retirement? Will Swain continue his love affair with the portable court and reach the finals for the 5th time? If you are a racquetball fan it just doesn't get any better than this!

THE LINEUP & LOWDOWN

IRT	Line	Performance Factors/Burning Questions?
Kane Waslenchuk	3-2	Is everybody else just playing for second?
Cliff Swain	5-1	At 40 does he have one more in him?
Jason Mannino	5-1	Effort will not be an issue. Could be time for #2!
Shane Vanderson	12-1	Which Shane is going to show up?
Jack Huczek	3-1	Not if but when will he win his 1st US OPEN?
Alvaro Beltran	12-1	Does he have the fitness for back to back upsets?
Rocky Carson	8-1	Semi's in 2005. Can he close the deal in a close tiebreaker in 2006?
Ben Croft	50-1	Has the attitude to win but does he have the muscle?
Jason Thoerner	20-1	Loves to face the top guys at the big events.
Sudsy Monchik	6-1	A bookmakers nightmare! A fan favorite.



WPRO US OPEN 2006 Preview

Welcome to the new WPRO! Under the direction of new Commissioner Shannon Feaster, the Women's Tour looks stronger than ever with 13 events on the schedule for '06-'07. Of course, the crown jewel of the season is the Choice Hotels US OPEN. The Women's Final will be televised on The Tennis Channel and the ladies will be bringing all they have to this most important Grand Slam event.

Here's a preview of some of the tour's top players, including my odds on their chances of winning the title:

Christie Vanhees (odds 2.5-1): The defending and two-time US OPEN Champion, Christie Vanhees is no stranger to the spotlight. After losing to Rhonda at the World Championships this summer she will be gunning to defend her US OPEN title at all costs. In addition, what she really wants is to get her #1 ranking back. With extra rankings points on the line in Memphis, the US OPEN may be her make or break event towards achieving this goal this season.

Cheryl Gudinas (odds 4-1): No current player even comes close to the record Cheryl has amassed in her amazing career. Although she does have a US OPEN title this event has also been a source of great pain for her. Five times she came into Memphis as the #1 seed but did not win. She certainly still has the skills to win the event but unfortunately she would need to beat both Christie and Rhonda to claim her second title. These back to back match-ups present a tall order for the slightly older superstar.

Rhonda Rajsich (odds 2-1): Last season Rhonda finished the year as the #1 ranked player in the world for the first time in her career. Unfortunately the season was one of the worst ever for the Women's Tour with only 4 events played. However, in those events Rhonda was able to defeat former #1 Christie Vanhees and former #1 Cheryl Gudinas. Further, she validated her status as the top women's player in the world by defeating Christie again this past summer at the World Championships. Lastly, by virtue of her #1 seed, Christie and Cheryl will have to face off in the semi's for the right to play Rhonda in the finals. There is no doubt that Rhonda will be a bit fresher than her opponent on Sunday. For these reasons I am picking Rhonda as my odds on favorite to win her second US OPEN title.

Kerri Wachtel (odds 7-1): A former US OPEN Champion, Kerri missed the second half of last season to give birth to her twins. At the time of this writing it is unclear what form Kerri will be in when she does return to the tour. The fact that she has won before at the US OPEN gives her a huge advantage over the rest of the field when it comes to having a chance to pull an upset. She is and always will be a fierce competitor who fears no one. I would not be surprised to see Kerri give one of the top three all they can handle.

THE BEST OF THE REST

Kristen Walsh (odds 8-1): Kristen continues to climb the tour rankings but has yet to break through with a big upset win at the US OPEN. She is a strong competitor that will full out dive to reach any loose ball on the court. Many believe it is just a matter of time before this tenacious talent glows in the spotlight of victory at the US OPEN.

Angela Grisar (odds 10-1): Angela Grisar from Chile has earned her way up to the #5 spot with some very good appearances during the last two seasons. She has beat Vanhees and Rajsich in the past so knows she can do it. Angela's game could come alive, but will need consistency in the quarters to get through to Super Saturday at the US OPEN.

Laura Fenton (odds 12-1): Laura is the clear cut veteran on tour and has been known for pulling upsets at the US OPEN and other big events in the past. In fact, that is her trademark. Despite her age, she continues to be one of the fittest players on tour and has the experience to find a way to win close matches. One thing is for sure,



she will not fear the top seeds when she faces off against them. Quite the contrary, she relishes those matches on the portable court.

Tammy Brown (odds 20-1): Tammy continues to improve her game and rise in the rankings. She's got a great power game that can give players fits. Nobody wants to see her in their quarter of the draw. To pull off the victory of her career Tammy needs to find and maintain that mental toughness throughout every match she plays.

Adrienne Fisher (odds 20-1): Adrienne continues to possess the most power on tour, especially on the backhand side. She has yet to reach her full potential on tour, largely because her fitness level and shot selection have not been up to snuff. Nevertheless, nobody on tour can rollout backhand splats like Adrienne. Her go for broke style can create a dangerous recipe for opponents if she catches fire.

Fans in Memphis have always been wonderfully supportive of the women's matches, with sold out crowds in the semi's and finals every year. The ladies are ready to give it their all again in 2006 so enjoy the show!

TIPS FOR ATTENDING THE 2006 CHOICE HOTELS U.S. OPEN

TIP #1: ENTER EARLY! The event has completely sold out each of the last three years. At 750 entries we cap the draw and last year we had to turn away nearly 50 people. Don't get shut out. Send in your entry today.

TIP #2: ORDER TICKETS NOW! You must have a ticket to view any of the pro matches, and although the Stadium Court seats over 1,000 the event is always a sell-out from the quarters on. No-shows can free up some session tickets "at the door" but it's risky to wait. By far, the best deal is to purchase the ticket package (\$89) for unlimited viewing for all pro matches for the entire week -- this guarantees you a seat -- but ticket packages are sold only in advance!

TIP #3: ENTER TWO EVENTS. Court time restrictions (and the large draw) do not allow us to offer consolation divisions, so we strongly recommend that you enter two divisions so that you are guaranteed at least two matches. Although players are limited to just two divisions there are a couple of exceptions. First, if you would like to play "up" into the Men's or Women's Pro draw (perhaps just for the experience?) you can still play in two amateur divisions, for a total of three events. Second, if at least one of your divisions are doubles, you can play in any third event you choose. For these two exceptions only, a third event is permitted.

TIP #4: STAY AT THE HOST HOTELS. The official host hotels are the Comfort Inn & Suites and the SLEEP INN. By staying at the main host hotels you'll have the convenience of the complimentary shuttle, running every half hour from the hotels to The Racquet Club and back) and receive special room rates. These hotels will fill up VERY fast so call to book your room immediately. For a complete list of hotels in the area offering special U.S. OPEN room blocks and rates visit www.choicehotelsusopen.com and click on "Hotels".

TIP #5: BRING NICE CLOTHES AND YOUR DANCING SHOES! One of the really fun parts of attending the U.S. OPEN is experiencing the many evening social activities offered, especially the Grand Gala -- The Party with the Pro's. Racquetball or casual attire is not allowed at this bash so "dress to impress" will be the rule!

TIP #6: LAST FLIGHT OUT ON SUNDAY. Make sure you book the very latest flight you can get home on Sunday. The Men's Pro final is the last match of the tournament and you won't want to miss it. A packed house, booming music, laser light show introductions and the television camera's make this an experience like no other in the sport. The match usually ends around 2:30 pm so any evening flight will do. Can't get a late flight out? Consider going home Monday morning. It will be worth it!

Keep these tips in mind when making plans to attend the 2006 Choice Hotels U.S. OPEN and you will have the inside track. Lastly, if you really want to experience everything the event has to offer and you have a few bucks laying around earmarked for "gifts for myself" here are a couple ideas to treat yourself to the ultimate VIP weekend.

PRO-AM DOUBLES FOR ST. JUDE: On the Tuesday night before the U.S. OPEN begins, a special fundraiser is held for the event's designated charity, St. Jude Children's Research Hospital. Have you ever dreamed of playing doubles with one of the best pro players in the world as YOUR partner? Well, here's your chance. For a \$300 donation to St. Jude you'll be one of 32 lucky amateurs to be paired up with top ranked men and women pros to compete in a single elimination draw. The evening will be fully catered and each amateur player will receive an autographed racquet from their pro partner. This popular event has sold out each of the last nine years, so call (800) 234-5396 ext. 0 to request a Pro-Am Doubles Entry. The first 32 paid entrants will get the spots.

GOLD LUXURY BOX SEATING. If you really want to go first class, consider purchasing a four-person, courtside GOLD Luxury Box. Most are already reserved for event sponsors, but a very limited number are available for individual purchase. The cost is \$2,600 for the week and includes 4 GOLD All-Access credentials, a four-person stadium courtside Luxury Box with your name on it (table service included), and unlimited access throughout the week to the fully catered PRO/GOLD lounge (only top 16 ranked pro's, event sponsors, and VIP's allowed). If you are interested, please call (614) 890-6073 to check Luxury Box availability for the 2006 U.S. OPEN.



THE LINEUP & LOWDOWN

WPRO	Line	Performance Factors/Burning Questions?
Christie VanHees	2.5-1	Will have to win two big matches to capture her third title.
Cheryl Gudinas	4-1	Does she have one more left in her?
Kerri Wachtel	7-1	Champ in 2001! Will the magic return?
Rhonda Rajsich	2-1	Odds on favorite to win. Can she live up to the hype?
Kristen Walsh	8-1	Can beat anyone but must string together upset victories to win.
Adrienne Fisher	20-1	Has the power but lacks the game. When will she prove us all wrong?
Angela Grisar	10-1	The South American wonder will need to step it up to win in Memphis.
Laura Fenton	12-1	Can the crafty veteran do the unthinkable and win the US OPEN in her 40's?
Tammy Brown	20-1	Has the power and attitude. Will need to get hot at the right times.

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WORLD CHAMPIONSHIPS

BY DAVE ELLIS, COACH, TEAM USA

**SANTO DOMINGO,
DOMINICAN REPUBLIC
AUGUST 1-12, 2006**



Team USA successfully defended its three World Championship team titles previously won in South Korea in 2004.

In the Men's Team

Competition, Jack Huczek, Shane Vanderson, and Rocky Carson swept second place Canada 3-0 in the finals. Rhonda Rajsich, Cheryl Gudinas, Aimee Ruiz, and Laura Fenton defeated Canada 2-1 in the Women's Final. As a result, the United States claimed its third consecutive Overall Team Championship!

THE 13TH WORLD RACQUETBALL

Championships were held in the heart of Santo Domingo, Dominican Republic at the "Pabellon de Raquetbol," located in the Centro Olímpico Juan Pablo Duarte. This was the site used for the 2003 Pan American Games. The eight courts are

state-of-the-art, each with a full glass back wall providing viewing from below and above. The two championship courts have one glass side wall, also with plenty of bleacher seating for easy viewing. The courts are air conditioned, keeping them dry in spite of the frequent rains and high humidity.

The tournament hotel at Boca Chica is located outside Santo Domingo; this necessitated a 35-60 minute daily drive into the heart of the city. Due to the high price of gasoline, the shuttles ran only every 90 minutes starting at 7:30 a.m. The trip included views of both beautiful beaches and the poverty of Santo Domingo.

The World Championships consist of two tournaments: the individual competitions and the team competitions. Seeding for both tournaments is determined by how teams had performed in the previous three World Championships. So amazingly enough, the results of the Championships in



World Champions relax poolside

2000 at San Luis Potosi were still having an effect on this year's tournament.

INDIVIDUAL COMPETITIONS

These are single elimination with an Olympic format series of consolation matches. Jack Huczek, ranked number 2 on the IRT tour, was clearly dominant through the quarterfinals. Receiving a forfeit due to injury from Mexico's Abraham Pena in the semi's, Jack moved into the finals. Teammate Shane Vanderson had prepared well for the tournament and moved through the first couple of matches with ease.

The semifinals brought Shane a rematch he had been looking for against Gilberto Mejia (Mexico) and satisfaction was his: 15-4, 15-13. The final, Jack vs. Shane, was one of the best matches of the tournament. Jack won the first game, 15-14. The second game was back and forth with Shane taking a 15-14 victory to send the match to a tiebreaker. Jack jumped to a lead in the tiebreaker and claimed his third consecutive world championship, 11-4.

The Women's Individual Singles category boasted 4 of the top 5 WPRO professionals. America's hopes were high with first-seeded Rhonda Rajsich and second-seeded Cheryl Gudinas, the WPRO #1 and #2 players respectively. Canada's Christie Van Hees and Chile's Angela Grisar were the key competition. A bit under the weather, Rhonda just did not bring her "A" game that day, losing 15-13, 15-7 to Angela. Cheryl drew Christie Van Hees in the semi's -- their rivalry has been growing for some time now. Cheryl played with the heart of a champion but lost 15-14, 15-13. The final was decidedly one-sided as Christie defeated Angela 15-4, 15-1.



Team Korea

In the Women's Doubles competition, National Champions Aimee Ruiz and Laura Fenton were dominant throughout. Aimee is starting to get the nickname, "the rally ender," as she consistently puts the ball away with both her forehand and backhand. Chile, who had upset Canada, proved to be no match for Aimee and Laura in the finals, 15-6, 15-4. Laura has an immense collection of international titles and Aimee is quickly adding to hers.



Team Japan

National Champions Rocky Carson and Jack Huczek were composed and confident in the doubles competition. Easily advancing to the semifinals, Jack and Rocky faced off against former full time IRT pros, Brian Istace and Mike Green of Canada. Jack and Rocky dominated that match 15-8, 15-7.

In the finals, Jack and Rocky came up against the tough Mexican team of Alvaro Beltran and Javier Moreno. Alvaro and Javier are the 2003 Pan American Games gold

medalists, having won decisively over the United States' Mike Guidry and Ruben Gonzalez. The first game was an eye opener as Alvaro was making every shot ever described in a racquetball text, and Mexico won easily, 15-8. Between games Jack said, "We've got to turn up the heat." Both started drive serving to the middle of the court against the Mexican lefty-righty combination. It worked as the USA extended to a 12-4 lead. Then somehow brakes were applied. The Mexican team scored some easy points to bring the score to 12-10. After a time out, the USA had several chances at game point. In the last one, Jack hit a perfect z-serve to Javier's forehand. The left-hander hit it awkwardly into the side wall just to keep it in play. The ball struck the front wall, right side wall and was heading for an easy set up in the front court on the left side when, boom, it cracked out to gain the needed side out for the Mexicans. The Mexicans scored another point to complete the comeback, 15-14.

TEAM COMPETITIONS

The format of the team competitions places each country's men and women's teams into an elimination bracket. A team is composed of #1 and #2 singles players plus a doubles team. A match with another country actually consists of three matches, number one against number one, etc. A country must win two of the three matches to advance to the next round in the bracket. There are two categories: Men's Team and Women's Team. A system of points is used to calculate the Overall Team Championship.

Team USA had little trouble advancing to



USA Coaches

the semifinals in both the Men's and Women's categories. Thursday, August 10th was the day for the showdown, USA vs. Mexico in both divisions. We stared straight at our challenge, six matches with Mexico. The U.S. opening match pitted Shane Vanderson against the formidable #5 professional Alvaro Beltran. The first game was well contested with Shane gaining a 10-5 lead. Alvaro fought back and won the first game, 15-10, but he was now visibly tired. Shane took advantage of this and hit solid pass after solid pass, making Alvaro work to the maximum. It paid off with Shane taking the second game, 15-12. The tiebreaker was all Shane against the now-exhausted Alvaro. Playing consistently throughout, Shane completed his upset victory, 11-4.

It was as if the first in a series of dominoes had been pushed over. Cheryl proceeded to defeat Pan American Championships winner Paola Langorio in two straight, 15-9, 15-3. Rocky and Jack worked hard and got the revenge they were seeking by defeating Alvaro and Javier, 15-4, 11-15, 11-6. For Laura and Aimee, the Mexican team of Samantha Salas and Nancy Enriquez proved to be worthy opponents but were defeated 15-11, 15-11. With the USA up 2-0 in the Men's and the Women's divisions, Mexico forfeited the two remaining matches.

At the same time that USA was rolling, Canada struggled hard to defeat Venezuela in the Men's category and Japan in the Women's. The final was now set with a repeat of the face to face showdown that took place in Korea in 2004.

First match, Christie Van Hees against Rhonda Rajsich. Rhonda finished the WPRO season as #1, but many were convinced that it was only due to the fact that Christie had missed several key tournaments during the season. Christie's shot selection is very good and she has great mobility on the court. Rhonda brings quickness and an athleticism that has not been seen before in Women's racquetball. And the Rhonda who had defeated teammate Cheryl Gudinas in the National finals in Houston showed up on the court this day. Rhonda's drive serve



Team Medalists



worked well throughout the first game as she scored 5 aces and forced many other weak returns. Rhonda jumped to a lead in the second game but then faltered towards the end with a rash of unforced errors. The tiebreaker was all Rhonda as she regained her first game rhythm and went on to take the match, 11-3.

The dominoes continued to fall. Jack Huczek took care of Kris Odegard in two games. Kris played well enough to be a Top 16 IRT pro. Still, he lost 15-5, 15-9. In the Men's Doubles, Jack and Rocky completely dominated Brian Istace and Mike Green, 15-2, 15-4.

At this point, the surprise of the tournament took place. Aimee and Laura, who had looked simply unbeatable, were effectively challenged by Canadians Lori Jane Powell and Josee GrandMaitre. The USA won a close first game, 15-14. Canada won the second game 15-14, and took the tie breaker, 11-6.

So the Women's Team competition came down to Cheryl Gudinas vs. Jennifer

Saunders. It was apparent that Jennifer had trained hard for the tournament and she appeared to be quicker than ever. Keeping the ball away from Cheryl, she jumped to a 12-6 lead. But from then on, Cheryl's returns of serve were perfect and she claimed the first game, 15-12. Jennifer went quickly in the second game, 15-3. With one victorious match, Cheryl had clinched both the Women's Team and the Overall Team titles!

INTERNATIONAL PLAY – WHAT'S IT ALL ABOUT? It's truly one of the greatest things in racquetball. Where else can you go, see other parts of the world, have great competition, and make dozens of new racquetball friends? Add to these the privilege of representing our country and you will know why top professionals continue to participate in International Racquetball Federation tournaments.

As always, Team USA is very grateful to the dedicated directors of the IRF for their organization and long hours of work -- Luke St. Onge, Gary Mazaroff, and Keith Calkins -- as well as to Otto Dietrich for

his dedicated support of the team. Significant monetary donations were made which made it possible to offset at least a portion of players' expenses. Special thanks go to Sal Perconti, Mike Lippitt, Doug Smith (Python Grips), Pedro Flores, Geoff Peters, Ruben Gonzalez, Fred Bomeny, Geoff Peters, Dave Negrete, Chuck Kaiser, and Jim Hiser.

Thanks also go to dedicated staff members, Assistant Coach John Ellis and Trainer Tona Palmer Hetzler who put in long hours at the club every day of the tournament.

For the most part, Team USA consists of tour professionals. To their credit, team members set aside tour rivalries in favor of mutual support of each other throughout the tournament -- I thank each team member for this outstanding cooperation and teamwork.

Next stop for Team USA: the Pan American Championships, Santiago, Chile, April, 2007!

WORLD CHAMPIONSHIP – TOURNAMENT HIGHLIGHTS

- Cheryl Gudinas loses bid for four straight world titles which would have surpassed Michelle Gould's record.
- Ecuador women surprised everyone – 19th seed ends up 9th overall.
- Irish men seeded 20th ends up 12th
- World Championships in Korea had positive effect on growth – 2004 Korea 16th seed, 2006 Korea 6th place
- Matches broadcasted live over the web
- Team finals taped for Tennis Channel
- USA women have won every team title since 1984
- Jack Huczek wins third consecutive world championships making him the winningest Male world champion ever.

RESULTS SUMMARY

INDIVIDUAL PLAY

WOMEN - SINGLES

1. Christie Van Hees (Canada)
2. Angela Grisar (Chile)
3. Cheryl Gudinas (USA) & Jennifer Saunders (Canada)

WOMEN - DOUBLES

1. Amiee Ruiz & Laura Fenton (USA)
2. Angela Grisar & Fabiola Marquez (Chile)
3. Josée Grand'Maitre & Lori-Jane Powell (Canada) and Naomi Wakimoto & Toshiko Sakamoto (Japan)

MEN - DOUBLES

1. Javier Moreno & Alvaro Beltran (Mexico)
2. Jack Huczek & Rocky Carson (USA)
3. Mike Green & Brian Istace (Canada) and Jorge Hirsekorn & Cesar Castro (Venezuela)

TEAM COMPETITION

WOMEN

1. **USA** - Rhonda Rajsich, Cheryl Gudinas, Laura Fenton, Amiee Ruiz
2. **Canada** - Christie Van Hees, Jennifer Saunders, Josée Grand'Maitre, Lori-Jane Powell
3. **Japan** - Maiko Sato, Estuko Noda, Naomi Wakimoto, Toshiko Sakamoto

MEN

1. **USA** - Jack Huczek, Shane Vanderson, Rocky Carson
2. **Canada** - Kris Odegard, Francois Viens, Mike Green, Brian Istace
3. **Mexico** - Alvaro Beltran, Gilberto Meija, Javier Moreno, Abraham Pena

OVERALL

1. USA
2. Canada
3. Mexico



IRF Dignitaries

13TH IRF WORLD CHAMPIONSHIPS 2006

FINALS AND FINISHERS

TEAM MEDAL ROUNDS

POSITION **MEN: USA def. Canada 3-0**

#1 Singles Jack Huczek def. Kris Odegard 15-5, 15-9

#2 Singles Shane Vanderson def. Francois Viens WBF - injury

Doubles Jack Huczek/Rocky Carson def. Mike Green/Brian Istace 15-2, 15-4

POSITION **WOMEN: USA def. Canada**

2-1

#1 Singles Rhonda Rajsich def. Christie van Hees 15-11, 8-15, 11-3

#2 Singles Cheryl Gudinas def. Jennifer Saunders 15-13, 15-11

Doubles Josee Grand'Maitre/Lori-Jane Powell def. Aimee Ruiz/Laura Fenton 14-15, 15-14, 11-6

TEAM FINISHES

Men's Team

1. United States
2. Canada
3. Mexico
4. Venezuela
5. Bolivia
6. Korea
7. Costa Rica
8. Chile
9. Ecuador
10. Japan
11. Puerto Rico
12. Ireland
13. Dom. Republic
14. Germany
15. Guatemala
16. Netherlands
17. Catalonia
18. Italy
18. Belgium
18. Poland
21. Switzerland

Women's Team

1. United States
2. Canada
3. Japan
4. Mexico
5. Chile
6. Bolivia
7. Venezuela
8. Korea
9. Ecuador
10. Ireland
11. France
12. Costa Rica
13. Germany
14. Dom. Republic
15. Guatemala
16. Netherlands
17. Catalonia
18. Puerto Rico

Overall/Combined

1. United States
2. Canada
3. Mexico
4. Bolivia
5. Venezuela
6. Korea
6. Chile



6. Japan
9. Ecuador
10. Costa Rica
11. Ireland
12. Dominican Republic
12. Germany
14. Puerto Rico
15. Guatemala
16. Netherlands
17. Catalonia
18. Belgium
19. Poland
20. Italy
21. Nicaragua
21. Colombia
21. France
21. Switzerland

INDIVIDUAL WORLD TITLE MATCHES

men's singles: Jack Huczek (USA) def. Shane Vanderson (USA) 15-10, 14-15, 11-4

men's doubles: Javier Moreno/Alvaro Beltran (Mexico) def. Jack Huczek/Rocky Carson (USA) 15-8, 15-14

women's singles: Christie van Hees (Canada) def. Angela Grisar (Chile) 15-4, 15-1

women's doubles: Aimee Ruiz/Laura Fenton (USA) def. Angela Grisar/Fabiola Marquez (Chile) 15-6, 15-4

COMPASS DIVISION FINALS

SINGLES

Men's BLUE: Jorge Zambrana (Bolivia) def. Santiago Canedo WBF injury

Men's RED: Joaquin Solera (Costa Rica) def. Tristan Hickey (Ireland) 15-5, 15-2

Men's WHITE: Fernando Rios (Ecuador) def. Jose Daniel Ugalde (Ecuador) 15-7, 15-10

Women's BLUE: Estuko Noda (Japan) def. Anna Maldonado (Puerto Rico)

Women's RED: Veronica Sotomayor (Ecuador) def. Maria Paz Munoz (Ecuador) 15-5, 15-14

Women's WHITE: Mayra Quiroga (Bolivia) def. Patricia Beltranena (Guatemala) 15-4, 15-1

DOUBLES

Men's BLUE: Hiroshi Shimizu / Michimune Kono (Japan) def. Ricardo Monroy/Roland Keller 15-12, 15-13

Men's RED: Gen Young Kang / Sung Suk Kim (Korea) def. Fernando Sierra/Juan Luis Galvez (Guatemala) 13-15, 15-11, 11-4

Men's WHITE: Adam Neary/Joe Farrell (Ireland) def. Edwin Schipper/Richard van Doezum (Netherlands) 15-10, 12-15, 11-7

Women's BLUE: Nancy Enriquez/Samantha Salas (Mexico) def. Carola Loma/Jenny Daza (Bolivia) 15-8, 15-13

Women's RED: Ivonne Carpio/Cristina Cordova (Ecuador) def. Viviana Reveron/Guiovanna Henriquez (Venezuela) 15-5, 15-8

Women's WHITE: Rosa Gomez/Yira Portes (Dom. Republic) def. Deborah Kessler/Naomi Sasso (Costa Rica) 15-10, 11-15, 11-9

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WHEN IT COMES TO RACKET STRINGING

BY STEVE CRANDALL
VICE PRESIDENT, SALES & MARKETING
ASHAWAY RACKET STRINGS



As we gear up for another racquetball season, it's a good time to get back to basics and review the fundamentals of string and

stringing. The following question from a reader, submitted through the "Ask the Racket String Expert" forum on the Ashaway website, gives me the perfect opportunity to do just that.

The reader asks, "I know thicker gauge strings are more durable, but have less bite...but does the string gauge I use have any effect on the power of the racquet?"

My answer to this question may surprise you. Simply put, the answer is: not as much as people might believe.

When it comes to string gauge you have two choices: thin or thick. Thin, in racquetball, means 17 gauge, which is anywhere from 1.16 mm to 1.25 mm in diameter. Thick means 16 gauge, which ranges from 1.26 mm to 1.35 mm. As the reader indicated, the most common—and practical—reason players choose a thicker string is for durability.

Readers who have been following this column for the past few years may recall my saying that with all other things being equal, thinner strings do provide more power while thicker strings provide more control and durability. Thinner string is bouncier. When you hit the ball, the string stretches back, then suddenly springs forward. This "trampoline effect" is where power comes from. Thinner

strings traditionally allow for more stretch, and hence, more power.

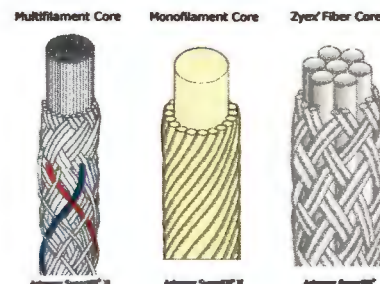
But while thin strings are perceived as livelier, in this day of advanced material technologies and innovative string construction, all things are not equal. Stringing tension and string material (the type of fiber or filament that the string is made from) play a much bigger role in generating power than gauge alone.

Stringing tension utilizes the trampoline effect to affect the racquet's power—and to a much larger degree than gauge alone. By stringing your racquet at a looser tension, you allow for more stretch on impact, increasing the power behind the ball as it is launched off the face of the racquet.

If you are serious about adding more power to your game, another element you should be looking at is how the core of your racquetball string is constructed and from what material it is made. This is because the core is the central load-bearing member—it provides strength, determines the string's stiffness or resiliency, and is the source of the racquet's power.

There are two types of core construction—monofilament and multifilament. A monofilament core is usually a single, heavy nylon fiber, similar to monofilament fishing line. Monofilament strings are durable and quite stiff, making them very popular among those racquetball players who bring their own power to their game.

Multifilament cores are made from very thin fibers twisted together to produce a soft, resilient feel and




This multifilament core of Ashaway's SuperKill® XL racquetball string (left) offers a more lively response and more power than that of a nylon monofilament core (center). The Zyex® fiber core of Ashaway's PowerKill® string line (right) is stiffer than nylon multifilaments and generates much more power.

better dynamic elasticity. This means that even at relatively high tension, where control is maximized, they still generate good power.

Core material is the next most important element in determining string power. Most cores are made of nylon, but some manufacturers offer different materials that exhibit other performance characteristics. For example, the Zyex® fiber core of Ashaway's PowerKill® string line is made from a polymer called polyetheretherketone (or PEEK, for short). PEEK is stiffer than nylon multifilaments, but generates much more power. This material comprises resilient yet compact fibers that allow for the manufacturing of thin and lively multifilament cores for racquetball strings. And because it is durable, it is a good choice for both chronic stringbreakers and players who want to add more power to their game.

In our next column, I will discuss the flip side of this issue: how string gauge, tension, materials and construction influence control. In the meantime, keep those questions coming!



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CHANGING

THE ATTITUDE, BUSINESS AND FUTURE OF RACQUETBALL

BY JOE GARCIA

In the 1970's, it was estimated there were 15-20 million people playing racquetball.

Today, according to research conducted by the Sporting Goods Manufacturers Association, there are fewer than 5 million players.

To comprehend how we arrived at these figures, it's important to recognize the history and relationship between racquetball, health clubs, fitness equipment manufacturers and the evolution and coexistence of these industries. It's also important to understand that the racquetball industry is not a victim of the times; making the right choices can change the future of racquetball and other court sports.

During the early 1800's in London, England, the YMCA was created and became the earliest organized public facility geared toward health and fitness. In 1851 the first YMCA opened in Boston Massachusetts. By the early 1900's, YMCAs and private male-only facilities began appearing in major cities all over the country, accompanied by the imported European sports of squash and handball. In 1940, Joe Sobek, a tennis, squash and handball player from Connecticut created the sport of racquetball. When racquetball exploded in popularity in the late '60's and '70's, pure racquetball court clubs sprung up throughout the country. These public multi-court facilities offered minimal amenities and equipment but were immensely popular with recreational players -- they were

affordable, easily accessible and highly social. These clubs offered anyone and everyone access to a sport that was easy to learn, fun to play and required little equipment. The public embraced racquetball and responded with participation estimates as high as 15-20 million players nationwide.

In the 1970's, during racquetball's surge in popularity, aerobics and fitness machines emerged and a national health craze ensued. Celebrities produced exercise videos, aerobics classes became fashionable, and "Nautilus" and "working out" became household words. It didn't take long for club owners to combine racquetball clubs, aerobics classes, fitness equipment and monthly memberships. It also didn't take long for the club owner to realize that the 800 square feet of space a racquetball court occupied was an extremely valuable piece of real estate and consequently the court conversion epidemic began. It's easy to point fingers, but there were and are no bad guys. Racquetball court conversion was a

business decision that helped create the commercial health club and fitness industry as we know it today. Unfortunately, the conversion and removal of courts remains a steady practice in the health club industry: a huge detriment to court sports.

Throughout this entire evolution, the sport of racquetball has never changed -- it is still just as fun and easy to play as it ever was. However, player participation and clubs changed dramatically. Today, the manufacturing of fitness equipment is a four billion dollar industry. According to 2005 data released by the International Health and Racquet Sports Association (IHSA), in the United States alone there are over 26,000 health and fitness clubs with over 40 million members that generate 15 billion dollars of annual membership revenue! By comparison, the sale of racquetball, handball, wallyball and squash equipment combined is estimated at 45 million dollars with 5-6 million players at 4,500 facilities with racquetball courts nationwide. These figures are extremely

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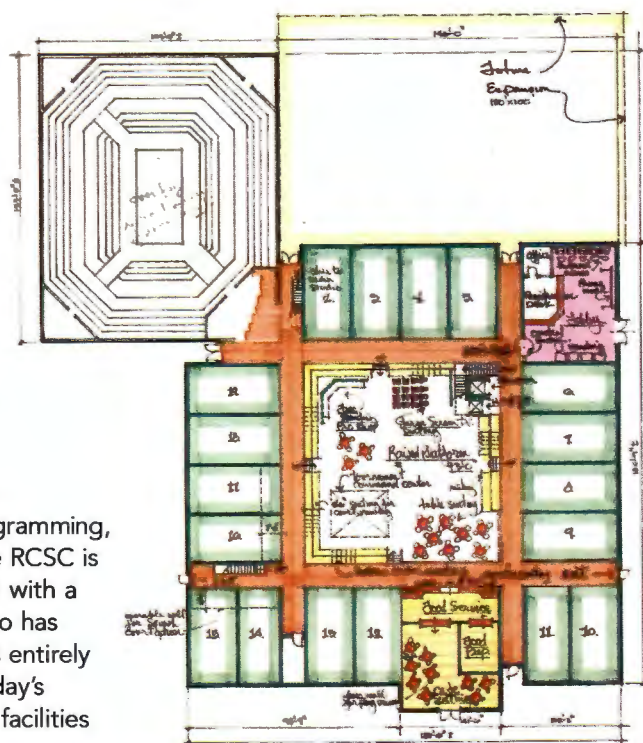


important since they clearly substantiate who actually controls the future of racquetball and why courts have become expendable. They also corroborate why racquetball and the other court sports are literally at the mercy of the fitness industry for their existence, survival and growth. It's kind of like the story of David and Goliath, only in this version David doesn't have a slingshot.

There are no easy answers or quick solutions to alter racquetball's frail existence in the health and fitness club industry. It's vital, thought, that the industry and the players understand the true origin of racquetball's ongoing challenge with declining participation and growth. The challenge racquetball faces in today's club environment cannot be solved with juniors programs, television and a portable court. The real problem and core issue of the sport's continued decline in participation lies in racquetball's dependency on the fitness industry! The racquetball and court sports industry must build their own facilities and control their own destiny if they are to regain their power. Without a major shift in thinking within the court sports community, racquetball and other court sports are destined to remain insignificant element of clubs and will continue their struggle to survive within the billion dollar health club industry. In a very clear and certain term, David doesn't stand a chance!

The RCSC is a new approach and business model that will change the current course of racquetball and other court sports. The first of these facilities will be open to the general public and operate 24/7. It will contain 18 glass back wall courts; 17,000 square feet of class A office space; a four wall glass arena court with seating for over 1,000 spectators that will convert

to a multi-purpose arena; a full-service restaurant; and an electronic management system to reduce labor and administrative costs. It will generate revenue from court rental, entry fees, office leasing, tournaments, special events and programming, programming, programming. The RCSC is not to be confused with a health club that also has courts. It operates entirely differently from today's commercial fitness facilities



The RCSC is a new approach and business model that will change the current course of racquetball and other court sports.

that rely exclusively on initiation fees, membership dues and the lure of the latest fitness equipment and amenities.

The 70,000 square foot facility is merely the bricks and mortar portion of the RCSC. The soul and heart of the business model began with the basic fact that racquetball and other court sports play on the same court. We knew that these sports individually are struggling to grow but were confident their mutual coexistence would financially optimize the use of the courts -- a facility built specifically for the enjoyment and needs of the

players and similar to the pure court club of the 70's.

Research has clearly indicated that the return on investment for building court sports facilities is just as profitable as the fitness facilities. It is not true that filling up courts with exercise equipment is more profitable. The element that has gone unnoticed when a court is converted is the capital expense of replacing the equipment every few years as the equipment becomes outdated. Our plan has been meticulously developed to provide all the support amenities that enhance play on the courts. A

player can gain entry by paying a small day use fee and need never purchase a membership. Full food service and areas to gather will recreate the highly social aspect that was once prevalent in racquetball clubs. Those who want to work where they play can rent offices above the atrium. For those who cross train or just want to warm up, there will be sufficient equipment available. Day lockers, long term lockers, saunas/steam/showers/ jacuzzis are part of a two-tier locker room system. Multiple national, regional and local tournaments in all the court sports will be available for participation or viewing on the arena court. This concept will be duplicated in various forms and markets throughout the country. It will create its own industry, culture and finally allow racquetball and the other court sports the opportunity to control their future and growth!

We're confident our facility will attract competitive league and tournament players, but we also know the recreational player is the foundation and key to success of any sport. The cycle of sports goes like this: the recreational player is the base from which all sports begin, evolve and prosper. As the recreational player base grows, a percentage of players gravitate to organized leagues. As leagues grow, a percentage of players gravitate to tournaments.

From the pool of tournament players, there are players that go on to the professional ranks which in turn generate the inspiration for the amateurs. During this evolution of recreational players, equipment sales grow and manufacturers invest more resources into grass roots programs, advertising and tournaments. These promotions attract more recreational players and the cycle repeats itself. The RCSC has been designed for and will target the 86% of our population (IHRSA data) that does not belong to a health club. This large segment of our society is the person who prefers recreational sports and activities over regimented exercise and fitness machines. There's a reason they call it WORKing out!

The few remaining multiple court clubs with successful racquetball programs all have one thing in common: excellent programming, a dedicated staff and targeted marketing. In our business case development, we created a catch phrase which expresses our programming philosophy, "program the programmers." Our goal is to provide instructors, league facilitators and tournament directors all the tools and the environment to be financially successful. A key module being developed for our programmers is an Electronic Facilities Management System. This proprietary software will integrate all aspects of data

base management, instruction, program administration, league and tournament management. An additional component of that goal is to market the facility within the community with ongoing programs and to showcase the finest court sports athletes in the world on our arena court being designed specifically for television broadcasting capabilities. As the only facility in the world with 18 glass back wall courts and a four wall glass arena court that seats over 1,000 spectators, the RCSC will host premier court sports tournaments and special events all year long.

The future growth and prosperity of racquetball and the other court sports is now. That means taking back our power; controlling our destiny and not allowing the fitness club industry dictate our existence.

The Reno Court Sports Connection is the first step, it's the first facility and it is real. The land has been purchased and is currently being prepared for construction; the facility is scheduled to open in the Fall of 2007. It's highly conceivable that in the next 5-7 years there could literally be hundreds of facilities very similar to ours all over the country. It happened in the 70's, so why not now?

About the writer: Joe Garcia has been associated with racquetball and the health club industry for over 25 years. He managed several racquetball clubs in Southern California which led to his creating the sport of wallyball. In 1985, Joe designed and built the first portable racquetball court and is a sports marketing consultant in Reno, Nevada. Along with Mike Neeser, Joe is the Managing Partner of the RCSC, LLC.



WHAT'S THE CALL?

"...CARRIES, THROWS, AND DOUBLE HITS ARE **ILLEGAL**."

BY OTTO DIETRICH
USA RACQUETBALL NATIONAL RULE COMMISSIONER



I just returned from the Dominican Republic where I helped run the tournament desk for the 2006 Caribbean and Central American Games as well as the IRF's 2006 World Championships. While there, I observed that racquets with extra long grips were used, causing the racquets to exceed the 22 inch Limit [Rule 2.4 (a)]. One doubles team lost their first game in a critical match by forfeit because one of their racquets exceeded that tolerance.

The National Rules Committee plans to address this issue and make a recommendation to the

Board of Directors, but until there is an official rule change, there will be no such racquet length tolerance allowed in USAR sanctioned events. So, check your racquets and make sure that they are no longer than 22 inches! The penalty for using an illegal racquet is the loss of the game in progress or, if noted between games, loss of the game just completed.

The IRF's World Congress adopted a few rules changes – one of which may affect those of you who will play in the World Junior Championships in Phoenix in December. Henceforth, the

one and three foot lines used in the multibounce game will also dictate how many bounces the receiver has to return the serve. Previously, the serve always allowed multibounces regardless of how high the serve may have hit on the front wall. I suspect that few players under 8 years old can hit the ball hard enough to get it across the short line if it hits lower than 3 feet on the front wall. The IRF rule is now changed.

In an email I received last month from Pete Kempf of Henderson, NV, he asked:

1. When a ball hits out of the court or hits a non-playing surface in the court, is it a replay or a fault?
2. What is the current rule regarding carries, double hits, throws, etc?
3. I was recently in Kauai, Hawaii, and the folks there (all amateurs) were using the single serve. They said that is now the rule, even for amateurs.
2. Regarding carries, throws, and double hits, they are **ILLEGAL**. Do any of those things and you lose the rally immediately [Rule 3-10 (e)].
3. The one-serve game is currently played by both men and women professionals on their respective tours and in the Open Divisions at all USAR sanctioned amateur events (this is an option, at the discretion of the tournament director). In a friendly game you can play the game any way the players agree.

OTTO SAYS:

1. Generally speaking, whoever hits the ball last before it goes "out of the court" loses the rally. If the "non-playing surface" you refer to is something such as an air conditioning grate in the ceiling and if the ball that hits it probably would have reached the front wall had it NOT hit that grate, then it is a court hinder, resulting in a replay.

Always "Play by the Rules!" If you don't have a copy, you can review them on-line at: <http://www.usaracquetball.com/Default.aspx?tabid=839>. 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 Magazine.

TRAINING WITH JACK

BY JACK HUCZEK

PRESENTED BY

HEAD **ASHAWAY** **PYTHON GRIPS**



One of the keys to my success as a professional racquetball player is cross-training. In cross-training, two or more exercises are performed in one workout or used alternately in successive workouts.

Within my articles I will be addressing the most important areas of cross-training for the racquetball player: power, strength, speed, quickness, endurance, and flexibility. Most importantly, I will be targeting the forty plus season players and the juniors who may already be competing in more than one sport.

Most successful pro athletes use cross-training. Since no one exercise can yield all the benefits required to play racquetball at the highest level, many successful players utilize different exercises to produce optimal results. Cross-training offers advantages for both competitive athletes and those who train simply to keep in shape and manage their weight.

Cross-training helps you:

- Add variety to your workout to keep you interested
- Develop your ENTIRE body rather than specific parts
- Distributes the level of burden around various body parts, thus reducing the risk of injury
- Allows you to keep training even if you are injured

All competitive players need to develop a training program. To begin, you need to determine your goals. Do you want to be a good club level player or win your age group at Nationals? Realistic goals will determine the level of your commitment and the intensity of your training.

I have been seriously cross-training since the age of twelve. Over the years, I have created what I believe to be innovative techniques that have helped improve my game. Understanding that most people

are unable to dedicate six hours each day, I will outline exercises that can be adapted to almost every level of player and be performed in a realistic time schedule.

In the next issue we will explain how to develop power and how to incorporate power training into your training schedule.

SAMPLE CROSS-TRAINING PROGRAM

(More specific programs in future magazines)

Day	Activity	Minutes
Monday	Upper body weight training	20-30
	Aerobic activity (Bicycling)	30
	Stretching	10
Tuesday	Lower body weight Training	20-30
	Racquetball	30-45
	Stretching	10
Wednesday	Yoga	20-30
	Aerobic Activity (Running)	30
	Upper-body weight training	20-30
Thursday	Lower body circuit weight training	30
	Racquetball, Squash, or Badminton	40-45
Friday	Aerobic Activity (Rowing)	30
	Stretching	10
Saturday	Court Drills (anaerobic)	20
	Racquetball	45
	Stretching	10
Sunday	Day of rest	



MIXERS

THE KEY TO RETAINING MEMBERS

MIXERS... THE KEY TO RETENTION!!!

Some of the best programs you can run at your club for your existing members are Mixers! You can never have too many. However, your goal is to get not just your Members involved, but their friends. Friends mean potential new members. I play golf at a Country Club and everytime they are in need of new memberships they run a Mixer which many clubs call 'hit and Giggle'. It is a way to bring potential players or members to your club and a way of giving back to their Membership because there is no Greens Fees, just a nominal fee for playing. Some of these 'Hit and Giggles' are with meals, some without. The prizes are golf balls or money on the books (so they have to buy something in the pro shop). Running these events for Racquetball Players can follow along the same concept. I recommend running them at least once or twice a month. Set up a seasons worth of Friday night Mixers. Once your states tournament schedule is set up, work your Friday Mixers around those. You may wish to have some open to non-member teams or non-member guests or some just for your members.

You can -but don't have to- include prizes and food. Charge accordingly. This is an excellent retention tool for your members. You could run Mixers for couples, same sexed, kids and/or families of all levels or specific levels of play.

You may wish to partner with a local restaurant to bring in food for the evening. Pizza, Mexican, Sub shops, fast food places work great!

You can have themes, no themes. Let your imagination work for you. You can combine it with Texas Hold 'em or a Survivor Night or 'So you think you can Dance' Night.

DON'T KEEP THESE A WELL KEPT SECRET...MEANING YOU NEED TO ADVERTISE!

If you don't have a racquetball director to run these programs, first of all -shame on you- but secondly, you can have your Membership run it. Don't keep these a well kept secret...meaning you need to advertise! Information should be on your Racquetball Bulletin Board, on all the Court Doors, in your monthly or seasonal newsletter or brochure, on your club website and when people sign up for leagues and they get their league schedule, include a handout of these events.

I am getting excited to set up my Winter Mixers as I have just come up with some new ones.

Let me know what ideas you have for Mixers.

HAVE FUN!

Connie Martin has been playing, programming and teaching at racquetball clubs for almost 30 years. She developed the Racquetball Teaching Association which is now known as AmPPRO, has written two Racquetball Program Manuals, was the recipient of the Joe Halverson Award and the first IHRSA International Racquetball Programming Award. She is currently working on a project with the Racquetball Manufacturers Council, still programming at Cascade Athletic Clubs (20th year!) and coaching her sons High School Racquetball Team. Connie was just inducted into the National Racquetball Hall of Fame this past May.

Connie can be reached at:
Connie.Martin@CascadeAthleticClubs.com

BY FRAN DAVIS

ANSWER: One of the most important criteria to be successful in a match is to be "in control of the match". If you are "in control of the match" you put yourself in the best position possible to play your best and come out on top. The elements that you must learn to control are your attitude, the tempo, positioning, serve strategy, game strategy, shot selection and time outs. Let's take a closer look:

- a. **Attitude** – Being and staying positive under ALL conditions.
- b. **Tempo** - Pace of the game both serving and rallying. Take your time when you are serving or returning serve...remember the ten second rule where the server and receiver combined has 10 seconds between them to put the ball in play. DO NOT rush. Figure out why you lost the rally and are receiving serve or why you won the rally and are serving and what serve works best to force a weak return or score another point.
- c. **Positioning** - Being aware of the position of yourself and of your opponent at all times is critical. You can often take advantage of the situation if your opponent is out of position.
- d. **Service Strategy** - Know your opponents strengths and weaknesses and be aware if they are a righty/lefty and what



Q Fran, sometimes I feel so "out of control in a match".... how can I change this?

they can and cannot handle or what they like or dislike when it comes to your particular serve.

- e. **Game Strategy** - Play to your opponents weakness and keep the ball away from their strengths. By doing this you do not build their confidence level, but rather deflate it.

f. Shot Selection – Formula

A(you) +B (ball) +C (opponent) +D (score)=E

When taking your shots be aware of all of these components as the more you pay attention to your opponents court position and hit the ball where they are not you are going to force more weak returns and frustration on their part.

- g. **Time Outs** – Use them as they are an important part of changing the momentum (if needed), or gives you a physical/mental break, allows you to regroup, allows you to slow down and think about what is working and what is not working and it puts you back in

control is you feel out of control.

The top professional men such as Kane, Jack, Jason, Cliff or Rocky as well as the top professional women Christy, Cheryl and Rhonda are the best at staying "in control of the match".

By staying "in control of the match" they know they are putting themselves in the best position possible to win and win consistently...a must at their level.

No matter what level you play at, you TOO, can obtain the best results possible by going down the checklist I created, from a to g, and learn to stay "in control of your match".

Hope to see you at one of my camps for live personal instruction or the next best thing buy a video if you can't make a camp at this time. Go to www.FranDavisRacquetball.com for details on both the video and camps.

ELLISTYLE COMMON BACKHAND MISTAKES

& HOW TO FIX THEM

PRESENTED BY **EKTELON**

BY JOHN ELLIS

Hola Racquetball Players!! I just returned back to the good ole USA from a two-week trip in the Dominican Republic for the IRF World Championships. What a great trip and a special honor to coach our National Team to the World Championship. I am already looking forward to the Pan American Championships in Santiago, Chile this coming April.

I did notice a certain mechanical flaw on the backhand side with many of the players at the Worlds. The basic problem is that many of these international players do not switch their grips from the forehand to the backhand. They just use the same forehand grip for both sides. This aspect will eventually keep a player from excelling at the highest levels. I've written at least one

article about this topic over the past two years but this time I'll help explain the difference between the proper backhand swing and the forehand grip backhand with a number of photos. I'm also going to start the photo series backwards from contact point to early racquet set up.



Photo 1: The perfect forehand grip!! However this is the grip I see many players hit their backhand shots with. You can see that I will have to use my shoulder muscles a lot more to keep the racquet level with this grip.



Photo 2 & 3: Now this is the correct backhand grip. Notice how the V position of my hand on the grip is now more over to the flat portion of the grip. Another gauge for a correct backhand grip is having your bottom knuckles and wrist leading the way at contact point. An incorrect backhand grip will have all of your knuckles leading the way. *Note I realize I'm not bending my legs here as the photos are meant to focus on the grip.



Photo 4: Hard to tell anything is wrong with this set up. My racquet is up, my legs are spread and I'm getting down for the shot. Look closely and notice that I am in a forehand grip for this backhand. The racquet is up but facing directly towards the sidewall. There isn't the racquet cocking that you'll see in the next photo and I promise I'm feeling the tension in my right shoulder. Plus if you look really close you'll see that I'm beginning to lean forward with my weight.



Photo 5: Awe, much better!! First, notice where my hand is on the grip, the flatter side of the racquet, which will allow me to whip through the swing with level balance. You can see that the racquet is slightly turned towards the back wall but done without curling my wrist.



Photo 6: This is what a backhand looks like at contact point with a forehand grip. All of my weight is going forward to try and make the racquet level so I don't just hit the ball high. This will greatly limit my power as I'm forced to stand up, losing my power base in my legs. Plus I will have to hit the ball from closer to my body limiting my range of motion and shot possibilities.



Photo 7: The correct backhand swing is a thing of beauty!! You can see the difference in my grip placement, which allows me to stay back on the ball and keep my balance throughout the swing. One great indicator of a balance backhand swing will be the 90-degree back leg bend.

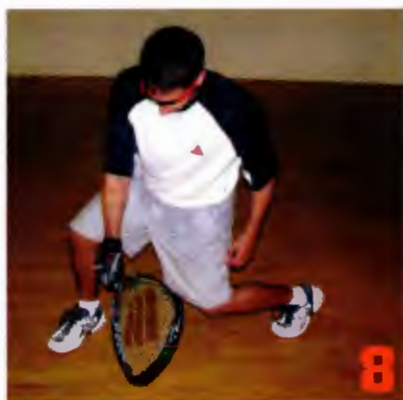


Photo 8: This photo illustrates what may occur when a player tries to hit a backhand with a forehand grip but still does things properly with their body. The racquet will simply face upward for a shot that is guaranteed to stay up for the opponent.



Photo 9: This time the photo is of a proper backhand grip but improper body positioning into the shot. My back leg is too straight forcing me to hit the shot right into the ground.



Photos 10-19: These photos show the correct backhand grip and form through the whole swing into defensive position from both the side and front views. Remember the main aspects of the backhand shot are the correct grip, early racquet preparation, staying low (especially your back leg), level contact point and extending your follow through. The only way to work out your backhand kinks is by practicing by yourself. Put up some targets on the front wall and in the back corners to make your practice a little more competitive.

STRANDEMO'S STRATEGIES



BY STEVE STRANDEMO

I can honestly tell you that returning low drive serves from 6 feet off the back wall (approximately 2 steps) is not strategically the best way to return good drive serves.

Starting 6 feet off the back wall doesn't give you enough time to effectively return the serve. It also doesn't give you enough time to react and basically, can put you in a very defensive position. Please remember, when you're returning hard serves (low drives and Z's) you should be looking first for an offensive return. Starting 6 feet off the back wall will give you little time to hit and will, many times, cause you to be defensive.

I see many receivers start 6 feet off the back wall because they feel they can cover any and every low drive serve their opponent can hit. They think they're going to get the near perfect serve that takes a first bounce at 20'6" (photo 1). They think they're going to dig up the crack ace serve before it

bounces twice. They think they will get the good low drive that lands in Zone 3 and they think they'll get all the low drive serves that come off the back wall for set ups. The problem in trying to cover everything is they end up returning the serve very inefficiently. Most times the receiver still won't get to the great serves on this page (photos 1 and 2). The real problem occurs when the receiver inefficiently covers photo 3 (category 4) serves.

By being in the wrong starting position (6 feet) to cover Category 4 serves, you will make mistakes on the return that will cause you to lose matches that should never be lost. So, please start your

return of serve 3 feet off the back wall. Let the serve come back to you. You can then evaluate the effectiveness of the serve as it is approaching the back corner and then decide if the return should be offensive or defensive.

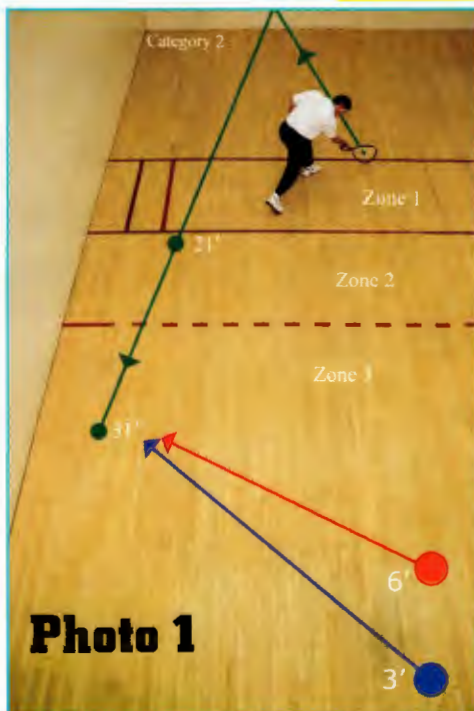


Photo 1

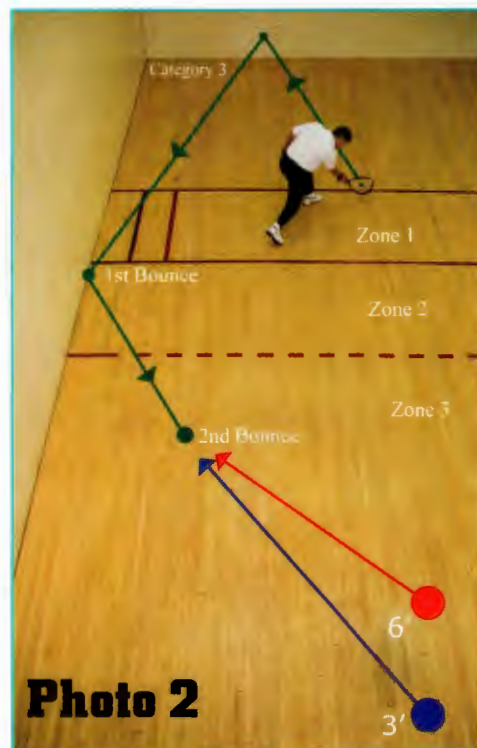


Photo 2

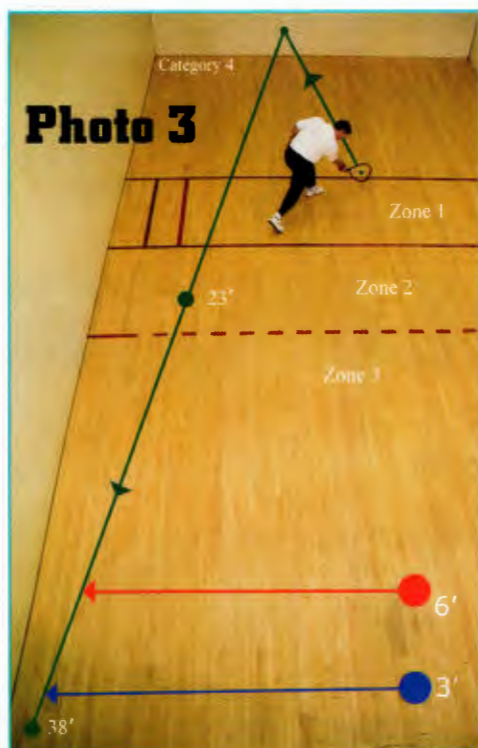
From photo 3, returning a serve from 6 feet off the back wall doesn't look that much different. I can honestly tell you in reality those 3 feet can have a major effect on your return efficiency.

3 feet off the back wall will give you enough time to take that quick shuffle step along with your cross-over step to get to the back corner to return that good serve. When you position yourself 6 feet off the back wall you don't have enough time to effectively return a low drive serve. Many times you barely have enough time to get your racquet on the ball. Receivers will end up popping this good serve to the ceiling because the serve is on top of

them so quickly. Placing yourself so far forward doesn't give you enough time to efficiently read your opponent's serve and many times you end up jabbing at the return. If you step back to 3 feet off the back wall and let the serve come to you, you will be amazed at how much easier it will be to return these serves.

As the server, you've got to get a feel of how far off the back wall the receiver is positioned. In photo 4, you can look and judge the receiver is approximately 3 feet off the back wall and in a good strategic position to accomplish this. In photo 5, you can see and feel the receiver is two steps off the back wall and is

just too far forward to efficiently defend your low drive serve. By being 6 feet off the back wall, the receiver doesn't give himself enough reaction time to read the effectiveness of your low drive serve.



All photos: Elliott Pohl

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Price is \$24.95 (US Dollars). Postage paid in US, Canada and Mexico.

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SUDSY'S MAGIC SHOW



FEATURING...THE BACKHAND CEILING BALL

PRESENTED BY



BY SUDSY MONCHIK

In the last issue I covered my Forehand Ceiling Ball and this month I will switch sides and go into details with my Backhand Ceiling Ball. Remember, the ceiling ball is the #1 defensive shot in the game of racquetball. It draws your opponent out of the middle, 35 feet and back, and puts them in the most difficult position to score because they are the furthest from the target, the front wall. It also bids you

time to get back to good center court position.

The ceiling ball is a shot that you want to have LOTS of confidence in especially when you are returning serve or your opponents will pick on your weakness and lob you to death. What happens is if you lack confidence in your ceiling ball game you will get VERY frustrated on the return of serve and try to shoot more balls than you

should...you will either go too offensive from your shoulder or you will attempt to let the lob serve come off the back wall and good lob serves will NOT come off the back wall. This can only lead to one thing...self-destruction.

Let's take a moment and examine my "Magical Backhand Ceiling Ball" so you can hit a good ceiling ball from either the forehand or backhand side:



1 READY POSITION

- > Square to the side wall
- > Racquet up above the shoulder
- > Feet a little wider than shoulder width apart
- > Upper body rotated
- > Eyes on ball



2 STEP AND SWING

- > Step at a 45 degree angle (just like the normal backhand)
- > Hips begin to open
- > Shoulders begin to rotate
- > Lead with the elbow
- > Racquet begins to move forward and across the shoulder
- > Hitting arm is starting to fully extend
- > Eyes on the ball



3

CONTACT POINT

- Hitting arm is at full extension
- Wrist is cocked back at a 45 degree angle
- Ball is hit off lead shoulder
- Ball is struck chest to shoulder high and eyes on the ball
- Racquet is pointing to side wall and face is open to the corner of the ceiling



4

FOLLOW THROUGH

- Hitting arm comes completely
- through and across your body
- The ball should hit the ceiling before the front wall about 5 to 7 feet from the front wall so that on its second bounce it hits as close to the back wall as possible.

By learning the ceiling ball shot you will now have the ability to play any type of game...like me and the rest of the pros. We DO NOT just shoot and kill everything, ESPECIALLY on the return of serve. By having good offensive and defensive shots in your arsenal of shots you can never go wrong. You can use your head, like we do, to determine the

situation and what would be the best strategy in a given situation. Please, I urge you not to get caught up in those slam-bang-mindless rallies of survival racquetball with your opponent....they usually do not lead to any kind of consistency or success on a regular basis. By using your head as well as your body and playing high percentage

racquetball you will be well on your way to the next level.

Hope to see you at one of our camps for live personal instruction or the next best thing buy our video if you can't make a camp at this time. Go to www.FranDavisRacquetball.com for details on both.

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150g TRI-TEAR
170g TRI-TEAR
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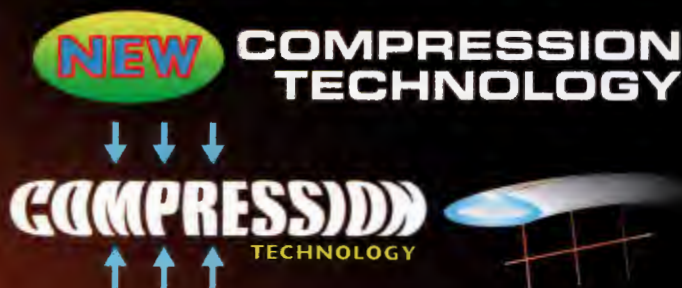
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MORE PATENTED / PATENT-PENDING TECHNOLOGIES DEVELOPED FOR RACQUETBALL THAN IN ANY COMPETITOR PERFORMANCE RACQUETS

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ALL 14 MAINSTRINGS ARE THE LONGEST POSSIBLE. EXTEND FROM RACQUET TIP THROUGH HANDLE FOR EXTREME POWER.



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PATENTED,
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OPPONENT-SHREDDING
TECHNOLOGIES**

The Bedlam Knife combines new Compression Technology and LongString SuperMains with six additional patented, patent-pending or exclusive technologies. The Knife slices through competitor racquets and leaves them in shreds.

Smoking power, cat-like maneuverability, super-sonic speed and pinpoint control: opponent-demoralizing advantages delivered by new Compression Technology. The frame is incredibly thin while the frame walls are thicker... for massive power and durability.

LongString SuperMains create blasting power - the longest mainstrings possible to store the greatest amount of energy - by extending all mainstrings from racquet tip through the handle.

Bedlam knife finishes off your adversary with six exclusive E-Force technologies.



LAUNCH PAD TECHNOLOGY

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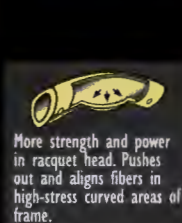
ZERO RICHTER TUBES

PATENTED 6,882,048 DATED 3/8/03 AND PATENT PENDING



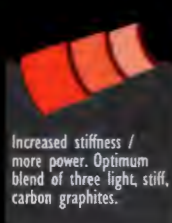
BY-PASS STRINGING SYSTEM

PATENTED 6,764,417 8,925,914



FIBER ALIGNMENT (FAT) ZONES

PATENTED 6,447,412 8,958,104



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Wing Shape
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Standard
Racquet Design -
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160g Quadraform
170g Tri-Tear
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NEW
LETHAL



- HI-COMPRESSION WING TECHNOLOGY
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- DUAL CYLINDER FRAME

THE BEST E-FORCE RACQUET

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Incredibly thin frame with extra-thick walls combined with patented Extreme LongString and Dual Cylinder technologies for crushing power and maneuverability.

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ALL STRINGS - MAINS AND CROSSES - ARE THE LONGEST POSSIBLE. THEY CANNOT BE LONGER. THE RESULT IS INCREDIBLE POWER.

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All mains extend from tip of racquet all the way through the handle. They cannot be longer. All crosses are anchored at outside of frame. They cannot be longer. E-Force has the longest strings in free-space. Period.



DUAL CYLINDER CONSTRUCTION

THE SUPER-STRONG FRAME REDUCES UNWANTED TWIST AND DISTORTION, CREATES AN AMAZINGLY SOLID HITTING PLATFORM, AND ALLOWS LONGER STRINGS. **PATENT PENDING. ONLY FROM E-FORCE.**

Frame is made from two graphite tubes (not just one as in other racquets) connected by a stabilizer bridge. Two-tube construction allows all crosses to be anchored at outside edge of frame for added length and power.



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COLLEGIATE MATTERS

NORMAN WILENSKY SCHOLARSHIP FUND ESTABLISHED



BY SHANE WOOD, COLLEGIATE COMMISSIONER



Norman Wilensky was a dedicated husband, father and friend, with his focus towards the needs of others. He

carried his love of family and friends to his love of sports. Norman was a loyal person and this was evident in his commitment to racquetball. He enjoyed playing for over 30 years of his life. Norm played six days a week and never tired of the game. Every day was a fresh start, every game beginning on a level playing field. Norm died suddenly at the age of 62 but he will never be forgotten. His dedication to the sport will live on through his strong values and through young collegiate students who love racquetball.

With the help of friends in the racquetball community, the Norman Wilensky Scholarship Fund has been created to keep his memory alive. To qualify for the scholarship, to be awarded to a student athlete at the Intercollegiate National Racquetball Championship Banquet and Awards Ceremony each year, an individual must meet the following guidelines:

- Meet the eligibility guidelines for Intercollegiate Racquetball
- Participate in the current year's Intercollegiate National Racquetball Championships

- Submit an application by February 15th each year, requiring a copy of college transcripts; a biography of the individual's racquetball accomplishments; an essay describing the reason this individual should be selected for this scholarship; and two (2) letters of recommendation.
- All applications will be sent directly to the Chairman of the Norman Wilensky Scholarship Council, who will distribute to the other Council members for review and selection by vote.

The selection criteria for the recipients will be based on the following attributes:

- (1) academic achievement;
- (2) racquetball accomplishments;
- (3) team spirit, dedication and loyalty;
- (4) conduct and values both on and off the racquetball court;
- (5) focus towards the needs of others.

The field of applicants will be reduced to three candidates by March 15th of each year, with the final selection being made at the Intercollegiate Nationals by the Norman Wilensky Scholarship Council, for recognition and presentation at the Intercollegiate National Racquetball Awards and Banquets Ceremony.

The Council will consist of seven (7) individuals, including the Chair of the U.S. Intercollegiate Racquetball Council, who will also serve as Chair for this committee.

The committee will consist of members who are currently not coaches/advisors of intercollegiate racquetball programs where their own student athletes may be eligible for this award. The current year's Council will be posted on the USAR website by October 1st annually.

The scholarship will be allocated directly to the College/University under the recipient's name for the following academic semester that immediately succeeds the year in which the award was given. If the individual selected does not attend school that semester, the scholarship award will be refunded back to the fund to be dispersed in future years.

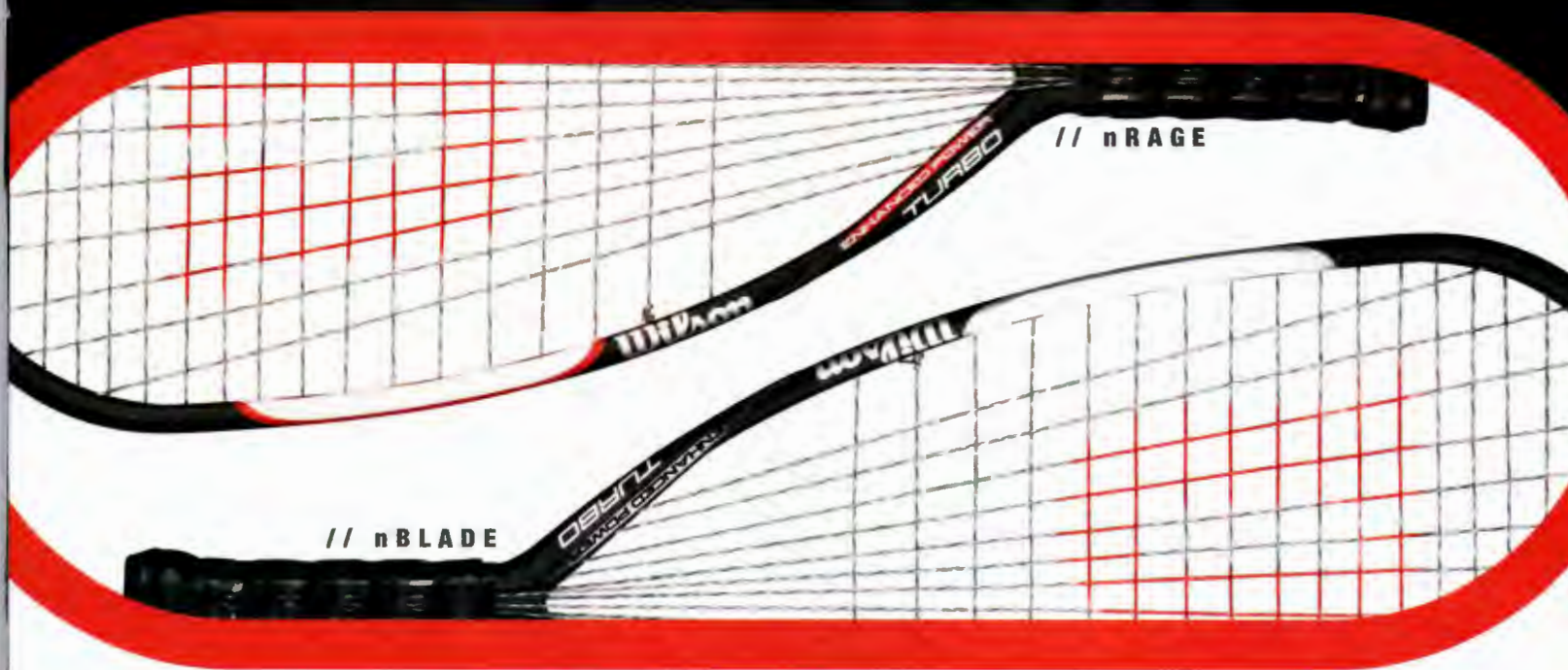
If you would like to apply for this scholarship, please send all applications and complete information as noted above to:

Norman Wilensky Scholarship Council
c/o Shane Wood, Chairman
457 Brimfield Rd.
PO Box 1364
Warren, MA 01083
Tel: (508) 479-6597

For donations to the scholarship fund, please send a check to:

USA Racquetball Association
1685 West Uintah
Colorado Springs, CO 80904-2906
Attn: Jim Hiser/Re: Norman Wilensky Scholarship Fund

encode



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CAMP MATTERS

2006 RACQUETBALL HIGH PERFORMANCE

BY CHRISTOPHER M. KNIGHT

It is the toughest racquetball camp in the world. Only the elite can survive it. Instead of calling it the "High Performance Racquetball Camp," they should call it, "Racquetball Deficiency Elimination Camp"! That's the end product each camper is left with thanks to professional video analysis, specialized drills and plenty of one-on-one with the pros & a world-class racquetball coaching team.

This year, 24 racquetball campers participated in 5 days and more than 48+ hours of competitive racquetball instruction. Each participant had to qualify to attend and you know it's going to be a physically & mentally challenging experience when they ask how fast you can sprint in a mile and a half. Most are open-level or soon to be approaching open-level racquetball play with ages ranging from 14-45.

The camp is lead by USA Racquetball Hall of Fame coach, Jim Winterton along with BYU Championship Collegiate Coach Dennis Fisher, Top LPRA Touring Pro & Clinician Jo Shattuck, and Top IRT Pro Andy Hawthorne. In addition to the elite racquetball coaching staff, outside experts were brought in including a strength & conditioning coach, mental & visualization

coach, and a triathlete weight training specialist that covered training periodization plans.

All of the racquetball athletes (including the coaches) stayed in the United States Olympic Center training facility dorms and were treated daily to the same high performance food engineered for athletic peak performance. The racquetball courts for daily training, drills and a concluding tournament was held at the Lynmar Racquet club.

Participants received a racquetball instruction book, instructional CD plus a highly personalized instructional CD that contains video analysis of their play from the first day. Most took 15-30+ pages of notes during the camp that can be referenced later to build or enhance each athletes ongoing training plans.

Topics covered during the 5 day intensive includes stroke mechanics, proper shot selection, footwork analysis, offensive return of ball, doubles play strategy, lob serve cut-offs, ceiling balls, proper nutrition including pre and post tournament planning, drive/lob serves, sports psychology and weight training. In addition, each

athlete was encouraged on day one to share what specifically they came to learn and if it wasn't on the agenda, the coaching team made sure the athlete received answers or personalized plans to help them achieve their racquetball goals.

The morning workouts are legendary with a 2.5 mile run

followed by stretching and calisthenics lead by Dr. Jim Hiser, Executive Director of the USRA. This is followed by footwork speed & agility drills before the 1.5 mile walk or jog back to breakfast at the USOC Village Center. There is also an infamous simulated racquetball game on 'hell day' that brings fear in the eyes of most newbies. Athletes are encouraged to safely push themselves past old limits to discover new levels of performance.

If you think this camp is all intensity and seriousness, you'd be wrong as what could be more fun than playing and improving your racquetball game with a couple dozen new buddies who are just as passionate about racquetball as you are? It's amazing how complete strangers came together to support and encourage each other, sharing their racquetball secrets and tips that have helped them advance.

Each day of training is capped off with an evening lecture or outside guest expert brought in to further integrate the lessons of the day. Discussion topics ranged from "What It Takes To Be A Champion," "Goal Setting," "Visualization for Racquetball," "Planning Your Workouts," to watching IRT/LPRA pro matches that teaches how to analyze matches.

The final day of racquetball camp includes a fun tournament where all of the lessons and skill refinements can be put to test. The night is then concluded with an awards ceremony where each participant gives a short speech about what they learned, a male & female MVP award is given, a team award (this year had 4 groups of 6 participants) is announced and a socializing pizza party ends the camp... It also starts the beginning of many new friendships that will last well beyond this racquetball experience.

If you want to be a racquetball pro on a world, national, state or even local level, this camp gives you the tools and competitive weapons that few will ever obtain. Bring you're "A" game to get in and you'll leave with an experience you will never forget.

<http://KnightRacquetball.com/>



front row: Drew Brannigan, Matt Gillette, Tyler Otto, John Craig Chisholm, Chris Knight, Jo Shattuck
Second row: Andy Hawthorne, Annie Catron, Abraham Mercado, John Sanderson, Steven Stewart, Tyler Lanman, Todd McCallum, Mark Andreotta, Jim Winterton
Third row: Dennis Fisher, Rajiv Varadarajan, Cary Cardwell, Mike Davern Sr., Cliff Wight, Diane Borders, Lou Collette, Mike Davern Jr., Jack Lance, Chuck Rosenberg, Rob Arluck, Genevieve Washington

USA RACQUETBALL SANCTIONED EVENTS



Event Start	Event End	Event Title	Facility Name	City	State	Phone
10/5/06	10/8/06	KENTUCKY PRO/AM OPEN RACQUETBALL CHAMPIONSHIPS	WESTERN KENTUCKY UNIVERSITY	BOWLING GREEN	KY	270-765-9941
10/6/2006	10/8/2006	OHIO TURKEY SHOOTOUT	SPRINGFIELD ATHLETIC CLUB	SPRINGFIELD	OH	937-399-2360
10/6/2006	10/8/2006	WOODY NEWTON MEMORIAL	TRI-CITY LEISURE CENTER	WEST COLUMBIA	SC	803-351-0960
10/6/2006	10/8/2006	WHALEY CHILDRENS CENTER CLASSIC III	DAVISON RACQUET & FITNESS CLUB	DAVISON	MI	810-287-9394
10/6/06	10/8/06	COURTS FOR THE CURE	COURTS PLUS OF JACKSONVILLE	JACKSONVILLE	NC	252-633-2221
10/6/06	10/8/06	NY CITY CHAMPIONSHIPS	BOE R/B CLUB	WOODSIDE	NY	718-429-8489
10/7/2006	10/8/2006	FALL KICK OFF	THE ATHLETIC CLUB	PLAINS	PA	570-947-1097
10/7/06	10/8/06	BU FALL ROLL-OUT	SUNY - BINGHAMTON	BINGHAMTON	NY	518-438-3935
10/7/06	10/7/06	KEN LARAMORE MEMORIAL TOURNAMENT	KIRKWOOD FITNESS & RACQUET CL	WILMINGTON	DE	302-668-6871
10/13/2006	10/15/2006	HEAD MX TOUR	LIFECENTER PLUS	HUDSON	OH	614-890-6073
10/13/2006	10/14/2006	MIDWEST SENIORS/MASTERS	GREENBRIAR ATHLETIC CLUB	INDPLS	IN	765-935-5169
10/13/06	10/15/06	2006 TX STATE DOUBLES	MAVERICK ATHLETIC CLUB	ARLINGTON	TX	817-275-3348
10/20/2006	10/22/2006	2006 PA STATE DOUBLES	ALLENTOWN RACQUETBALL CLUB	ALLENTOWN	PA	570-947-1097
10/20/2006	10/22/2006	WEST MICHIGAN OPEN	MICHIGAN ATHLETIC CLUB	GRAND RAPIDS	MI	616-956-0944
10/20/2006	10/21/2006	SPDOKY KOOKY RACQUETBOO	SHELBYVILLE ATHLETIC CLUB	SHELBYVILLE	IN	317-392-3822
10/20/06	10/22/06	EAST COAST RACQUETBALL CHAMPIONSHIPS	WILMINGTON ATHLETIC CLUB	WILMINGTON	NC	910-343-5950
10/20/06	10/22/06	RACQUET FOR THE CURE PRO-AM	LAKEFOREST SPORT & HEALTH CLUB	GATHERSBURG	MD	410-740-8831
10/20/06	10/22/06	ASU FALL CLASSIC	ARIZONA STATE UNIVERSITY	TEMPE	AZ	480-54-5-1363
10/20/06	10/22/06	OCTOBERFEST FINAL CALL	THE COURT CLUB	COLONIE	NY	518-438-3935
10/21/2006	10/22/2006	GRAND SLAM TRICK OR TREAT SHOOTOUT	YMCA - DOWNTOWN HOUSTON	HOUSTON	TX	281-812-4502
10/27/2006	10/29/2006	POMONA VALLEY OPEN	THE CLAREMONT CLUB	CLAREMONT	CA	909-625-6791
10/27/2006	10/29/2006	8TH ANNUAL COURTYARD CHARITY TOURNEY	COURTYARD EAST	CINCINNATI	OH	513-722-4478
10/27/06	10/29/06	GHOSTLY GATEWAY	SPORT & HEALTH, CRYSTAL GATEWAY	ARLINGTON	VA	703-597-9985
10/27/06	10/29/06	NO SEASON OPENER	CENTER COURT FITNESS CLUB	GRAND FORKS	ND	701-746-2790
10/28/2006	10/28/2006	SPOOKTACULAR	PLAYER'S RACQUET/FITNESS	WARREN	MI	586-774-6900
10/28/06	10/28/06	SPOOKFEST	SPECTRUM HEALTH CLUB	SAN ANTONIO	TX	210-344-8596
10/28/06	10/30/06	MUSIC CITY OPEN	YMCA - DOWNTOWN NASHVILLE	NASHVILLE	TN	615-895-3679
10/28/06	10/28/06	DALLAS DOUBLES SERIES IV	LANDMARK FITNESS FACTORY	DALLAS	TX	972-233-6774
11/3/2006	11/5/2006	BAY AREA OPEN	PRIME TIME ATHLETIC CLUB	BURLINGAME	CA	650-697-9162
11/3/2006	11/5/2006	2006 OH STATE DOUBLES	THE OHIO STATE UNIVERSITY	COLUMBUS	OH	614-890-6073
11/3/06	11/4/06	2006 TX STATE SENIORS	MAVERICK ATHLETIC CLUB	ARLINGTON	TX	817-275-3348
11/3/06	11/5/06	CAPITAL CLASSIC	KILDAIRE FARMS FITNESS AND RACQUETBALL CNTR	CARY	NC	919-467-1852
11/3/06	11/5/06	LONG ISLAND OPEN	SPORTSET - SYOSSET CLUB	SYOSSET	NY	718-429-8489
11/4/2006	11/4/2006	FALL BRAWL TOURNAMENT MI	RIVERVIEW RACQUET CLUB	GRAND RAPIDS	MI	616-540-7925
11/4/2006	11/4/2006	2006 DARA FALL OPEN	UNIVERSITY OF DELAWARE	NEWARK	DE	302-668-6871
11/10/2006	11/12/2006	SPARTAN SPLAT	MICHIGAN ATHLETIC CLUB-LANSING	EAST LANSING	MI	517-881-8584
11/10/2006	11/12/2006	CO NOVEMBER MADNESS	NORTH JEFFCO RACQUET & FITNESS	ARVADA	CO	303-431-9004
11/10/2006	11/12/2006	CROSS COURT OPEN	CROSS COURT ATHLETIC CLUB	WOODLAND	CA	530-666-1319
11/10/06	11/12/06	THE 15TH ANNUAL TURKEY SHOOTOUT RACQUETBALL CLASSIC	RIVERSIDE WELLNESS & FIT CTR	NEWPORT NEWS	VA	757-875-7525
11/11/06	11/11/06	DALLAS DOUBLES SERIES V	LANDMARK FITNESS FACTORY	DALLAS	TX	972-233-6774
11/15/06	11/19/06	2006 CHOICE HOTELS US OPEN RACQUETBALL CHAMPIONSHIPS	THE RACQUET CLUB OF MEMPHIS	MEMPHIS	TN	719/635-5396
11/17/06	11/19/06	CLUB FIT TURKEY SHOOT	CLUB FIT BRIARCLIFF	BRIARCLIFF MANOR	NY	914-762-3444
12/1/2006	12/3/2006	HOLIDAY MAGIC	WESTERVILLE ATHLETIC CLUB	WESTERVILLE	OH	614-882-7331
12/1/2006	12/3/2006	2006 CO STATE DOUBLES	YMCA - LITTLETON FAMILY/HIGHLINE	LITTLETON	CO	720-560-1484
12/1/2006	12/3/2006	2006 MI STATE DOUBLES	MICHIGAN ATHLETIC CLUB-LANSING	EAST LANSING	MI	310-217-8668
12/1/06	12/3/06	2006 WOOD VALLEY SNOWFLAKE CLASSIC-TOPEKA, KS	WOOD VALLEY RACQUET	TOPEKA	KS	785-267-5613
12/1/06	12/3/06	HAPPY JOE'S OPEN	CENTER COURT FITNESS CLUB	GRAND FORKS	ND	701-746-2790
12/1/06	12/3/06	ST. NICK SPLAT	SEVERNA PARK RACQUETBALL AND FITNESS CLUB	MILLERSVILLE	MD	410-987-0980
12/2/2006	12/3/2006	2ND ANNUAL GRAND SLAM ST NICK'S SHOOTOUT TX	YMCA - DOWNTOWN HOUSTON	HOUSTON	TX	281-812-4502
12/2/06	12/3/06	LONG ISLAND HOLIDAY CLASSIC	AMRITRAJ RACQUET & HLTH SPA	BAY SHORE	NY	718-429-8489
12/8/06	12/10/06	CHRISTMAS CLASSIC	SPORT & HEALTH, CRYSTAL GATEWAY	ARLINGTON	VA	703-597-9985
12/9/06	12/9/06	HOLIDAY SHOOTOUT	MAVERICK ATHLETIC CLUB	ARLINGTON	TX	817-275-3348
1/5/2007	1/7/2007	WINTER FREEZE	SPRINGFIELD ATHLETIC CLUB	SPRINGFIELD	OH	937-399-2360
1/5/2007	1/7/2007	CRA BENEFIT	YMCA - LITTLETON FAMILY/HIGHLINE	LITTLETON	CO	720-560-1484
1/6/07	1/7/07	FISHKILL WINTER FESTIVAL	ALLSPORT FITNESS CLUB-FISHKILL	FISHKILL	NY	845-569-8083
1/12/2007	1/14/2007	OH WINTER OPEN	BAYWINDS RACQUET CLUB	SANDUSKY	OH	419-433-0056
1/12/07	1/12/07	GOLD'S NEW YEAR'S CLASSIC	GOLD'S GYM - DEWITT	SYRACUSE	NY	315-248-3695
1/12/07	1/14/07	6TH ANNUAL YMCA SPIRIT TOURNEY	YMCA - OF GREATER LOUISVILLE	LOUISVILLE	KY	270-945-9695
1/13/2007	1/14/2007	NEW YEAR'S OPEN DE	KIRKWOOD FITNESS & RACQUET CL	WILMINGTON	DE	302-668-6871
1/18/07	1/21/07	NY CITY PRO AM IRT EVENT	SPORTSET - SYOSSET CLUB	SYOSSET	NY	718-429-8489
1/19/2007	1/21/2007	SOUTHERN OHIO CHAMPIONSHIP	THE HEIGHTS HEALTH & RAC CLUB	DAYTON	OH	614-890-6073
1/19/2007	1/21/2007	TIEBREAKER OPEN	DAVISON RACQUET & FITNESS CLUB	DAVISON	MI	810-287-9394
1/26/2007	1/28/2007	2007 WOMEN SENIOR MASTERS CHAMPIONSHIPS	ORLANDO FITNESS AND RACQUET CLUB	ORLANDO	FL	407-645-3550
1/26/2007	1/28/2007	ROCHESTER RAC N ROLLOUT	ROCHESTER ATHLETIC CLUB	ROCHESTER	MN	507-287-9308

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RANKINGS

AUGUST 2006



FEMALE UNDER 8 RANKING

- 1 Varner Jessica, Baton Rouge
- 2 Aldana Jasmine, Stockton
- 3 Adams Camille, Medford
- 4 Manilla Erica, Centennial
- 5 Lavelly Christina, Cuyahoga Falls
- 6 O'Brien Ashley, Auburn
- 7 Snyder Brooke, Milwaukee
- 8 Wilson Nadea, Oregon City
- 9 Adams Kelly, Humble
- 10 Cohen-kurz Tali Alana, Bellaire

MALE UNDER 8 RANKING

- 1 Langan Justin, St. Louis
- 2 Bailey Warren, Norfolk
- 3 Slade Ryan, Naperville
- 4 White Luke, Shorewood
- 5 Dixon Jeremy, Downers Grove
- 6 Quinn Matthew, Naperville
- 7 Walz Zachary, Grand Forks
- 8 "Pacetti, J Daniel", Lockport
- 9 Francis Ryan, Litchfield
- 10 Scheid Noah, New Ulm

FEMALE UNDER 10 RANKING

- 1 Wuttke Katina, Unknown
- 2 Lavelly Abbey, Cuyahoga Falls
- 3 Hungerford Hollee, Milwaukee
- 4 Vargas Elizabeth, Aurora
- 5 Fladstol Alicia, Eagle Point
- 6 Fladstol Victoria, Eagle Point
- 7 Doty Emily, Lyndonville
- 8 Boyle Krystle, Beaverton
- 9 Boyle Ashley, Beaverton
- 10 Manning Molly, Mankato

MALE UNDER 10 RANKING

- 1 Fuertes Kian, Litchfield
- 2 Manilla Adam, Centennial
- 3 Pellowski Zachary, Palisade
- 4 Mcadam Matt, Englewood
- 5 Boscia Conor, Unknown
- 6 Nelson Ryan, Denver
- 7 Diaz Esteban, Stockton
- 8 Lebow Joshua, Salem
- 9 Locke Jeffrey, Portland
- 10 Thorndike Thomas, Medford

MALE UNDER 12 RANKING

- 1 Negrete David, Bartlett
- 2 Larkin Connor, Nottingham
- 3 Langella Vinny, Manchester
- 4 Johnston Bryce, Gunnison
- 5 Barrows Joseph, Parker
- 6 Rojas Marco, Stockton
- 7 Stanley Chase, Baton Rouge
- 8 Chaney Phillip, Fitzgerald
- 9 Hoffman Joseph, Bowling Green
- 10 Clarke Jack, Albuquerque

FEMALE UNDER 12 RANKING

- 1 Chisholm Courtney, Marlborough
- 2 Rosado Samantha, Meriden
- 3 Lydon Lauren, Manchester
- 4 Larkin Shannon, Nottingham
- 5 Stanley Lauren, Baton Rouge
- 6 Reidt Kayla, Grand Rapids
- 7 Reidt Jessica, Grand Rapids
- 8 Brenner Elizabeth, Portland
- 9 Mannix Stephanie, Lincoln
- 10 Vena Rachel, Homewood

MALE UNDER 14 RANKING

- 1 Minkel James, Katy
- 2 Lee Joseph, Baton Rouge
- 3 Sukonik Mark, Longmeadow
- 4 Kirch Bradley, Syracuse
- 5 Breton Beau, Manchester
- 6 Martin Travis, Bedford
- 7 Tremblay Kyle, Litchfield
- 8 Fuertes Errol, Litchfield
- 9 Nuttall Griffin, Hudson
- 10 Smith Josh, St Johnsbury

FEMALE UNDER 14 RANKING

- 1 Rosado Jacquelyn, Meriden
- 2 O'Brien Aubrey, Auburn
- 3 Berry Lily, Columbus
- 4 Key Danielle, Gilbert
- 5 Lawrence Kristen, Manchester
- 6 Horyza Monique, Orangevale
- 7 Shober Linda, West Jordan
- 8 Borunda Mariana, Albuquerque
- 9 Gallo Jacki, Waynesboro
- 10 Quinones Melissa, Pembroke Pines

MALE UNDER 16 RANKING

- 1 Rojas Jose, Stockton
- 2 Aldana Jr Ismael, Stockton
- 3 Estrada Ruben, Chihuahua
- 4 Allen Jansen, Rice
- 5 Mcdermott Taylor, Dallas
- 6 Jackson Jerome, Norwood
- 7 Goldblatt Geoff, Chicago
- 8 Zelada Mauricio, Beltsville
- 9 Chisholm John-craig, Marlborough
- 10 Bennett Gavin, Manchester

FEMALE UNDER 16 RANKING

- 1 Melgaard Emily, Coeur D'alene
- 2 Legget Brittany, Spokane Valley
- 3 Davis Laura, Beaverton
- 4 Loyd Ashley, Murfreesboro
- 5 Jackson Sharon, Shelbyville
- 6 Darnell Sherrika, El Dorado Hills
- 7 Inglesby Shannon, Portland
- 8 Hettesheim Holly, Cincinnati
- 9 Oliver Hannah, Colorado Springs
- 10 Longoria L Paola Mich, El Paso

MALE UNDER 18 RANKING

- 1 Landa Alex, El Paso
- 2 Landa Armando, El Paso
- 3 Coy Chris, Elk City
- 4 Landa Roman, El Paso
- 5 Crockett Allan, Birmingham
- 6 Miller Darrel, Union Grove
- 7 Apperson Zach, Zanesville
- 8 Keddie Mike, Manchester
- 9 Sledzik Richard, Brockton
- 10 Hutkins Jacob, Lincoln

FEMALE UNDER 18 RANKING

- 1 Mazur Kara, Avon
- 2 Moyle Sarah, Beaverton
- 3 Meyer Dianne, McMinnville
- 4 Willhite Ashley, Klamath Falls
- 5 Hettesheim Sarah, Cincinnati
- 6 Key Michelle, Gilbert
- 7 Pimental Dannielle, Corvallis
- 8 Trejo-rold Vianney, Killeen
- 9 McGuffey Samantha, Cincinnati
- 10 Epstein Jenny, Great Neck

FEMALE OPEN RANKING

- 1 Gudinas Cheryl, Naperville
- 2 Rajsich Rhonda, Fountain Hills
- 3 Fenton Laura, Lincoln
- 4 Walsh Kristen, Salt Lake City
- 5 Wachtel Kerri, Cincinnati
- 6 Brown Tammy, Boise
- 7 Kyzer Brenda, Leesville
- 8 Fisher Adrienne, Tuscaloosa
- 9 Alvarado Liz, San Antonio
- 10 Moore Diane, Griffith

FEMALE OVER 25 RANKING

- 1 Feaster Shannon, Silver Spring
- 2 Fowler Doreen, Silver Spring
- 3 Tisinger Debra, Simi Valley
- 4 Sanders Lourdes, San Antonio
- 5 Moore Linda, Madison
- 6 Shattuck Jo, Denver
- 7 Maldonado Anita, Bronx
- 8 Feeney Lorraine, Abington
- 9 Dunn Heather, Prides Crossing
- 10 Nunez Paola, Rockville

FEMALE OVER 30 RANKING

- 1 Wachtel Kerri, Cincinnati
- 2 Brown Tammy, Boise
- 3 Kyzer Brenda, Leesville
- 4 Alvarado Liz, San Antonio
- 5 Moore Diane, Griffith
- 6 Bailey Malia, Norfolk
- 7 Gellman Rachel, El Mirage
- 8 Hallander Kersten, San Diego
- 9 Fowler Doreen, Silver Spring
- 10 Tisinger Debra, Simi Valley

FEMALE OVER 35 RANKING

- 1 Kyzer Brenda, Leesville
- 2 Alvarado Liz, San Antonio
- 3 Moore Diane, Griffith
- 4 Bailey Malia, Norfolk
- 5 Hallander Kersten, San Diego
- 6 Fowler Doreen, Silver Spring
- 7 Tisinger Debra, Simi Valley
- 8 Sanders Lourdes, San Antonio
- 9 Moore Linda, Madison
- 10 Shattuck Jo, Denver

FEMALE OVER 40 RANKING

- 1 Fenton Laura, Lincoln
- 2 Kyzer Brenda, Leesville
- 3 Alvarado Liz, San Antonio
- 4 Bailey Malia, Norfolk
- 5 Hallander Kersten, San Diego
- 6 Tisinger Debra, Simi Valley
- 7 Moore Linda, Madison
- 8 Maldonado Anita, Bronx
- 9 Feeney Lorraine, Abington
- 10 Willyard Patty, Amarillo

FEMALE OVER 45 RANKING

- 1 Bailey Malia, Norfolk
- 2 Tisinger Debra, Simi Valley
- 3 Moore Linda, Madison
- 4 Maldonado Anita, Bronx
- 5 Kenyon Sylinda, Houston
- 6 Key Karen, Gilbert
- 7 Richards Marcia, Littleton
- 8 Pfahler Susan, Neptune Beach
- 9 Berry Marsha, Louisville
- 10 Evans Meena, Advance

FEMALE OVER 50 RANKING

- 1 Moore Linda, Madison
- 2 Key Karen, Gilbert
- 3 Richards Marcia, Littleton
- 4 Pfahler Susan, Neptune Beach
- 5 Berry Marsha, Louisville
- 6 Evans Meena, Advance
- 7 Stoffregen Gerri, Cincinnati
- 8 Green Karen, Waterford
- 9 Stephens Peggy, Louisville
- 10 Goodwin Sue, Tujunga

FEMALE OVER 55 RANKING

- 1 Stoffregen Gerri, Cincinnati
- 2 Dexter Elaine, Pleasanton
- 3 Rogers Terry Ann, San Mateo
- 4 Parsons Shirley, Rangely
- 5 Kong Pat, Mukilteo
- 6 Collins Wanda, Bellingham
- 7 Ruzyski Kathleen, Lombard
- 8 Vande Kief Joan, Chicago
- 9 Kieffer Susan, Nisswa
- 10 Huczek Sharon, Rochester

FEMALE OVER 60 RANKING

- 1 Stoffregen Gerri, Cincinnati
- 2 Kelley Merijean, Palo Alto
- 3 Parra Clarita, Cibolo
- 4 Funes Nidia, Novato
- 5 Schaefer Gail, Randallstown
- 6 Palaski Cece, Rancho De Taos
- 7 Gwinn Mildred, Waxhaw
- 8 Molina Marquita, Wasco
- 9 Brockbank Sharon, Boise
- 10 Sperling Paula, Albuquerque

FEMALE OVER 65 RANKING

- 1 Gwinn Mildred, Waxhaw
- 2 Molina Marquita, Wasco
- 3 Markus Lola, Park Ridge
- 4 Kovar Annabelle, Lincoln
- 5 Piscoran Gloria, Newberg
- 6 Rogers Mae, Fresno
- 7 Kelly Pauline, Park Ridge
- 8 Butts Nancy Kay, Lacrosse
- 9 Perry Linda, Austin
- 10 Combs Julee, Trenton

FEMALE OVER 70 RANKING

- 1 Markus Lola, Park Ridge
- 2 Rogers Mae, Fresno
- 3 Combs Julee, Trenton

FEMALE OVER 75 RANKING

- 1 Combs Julee, Trenton

MALE OPEN RANKING

- 1 Huczek Jack, Rochester
- 2 Carson Iii Rocky, Ladera Ranch
- 3 Vanderson Shane, Dublin
- 4 Gonzalez Ruben, Staten Island
- 5 Tucker Josh, Ladera Ranch
- 6 Guidry Mike, Carrollton
- 7 Croft Ben, Lake Bluff
- 8 Hawthorne Andy, Tallmadge
- 9 Thoerner Jason, Pekin
- 10 Williams Mitch, Pueblo

MALE OVER 25 RANKING

- 1 Williams Mitch, Pueblo
- 2 Crowther Chris, Riverside
- 3 Minor Keith, Channahon
- 4 Ganim Doug, Westerville
- 5 Dennison Mike, Twinsburg
- 6 Simpson Brian, Fort Wayne
- 7 Veenstra Kyle, Wausau
- 8 Bronfeld Michael, Seaside
- 9 Amatulli John, St. John
- 10 Clouse Woody, Highlands Ranch

MALE OVER 30 RANKING

- 1 Ellis John, Stockton
- 2 Ganim Doug, Westerville
- 3 Dennison Mike, Twinsburg
- 4 Simpson Brian, Fort Wayne
- 5 Veenstra Kyle, Wausau
- 6 Bronfeld Michael, Seaside
- 7 Amatulli John, St. John
- 8 Clouse Woody, Highlands Ranch
- 9 Llacera Dan, Dewey Beach
- 10 Robinson Chris, Highland Village

MALE OVER 35 RANKING

- 1 Bronfeld Michael, Seaside
- 2 Amatulli John, St. John
- 3 Clouse Woody, Highlands Ranch
- 4 Llacera Dan, Dewey Beach
- 5 Metcalf Aaron, Jacksonville
- 6 Minkel Jim, Missouri City
- 7 Lowe Jimmy, Wahiawa
- 8 Peck Gregg, Coppell
- 9 Sable (s) David, Alpharetta
- 10 Davis Brad, Greenville

MALE OVER 40 RANKING

- 1 Minor Keith, Channahon
- 2 Ganim Doug, Westerville
- 3 Amatulli John, St. John
- 4 Clouse Woody, Highlands Ranch
- 5 Llacera Dan, Dewey Beach
- 6 Minkel Jim, Missouri City
- 7 Lowe Jimmy, Wahiawa
- 8 Peck Gregg, Coppell
- 9 Sable (s) David, Alpharetta
- 10 Davis Brad, Greenville

MALE OVER 45 RANKING

- 1 Gonzalez Ruben, Staten Island
- 2 Davis Brad, Greenville
- 3 Eisemann Richard, Frisco
- 4 Leib Glenn, Hatboro
- 5 Hansen Tim, Greenacres
- 6 Haab Bobby, Clinton
- 7 Watson David, Miami
- 8 Mervin Leonard, Orlando
- 9 Travers Thomas, Delray Beach
- 10 Stone Ken, Pleasanton

MALE OVER 50 RANKING

- 1 Gonzalez Ruben, Staten Island
- 2 Mervin Leonard, Orlando
- 3 Travers Thomas, Delray Beach
- 4 Fuoco Pete, Reading
- 5 Winters Scott, Yardley
- 6 Baron Mark, Herndon
- 7 Stallings Troy, Sioux Falls
- 8 Ledbetter Rex, Cookeville
- 9 Luzar Jim, Brookfield
- 10 Jennings Michael, Arlington

MALE OVER 55 RANKING

- 1 Luzar Jim, Brookfield
- 2 Jennings Michael, Arlington
- 3 Robertson Bobby, Houston
- 4 Clinton Joe, Killeen
- 5 Warren Darryl, Harbor City
- 6 Lee Joe, Honolulu
- 7 Montague Russ, Jenkintown
- 8 Bailey Jim, Norfolk
- 9 Lew Charles, Charlotte
- 10 Vincent Denny, Blacklick

MALE OVER 60 RANKING

- 1 Remen Ed, Apex
- 2 Vanzandt Ken, The Woodlands
- 3 Miller Horace, Chicago
- 4 Riley Robert, Asheville
- 5 Parra Brad, Cibolo
- 6 Bellah Mickey, Laguna Hills
- 7 Mckie Thomas, Garland
- 8 Wolfe Bill, Staten Island
- 9 Gellman Joe, Albuquerque
- 10 Jones Dan, Atlanta

MALE OVER 65 RANKING

- 1 Reuther Jr Warren, New Orleans
- 2 Smith Kyle, Houston
- 3 Jackson Michael, Shelton
- 4 Taylor Patrick, Barrington Hills
- 5 Miller Al, Wooster
- 6 Rients Leland, Willmar
- 7 Lawler Rex, Terre Haute
- 8 Stanley Leon, Hampton Cove
- 9 Milewski Mitch, Nashua
- 10 Lowell Richard, Dover

MALE OVER 70 RANKING

- 1 Lund Dave, Lansing
- 2 Snyder Dave, Austin
- 3 Wheeler Phil, Wirtz
- 4 Buschner Carl, Holyoke
- 5 Baudry Bob, Baton Rouge
- 6 Banales Paul, Tonopah
- 7 Stahl Jim, Commerce
- 8 Hoffpaur John, Houston
- 9 Holly Jerry, Fair Oaks Ranch
- 10 Schoeppey Jack, Mena

MALE OVER 75 RANKING

- 1 Buschner Carl, Holyoke
- 2 O'donnell John, Champaign
- 3 Kaiser Charles, Pickerington
- 4 Miller Joseph, Miami
- 5 Doyle Christophe, Weymouth
- 6 Lambert Joseph, Plano
- 7 Mcadam Robert, Crowley
- 8 Miller Robert, North Augusta
- 9 Harry Sam, Harrisburg
- 10 Studak J.w., Austin

MALE OVER 80 RANKING

- 1 Mcadam Robert, Crowley
- 2 Harry Sam, Harrisburg
- 3 Studak J.w., Austin
- 4 Snowberger Campbell &, Myrtle Beach
- 5 Segal William, Atlanta
- 6 Matotan William, Albuquerque
- 7 Yahiro Kenneth, Park Ridge
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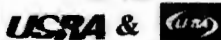
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TO THE EDITOR:

I had to write in about Mike Ceresia's article The Greatest Debate about who is the greatest to ever play the game.

I have to take exception to Mr. Ceresia's wrap up of Marty Hogan's career.

Saying that Mike Yellen sideswiped his claim as the greatest.

Not so. Mr. Hogan's record speaks for itself. Number one ranked player when racquetball was in it's prime, a career winning record over Mr. Yellen, his tournament winning percentage in his prime (3 straight years over .800, the 2 more years over .667 - Mike Yellen never had over a .500 winning ratio - Boss Consulting Website), 62 straight finals - with 58 wins, overall winning percentage .846 and the list goes on...

The other comment that Mr. Ceresia makes is that Mr. Hogan never possessed that total package, at least by today's definition. Well then today's definition needs to be changed. You don't become a 5 time champion having anything less than the total package. I would assert that Mr. Hogan had the total package and a few extras wrapped for the holidays.

I would rate Marty solidly in the top three, accompanied by Cliff Swain and Sudsy Monchik - with all three of them looking in the mirror at Kane Waselenchuk.

I know it's not a winnable argument to say who is the greatest player of all time, but I just took exception to Mr. Ceresia's final comments about Marty.

Then again, everyone is entitled to their opinion.

Tom Keese - Cal.

JOHN AFRICANO, 1951 TO 2006



Long-time player and good friend to racquetball, John Africano passed away on July 27th while in Hawaii, where he worked as an astronomer at Boeing.

John left a lasting legacy to racquetball through his work in Maui. In a night viewing on Maui, he had discovered an asteroid that had never been seen by human eyes. John wanted to name the asteroid after racquetball. The USRA held an asteroid naming contest and decided on the name "Splat". The committee was hesitant to name an asteroid "Splat" just in case it decided to zero in on earth, so it was named "Racquetball". So it will remain named for now and for years, thanks to John Africano.



SOUND OFF

HE'S BACK!

HE'S BACK!

HEAD Announces the Return of Sudsy Monchik to the IRT

Phoenix, AZ August 10, 2006. After two years of retirement from pro racquetball five-time Pro World Champion Sudsy Monchik has answered the call to return to the game. Sudsy has been training hard and has made the commitment to play full time on the IRT for the coming 2006-07 season. At the age of 31 many believe he will have a huge impact on the tour almost immediately. "I am not coming back to just sign autographs and blow kisses. I am coming back to win tournaments

and make a real run at getting back to the #1 spot on tour" the confident Monchik bellowed. "When I got the call from Doug Ganim, Promotions Manager at HEAD, about the idea of returning to pro racquetball it was like an aching in my heart was lifted. I can't tell you how much I have missed the game and the heat of the battle" Monchik went on to explain. At the same time, Monchik is realistic about the current state of his game. "I know my body is not the same as it was when I was 24 and that I have not competed at a high level for a couple years. My plan is to play every match as hard as I can and



let the chips fall where they may. However, I am quite confident that when I bring my best it will more than stack up".

"We are very excited about the direction of the IRT and wanted to do something to further boost the excitement level on tour. By asking Sudsy to return to the game we feel we bring the fans an incredible gift. Nobody has ever hit shots like Sudsy Monchik. When he is in the building and called to the court to play you can feel the electricity in the air. Everybody wants to see him hit those thunder backhand splats and 200 mph drive serves." HEAD's Doug Ganim stated.



USA TEAM MEMBER CHERYL GUDINAS TIES THE KNOT

After taking time out from her training schedule (in order to prepare for the upcoming world championships) to get married, Cheryl won the bronze medal in singles for the US team at the World Championships. Her victory in the team competition, against Jennifer Saunders, clinched the team title for the USA. The USA women's team has won every women's team title since 1984.

NEW TOUR ANNOUNCED

The Classic Professional Racquetball Tour will feature some of the greatest, most successful players in the history of the sport. CPRT will open a 7 city tour beginning in Las Vegas this October. The tour will feature pros and amateurs over 40 years old competing at each event for prize money and ranking points leading to a May CPRT Championship.

The CPRT is scheduled to feature Ruben Gonzales, Bret Harnet, Dan Obremski and Mike Ray.

For more information visit www.classicproracquetball.com or contact Brian Pointelin at bpointelin@yahoo.com

Classic Professional Racquetball Tour is "Stars of the past supporting the future of racquetball".

PLAYERS SIGN CONTRACTS

- Jack Huczek signs multi-year contract with HEAD
- Paola Longoria (Mexican National Champion) signs with Ektelon
- Andy Hawthorne signs 2 year extension with Ektelon

CHRISTIAN LUKE CARSON is



the son of Rocky and Jennifer and little brother to Jasmine Marie Carson. He was born on March 3, 2006

at 2:29pm. He weighed 7lbs.

8ozs and was 18.5 inches long. He was born at Mission Viejo Medical Center. Christian is a healthy five months old in the picture and is in the 25th percentile for weight and 50th percentile for height.

Our family would like to thank everyone in the racquetball world for their support and making it possible for Rocky to continue to play racquetball.

We feel like God continues to bless us with people like you. Thanks.

INSIDE SCOOP

THE INTENSITY

It has been a long summer away from the intensity of tournament racquetball and the diehards are clamoring for the new start!

There are a ton of reasons to be optimistic for this year's racquetball season. The U.S. Open and The Motorola Pro Nationals are back again and the major USAR events are scheduled. Shannon Feaster is the new commissioner of the Women's Tour (WPRO) and she's taken some solid steps towards getting the tour back on track. It has been a challenging summer for IRT Commissioner Dave Negrete, but he is in the starting gates to spearhead yet another promising Men's Tour Season. Jim Hiser is primed and ready; he continues to meet issues head on and has remained consistent through the years at the helm. This is good news on all fronts.

There have been so many incredibly intense moments and events in the history of the game. It would be fun to have people log on with some of their favorites. Following are a couple that will remain clear in my memory banks for years:

The scene is Toledo, Ohio, mid '80s. Kelvin Vantrease, a big tough slinger from Findlay is facing Brian Valin in one of the Ohio Super 7 events. These two could not stand to look at each other but somehow found a way to have some mutual respect. This was all thrown out the window when the ref declared play ball in this particular Sunday Final. Kelvin had his brother

taunting Brian from up top and the crowd at court level was anxious to see if racquetball or another more aggressive event would take place. The fans got both. Every point was ferociously contested, every hinder call was overreacted to, every line call brought abuse and brow beating, and the players trudged toward the pinnacle. At about 8-8 in the 'breaker, Vantrease, resurrecting his Wiley Coyote impression, dove into the back glass and lay prone after nearly flattening himself. He appealed Brian's serve and waited for the Canadian linesman to make his call.

This particular linesman, Mark Kilbreath, a solid Open player from Ontario and no stranger to fisticuffs, was not one to be messed with. Kelvin kicked the glass where Mark sat, then he kicked it again; a third kick brought both a call and a standing Kilbreath. Brian was now hovering over Kelvin. It looked like a brouhaha would ensue. The stare-down was followed by a few deep breaths and everybody settled down. I can't remember who won and the racquetball level was excellent. Just another Sunday in Midwestern racquetball.

There is absolutely no doubt who the most colorful commentator has been. It's none other than Charlie Brumfield, the 5-time World Champion and one of the most intense and dramatic competitors the game has seen. Charlie delivered the color commentary for the CBC Classic in the late '70's. He spoke eloquently and had the

BY MIKE CERESIA
5 Time IRF World Champion
11 Time Canadian National Champion

ability to bring great insight to both the avid player and the general public. One of his last professional events was the Classic. He lost to a rising star name Lindsay Myers, but not before delivering the best alleged intentional elbow in the history of the game. He took great joy in commenting on the event as it was played in slow motion and deadpanned that "it was a complete accident that Lindsay's chin ran into my elbow." Other highlight comments over the years included calling one professional the slowest land mammal ever recorded; he referred to one top player as a running tomato can; and he used the phrase "the cow jumped over the moon" to describe a player jumping about six inches to get out of the way of his own passing shot. He questioned how hair could grow out of cement and claimed one athlete had the perfect body from the waist up and the hips down.

Ahh...memories. Well, it's shaping up to be a very exciting year and I'm looking forward to adding more stories to my memory banks. Have a great season!

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
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