

Racquetball Reporter

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RECORD NUMBER OF PARTICIPANTS VIE FOR STATE CHAMPIONSHIP

- Twayne M. Howard

State Singles Championship. Three little words that can mean so much. It motivates us all season. It gets us to the gym to practice. To run. To lift. It gets us to push away from the dessert tray, at least occasionally. It is what drives us to be better. To peak at the right time. The culmination to the Michigan racquetball season. That is the cherry on the sundae. "State Champion". That is what we all strive for.

This year one hundred and seventy players came to Davison to try to cap off the season with a State Championship. Randy Minto and Don Schopieray were terrific hosts and the Davison Athletic Club lived up to its reputation as a one of Michigan's great tournament houses.

We had another huge turnout in the Junior Divisions. This year they played in both age and skill divisions based on Don's Junior Fantastic Four events. The age divisions support the USA Racquetball divisions, and the skill divisions allow for great competitive play. Let's get right to the action.

In the Singles 10 and Under Division, **Mary Zeng** fought through a pack of boys to take the title. She defeated **Connor Cowan** in the Finals. Braeden D'Almeida and Caige Duryea were the semi-finalists.

The Boy's 12 and Under Championship went to **Nathan Tucker** who defeated **Cory Zeng** in the finals. Austin O'Connor and Austin Driskill rounded out the semi-finals.

Brad Schopieray won the Boys 14 and under Gold by defeating **Sam Zeng** in the finals. Grant Hoffecker and Alex Banks were the semi-finalists.

Andrew Price and **Lucas Arias** slugged out the Boys 16 & Under Championship, with Andrew coming out on top. Matt Barbuscak and Bryan Schopieray finished in the finals.

The Boys Multi-bounce Championship went to **David Zeng** who got past **Kelly Standfast** in the finals. Delvina Leggett and Lane Matheis made it to the semis.

Doubles partners faced off in the Championship of the Girls 14 and under Divisions. In the end, **Mercedes Arias** took the Gold over **Ines Lecland**. Mary Zeng rounded out the draw.

The Advanced Junior Division went to **Matt Barbuscak** who defeated **Bryan Schopieray** in the Final. Nathan Tucker and Mercedes Arias were the semi-finalists.

Alex Kemp got past **Drew Boatright** to win the Gold in the Junior Beginner Division. Marco Leggett and Alex Kemp made it to the semis.

Andrew Price continued his dominance of the Junior Divisions by defeating **Brad Schopieray** to win the Championship of the Junior Elite Division. Sam Zeng and Lucas Arias finished in the semis.

Grant Hoffecker won the Junior Intermediate Championship after defeating **Myles Kelly** in the Finals. Cory Zeng and Mike Bowles made it to the semis.

And now, time for the Ladies. Leading the way and taking both the Open and 40+ Open Championship was **Maureen Price**. Maureen has made huge strides

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THOUGHTS FROM THE PRESIDENT . .

- Twayne M. Howard
President

Welcome to the first all-electronic version of the *RACQUETBALL REPORTER*. What a great step forward into the Internet age. This edition, while in a different format, is chocked full of the same great content that you have all become accustomed to. That won't change. For that I'd like to thank Dianne Easterling, our editor, and Allan Coyle who heads the Newsletter Committee and is always on the lookout for new topics and new contributors. Thanks to both Dianne and Allan for their hard work to make the *REPORTER* what it is.

While I'm at it, I would also like to thank the members of the Board of Directors and the Executive Committee, in particular. I am so fortunate to be the figurehead for this great organization. People get to know me and see me as the face of Racquetball Association of Michigan which is cool. What most people don't know is all of the work that goes on behind the scenes.

Tom Blakeslee who's been on the board for fifty or sixty years and currently serves as our Treasurer and keeps all the money and state championships running smoothly. Not to mention he is my primary guide and advisor. I don't know where I'd be without him.

Jack White, Vice President and "party whip" is an invaluable asset. Jack is always willing to stir the pot and state the uncomfortable truths or opinions to spur conversation and reach the best solution for our members.

Don Schopieray serves as the Secretary, but we all know how he has rejuvenated our Juniors program. His innovative work is becoming the benchmark for new programs nationwide.

Dan Mullin as another valuable member of the State Championship

Tournament Committee. The other members include Sharon Huczek who has been a board member for years, Randy Pagels is our webmaster, Allan Coyle leads the Newsletter Committee. Lewis Forrest was instrumental in the birth of our Juniors Program, Paula Saad brings her years of tournament experience to the event, and Ron Barton is the "voice of the recreational player".

Words cannot come close to describing their value. But we should all be thankful we have them. I cannot express my undying gratitude for all their hard work to help me look good. This is another packed issue of the *REPORTER*. In this edition, you will also see an article highlighting a significant award I received in Houston. Suffice it to say I am humbled by the award and still a bit awe-struck.

You will also find an article on State Singles. Thanks to Randy Minto at Davison for being a great host to 170 players (170 PLAYERS!). We had another great event and you can read all about it on the attached pages.

There is also an article on the Adult Nationals. Once again Michigan was well represented, and two members of Team Michigan claimed National Championships. Congrats to all the competitors.

Junior Nationals was also a huge success. Ten members of Junior Team Michigan made the trip to California and claimed a couple of their own titles, and three All-American designations. (cont pg 9)



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MICHIGAN CROWNS TWO NATIONAL CHAMPIONS IN HOUSTON

- Twayne M. Howard

Memorial Day, 2008 and where were you? If you were in Houston, you had the opportunity to compete for a National Championship. If you were not, then what the heck were you thinking? Memorial Day weekend brings the traditional close to the indoor tournament season as the best of the best make their way to Houston to go for the ultimate prize. This year, thirteen members of Team Michigan made the trip and combined to bring home 9 medals, one prestigious award and lots of new memories.

Leading the way were a pair of Michigan's leading ladies who each brought home a National Championship. **Lorna Rose** won her first National Championship. Lorna has been a fixture, and a friendly face, on the racquetball scene for a number of years. She

has made her way through the usual travails we all face, and has always been there to show her support for racquetball. All that hard work and effort paid off as she claimed the Gold in the Women's 55B.

Melody Gorno is going to have to buy a bigger trophy case after taking home, yet another National Championship. Melody is one of the top players in the Nation, and this year's event offered further proof. Melody won the Championship in the Women's 35+ A Division, and was the runner up, taking the Silver in the Women's 45+ A Division. Congratulations to both of these great ladies. It could not have happened to a better pair of roommates.

Michigan's other double-medalist was **Twayne Howard**. After not

playing much during the season, Twayne was thrilled to take home two semi-finalist medals. Twayne was also chosen as the State Association President of the Year by USA Racquetball.

Jack Huczek's bid to re-claim the National Championship came up just short. After a great tournament, Jack lost in a close tie-breaker to Rocky Carson in the National Team Qualifying Division. Jack made the National Team with his finals appearance, but couldn't achieve his biggest goal.

Another player who came up just short was **Dan Mullin**. Dan also lost a close tie-breaker in the Men's 30+B Division. Dan has sniffed Gold a couple times now, and it is just a matter of time before he breaks through.

(cont. pg 11)

2008-09 RAM TOURNAMENT SCHEDULE

Sep 6-7	Traverse City Cherry Splat, Traverse City Athletic Club
Sep 27	Double Vision Doubles Only, Michigan Athletic Club, Lansing
Oct 11-12	Super Saver Round Robin, Davison Athletic Club, Davison
Oct 17-19	West Michigan Open Pro-Am, Michigan Athletic Club, Grand Rapids
Oct 25	Werewolves of Westland, Coliseum – Doubles Only
Nov 8	Riverview Fall Brawl, Riverview Athletic Club, Grand Rapids
Nov 15-16	Spartan Splat, Michigan Athletic Club, Lansing
Dec 5-7	STATE DOUBLES, Total Sports, Mt Clemens
Jan 10-11	Tie-Breaker Open, Davison Athletic Club, Davison
Jan 17	BAC Doubles Tournament, Kalamazoo
Jan 24	MAC Open, Michigan Athletic Club, Grand Rapids
Jan 31	Aloha Open, Genesys Athletic Club, Grand Blanc
Feb 6-8	Motor City Rollout, Courtland Athletic Club, Utica
Feb 28-Mar 1	Capital Challenge, Michigan Athletic Club, Lansing
Mar 7	March Maximus A.D. 2009, Coliseum, Westland – Singles Only
Mar 13-15	South West Michigan Racquetball Shootout, Bronson A C, Kalamazoo
Mar 27-29	STATE SINGLES, Michigan Athletic Club, Lansing



JTM FINISHES IN TOP FIVE AND CROWNS TWO NATIONAL CHAMPIONS

- Don Schopieray

Wow, is all that can be said after a week of racquetball competition that had all the required drama and great play that make up a National Championship. The week was split into two challenges, one for individual honors and the other for team bragging rights. Junior Team Michigan once again showed that they are quickly becoming one of the top ranked teams in the country. They went to battle with ten of our best junior players and came away with a fifth place finish out of 32 teams for the week. Team Michigan had 222.5 points with a tie for top point earners between David Zeng and Brad Schopieray, both scoring 54 points in team effort. Michigan was topped only by the perennial powerhouse teams of California (838 points), Oregon (710 points), Ohio (375 points and Colorado (257.5 points)

The event started June 25 with 32 teams in Concord, California. There was a definite electricity in the air (along with some smoke). The weather was chilly at night, but during the day was hot with the fires and the racquetball play. **David Zeng** went into the tournament with a number two seed over all and has a number four seed for the Under 8 group in his bracket. **Connor Cowan** went into the hotly contested Under 10 division with a 20 seed and a 2 seed for the doubles with Ohio sharpshooter Deryk Wray. **Mary Zeng**, last years All American choice went into the Girls Under 10 singles with a 3 seed, a 2 seed in the Under 10 Doubles with Ohio partner Christina Lavelly, and a 3 seed in the Under 10 Mixed Doubles with partner Justus Benson from Wisconsin.

In the Boys Under 14, the team had a good group representing Michigan. Leading the charge was Brad Schopieray who entered the Under 14 singles as the 3 seed, in doubles with Wisconsin slugger Connor Heuffner they have the 7 seed and in the Mixed Doubles he is the 1 seed with California partner Devon Pimentelli.

Last years all American choice **Sam Zeng** starts the tournament off at the 15 seed in the singles and in doubles he and New York partner Sammy Newport got the 8 seed. Tournament newcomer **Grant Hoffecker** starts the Under 14 singles with

a 20 seed and in doubles with **Weston Cowan** they starts off in the lucky 13 seed. This is a new team and should have a good week. In the singles Weston gets the 33 seed, a tough place to start from but with the Olympic tournament format he will become a valuable asset for the team as the week progresses.

Michigan has a strong team in the Under 16 boys group lead by tournament veteran **Andrew Price** who starts at the number 7 seed. In the Under 18 doubles Andrew and Minnesota partner Shawn Merrill start at the 14 seed. **Bryan Schopieray** starts at the 15 seed in the Under 16 singles and teams with **Matt Barbusczk** to start the doubles at the 6 seed. Matt Barbuscak starts the singles at the 28 seed for the Under 16 and 29 seed for the Under 18. This is a tough spot but again with the team scoring every win counts for the team title.

Mary Zeng, now National Champion, got the week off to a good start when she and Justus Benson won the gold in the Under 10 mixed doubles. Mary followed this up with play in the finals of the Under 10 singles, but lost in two to Esprit Female Player of the Year, Erike Manila. These two ladies put on quite a show and will no doubt be seeing each other on the National level again.

The Zeng family captured gold again, but this time it was **David** in the Under 8 multi-bounce division. David came back from a second game loss to take the title in a tiebreaker beating Alaska resident Cody Bailey. This match had everyone watching from the edge of their seats. David also took home the third place medal in the Under 8 single bounce division winning in two straight.

Grant Hoffecker won the Under 14 white semifinal and then moved on to the final where he lost in two games to his Ohio buddy Matthew Wray. Grant had a good tournament for his first year despite battling a chest cold all week. He claimed silver and the valuable team points.

Brad Schopieray had his title hopes dashed in the semi-finals of the Under 14 division. Brad lost to Stockton, California's Jose Diaz. Jose put on a speed clinic and rarely missed a get or put away. Brad lost the third place match to Zach Wertz, last years Under 12 National Champion. This was a great match to watch with both kids making incredible diving gets and some shots that left you shaking your head.

Andrew Price won the final of the Under 16 blue bracket. Andrew had a solid week scoring 27 points

(Cont onpg 5)

JUNIOR'S CORNER . . .



2008 Junior Team Michigan l-r top row: Matt Barbuscak, Bryan Schopieray, Matt Barbuscak, Sam Zeng, Grant Hoeffcker, Weston Cowan, Fei Zeng
front row: Brad Schopieray, David Zeng, Mary Zeng, Connor Cowan, Don Schopieray
(Andrew Price not pictured)

JTM in CALIFORNIA (cont from pg 4)

for Team Michigan. **Sam Zeng** had a tough loss in the blue division of the Under 14 but came back strong to play in the Under 14 doubles making it to the consolation final. Weston Cowan and Matt Barbuscak ended their tournament with hard fought matches in the Under 14, Under 16, and Under 18 divisions. Weston battled through two different tie-breaker matches.

Connor Cowan was on his game in the third place match of the Under 10 red bracket wining in two games. Bryan Schopieray captured a win in the third place match in the Under 16 white bracket.

The 2008 All American Athlete Awards were given out at the Saturday night pool party. These awards

are earned by the top four players in the gold division singles and the winners of the doubles divisions. Michigan had three players get this honor, David Zeng, Mary Zeng and Brad Schopieray were among those recognized that night.

The week was full of exciting matches and old friends getting together for another great time. The Big C Athletic Club was a great venue for the event with the kids having the run of the place, which considering it is an adult only club was quite a sight. Next year the championships will be back in Michigan and we are looking to improve on our finish. We have a solid returning team and hopefully we can get some of the newer players to come out and score points for the team.

As always we will be looking for volunteers to help us coach the kids during the matches, if you have some time to give we can sure find something for you to help out with.

Congratulations to Michigan's newest National Champions and all the members of Junior Team Michigan for their fantastic finish in Concord, California. It was truly a TEAM victory.



2008 National Champions in the Under 10 Mixed Doubles, Mary Zeng and Justus Benson

CONGRATS!!!!

MICHIGAN HONORED IN HOUSTON

- Dan Mullin

The 41st US Singles National Championships offered more than great racquetball, epic battles, and great hospitality; it took out time to honor racquetball and featured some well known names from Michigan.

Going to a national event is an awe inspiring privilege. One can feel the electricity in the air. This year, USAR promoted the theme of racquetball's past. Upon registering, the players were greeted with a long lineage of racquetball paraphernalia which included articles, racquets, racquetballs, clothing, etc. from the beginning days of the racquetball. Along these lines, USAR also commemorated the banquet to the honor of the 35th year anniversary of the National Hall of Fame.

A banquet is normally held at the end of each national championship, but not like this. This was one of the nicest galas that I have ever experienced. Door greeters, including Mike Anderson, Shannon Kohl, and Mike Malcolm donned tuxedos to ensure that proper attire was adhered to. The hall was massive and filled with large round tables covered with fine white linen, each with a beautiful center piece. Each chair was draped with red silk-like coverings. Massive view screens were placed on each side of the center stage that constantly flickered with pictures of players from the past.

The main event started with bag pipes and a full honor guard in dress uniform from all the different military divisions. Twenty-five of the thirty-three living members of the Racquetball Hall of Fame were escorted into the main hall on a red carpet, including '74 inductee Dr. Bud Muehleisen who is considered the "father of racquetball." This whole event was live video streamed to over 3,000 people in six different countries.

To be amongst some of the greatest influences in racquetball was an honor, but it even got better. **Twayne Howard** was called to the platform where he was presented the prestigious President of the Year Award! The Racquetball Association of Michigan has had some great people lead it over the years, including Jim Hiser, Executive Director, USAR and Hall of Famers Tom Blakeslee and Jim Easterling. These three great past presidents still have considerable influence on RAM today and taking nothing away from them, none of have received this award.

Twayne's amicable personality and strong leadership skills has led RAM into new territory. Upon taking over the presidency, RAM was nearly broke. Under his guidance, RAM has rebounded to positive territory in its bank balance allowing the board to give back to the players of Michigan and offer generous support to the Juniors Programs. Twayne has recruited people

from around the state to sit on the board to fulfill some of his goals. Don Schopieray's efforts in the juniors programs have become nationally recognized. Allan Coyle and I were recruited at first to run tournaments in the center of the state and then to become board members. Paula Saad and (soon to be) Tia LeCland bring the females players a new voice. A new board that combines board members that have phenomenal institutional knowledge and experience with some fresh ideas and voices that truly represent Michigan racquetball players geographically and demographically. Under Twayne's guidance, tournaments have been streamlined, have had more directors working together to offer better tournaments versus competing against each other, and has procured better relationships with club owners. State tournaments have been re-elevated to prestigious events.

As you may know, this type of volunteerism has its price and should not be overlooked. Beyond a full time job and being newly married, it is often overlooked that Twayne spends many nights per week

(cont pg 7)



President of the Year - Twayne Howard (R)
Shawn Royster - Banquet MC (L)
Photo Courtesy of Geoff Thomsen

WELCOME TO THE DIGITAL AGE

- Twayne M. Howard

Welcome to the 21st Century. This is the first electronic-only newsletter in the history of the Racquetball Association of Michigan. Whew. Heady stuff. So, why electronic, and why now? We had several reasons for the change.

For years, we have sent printed Newsletters only to current members. This has been one of the many benefits to membership. RAM will continue to send printed newsletters to members only, at least twice a year. These editions will include the entry forms for State Singles and State Doubles as well as all the news of the day. At any one time, we have between 400 and 450 members.

Conversely, we have over 1000 e-mail addresses in our databases. With one push of the button, we can touch over twice as many people as the current membership. TWICE AS MANY!. That reach is hard to argue.

An added hope is that these become a bit "viral" as the kids say. If you get this, feel free to send it on. Go ahead and send it to your friends in the league. Or the folks that come out and play the challenge courts. Or maybe you can send it to someone who used to play. We can touch far more people and maybe, just maybe, we can get a few to jump back in.

Another benefit is the obvious conservation of resources. By using an electronic format, we can save hundreds of dollars in printing costs, while still reaching far more people.

We realize that many still prefer the printed form. I still get a kick out of it myself. But, we are in a new era, and we must move with the times.

We hope you enjoy the first electronic Newsletter. As always, we look forward to your feedback.

Give me a shout any time you want. Heck, because this is electronic, you can just hit "Reply".

Man, how cool!

Editor's Note: If you did not receive this newsletter directly, please go to the USA Racquetball website and update your membership information by either adding or correcting your email address.

RACQUETBALL AND THE BASEBALL WHITECAPS

- Allan Coyle

I was thinking back to Twayne's thoughts on wearing our racquetball shirts and displaying our racquetball gear. It is definitely good for the sport.

On a cool mid-May evening, I was sitting watching the West Michigan Whitecaps at Fifth/Third Stadium in Grand Rapids when a gentleman came up to me saying, "I know you..."! When we were walking to our seats I have to admit he did look familiar but I couldn't place from where I possibly knew him. It was not until he saw Caryn's and my E-Force jackets that he drew the correlation. "...We played against each other in the semi finals at the MAC".

Aaron Gorter won that game in a tie-breaker at the West Michigan Open and went on to win his division. Between pitches, hits and throws, we reminisced and chatted, finding out why our paths had crossed. Aaron was with fellow racquetball player Bruce Hanson and it was interesting learning the unique relationship Bruce has with the Whitecaps.

Bruce hosts players at his home while they are on the team. He was a former baseball player at Southern Illinois University in the mid-70s and the Tigers drafted a player from SIU in 2005. That player was assigned to the

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MICHIGAN HONORED AT THE 2008 NATIONALS IN HOUSTON

(cont from pg 6)

working on RAM operations, takes most of his vacation time to go to national events to represent Michigan and also personally puts on a half dozen tournaments per year. Well deserved and congratulations to the new President of the Year!

Let us not forget another honorable mention at the USAR national banquet. Mr. Jim Easterling, Michigan Hall of Famer, was greatly responsible Hall of Fame attendees mentioned at the beginning of the article. With over two years in preparation and daily contact with National Headquarters, his efforts can not be overlooked. Jim runs the Michigan Hall of Fame housed by the Michigan Athletic Club in East Lansing, and chairs the national Hall of Fame Committee. Jim spent considerable time and effort locating, calling, and persuading past national Hall of Fame racquetball players to attend this event. What a job he did. Twenty five out of thirty three living inductees were there and more would have been there but for very good reasons some could not. Easterling continually supplied ideas (and made many happen on his own) to Hiser to make this a premier event. The RAM Hall of Fame will be celebrating its 25th anniversary this year at State Singles at the MAC in East Lansing. I can only imagine what Jim has planned for this event!

When perusing the past of racquetball and you come across names like Jim Hiser, Jimmy Floyd, Joel Bonnett, Tom Brownlee, Jack Huzcek, Stu Hastings, Mike Yellon, Chris Cole, Steve Keely, Jim Easterling, and now Twayne Howard who are all nationally recognized it is easy to say that I am proud to be from Michigan!

REFUELING YOUR TANK

- Ed and Susana Arias

Last time we talked about the importance of being well-hydrated during racquetball play. This time we are going to get a bit more into putting the right octane in your tank, to maintain a higher energy level during play.

As a form of exercise, racquetball is in a rather unique category. While more mainstream types of exercise, such as jogging and cycling, are known more as "aerobic" forms of exercise which burn more fat, racquetball is characterized by intermittent bursts of activity which uses more carbohydrate (CHO=sugar) for fuel. Thus racquetball is known as an "intermittent high intensity" (IHI) form of exercise, such as tennis, soccer, and hockey. Interestingly, early time motion analysis studies showed the length of a racquetball rally varied between a novice (11.5 seconds average, range 1-45 seconds), B (7.1 seconds average, range 1-23 seconds), and Open (6.5 seconds average, range 4-20 seconds) player level while the rest time between rallies was not that different (12.7, 9.3 and 11.2 seconds, respectively). Also, depending on the reference you find, racquetball expends approximately 600-800 calories per hour. I can go on an elliptical machine at my health club, put it at a high setting and I'll be lucky to burn that many calories while I work, breath and sweat like crazy.

How can a racquetball player play 6-11 seconds and rest for 12 seconds for an hour and burn at least as many calories as someone on an elliptical machine going very hard? It doesn't quite make sense. The answer is in the fuel being used in each form of exercise. A continuous exercise, such as elliptical or treadmill running, is more an aerobic form of exercise and mainly burns fat, while racquetball, as we learn above, is an IHI and uses carbohydrate (CHO) as its preferred energy (substrate) source. However, a recent study using slightly overweight recreational men and women players, concluded that racquetball was a form of exercise which "would allow aerobic conditioning in many persons" which simply means that, yes, you do burn some fat (aerobic) during racquetball but CHO use (anaerobic) is the preferred fuel.

So what does this all mean in terms of what I should eat if I'm going to play racquetball? Some definitions first. Glucose, a sugar, is the main carbohydrate fuel of your body. Glycogen is the stored form of glucose found in the muscles and liver. High CHO foods, like pasta or potatoes, contain the vegetable form of glycogen known as starch. When you eat some pasta, your stomach breaks down the starch into glucose molecules which then pass into the blood, aka blood sugar. The glucose is taken up by many cells and tissues of your body and used for the energy that drives their functions but two tissues, the liver and

the muscles, take up much more glucose (up to 90%) and turn it into the animal storage form called glycogen. You can think of glucose as the gasoline that is in the gas line and glycogen is the fuel in the gas tank.

What if I play recreationally on Tuesday afternoons or 3 divisions in a weekend tournament? Here's the deal. If you eat a well-rounded dinner with pasta or potatoes, you'll have plenty of fuel (glucose) to engage in over an hours worth of racquetball play in your Sunday morning challenge league. If you're playing in 3 divisions in the State tournament ... keep reading.

Let's do math. An adult body contains anywhere between 400-500 grams of glycogen (the stored form of glucose or sugar) depending on gender, age, etc. During a form of exercise which prefers carbohydrate as the main fuel source, such as an IHI exercise like racquetball, you can burn 3-4 grams of CHO per minute. Do the math. Your total supply of 500 CHO grams will be completely empty in about 2 and a half hours. That's fine you say who's going to play more than 1-2 hrs anyway. But there's a catch. Your 500 gram glycogen gas tank is really 2 separate tanks, 100 grams is in the liver and 400 in the muscles. The muscle is where the furnace is burning and aside from its own stores, it takes a good amount from the blood. Now the liver has to dump some of its glucose to keep the blood sugar at a level where the brain doesn't get upset. Keeping up? Ever hear the expressions "hitting the wall" and "bonking"? Hitting the wall refers to when the amount of muscle glycogen falls below a threshold, estimates are in the 30% range, after which your muscles can no longer sustain exercise. Bonking is when the liver can no longer dump glucose into the blood to maintain a normal blood sugar level and the brain shuts everything down. So now you are down to about 70-90 minutes of play.

So 70-90 minutes worth of glycogen doesn't sound that bad'... sounds like a pretty good workout even if you don't burn a lot of fat. But what if you're in a tournament and you're playing in 2-3 divisions? Even if you ate a well-balanced meal with plenty of carbohydrates the night before, if you're just drinking water you pretty much just used up most of your energy in the first match! You've got 2-3 hrs until your next match. How are you going to fill up the gas tank? What are you going to eat? Maybe some pasta which is mainly CHO? Well no, because you won't even digest it by then and you'll just get cold sweats as your circulation tries to decide whether to power your muscles or go to your small intestine to absorb nutrients from the food you ate 1-2 hours ago.

Cut to the chase. Drink a sport drink such as Gatorade or PowerAde before, during and immediately after you

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HERDING CATS ... OR HOW I LEARNED TO RUN A RACQUETBALL TOURNAMENT

- Caryn Coyle

In the early 2000's, when my husband Allan and his friend Dan told Beth (Dan's wife) and I that they were going to have racquetball tournaments at the Michigan Athletic Club in East Lansing, we both said, "That's nice."

Little did we know how embroiled we would become in the whole convoluted, discombobulated, organized chaos that is the world of Racquetball Tournaments.

Our first tournament (Capital Challenge) was "only" 45 players. Beth and I went along for the ride, thinking that it would be a pretty cool gig "sitting behind a desk and spending time with our husbands on the weekend (pretty rare for wives whose hubbies are racquetball fanatics).

We soon discovered that it was our job to have the score cards ready, monitor the courts, notify the next players that they were up, keep the food stocked, and find Allan and Dan when there was a question we didn't know the answer to (which was quite often, and a major challenge). What we hadn't realized is that Dan and Allan planned to fully participate in the tournament, playing in as many brackets as their bodies would permit (especially Dan).

We also learned that racquetball players can be as skittish as cats,

rarely coming when they're called. We had players (male) go to the locker room to soak in the hot tub right before they were to be on a court (we were moments from going in after them when Dan materialized and went in for us). We had players tell us they were getting on a court, and then find out 45 minutes later that they were still watching another match that was interesting.

At the end of that weekend, we were both physically and mentally drained; we also had many topics of discussion for the Directors (Dan & Allan) at our post-tournament debrief dinner. That first tournament was toward the end of the season, so we had all summer to think about it as well.

I am pleased to report that we did learn lessons from that first, incredibly eye-opening tournament, and we have instituted a number of tools that save MY sanity-which can be questionable on any given day, but especially Game Day.

Running a tournament is still very much like herding cats, but I am happy to report that cats do learn to follow routines. A couple of years ago, we instituted the use of pagers, as the MAC is very large and very hard to find people in (especially in those darn locker rooms). Our pagers reach all the way to the Towne Place Suites

(cont on pg 11)

A VIEW FROM THE PRESIDENT

(cont from pg 2)

You can also find the new 2008-2009 schedule. It's going to be another big year in Michigan. There are a few slight adjustments in the schedule, but your favorites are all back, and we even have a new tournament in the Fall. It all kicks off with the Cherry Splat in beautiful Traverse City, and culminates with the State Singles Championship in East Lansing at the spectacular Michigan Athletic Club. In between we criss-cross the state, feature Juniors, Ladies, and Men, Singles and Doubles, round robin and straight draw, Pros and lots of amateurs. What a great season it's going to be. I can't wait.

I hope you enjoy the first electronic *REPORTER*. I think it's a great start to a great season.

Enjoy!



ADVERTISING RATES FOR THE RAQUETBALL REPORTER FOR 2008-09

The Racquetball Reporter is published quarterly throughout the year - August, November, February, and May. Items to be included in the Racquetball Reporter for the **2008-09** year must be submitted by the following dates:

August 15, 2008	January 12, 2009
October 6, 2008	April 24, 2009

Advertisement material is subject to approval by the RAM Board of Directors. The prices for advertisement material are:

\$400 - Full page ad to run in all four issues (7"w x 9.5"h)

\$250 - Half page ad to run in all four issues (7"w x 4.75"h)
 \$150 - Quarter page ad to run in all four issues (3.5"w x 4.75"h)
 \$100 - Club listing for all four issues (3"w x 2"h)

All advertisements must be submitted in camera ready format in the appropriate size. E-mailed graphics can be accepted in either a **.TIFF** or **.JPG** format. All advertisements will be in black and white for all issues, except the May issue which will be in full color. Payment must accompany submission of all advertisement material. Information may be mailed to The Racquetball Reporter, 321 Village Dr., Lansing, MI 48911 or sent electronically to djeasterling@earthlink.net.

2008 RAM STATE SINGLES CHAMPIONSHIPS

(cont from pg 1)

in recent years, and this year, sat at the top of the mountain after getting past **Laura Patterson** in both finals. Paula Saad and Melody Gorno were the semi-finalists in both divisions. Congratulations for Maureen or her double-Gold.

Chris Todd won the Women's A Championship after cruising through the round robin division. Young gun **Mercedes Arias** took the Silver. Wendy Caverly and Lorna Rose rounded out the draw.

Troy Driskill pounded his way through the Men's 20+ Division. He defeated **Keith Bryan** in the finals. The semi-finalists were Marc Labadie and Mike Petrucci.

The Men's Singles 35+ C/D Division went to **Corey Robinson** after he got past **Jim Price**. Matt Smith and Eric Lee were the semi-finalists.

Ryan Covell returned to States and won the Men's 35+ Championship for his efforts. **Ferd Samson** made it to the finals. Jeff Johnson rounded out the division.

Scott Duryea claimed the Men's 35+A Championship after defeating **Dan Mullin** in the finals. John Somerset and Mike Malcolm were the semi-finalists.

Mike Urqhart defeated **John Leggett** to become the Men's 40+B/C Champion. Todd Standfast and Russell Baker made it to the semis.

Steve Clark took home the Gold in the Men's 40+ Championship. He defeated **Jack White** in the Finals. Mark Reed and Jeff Johnson rounded out the semis. The Championship of the Men's 45+C Division went to **Mike Loll** over **Terry Streeter**. Bob Denam and Mike Labadie were the semi-finalists.

Walt Podraza used his awesome shooting to take the Men's 45+

Championship. **Dennis Howell** made it to the finals while Vic Sherman and Chris Kelly were the semi-finalists.

It was an all-Grand Rapids Final in the Men's 45+A Division. **Mike Chambon** beat sparring partner **Rick Vrosh** to take the Gold. Dick Knoll and Jeff Renaud made it to the semis.

The Men's 45+B Championship went to **Dave Chirio** after he defeated **Rich Westerbrink** in the final. Keith Bryan and Bryan Galloway were the semi-finalists.

Walt Podraza took a second Gold by defeating **Ed Arias** in the finals of the Men's 50+ Division. Lewis Forrest and Dan Verbeck made it to the semis.

Jeff Renaud defeated **Scott Sellers** to win the Men's 50+A Championship. Mike Middleton and Sandy Rochkind finished in the semis.

Keith Vogel won the Men's 50+B Gold after getting past **Bob Buckingham** in the finals. Mike D'Almeida and Sandy Rochkind were the semi-finalists.

The Men's 55+C Championship went to **Bill Bedard**. **John Beranec** was the other finalists while Tom Ouellette and Wayne Jones made it to the semis.

Jim Panasiewicz claimed his first State Singles Title after defeating **Jim Easterling** in the Final of the Men's 55+ Division. This was a reversal of last year's result when Jim Easterling won his first ever title. Charlie Curtis and Kim Hyde were the semi-finalists in this division.

Charlie Curtis won the Men's 55+A Division by beating **Keith Vogel** in the finals. Pete Harvey and Chuck Van Hoose made it to the semis.

The Men's 55+B Gold went to **Joe**

O'Connor who defeated **Gil Martinez** in the Final. Greg McClellan and Terry Streeter rounded out the semis.

Bob Gravelyn won another State Title after defeating **Jim Bruton** for the Men's 60+ Gold. George Goudie and Bill Hagedorn were the semi-finalists.

Dave Lund continued his dominant play to win the Men's 70+ Championship. **Tony Tewes** made it to the finals while Stan Kurzman and David Fuller made it to the semis.

Corey Robinson defeated **Eric Lee** in the finals of the Men's D Championship to win his second Gold Medal of the weekend. Matt Smith and Scott Morris were the semi-finalists.

The Men's C Championship went to **Mike D'Almeida** who defeated **Matt Bernstein** to win the Gold. Paul Schultz and Glen Williams filled out the semis.

Scott Sellers shot his way through the Men's B Division and defeated **Dave Chirio** in the finals to take the title. John Somerset and John Leggett were the semi-finalists.

John Kutt made it official by defeating **Ferd Samson** to win the Men's A Championship. Jason Kennedy and Alex Brown were the semi-finalists.

Shannon Kohl won his first State Championship in the Men's Open division. Shannon defeated his sparring partner, **Brandon Cortese** in the Final to take his first Gold. Andrew Price and Mike Anderson were the semi-finalists. Way to go and congratulations Shannon.

By the time the dust had settled, one hundred seventy players came, saw, competed, won and lost. We crowned new Champions.

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HERDING CATS. . . .

(cont from pg 9)

(which typically cuts us a deal for players on tournament weekend), and have reduced our "behind time" running to a minimum. We are typically no more than 30-45 minute late and we catch up very often throughout the day; now instead of having to tell players we're running behind, I tell them we're "running weird".

Our regular players know to come to the tournament desk to get a pager as soon as they are done playing; the new players learn very quickly and are often disappointed if I call them without actually paging them.

R2 Sports has also increased our efficiency, making the tracking of matches and assigning of courts a major walk in the park. When we combine R2 with the pagers, I can page players as I see that a match should be getting finished, and send them over to jump on as soon as the current match is finished. The only problem we still have is getting those cats to turn

in their score cards (might be an opposable thumb issue. . .).

We at Capital Area Racquetball Association (CARA) look forward to a great 08/09 Season, kicking off at the MAC with our Double Vision Tournament in September, Spartan Splat in November, and Capital Challenge in February.

When we hosted National Junior Olympic Racquetball in 2006, I learned many lessons from Otto and Jim that I have carried into running CARA Tournaments. We are extremely pleased to cap off our Season in June 2009 with the return of the National Junior Olympic Racquetball Tournament to the Michigan Athletic Club in East Lansing.

Look for our plea to other Michigan Tournament Directors and the RAM for assistance (we will be specific) as the time nears for 250+ players and their families to descend upon East Lansing. Our effort as a State last time was viewed as a shining jewel - we look forward to a repeat!

2008 NATIONALS IN HOUSTON

(cont. from pg 3)

In his first trip to Nationals, **Dave Chirio** won a lot of matches before losing in the semis of the Men's 45+ B Division. Dave's improvement and his tough play made him a difficult opponent and a threat to everyone he plays. Look for Dave to make a big impact in years to come as well.

And, last but not least, is **Shannon Kohl**. Shannon won an upset match in the National Team Qualifying Division and took last year's runner up - Shane Vanderson to a tie-breaker. In the Men's Open Division, he made it all the way to the semi-finals. Shannon has become a player to

fear in any tournament at any time, and big boys are starting to know his name. I can't say enough about how Shannon played against some of the top players in the world. This, Ladies and gentlemen, was a lot of fun to watch.

Congratulations to all of our medalists. As anyone can tell you, there are no easy matches at Nationals, and to advance as far as the medal round in any division, is a great, great accomplishment. Congratulations also to the other Michiganders who played - **Mike Anderson, Mark Candy, Pete Harvey, Dave Lund, Mike Malcolm and Paul Stanwick**.

REFUELING YOUR TANK

(cont. from pg 8)

play. The muscles will avidly absorb and use the glucose and in this way will, to a certain degree, "spare" its own muscle glycogen, thus prolonging the "hitting of the wall". Plus, studies have found that there is a certain "window" about 1-2 hours immediately after exercise, during which the muscle will "supercompensate" glucose uptake and glycogen formation. That means that you are better off if you can get glucose back into the muscles right after exercise (racquetball match) in the first hour or so than if you wait. If you eat some pasta, well, it will take 2 hours to just digest it and you'll have missed the window plus you'll have a nice bolus of food in your gut as you're playing your next match. If you down a glucose-rich beverage (no, not beer) right after play, it will do several things; rehydrate you, put back needed electrolytes such as sodium and potassium, and immediately get glucose back into your blood and muscles. You will be as ready as you can be for your next match.

At the end of the day, whether it be a Sunday morning challenge league or a weekend tournament, be sure to get some protein in you as ... well, let me stop here so I have something to write about the next time we get together.

STATE SINGLES

(Cont. from pg 10)

We crowned repeat Champions. We saw the Ladies continue their strong play. And we have seen the coming of the new breed with dozens of Juniors taking to the courts and continuing to grow on and off the courts.

Thanks to Randy Minto and the DAC. See you next year in Lansing.

MARCH MAXIMUS -- MAXIMUM FUN

- Jim Scheuer

I remember 1978 - a time when racquetball was king. Racquets were small, the balls were slow, you had to run more, and for many of us, racquetball was the ultimate escape from the daily grind. Do you remember when the Bee Gees and Donna Summer ruled the airwaves? What was your favorite TV show? The Love Boat? (I hope not). I remember fearsome giants with fearsome names like Hogan, Yellen, Peck, and "Radiation Man" roaming the nearby landscape in search of their next "meal". As a 15 year-old racquetball junkie, it would have been the thrill of a lifetime to receive an honorary "donut" at the hands of any of them.

For me and others, the Westland Coliseum provided that escape during my youth. In its heyday, leagues flourished, weekend challenge courts filled up fast, and you had to call 5 days in advance to reserve a court for an hour. Start at the buzzer. Exit at the buzzer. Local tournaments were abundant, as was the talent to fill them. A couple of years of great times, and in what seemed like an instant, it was mostly over. Oh sure, we had our occasional pick-up matches, some old-timers would show up, wallyball was kind of fun too, but it wasn't quite the same. So began the long, dark, cold, tournament void in our corner of the world. Time to move on..... Is this story familiar to some of you?

Many years went by, and we all know how the sport of racquetball fell on hard times. Clubs all over the area have been shuttered including four more in nearby Wayne as I write this. Through it all however, the Coliseum hung tough with the sport along with some of the local talent it once harbored. New talent emerged as well. I know this much...racquetball people are resilient. They're tough and they never quit. Most prefer beer and sports drinks over

champagne and daiquiris. They don't cry after they've been smoked in the calf at 120 mph. OK, some do. But in time, the clouds lifted, the earth's climate improved (still a matter of debate, here in Michigan), and mammals began to roam the earth again.

March MAXIMUS! was forged out of this mindset. The recent closure of the Players Club courts in Warren forced us to look for a new RAM tournament venue that could tap into the rich local talent all the way down to Toledo. Because this was a first-year event with a new organization and a willing, but skeptical club management, our goals for this event were simple and modest:

Increase the number of fresh faces to the tournament scene

Showcase some of the established Michigan talent

Provide value for all players and respect their time

Ease the club management back into the tournament process by hosting a small, smooth-running event and show them that tournament racquetball is worthwhile

Hosting the biggest bash since Woodstock was never in the plan, and as the tournament director, I can report that all goals were achieved.

33% of our roster was made up of first-time USAR members or re-ups

Upper division talent was large and deep for a first-year round-robin event

All players got plenty of playtime, we ran on time, and had plenty of food and prizes

Club management is excited about the next event. Look for Fall Doubles.

I can't say enough about the players in this event. Despite crappy road conditions, amazingly, all arrived on time to play morning matches. Tom Settle and Jeremy Brunan came from Grand Rapids for 9:00 am matches! Each player displayed immense character, and as one player put it "each played like a gentleman". Honoring the placings:

Splatus Maximus - 1st Place
Splatus Dignatas - 2nd Place

Open	Steve Goedker John Kundrot
A	David Lubin Scott Duryea
B	Robert Suga Bob Abar
C	Mike D'Almeida Dan Bass
D	Joe Gallagher Jeremy Brunan
35-45B	Bob Abar Marty Buynak
45-55A	Scott Sellers Marcos Rivera

You never really think of racquetball as a team sport, but tournaments are never done alone. Thanks go out to:

The CARA Group (Dan Mullin, Allan and Caryn Coyle) for their help and support up to and during the event. Teaching our fledgling Detroit Suburban Racquetball Association to "fish" will feed us for a lifetime.

Rodger Barton for becoming our area's most devoted sponsor of racquetball. Without his support, there would not have been a tournament. Period.

Diana Easthope and Chuck Van Hoose for sharing their experience and counsel.

Greg Lewerenz, and the good folks at Ektelon for donating those super-fast balls. Even scrubs like

(cont on pg 13)

MAXIMUS

(cont from pg 12)

me can feel like a pro when I hit those!

E-Force for the many prizes and gifts

As I mentioned to Twayne after the tournament.....I think we did something important today. It wasn't big, but it was important. Best of all, we had fun – and–after 30 years, I've got "Radiation Man" wearing one of my tournament shirts. Pretty cool stuff. Look for the re-emergence of tournament racquetball in this part of town!

2007-08 FINAL RAM STATE RANKINGS

Mens Open

- | | |
|--------------------|-----|
| 1. Shannon Kohl | 491 |
| 2. Steve Goedker | 365 |
| 3. Brandon Cortese | 195 |

Mens A

- | | |
|-----------------|-----|
| 1. John Kutt | 240 |
| 2. Ferd Sampson | 190 |
| 3. Mike Chambon | 15 |

Mens B

- | | |
|------------------|-----|
| 1. Scott Sellers | 325 |
| 2. Dave Chirio | 220 |
| 3. John Leggett | 140 |

Mens C

- | | |
|-------------------|-----|
| 1. Mike D'Almeida | 302 |
| 2. Russell Clark | 161 |
| 3. Matt Bernstein | 116 |

Mens D

- | | |
|------------------|-----|
| 1. Jim Pike | 150 |
| 2. Allan Coyle | 130 |
| 3. Cory Robinson | 125 |

Mens 20

- | | |
|----------------------|----|
| 1. Joshua Epstein | 50 |
| 2. Zachary Stultzman | 10 |

Mens 20A

- | | |
|-------------------|----|
| 1. Joe Budzynski | 50 |
| 2. John Stallmer | 25 |
| 3. Nic Cline | 10 |
| 3. Gary Balavitch | 10 |

Mens 25

- | | |
|------------------|----|
| 1. Paul Stanwick | 60 |
| 2. Joe Budzynski | 50 |
| 2. Mark Werthman | 50 |

Mens 25A

- | | |
|-----------------|----|
| 1. Raja Gumber | 25 |
| 2. Jeff Johnson | 5 |

Mens 25B

- | | |
|------------------|----|
| 1. Bryan Keith | 50 |
| 2. Mark Labadie | 25 |
| 2. Michael Pethe | 25 |

Mens 25C

- | | |
|----------------------|-----|
| 1. Keith Bryan | 100 |
| 2. Andy Taylor | 50 |
| 2. Michael D'Almeida | 50 |

Mens 30

- | | |
|------------------|-----|
| 1. Greg Lewerenz | 100 |
| 2. Paul Stanwick | 55 |
| 3. Alex Cobb | 50 |

Mens 30A

- | | |
|----------------|----|
| 1. Dave Bushen | 50 |
| 2. Dan Mullin | 25 |
| 2. Rick Vrosh | 25 |

Mens 30B

- | | |
|------------------|----|
| 1. Paul Amell | 50 |
| 1. Andy Debraber | 50 |
| 3. Ed Boan | 25 |
| 3. Mike Urquhart | 25 |
| 3. Troy Driskall | 25 |

Mens 30C

- | | |
|------------------|-----|
| 1. Troy Driskall | 100 |
| 2. John Leggett | 50 |

Mens 35

- | | |
|-----------------|-----|
| 1. Ryan Covell | 100 |
| 1. Ferd Sampson | 100 |
| 3. Steve Clark | 85 |

Mens 35A

- | | |
|------------------|-----|
| 1. Scott Duryea | 125 |
| 2. Ben Marciniak | 100 |
| 3. Dan Mullin | 96 |

Mens 35B

- | | |
|-------------------|----|
| 1. Dave Chirio | 75 |
| 2. Scott Sellers | 50 |
| 3. Donoval Cavell | 25 |
| 3. Don Rodgers | 25 |

Mens 35C

- | | |
|-----------------------|-----|
| 1. Corey Robinson | 100 |
| 1. James Price | 100 |
| 3. Dominic Sassanelli | 80 |

Mens 35D

- | | |
|------------------|----|
| 1. Aaron Gorter | 25 |
| 1. Eric Lee | 25 |
| 3. Todd Driskill | 10 |

Mens 40

- | | |
|------------------|-----|
| 1. Steve Goedker | 200 |
| 2. Steve Clark | 100 |
| 3. Jeff Johnson | 90 |

Mens 40A

- | | |
|--------------------|----|
| 1. Jim Scheuer | 75 |
| 2. Mark Reed | 60 |
| 3. Glen Williams | 25 |
| 3. John Vandeweerd | 25 |

Mens 40B

- | | |
|------------------|-----|
| 1. John Leggett | 215 |
| 2. Mike Urquhart | 125 |
| 3. Jim Kovas | 50 |
| 3. Roger Culver | 50 |
| 3. Joe Romeo | 50 |

Mens 40D

- | | |
|-------------------|----|
| 1. Larry Vestal | 50 |
| 2. James Hemenway | 10 |

Mens 45

- | | |
|-----------------|-----|
| 1. Walt Podraza | 200 |
| 2. Dan Verbeck | 160 |
| 3. Greg Zivov | 125 |

Mens 45A

- | | |
|-----------------|-----|
| 1. Mike Chambon | 345 |
| 2. Ron Griggs | 75 |
| 2. Craig Wozena | 75 |

Mens 45B

- | | |
|-------------------|-----|
| 1. Mark Candy | 245 |
| 2. Dave Chirio | 210 |
| 3. Bryan Galloway | 181 |

Mens 45C

- | | |
|------------------------|-----|
| 1. Richard Westerbrink | 180 |
| 2. Mike Loll | 100 |
| 2. Dave Austin | 100 |

Mens 50

- | | |
|--------------------|-----|
| 1. Len Kleparek | 160 |
| 2. Walt Podraza | 100 |
| 2. Greg Zivov | 100 |
| 2. George Yarbenet | 100 |

Mens 50A

- | | |
|-------------------|-----|
| 1. Jeff Reneaud | 175 |
| 2. Scott Sellers | 105 |
| 3. Mike Middleton | 100 |

Mens 50B

- | | |
|-------------------|-----|
| 1. Barry Dennis | 145 |
| 2. Keith Vogel | 100 |
| 2. Bob Buckingham | 200 |
| 2. Keith Bryan | 100 |

Mens 50C

- | | |
|------------------|-----|
| 1. Russell Clark | 175 |
| 2. Rudy Varela | 80 |
| 3. James Pike | 80 |

Mens 55

- | | |
|--------------------|-----|
| 1. George Goudie | 181 |
| 2. Jim Panasiewicz | 160 |
| 3. Jim Easterling | 155 |

Mens 55A

- | | |
|-------------------|-----|
| 1. Keith Vogel | 120 |
| 2. Charlie Curtis | 100 |
| 3. George Goudie | 70 |

Mens 55B

- | | |
|------------------|-----|
| 1. Joe O'Connor | 100 |
| 2. Gil Martinez | 75 |
| 3. Russell Clark | 40 |

Mens 55C

- | | |
|------------------|-----|
| 1. Bill Bedard | 140 |
| 2. Tom Ouellette | 36 |
| 3. Allan Coyle | 21 |

Mens 55D

- | | |
|------------------|----|
| 1. Tom Ouellette | 25 |
| 2. Rodger Barton | 10 |

Mens 60

- | | |
|------------------|-----|
| 1. Bill Hagedorn | 135 |
| 2. Ed Barter | 110 |
| 3. Bob Gravelyn | 100 |
| 3. Jim Bruton | 100 |

Mens 60C

- | | |
|----------------|----|
| 1. Bill Bedard | 50 |
| 2. Ron Bush | 25 |

Mens 60D

- | | |
|-----------------|----|
| 1. John Baranec | 50 |
| 2. Wayne Jones | 25 |

Mens 65

- | | |
|---------------|-----|
| 1. Tom Sharum | 125 |
| 1. Dave Lund | 125 |
| 2. Art Murphy | 100 |

Mens 70

- | | |
|--------------------|-----|
| 1. Dave Lund | 250 |
| 2. Tony Tewes | 50 |
| 3. Stanley Kurzman | 25 |
| 3. David Fuller | 25 |

Womens Open

- | | |
|------------------|-----|
| 1. Maureen Price | 225 |
| 2. Melody Gorno | 200 |
| 3. Paula Saad | 120 |

Womens A

- | | |
|--------------------|-----|
| 1. Christine Todd | 100 |
| 2. Marianne McHugh | 100 |
| 3. Mercedes Arias | 70 |

Womens B

- | | |
|------------------|----|
| 1. Kim Morris | 50 |
| 2. Suzanna Arias | 25 |
| 2. Lorna Rose | 25 |
| 2. Wendy Caverly | 25 |

Womens C

- | | |
|-------------------|----|
| 1. Corina Soemsen | 50 |
| 2. Gina Szymczak | 25 |

Womens D

- | | |
|----------------------|----|
| 1. Suzette Szarowicz | 50 |
| 2. Diana Deitrich | 25 |
| 3. Judy Kohl | 10 |

Womens 30

- | | |
|--------------------|----|
| 1. Melody Gorno | 50 |
| 2. Michele Gelie | 25 |
| 3. Laura Patterson | 10 |
| 3. Laura Johnson | 20 |

Womens 35A

- | | |
|--------------------|-----|
| 1. Tia Lecland | 100 |
| 2. Marianne McHugh | 50 |
| 3. Beverly Ross | 25 |

Womens 40

- | | |
|-----------------------|-----|
| 1. Anthnita Dickerson | 100 |
| 2. Michele Geille | 51 |
| 3. Melody Gorno | 26 |

Womens 40A

- | | |
|------------------|-----|
| 1. Maureen Price | 100 |
| 2. Paula Saad | 25 |
| 3. Tia Lecland | 10 |

Womens 45

- | | |
|-----------------|----|
| 1. Melody Gorno | 25 |
| 2. Denise Knoll | 10 |

Juniors Multi Bounce

- | | |
|----------------------|-----|
| 1. David Zeng | 125 |
| 2. Cameron Clolinger | 100 |
| 3. Braeden D'Almeida | 75 |

Juniors 10

- | | |
|----------------------|-----|
| 1. Mary Zeng | 210 |
| 2. Zachary D'Almeida | 96 |
| 3. Connor Cowan | 50 |

Juniors 12

- | | |
|------------------|-----|
| 1. Nathan Tucker | 125 |
| 2. Cory Zeng | 101 |
| 3. Mary Zeng | 26 |

Juniors 14

- | | |
|--------------------|-----|
| 1. Brad Schopieray | 200 |
| 2. Sam Zeng | 150 |
| 3. Trevor Sporer | 51 |

Juniors 16

- | | |
|-----------------------|-----|
| 1. Andrew Price | 251 |
| 2. Lucas Arias | 101 |
| 3. Matthew Barbusczak | 76 |

Juniors 18

- | | |
|----------------------|-----|
| 1. Andrew Price | 201 |
| 2. Ryan Fontaines | 25 |
| 2. Frankie Antonelli | 25 |

Girls Multi Bounce

- | | |
|----------------------|-----|
| 1. Kelli Stedfast | 125 |
| 2. Caylee Brookshire | 100 |
| 3. Kaitlin Sparkes | 50 |

Girls 10

- | | |
|--------------------|-----|
| 1. Mary Zeng | 150 |
| 2. Sydney Kutt | 25 |
| 3. Emma Eisenbeiss | 10 |

Girls 14

- | | |
|-------------------|-----|
| 1. Mercedes Arias | 100 |
| 1. Ines LeCland | 100 |
| 2. Shelby Kutt | 50 |

Juniors Open

- | | |
|--------------------|-----|
| 1. Andrew Price | 275 |
| 2. Brad Schopieray | 170 |
| 3. Matt Barbuscak | 100 |

Juniors Advanced

- | | |
|---------------------|-----|
| 1. Sam Zeng | 226 |
| 2. Matt Barbuscak | 175 |
| 3. Bryan Schopieray | 95 |

Juniors Intermediate

- | | |
|-------------------|-----|
| 1. Gran Hoffecker | 165 |
| 2. Cory Zeng | 85 |
| 3. Mary Zeng | 65 |

Juniors Beginner

- | | |
|------------------|-----|
| 1. Alex Kemp | 100 |
| 2. David Zeng | 95 |
| 3. Nikko Leggett | 57 |



USAR Executive Director, Jim Hiser
and JTM, Connor Cowan



2008 Junior All Americans including
Mary Zeng, David Zeng and Brad Schopieray

WHITECAPS - (cont from pg 7)

Whitecaps and Bruce volunteered to have him stay at his house as an "alumni gesture". He had such a good experience, he has hosted players every year since. Some of the players he hosted are still with the Tigers organization: P.J. Finigan, Matt Rusch, Jeff Kunkel, Joe Tucker, Brandon Hamilton.

While chatting with Bruce recently, he emailed the following thoughts. "It is fun watching players that I hosted come back into the area. In fact the other day two of my former players, Matt Rusch and Jeff Kunkel played in the same game for the Erie Seawolves. Matt is a pitcher and Jeff is a catcher. And besides building relationships with the players we have also built strong

relationships with their families. It is hard for some of the kids to come to a strange town and not know anyone but their teammates. Brandon Hamilton, had never been north of Tennessee and might have seen snow one time in his life. His dad told me when he found out about coming to Grand Rapids it was so far from home it might as well have been Japan! I don't think I ever laughed so hard".

If Caryn and I had not been wearing our racquetball jackets, Aaron would never have made the connection and I would not have learned of Bruce's efforts to bring a little family atmosphere back to kids trying to make it to the big leagues.