

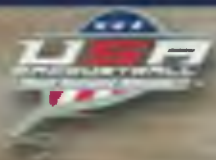
RACQUETBALL

The PHOTOGRAPHY of Racquetball

PLUS

• Junior Worlds

WINTER 2011 • VOLUME 21 • ISSUE 1



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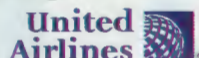
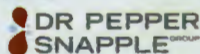
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USA Racquetball is the National Governing Body for the sport of racquetball, recognized by the United States Olympic Committee, and is committed to excellence and service to our members. We provide the infrastructure and organization for racquetball. We also provide competitive opportunities for members and enthusiasts through our coordination of racquetball organizations, development and administration of rules and programs, sanctioning of events and development of teams for international competition.

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.



PHOTOGRAPHY OF RACQUETBALL



ANNUAL AWARD NOMINATIONS



IRF JUNIOR WORLDS

IN THIS ISSUE

<i>From the Top</i>	3
<i>Racquetball 4 Ever</i>	4
<i>Players Helping Players</i>	5
<i>IRT</i>	6
<i>WPRO</i>	8
<i>CPRT</i>	10
<i>WOR</i>	11
<i>NPRA</i>	12
<i>WSMRA</i>	13
<i>NMRA</i>	14
<i>MRF</i>	15
<i>What's the Call</i>	16
<i>Connie's Corner</i>	17
<i>Frans house</i>	18
<i>Elite camp</i>	28
<i>Annual Awards</i>	35
<i>Calendar</i>	36
<i>News</i>	38

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By James Hiser, Ph.D.
 USA Executive Director

An Optimistic **VISION**

Happy New Year!
 Here are some headlines to watch for in 2011 (under the definition of aspirations/potential reality)...

New programs continue to develop providing better to service USAR members. The alignment of the on-line membership system with the on-line event system provides members with easy access to event past history, rankings, and numerous other services such as on-line officiating tests.

USAR partners with IRT to create the most prestigious event in the sport. The creation of the new event, "The Nationals," brings together the best professionals in the sport with the best amateurs in the country. The inclusion of the portable court creates a racquetball extravaganza.

New innovations provide enhanced TV and streaming visibility. The use of a new colored ball and creative colors of court walls provide better visibility and increase opportunities to attract new racquetball players to the sport.

On-line Instructors Program provides racquetball education to the recreational player as well as instructors and coaches. On-line racquetball courses like webinars provide the most updated racquetball information to day-to-day recreational players.

US Open has relocated and brings new energy to the sport. The US Open continues to be a cornerstone of racquetball's event calendar. Increase in both participation and sponsorship indicates a new era for racquetball's premier event.

Collegiate development provides the stimulus for future growth. Continual increase in college teams, combined with additional court construction on campuses, provide a strong foundation for future growth and a pipeline for clubs as players graduate.

New membership structure provides stimulus for improved state programs. A new membership format provides states with an opportunity to expand state programs and increase junior participation at the local level.

New doubles ranking system stimulates participation at all levels. The creation of a doubles ranking system provides additional stimulus for both recreational and competitive players.

New partnerships promote cooperative effort to promote sport. Partnerships between USA Racquetball and organizations such as IRT, WSMRA, NMRA, WOR, MRF, NPRA, WPRO and WFRA create a strong foundation for promoting the sport to new players.

USAR identifies and signs National Sponsor. After years of effort, USA Racquetball is finally able to procure a National Sponsor from outside the industry. The new grand slam event featuring the "Unbelievable all-Lucite Court," combined with a Disneyland-type sports festival, helps cement the deal.

The use of a new colored ball and creative colors of court walls provide better visibility and increase opportunities to attract new racquetball players to the sport.

photo by Dennis Olivero



Doubles Service Order

Rule Change Commentary

By Cheryl Kirk,
USAR Board President

Every once in a while, a subject of debate ripples across the sport...currently it's the new rule governing (well, actually, not governing) serving order for doubles teams. Questions are flying, and since our National Rules Commissioner's space is full in this issue, I thought we could devote some space here. We could call it, "What's the Scoop?" Why DID the rule change?

At the Annual Meeting in Houston last May, during the Board's deliberations in consideration of a rules change proposal to reduce the penalty assessed on a doubles team that has served out of order, the question was raised (and had been brought up by members prior to the meeting) as to why a team's order of serving really mattered at all.

Accordingly, since a completely different twist had just emerged, the decision on changing this rule was postponed pending another poll of the National Rules Committee as well as an online poll of the general membership on the website. After carefully considering the outcomes of both polls, the Board of Directors voted in October to amend the out-of-order serve rule in favor of not structuring the order in which the players serve. Therefore, the new rule now states that the incoming team may decide which of its two players will serve first each time the team comes "in" to serve. So now a doubles team can never serve out-of-order, and there is obviously no penalty since an infraction won't exist.

Prior to this rule change, it was incumbent upon the referee to 1) be aware that a team has changed their order of serve, and 2) remember how many points had been scored during the offense, in order to subtract those points from the score. The penalty for serving out-of-order (perhaps for an oversight as slight as failing to inform the referee of a serving order change at the beginning of a new game) was to deduct, potentially, as many as fourteen points PLUS end the out-of-order server's turn, a pretty severe penalty for an infraction that, upon closer scrutiny, was only committed by accident since there is no advantage to serving out-of-order on purpose. (Consider any scenario where a team might be tempted to serve out-of-order and you'll realize that the stronger and weaker servers will be serving for those critical points before their opponents' turn comes up, so the order of the serve doesn't really matter.)

This rule change, while sparing referees the responsibility of trying to figure out how many points to deduct if a team served out of order, requires referees to continue to be alert in preventing one team member from getting two chances to serve during that team's side "in."

Keeping track of who served first during each side "in" is now the challenge. I recall former National Rules Commissioner Rich Clay suggesting a technique of holding the top corner of the scorecard when the first server was up

Rule 4.2 (a) SERVE IN DOUBLES

Order of Serve. At the beginning of each game, when the first server of the first team to serve is out, the team is out. After that, either partner can serve first each time the team steps in to serve. Both players on each team shall serve until there is a handout and a sideout -- i.e. both players are out. The referee must make sure that neither partner serves again after that partner had previously lost a rally while serving.

and the bottom corner when the second server came up. Current National Rules Commissioner Otto Dietrich uses a coin, turning it from heads to tails when the second server comes up. Whatever memory technique is used, there will need to be an increased awareness on everyone's part in this aspect of the game.

Time will tell... What will the players themselves do differently, if anything? Will they embrace the new rule, identifying strategic applications for this change? Or will they adhere to the same order to make sure they don't get confused? There's a lot happening out there...sometimes in the heat of the battle we can't even remember the score from rally to rally, right?

The Rulebook (page 14 in the *Racquetball* Fall 2010 insert) describes the process for rule changes. If you wish to see any rule considered for addition, deletion or revision, please do submit a proposal. Otto and the National Rules Committee will consider it carefully.

Notes...

The Fall 2010 issue of *Racquetball* featuring our US Military was extremely well received. Special thanks go to USAR Board Military Representative Mark Fuhrmann and MRF Executive Director Steven Harper for their efforts in gathering information on racquetball's military personalities, past and present, and on events and activities that are bringing racquetball and the military branches closer together.

I had the honor of attending the Women's Senior Masters annual tournament in Denver in January. Women ranging in age divisions from 35+ to 80+ competed at high altitudes with equally high spirits -- what a fun experience! How lucky we all are to have this organization promoting racquetball. Florida will be the site next year -- make your plans, Ladies!

Exciting changes to USAR's National Singles Memorial Day weekend event are coming, including partnership with the IRT in sunny California...see information in this issue and watch for more to come as Spring approaches and plans are solidified. Don't miss this fresh, new event in an exciting new location!



Thank you to everyone who contributed to USAR programs in 2010
Your contributions are critical to the success of USAR

LIFETIME RECOGNITION DONORS:

Susan and Leo Klimaitis

WORLD CHAMPION US JUNIOR TEAM THANKS ITS BENEFACTORS

On behalf of USA Racquetball and the US Junior Team players, coaches and parents, thanks so much for those whose generous donations made it possible for the US Junior Team to attend the IRF Junior World Championships in Canoga Park, CA, in November 2010. Thanks to your support and their efforts, our team again successfully defended its World Champion title! In addition to the donors listed below, many junior players themselves worked hard to raise the funds to participate.

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Shane Vanderson Competing Through Tragedy

by Jennifer Sinclair Johnson

There was a lot of talk before the season about the new rule changes, especially moving from one serve to two. How do you think the change has affected the pro game this season? Your game?

I think the rule changes have done exactly what we (the players and IRT Board) thought it would do. It has added a different element to the game that had been lacking in recent years. It has made how the courts play a more important aspect to some people. For example, faster courts have been giving an advantage to the better drive serve players, which was neutralized by having one serve. It hasn't sped up the game, and it hasn't changed the game too dramatically. The other rule changes are subtle, but they have made a big difference in the enjoyment of watching a match. I know I enjoy watching matches more than I used to.

How has it affected your goals for the season? What are your goals for the season?

My goals for the season had nothing to do with whether there would be two serves or not. My goals have become simple, especially in the last couple months: to compete every time I step on the court, and to enjoy every moment of it. Embrace the tough moments, enjoy the good ones, smile as much as possible, challenge myself, and never give up. I'm lucky enough to play a game for a living, and I play my best when I forget it's a business, and remember it's a game and a challenge. I don't care who I play, or when, or what for, which hasn't always been the case. It sounds so easy, but it's probably one of the toughest things players have to deal with when turning professional. The fewer worries, the better chances of someone playing their best, and everyone has worries — you just have to learn to forget about them.

How much are you looking forward to the second half of the season, especially given the challenges you've experienced this year?

I'm looking forward to it. These might be the last tournaments of my professional career. Racquetball will always be in my life, but there is a big difference between it being a hobby and a profession.

The racquetball court has always been my salvation and sanctuary, and where I feel my most comfortable. A place to get away, to not think about anything but bashing a ball around, and the last couple months, racquetball has been a savior of sorts. Not just the game itself, but also all the people I have met and who have offered their encouragement and prayers as well as donations to my niece's college fund. I want the second half of the season to be my gift back to them.

Generally, what's your training schedule like? (i.e. frequency, types of activities (racquetball related and off court))

I get asked this question all the time, and it's so tough to answer because it changes constantly. I think people always want to know if they do this, then this is going to happen, and it's not exactly that easy and everyone is not the same. Everyone has different abilities. There are many different factors that determine what my schedule is like...how I'm feeling physically, when the next tournament is, how I'm playing, what I need to work on, etc.

Generally if it's midseason, and assuming I'm playing okay, then I spend about one or two days on the court for around an hour, and two or three days off the court for about one to three hours, but it can change at any given moment. I understand some people need structure, but I'm not that way.

Your commercials on the IRT Network are cool and amusing — what's it like to be in a commercial?

It was so much fun to do the commercials with Racquetball Warehouse. They are such a great company and a great group to work with. They had their own in-house production staff, which was pretty cool to see them work their magic. It took all day to film all the commercials, but we were having so much fun it I don't think it mattered. I met the staff and owners. They treated us like first class athletes, which is nice, because I have to say, sometimes that is not always the case.

(Note: Shane's brother was murdered in Florida in October. The following comments relate to this tragedy.)

You've been through challenging times recently. What was some of the best advice and support you received?

I've had so much great advice. I'm not sure I fully realized how lucky and fortunate I am to have great family and friends. My parents and family got me through things. Whether they realized it or not, they raised me to believe there is no situation too big that I can't handle and deal with. They taught me to keep my chin up no matter how down things seem to be. It's a common sense lesson, but one that is sometimes difficult and can test the best of us. They taught from a young age that life is not easy, there are no guarantees in life (other than death and taxes), but that sometimes good comes from bad, and that good will always triumph over evil even if it

doesn't seem like it at the moment. 99% of people are good and will do the right thing, but there is that 1% who you have to be careful of and watch out for.

Throughout all of this, just about every single difficult moment I had, someone was there. For example, when I first heard the news, I was at a racquetball tournament in my hotel room. I had a moment to myself...actually, I probably just sat and stared at the wall for about thirty minutes, after I got done speaking with my family and my ex-girlfriend. Then my good buddy Mike Green called me to grab a bite to eat, and I told him the news. I'm sure it was a difficult dinner for him, but he and his girlfriend did a great job of taking my mind off things for a bit. The whole weekend everyone at the tournament was fantastic. Cliff Swain was there, and he helped me get through things. He had actually met my brother before when he was living in Florida. So what I'm trying to get at is that when I first heard the news, and my family wasn't close by, my racquetball friends and family picked up the slack and got me through the weekend until I could get home. That's something I'm never going to forget, and you can say a lot about racquetball and pro racquetball, but that one weekend paid me back in full for playing racquetball most of my life. You can't put a value on people like that in your life.

I am sickened by what happened to my brother and my family. But, I'm very thankful for the time we had together, the moments we shared, and the memories I have. I am very thankful I have my health, my friends, and my family...everything else is a very distant second in my world.



IRT SCHEDULE

FEBRUARY 9-13	USAR	U.S. NATIONAL DOUBLES	PHOENIX, AZ
FEBRUARY 17-20	T1	SEATTLE OPEN	SEATTLE, WA
FEBRUARY 23-27	T1	SAN DIEGO OPEN	SAN DIEGO, CA
MARCH 3-5	T2	CARL MYERS MEMORIAL	GARDEN CITY, KS
MARCH 3-5	T4	LEAMINGTON RACQUETBALL CLASSIC	LEAMINGTON, CANADA
MARCH 10-13	T1	FLORIDA SPRING BREAK Pro/Am	TAMPA, FL
MARCH 17-19	T1	SALT LAKE CITY Pro/Am	SALT LAKE CITY, UT
MARCH 18-20	T4	NORTHWEST OPEN	BELLINGHAM, WA
MARCH 24-27	T1	PARTY WITH THE PROS	ST. LOUIS, MO
APRIL 1-3	T4	TOPEKA OPEN	TOPEKA, KS
APRIL 14-17	T1	MEXICO OPEN	TIJUANA, MEXICO
APRIL 28-MAY 1	T1	ALISO VIEJO Pro/Am	ALISO VIEJO, CA
MAY 5-8	T1	CAMPESTRE JUAREZ OPEN	JUAREZ, MEXICO
MAY 6-8	T4	CINCO DE MAYO SHOOTOUT	PUEBLO, CO
MAY 12-15	T1	BOSTON Pro/Am	BOSTON, MA
MAY 18-21	T3	COSTA RICA OPEN	SAN JOSE, COSTA RICA
MAY 25-29	GS	IRT PRO NATIONALS/USAR FINALS	FULLERTON, CA
JUNE 10-12	T4	MARYLAND OPEN CHAMPIONSHIPS	LAUREL, MD
JULY 29-31	T3	IRT SUMMER CASH TOURNAMENT	TBD

IRT RANKINGS

Rank	Player	Points	Advantage	Season Rank	Points
1	WASELECHUK, KANE	4185	1455	1	2145
2	CARSON, ROCKY	2730	319	2	1781
3	CROFT, BEN	2411	161	3	1700
4	HUCZEK, JACK	2250	203	4	1493
5	CROWTHER, CHRIS	2048	90	5	1409
6	WILLIAMS, MITCH	1958	236	9	1013
7	VANDERSON, SHANE	1721	143	10	986
8	ROJAS, JOSE	1579	41	7	1174
9	HAWTHORNE, ANDY	1538	124	8	1095
10	BELTRAN, ALVARO	1414	281	6	1181

photos provided by WPRO



2011 COAST TO COAST California Open

by Dave Ellis

Have you ever noticed that, when you watch the Rose Parade and subsequent football game at the Rose Bowl in early January, the weather always seems to be nice? Well, that's the way it was throughout the Coast to Coast, California Open held at Canoga Park in the Los Angeles area during the weekend of January 6 - 9, 2011. How great it was for racquetball fans to have access to the Network with John Scott, Russ Mannino, Fran Davis and Mitch Williams at the microphone throughout the tournament.

The traditional "sponsor doubles" took on a different form, thanks to the creative mind of tournament director Debbie Tisinger. The Top 8 male and female professionals were set up on eight courts, two pros to a court. Then 16 sponsors paired off and rotated through

the eight courts, two at a time. The beauty of this system was that the sponsors got to play with all the pros at one time or another during the evening.

The tournament was a bonanza for professional racquetball fans with both tours competing. Action started Thursday afternoon with pro qualifying for the men. In the qualifying, Andy Hawthorne turned back a young, determined Jose Diaz; Andres Herrera outlasted Canada's James Slamco; Tony Carson defeated always-tough Javier Moreno; Anthony Herrera nipped David Horn in a two-hour, five game match; and Charlie Pratt defeated Keith Minor in three tough games. Ryan Meyer of Sacramento had earned the privilege of playing Alvaro Beltran by defeating Japan's Takaaki Hirose. Ryan played competitively the first game but then was served a donut in the second. Sometime during the match, Alvaro sustained a back injury and

unfortunately for all fans, he could not continue, thereby giving Ryan a pass to the 16's.

On Friday, the WPRO round of 32 went as seeded. There were two minor upsets in the IRT round of 16. Mitch Williams, fighting major shoulder problems, lost to Charlie Pratt, and Jose Rojas lost to Andy Hawthorne in five games. In the quarterfinals that evening, Kane Waselenchuk defeated Hawthorne in three



SCHEDULE

DATE	TOURNAMENT	LOCATION	LEVEL
Feb. 25-27	Great Balls of Fire	Miami, FL	T1
Mar. 18-20	SCS Worldgate Pro-Am	Herndon, VA	T1
Mar. 25-27	Terrapin Shootout (\$5,000)	Laurel, MD	SAT
Apr. 1-3	Miller Lite Open	York, PA	T1
Apr. 29-May 1	In Shape WPRO Championships presented by Ektelon	Stockton, CA	T1
May 12-15	WPRO Ektelon World Championships	New Orleans, LA	GS



games. Jack Huczek had a surprisingly easy time with Chris Crowther. Ben Croft turned back Charlie Pratt in three games with the first one being close. Finally, Rocky Carson defeated Shane Vanderson, 3, 0, 2 to complete the semifinal pairings of Kane vs. Jack and Rocky vs. Ben Croft.

In the WPRO round of 16, Cristina Amaya defeated Adrienne Fisher in four games. Angela Grisar, returning to the tour, defeated Kerri Wachtel, also in four games. Samantha Salas defeated Mexican national teammate, Nancy Enriguez. The most exciting WPRO match of the evening was between Rhonda Rajsich and Jackie Paraiso. Rhonda easily won the first game, but then started to labor. Jackie has this way of just getting to a ball and knocking it up to the ceiling over and over again. Fighting hard, Jackie took the second game. Rhonda won the third and then the ladies went at it, toe to toe, in the fourth with Rhonda having several match points before Jackie finally prevailed. Rhonda jumped out to a big lead in the fifth with Jackie fighting back hard to tie. She had the momentum and scored two points to go up 8 - 6. Rhonda looked tired, sick, and unnerved and it seemed like it would be the upset of the year. Alas, with the WPRO one-serve rule, Jackie's short serve resulted in a side out. Rhonda gained new spirit and scored five straight points to win the match, 11 - 8.

On Saturday, the IRT semis saw Kane starting off strong, defeating Jack easily in the first game. In the second game, Jack pulled ahead and it looked like King Kane would lose a game. Nothing doing as Kane fought back to win 11 - 9. In the third game, Jack appeared to be discouraged, going down 11 - 3. Rocky Carson easily won the first two games against Ben Croft and then seemed to let up a bit, losing the third 11 - 9. He then prevailed in a tough fourth game 11 to 7. The WPRO played their quarterfinals Saturday morning and, as with the men, the top four seeds prevailed. Cristina Amaya pushed Cheryl Gudinas to the limit, finally losing 11 - 8 in the fifth. Samantha, Rhonda and Paola all won easily in three games.

The WPRO semis played Saturday evening. Cheryl Gudinas started strong against Rhonda, winning the first game 11 - 7. However, at that point, it appeared that the tough five-game quarterfinal against Cristina took away her legs, and she struggled to get any shot whatsoever that Rhonda hit. Rhonda easily won games 2, 3, and 4. Samantha Salas and Paola Longoria have had a rivalry for many years and their semifinal was intense. Paola was speed personified on the court, making Samantha hit perfect shots to win a rally. Paola hit shot after shot low and hard to the back of the court and then pinched at just the right time. She dominated her Mexican teammate and

doubles partner, and Samantha became frustrated. Emotions almost got the best of La Violenta but, to her credit, Samantha avoided actual confrontation.

The Coast to Coast, California Open was fortunate enough to have two finals, number 1 against number 2. Rhonda Rajsich is having a great year, winning the grand slam in Cali, Colombia, the US Open and a recent tier 1 stop in Crystal City, Virginia. Paola started off the year by winning the Texas Open in Dallas. Her success on the tour over the last two years, along with her doubles victory in the recent IRF World Championships, prompted the Mexican Olympic Committee to honor her as the Female Athlete of the Year, a most distinguished award that took her to the Mexican White House for dinner with the President. That was well and good, but it did cause her to miss the Tier 1 stop in Olympia, Washington. In short, year to date, Rhonda has a sizeable lead over La Princesa. Their final was a battle from the outset with many long rallies. Paola was on her game and went up 2 - 0. In the third game, Rhonda turned the table and dominated 11 - 5. The fourth game was tied, 6 - 6, and boom, Paola got hot and move the score to 10 - 6. It looked like it was over. The Princesa had numerous match points but couldn't win any of the rallies. Rhonda went on a tear and scored four in a row, making the score 10 - 10. At that point, the two went back and forth for at least a half an hour with many side-outs. Both had numerous game points. Finally, Paola got to 13 - 12 and after a few side outs, she scored the winning point for the championship.

From Canoga Park, the IRT moved on to New York and Indiana the following two weeks, while the WPRO looked forward to more warm weather (Miami) in February.



CURRENT RANKINGS

1	Paola Longoria	Tijuana, Mexico	1367.78
2	Rhonda Rajsich	Phoenix, AZ	1314.90
3	Cheryl Gudinas	Naperville, IL	876.60
4	Samantha Salas	Monterrey, Mexico	711.40
5	Kerri Wachtel	Cincinnati, OH	419.10
6	Adrienne Fisher	Centerville, OH	363.90
7	Jennifer Saunders	Winnipeg, MB, Canada	331.10
8	Jo Shattuck	Denver, CO	300.35
9	Krystal Csuk	Chicago, IL	283.60
10	Susy Acosta-Mendoza	Chihuahua, Mexico	261.80

CPRT FAMILY GROWS IN 2010

photos provided by CPRT



McKinley Ann Clouse was born September 22, 2010, at 8 lbs. 11oz. and 21 inches long. In this photo, Mom Valerie (holding McKinley), dad Woody, and Woody's daughter Ireland rejoice in the birth. Note that Woody was wearing his CPRT shirt for the event! (Not pictured, Woody's son Keegan)



Liam Clifford Swain was born November 24, 2010, at 7 lbs. 11 oz. and 22 inches long. Mom Tracy and dad Cliff are doing well. Karen and Mike Churilla are proud of their first grandchild, and Genevieve Swain is spoiling her grandson as expected. Red Swain is looking out for Liam from above. Cliff observed, "Just when I thought life couldn't be better, then came Liam. I wonder if he'll be a lefty. I'm a lucky man."

UPCOMING CPRT EVENTS

The CPRT rolls into 2011 with four events scheduled. The current season moves to Rochester for the Penfield Pro-Am in March, one of the longest-standing events in pro racquetball. The CPRT Nationals wrap up this season on April 7-10 in Las Vegas with entry information available on R2 Sports.

The new season will again open Outdoors with the July WOR Championships and the much-anticipated 2nd Annual 3WB World Outdoor Championships on September 21-25, 2011, again on the Strip in Las Vegas!



RANKINGS

(as of October 1, 2010)

RANK	PLAYER	TOTAL
1	Cliff Swain	3155
2	Woody Clouse	3150
3	Ruben Gonzalez	1845
4	Craig Lane	1300
5	Doug Ganim	1055
6	Bret Harnett	1040
7	Richard Eisenmann	915
8	Louis Vogel	790
9	Dale Valentine	780
9	Jimmy Lowe	780
11	Mike Ceresia	535
12	Brad McCunniff	530
13	Mike Ray	525
14	Gabriel Medina	520
14	John Ivers	520
14	Kevin Booth	520
14	Mike Beltran	520
14	Mike Peters	520
19	Ted Pittinaro	515
20	Roland Grassl	385



4th Annual Pro Kennex

US Outdoor Long Wall Championships

photos provided by WOR



Event director Angel Calderon could not have hoped for more perfect weather, with clear blue skies and mid-70's temperatures all weekend. In the draw were players from California, Massachusetts, Michigan, Missouri, New York, North Carolina and Virginia, all soaking up the glorious Florida weather and hospitality.

In the Men's Pro divisions, Rocky Carson and Shane Vanderson dominated. The Men's Pro Singles Final featured a great battle between these two superstars that was a real treat for all in the gallery to watch. In the end, Rocky's experience prevailed, and he took down Shane in two hard-fought games.

The Men's Pro doubles Final featured the IRT superstars teaming up against two of New York's finest – Robert "Iceman" Sostre and Fabian Pedroza. Robert is a legend in 1-wall racquetball, universally recognized as the best player to ever play 1-wall, and Fabian is a top indoor player. Despite being a bit out of their normal element, Iceman and Fabian took down Florida's top team of Tommy Ale/Yelando Rivero for the chance to meet Rocky and Shane in the Finals. And what an incredible battle ensued! In the first game Fabian was on fire, hitting winners from all angles and Iceman's incredible hands kept the ball in play when all seemed lost. They took game one and the entire park was buzzing about an upset in the making. The next two games showed why Rocky and Shane were the only two guys in attendance who played racquetball for a living, overwhelming the New Yorkers with an onslaught of intensity. This match was a pleasure to watch!

There were many recognizable players in the draw. Mike Harmon and Toby St. Pierre dominate the Florida indoor scene and have now embraced outdoor, playing in their third WOR event. Won't be long before these two start showing up in the Finals outdoors. Legend Marty Hogan teamed with Roland Vargas, a young stud who will be making his presence felt both indoors and outdoors for many years to come. Blast from the past Corey Brysman teamed with current IRT star Alejandro Herrera in the Pro doubles. Rafael Filippini battled tough and presented well with partner Blake Martin.

In other matches of note, Marcus Mickey continued his domination of the Juniors division, following up his big wins at 3-Wall Ball in Vegas. In what many considered a huge upset, locals Ken Grandy and Mitch Slater took down big names Marty Hogan/Corey Brysman in the 40+ Doubles before finally losing to Rob Mijares/Mark Maupin in the Finals. Rob Mijares has been dominating the 40+ scene at Florida WOR events, again winning the 40+ singles as well. Yoanis Garcia and Yesenia Del Busto teamed up for the first time and handled all comers in the Women's Pro doubles. Gary Maisel and Joel Ruben continued their domination of the Century Doubles division.

Special thanks to sponsors Racquetball Warehouse and 40by20.com who continue to support outdoor racquetball across the country. On a local level, Disalvo's Italian Restaurant again provided delicious food all weekend.



THE YEAR IN REVIEW

by Bill Bearden, President, NPRA

The year 2010 was a banner year for the National Police Racquetball Association as many goals were met and many friends were made across state lines and beyond country borders. NPRA's main goal for its freshman year was to promote physical fitness and awareness for all law enforcement nationwide. In order to accomplish this, the two founders of the NPRA, Officers Bill Bearden and Mike Welch, met with representatives from various racquetball organizations such as USAR, WOR, CPRT, World Firefighters and Military Racquetball Federation. These organizations had already established themselves within the racquetball world, and with their advice, experience and support, the NPRA was well on its way to joining their ranks. Here's a synopsis of NPRA's accomplishments for 2010...

In February, the NPRA organized its first fundraising tournament for the earthquake stricken country of Haiti. This event was held in Houston and \$500 was raised for the Red Cross Haiti Recovery Program.

In April, Team NPRA of Bearden and Welch packed their bags and flew to Las Vegas to compete in their first CPRT Pro/Am tournament. They teamed up with representatives from the WFRA and played a winner-take-all doubles match. After all the hustle and "trash talk" that entertained onlookers as well as some CPRT pro players, Team NPRA walked away victorious. In singles action, Bearden put a string of victories together in the Men's B division and advanced to the finals, but unfortunately it all ended there!

In May at the National Singles Championships, Bearden and Welch met with USAR Board President Cheryl Kirk and Executive Director Jim Hiser to discuss NPRA's goals. It was a successful meeting as USAR offered its full support and endorsement to NPRA.

With this added momentum, NPRA traveled to the city of Dublin, Ohio, in August for the Canadian/American Police &

Fire Games. NPRA was named as one of the governing bodies for this racquetball event coordinated by Steve Lerner, CPRT Commissioner. Many new friends were made from other states and Canada at this event and all were looking forward to the 2012 Can/Am Games in St. Cloud, Minnesota. A racquetball gathering was hosted by NPRA at a nearby sports bar to honor all the racquetball players. An official customized NPRA racquet was raffled off and won by Officer Pearson from Kentucky.

In September, another fundraising tournament was organized with all proceeds going to the Literacy Advance for Houston charity.

In October, NPRA organized its first fundraiser for a police officer who was injured during his course of duty. The officer's injury was to prevent him from his work for possibly 6-8 months. NPRA received some local media attention by appearing live at a local Fox News station to promote the event. The fundraiser was a true success as \$1,800 was raised for the officer and his family. NPRA member Officer Jayson Jordan had traveled from Temple, Texas to participate and won a close tie breaker to take home 1st place in the Men's A division.

NPRA concluded 2010 by hosting its final fundraising doubles tournament for the Toys for Tots Foundation. This tournament was won by fellow NPRA Board member Kirk Bailey and his partner Steven Wright. All toys received were donated to the Pasadena Police Department who then distributed them to needy children.

All the events described here can be viewed on our website www.policeracquetball.com and on NPRA's Facebook page. NPRA will continue its efforts to foster camaraderie and brotherhood within our profession. Anyone wishing to communicate any ideas you believe would help our cause and goals would greatly be appreciated. Come join and enjoy this new adventure as we begin our sophomore year – NPRA is here to stay!



DENVER? IN THE WINTER?

by Joan Vande Kieft

Who knew the WSMRA tournament in Littleton, Colorado in mid-January would boast of warmer temperatures than any other of the 87 participants' home states? The only person who may have missed the warmth of home (Guatemala) was Marie Gomar. Chicagoans and Floridians alike basked in the sunny Highlands Ranch 55+ degree weather.

The 23rd Annual tournament, first time ever in Colorado, featured the ten beautiful courts of the Highlands Ranch Rec Center, embroidered tournament souvenir jackets personalized for each participant, and convenient shuttle transportation. All the women enjoyed the support and assistance of Tournament Directors Marcia Richards, Cindy Tilbury and Lori Inskeep along with the Colorado men and women who volunteered to help the tournament run smoothly. The two tournament hotels featured spacious comfortable rooms with complimentary full breakfast. The superb hospitality at the club included breakfast, lunch and dinner, fruit, snacks and beverages. Participants recovered from their numerous round robin matches by relaxing in the hot tub and indulging in professional massages while their racquets were being restrung onsite.

Cheryl Kirk (who celebrated her birthday along with Pat Delvecchio during the Saturday banquet and who will forever be remembered for her Meatloaf rendition) represented the USAR along with Executive Director Jim Hiser, Board members Peter McMillin, Larry Haemmerle, and Meri Jean Kelley, and USAR staff members Eddie Meredith and Joe Williams. Perry, the local mailman, moonlighted as DJ and very few were able to stay off the dance floor. Dancing off the calories to all the favorites including "YMCA" was a good idea because the banquet covered all the basic food groups including chocolate. Meat lovers and vegetarians alike were delighted.

Colorado had the most players, 22, while Illinois and New Mexico tied with 11 women from each state. The women ranged in age from 35 to 82, all playing with determination to win a coveted title and beautiful Colorado-themed metal award. Winners are listed below in their divisions (first, second and third places, respectively).



(first, second and third)

80+ Rita Harring (WI)

75+ Lola Markus (IL)

70+ Mildred Gwinn (NC), Pauline Kelly (IL), Gloria Piscoran (OR)

65+ Margaret Hoff (IL), Meri Jean Kelly (CA), Nidia Funes (CA)

60+ Terry Rogers (CA), Joann Johnson (WA), Joan Vande Kieft (IL)

55+ Kathryn Bender (CO), Marsha Berry (KY), Susan Adams (FL)

50+ Linda Moore (NE), Janelle Williams (CO), Christine Meyer (CO)

45+ Debbie Beldring (FL), Wendy Chesters (NE), Laura Brandt (FL)

40+ Jean Halahan (NY), Lorraine Galloway (NY), Marie Gomar (Guatemala)

35+ Patricia Green (NM)

55+ B/C Joanna Nache (NC), April Settell (CO), Patricia Meyer (NY)

45+ B/C Kim Deamer (UT), Susan Miller (UT), Melanie Newsome (NC)

35+ B/C Michiele Stapleton (CO), Tiffany Middleton (CO), Andee Felker (UT)

Wilson Racquetball, WSMRA's perennial sponsor, outdid themselves with Blue Bullet balls for our high altitude tournament and generous donations for the raffle and silent auction fundraiser.

It was so hard to say goodbye to wonderful Colorado on Sunday that some players stuck around and went skiing in Breckenridge. The rest of us returned home thinking of our next matches, next year, in Sarasota, Florida. Check out www.WSMRA.com for tournament photos, membership forms and information about the 23rd WSMRA tournament scheduled for the Martin Luther King holiday weekend in 2012.

photos provided by WSMRA



by Steven Harper,
Military Racquetball Federation

MRF NATIONAL RACQUETBALL CHAMPIONSHIPS

Presented by Racquet World, E-Force, and Ektelon



photo provided by MRA

Held for the third year at 32nd Street Naval Base, we enjoyed great competition from all the branches of service and were able to stay at one location this year. We had players travel from Washington, Virginia, North Carolina, Texas, Arizona and Idaho as well as folks from all over California to participate in the event. Jack Hughes and Terry Rogers handled the tournament desk duties like the seasoned pros they are - great job! A special thank you goes to Peggie Tellez for taking care of the hospitality, housing and entry responsibilities. The players make this a terrific tournament to host with their professional attitudes and "eager to help" enthusiasm.

E-Force Clinic with Chris Crowther and Tim Doyle - We were treated by E-Force's pros and loyal representatives to an informative clinic on proper footwork and game strategy. The annual opportunity to learn new techniques and be reminded of the fundamentals of racquetball is something from which all the players benefit. Tournament play was stopped for the clinic (and a lunch break) to maximize the chance to hear what these two great players had to relate. It is a pleasure to have the strong support of E-Force behind the MRF.

Annual Awards Banquet - For the second year, the MRF honored its 2009-2010 Rankings Champions with the attending players personally receiving their certificate at the awards banquet at the National Championships. The posters of the champions appear to be a big hit, so they were raffled off to two lucky attendees. We were joined once again by Cmdr Dean Buck, the "father" of San Diego racquetball. Lt Cmdr Steven Harper - Navy (ret.) gave an update on what has been going on for the MRF in 2010 with a touching report on two exhibitions given to Wounded Warriors at Ft. Gordon and Ft. Benning. His emotions were close to the surface as he described the elation of the soldiers who participated. In addition to providing competitive opportunities for those in war zones, this is a significant focus for the MRF. There are several worthy missions looking for funding. This is a way for the MRF to promote healing and health through racquetball. Please take a moment and go to the site and vote for the MRF project. Every vote counts and we are counting on YOU!



E-Force Clinic with Chris Crowther and Tim Doyle



2009-2010 Rankings Champions

2009-2010 Rankings Champions

Special Thanks - First, we send our thanks to the 32nd Street Naval Base's MWR for allowing our event to take place each year. Their sports staff is incredibly helpful! Our special thanks go to Racquet World, Ektelon, E-Force and Patriot Outreach for the goodies that were placed in each player's welcome bag and for their year-round support of the MRF mission. Also, a huge "thank you" goes to Virna Filippini for her swift assistance with our tournament shirts. We have Tim Rea at TravCar Rentals to thank for providing our players' transportation needs at very good pricing. Also we want to

send a special note of thanks to the National Fibromyalgia Research Association for hosting the Rankings Champions banquet. The NFRA has been an annual supporter of the MRF since the beginning.

The MRF couldn't thrive without the generous and unfailing support of Racquet World, Ektelon, and E-Force who have stepped up every time we get a message from our soldiers stationed abroad requesting equipment and event support. Their generosity brings a little bit of home via racquetball to these folks. We are so very grateful for these sponsors who partner with us to make a difference across the globe.

NMRA UPDATE

by Bruce Adams, NMRA Secretary



NATIONAL MASTERS RACQUETBALL

We hope that everyone got the gifts that they wanted during the holidays and that they included a few racquetball supplies to get through the rest of the season! The National Masters Racquetball Association (NMRA) held its third event of the year (Doubles only) at the Meridian Sports Complex in Fullerton, California, on December 2-4, 2010. This is the new site of the USRA National Singles. We were very happy with the facility: Brandon Joffe's Nutri Kitchen; 22 courts; excellent staff and the "racquetball club feel." We lowered the minimum age to 40 so that the locals could get a taste of an NMRA tournament with all of its hospitality, sportsmanship and camaraderie.

There were 121 participants playing in 33 divisions, with everyone vying for medals presented to the top four finishers. The outstanding Embassy Suites in Brea was the host hotel. It was adjacent to a large mall (for all of our shoppers) and there were plenty of restaurants within a short walking distance.

Brea Council Member Brett Murdock welcomed us at our traditional Friday night banquet. Two racquets were auctioned at \$200 each. The first was the event racquet furnished by RacquetSkinz, won by Hatch Saakian. The second was one of the legendary Ruben Gonzalez Ektelon racquets, won by Hall of Fame Executive Director Len Sonneburg. Ruben signed the racquet for Len. There was another donation by Kris Kaskawal for \$200 for the support of Junior Racquetball. Kris assisted with registration of the players on Wednesday night. Thanks, Kris! We also had birthday celebrations for Dick Kenealy and Bill Gencarella.

The NMRA National Championships event is shaping up for March 23-26, 2011, in Portland, Oregon. The NMRA was at the Multnomah Athletic Club (MAC) in 2007, and it is a beautiful facility with all ten courts "underground" on three levels. Be sure and bring your GPS with you! We will also use the Lloyd Athletic Club as the second venue, and the Doubletree Hotel Portland will be the host hotel. The Portland Light Rail system will take you directly from the airport to either the MAC or the hotel. Please check out the information sheet for the tournament on the NMRA website. There are four pages of information, including directions to the venues and a whole lot more.

The July 2011 location is still "work in progress" and will be announced in Portland. This is the event where we honor Hall of Fame inductee(s). Please contact us with location possibilities or any other questions or suggestions.

Come try out one of our events – you will be hooked like many others have after their first event! The NMRA is dedicated to the mature racquetball player, 45 years old and older. All matches (singles, doubles, and mixed doubles) are self-officiated and round robin format – No More One Round and Out. Your first event does not require membership to the association, but we hope you will choose to join. We look forward to seeing you at an upcoming event. The memories and the friendships you establish will last a lifetime.

For more information, please visit our website at www.NMRA.info. For tournament registration, visit www.R2Sports.com. We also encourage our members and readers to visit the USA Racquetball website at www.usaracquetball.com.



by Otto Dietrich
USA Racquetball National Rules Commissioner



TALK ABOUT CRUSHING THE BALL...

By now you should have received the new 2011 Official Rules of Racquetball that appeared in the center of the last issue of this magazine (Fall 2010). Have you read it yet?

Thankfully, a few of you have read it closely enough to find two small errors that I accept ultimate responsibility for not having found before it was printed. Please grab your copy of the new Rulebook and make these two pen-and-ink changes. One is in the last sentence of Rule 4.2(b) on page 7 where the words "the if" should be deleted. The other is in Policy A.6.c on page 11, in the second paragraph that begins, "If a multiple tie of more than two still remains..." The parenthetical insert in the last sentence should read "(i.e. points won minus points lost)" rather than "(i.e. games won minus games lost)". As you might guess, I ate some "humble pie" over the holidays!

The first rules question for this issue involves the ball becoming stuck in the hitter's strings. Although not specifically addressed in Rule 3.13(c) "Failure to Return," it clearly is yet another type of return failure. One could further say it falls under the meaning of sub-item "2" because that ball will never reach the front wall on the fly.

The other issue concerns the legality of the server compressing the ball immediately prior to dropping it for the serve. I was asked whether "crushing" the ball in one's hand would affect the playability of the serve and therefore might be against the rules.

An intact racquetball, when crushed by hand or any other means, regains its original shape so rapidly that its shape seems to be completely restored instantly. As you release a squeezed ball, note that it stays tight against whatever crushed it (such as your fingers) until its proper shape is restored. It will not remain distorted for any time at all once the pressure is released to any degree.

Next, if someone really could crush the ball and make it stay that way for a short while (and recall that I doubt that this could happen), he could not possibly crush it to the

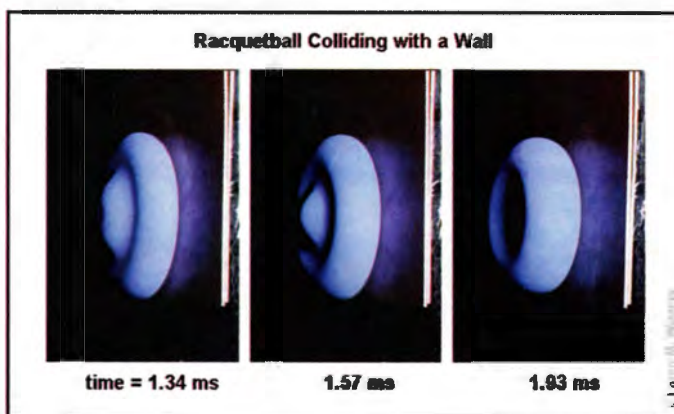
exact same degree every time. That would make his "service bounce" rather unpredictable. His ability to then direct that serve to the exact place he intends would be highly compromised.

By the way, a racquetball does become misshapen during play. This happens when a tremendous amount of force is applied to it -- like when the ball strikes a wall or a racquet strikes the ball. To illustrate, see the photo progression accompanying this article showing the distortion of a racquetball after colliding with a wall.

According to Loren Winters who captured the progression, the time interval between those images is only 0.0045 seconds. The ball oscillates in shape even after the collision but probably decays very quickly. But when the ball contacts a racquet instead of a flat surface, I can assure you that the total distortion of the ball is even greater since the strings flex and the backside of the ball protrudes through the strings. Talk about crushing the ball! While the hand crush doesn't have much impact, the way it contacts your racquet or the wall have a lot!

So, here's what happens: the ball is struck by the racquet (first significant distortion applied). The ball flies 15 feet to the front wall; hits the front wall with now another severe distortion applied; completely changes its horizontal direction; and then rebounds 20 feet or more to the area behind the short line. Certainly any effect of the server's having "crushed" the ball as he dropped it would, without a doubt, now be totally eliminated from the equation.

In conclusion, there really is nothing in the rules that precludes the server from compressing the ball or even spinning the ball as part of his "service bounce." Such actions may seem unusual, but they are perfectly legal. As far as altering the actual surface of the ball, wetting it, for example, is expressly prohibited due to the severe effect that wetness has on the ball when it contacts a hard surface. Scarring/cutting (i.e., defacing) the ball's surface is not specifically mentioned, but obviously it would create a ball that does not meet the requirements for proper play.



Always "Play by the Rules" and, if you don't have a copy, you can review them on-line at usra.org/Rulebook.aspx. Hopefully, by the time you receive this issue, the new (corrected) version of the 2011 Rulebook will be available on-line as well as remain available as a downloadable pdf file under the Rulebook tab on the left side of the USAR homepage.

Do you have a rules/refereeing question? Be sure to email it to ODietrich@usra.org. Not only will you receive an answer, you just might find it featured in an upcoming issue of Racquetball.



COMMUNICATION IS KEY: E-NEWSLETTER

Bromoting events/activities/lessons is the first step in getting participants into your programs. So many times we fail miserably in this and wonder why we don't get participation. Besides the normal club brochure, bulletin boards and personal calls to our members, we need to use the social network more often these days than ever before. You can have a Facebook page set up for your club's racquetball members, you can Tweet, but you can also send out an e-newsletter (electronic newsletter).

An e-newsletter (sent through the email system) is an inexpensive way to promote your upcoming events. Creating a one- or two-page newsletter in a page-publishing program takes a bit of time, but then it can be sent through an e-mail marketing program such as 'Constant Contact' or 'I-Contact,' to name two. Your club may already have a program in place – check and see if you can get a monthly e-newsletter sent to all your racquetball members. If there is a campaign for non-players to come for a free clinic, then send it to your entire membership.

How to Gather E-Mail Addresses

New Member Application Form – include a line for an email address

All league, tournament and lesson applications – include a line for an e-mail address. Create a special form for members to fill out

Put a hard copy of the e-newsletter on your racquetball bulletin board with a sign: "If you are not getting this e-newsletter, please fill out a request form and turn it in at the service desk."

Creating an E-Newsletter

You can send out a monthly newsletter to your members, or you can send out one that targets a specific program. Remember, it should be short and to the point. If you have room, always include Member News and pictures. People love to see pictures of themselves and read about themselves!

Other ways to use the E-Newsletter

Attach it to your website. Under your 'Racquetball Page' you can offer a link to the current monthly e-newsletter.

Make a large poster (11 x 17) of the e-newsletter to post on your bulletin board or make 8.5 x 11 color copies and post on your racquetball court doors.

Good luck and if you send one out, please put me on your mailing list. I would love to see a copy of it!

Connie Martin Program Director -
Cascade Athletic Clubs
Gresham, Oregon

E-mail connie@cascadeac.com

Check out
usra.org/RacquetballMonth.aspx
for additional programming ideas.



The Making of a CHAMPION



by Fran Davis (Coach),
Diana McNab (Sports Psychologist)
and Dan Obremski (Fitness Expert)

Okay, let's continue "Making You a Champion" using the core principles of "Building Your Racquetball Dream House" as you build your championship racquetball game one assessment at a time. This will allow you to always complete the "Racquetball Success Triangle" we explained in the Winter 2010 issue of *Racquetball*.

As in previous issues, we will address all four areas we covered in the Spring 2010 issue - **Racquetball Skills, Mental Skills, Fitness Skills, and Nutrition Skills** - so you will be on your way to "Becoming the Champion" you want to be.

1 RACQUETBALL SKILLS

In the Fall 2010 issue, we stated that in order to have the consistency level of a champion, you must be fundamentally sound. It begins with stroke mechanics - it's great to know the five different components that make up the stroke, but that's only ONE step. Your "attacking forehand and penetrating backhand" means nothing unless you are consistent at performing these strokes in a game, putting your opponent on the defense and/or winning you a point. Once you learn the proper techniques of the strokes, you must drill correctly, which is the second step in obtaining the consistency level of a champion.

In order to achieve these things and put pressure on your opponent, we are going to teach you how to drill properly and develop the proper muscle memory needed to hit these strokes at will, time after time, with confidence. Here is the **5 Step Approach to Drilling** that the professionals use religiously. It allows them to develop and sharpen their timing, their consistency and their accuracy: a "must" at the highest of levels of racquetball.

Drop and Hit - all levels
Toss, Turn and Hit - all levels
Toss, Turn, Shuffle and Hit - all levels
Set Up and Hit - all levels
Set Up, Run and Hit - advanced

2 MENTAL SKILLS

Playing in the Now

In sports psychology, we say there is only one time, and it is now. When are you going to start to focus? Now! When are you going to win your serve? Now! When are you going to start to play well? Now!

In sports, the past is gone and the future never comes, so in racquetball you have to learn that there is only one ball, one shot, one serve, and one point at a time, and that time is always now. That is truly the real beauty: that every shot you hit only happens "in the now."

The only problem is that your ego wants to hold onto your past mistakes, and it wants to fear the future. It always wants to be right and take control of the situation. The beauty of totally playing in the moment is that there is no ego and you are 100% connected to the ball, the wall, the shot, or the point. Playing in the now erases the ego because your mind can hold only one thought in your head at a time. Focusing on the moment erases all past or future ego thoughts. Do not dwell on the past or worry about the future, because that only feeds the ego.

3 FITNESS SKILLS

Power and Strength

Power is speed multiplied by force. In other words, how quickly and with what force can you move? In sports, we think of *explosive* when we think of power. How quickly can you act, react, or move with definite force? An example is the drive serve, which involves speed with force, equaling power.

Strength is determined by the number of muscle fibers that are engaged in a certain movement. The denser fibers are called upon to create movements that represent strength. A strong forehand shot engages more muscle fibers than does a weak forehand.

Core strength is the popular term for abdominal and back strength. Your core consists of upper, lower, center, and oblique muscles, so your core workouts have to incorporate all of these muscle groups. Everything revolves around an athlete's core strength—quickness, agility, timing, and power.

During many extended rallies in racquetball, you can watch a player recruiting the same power and strength from his body. For example, if Jason Mannino saw the ball pass him, in an instant he rotated his hips backward and exploded into the back court with a sprint followed by an explosive dive. After hitting his shot, he popped back up to his feet to get back into position. This is a combination of power and strength.

4 NUTRITION SKILLS

Nostril Breathing

Begin to slowly inhale and exhale through your nostrils. This form of breathing quiets your mind. Nostril breathing opens up the right side of your brain and slows down your brain waves from a beta state to an alpha, or slower, state. This technique allows you to tap into the visual and memory banks of your brain. When you are playing your best racquetball, you are usually in the visual (right) brain, relying on your muscle memory. When you are playing poorly, it is because you are in the critical (left) brain, thinking too much.

Nostril breathing gets you from your critical (left) brain to your visual (right) brain, so all visualization is done while nostril breathing. Inhale for four deep counts, pause for six counts, and exhale for eight counts. That's it. The exhalation is twice as long as the inhalation. When you get uptight on the court, try a nostril breath—four, six, eight... and relax.

Check out Fran Davis's new book, "Championship Racquetball," to be released February 2011, for more information on the skills described in this article. For details on this and other tools, visit www.FranDavisRacquetball.com.

Fran Davis coaches Paola Longoria (#1WPRO), Rocky Carson (#2 IRT), Taylor Knott (#1 Junior National and World Champion), and Sharon Jackson (#1 Intercollegiate Champion). Fran is a USAR Hall of Fame member (2004), a former US Team National Coach, and a Master Professional Instructor (USAR-Instructor Program).

Diana McNab is a renowned sports psychologist who has worked with many Olympic and professional athletes such as two-time Olympian and X-Games Half Pipe Snowboarding Champion Gretchen Bleiler, three-time Canadian Olympic Team Skier Emily Brydon, as well as NHL hockey players and other elite athletes in many sports.

Dan Obremski developed the FASTFIT Training System twelve years ago with an emphasis on helping athletes develop all of their movement skills. FASTFIT is an acronym for "Fitness Agility Speed Training For Individuals and Teams." He is a member of the USA Racquetball Hall of Fame and has won several national and world championships.





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the Photography of Racquetball

MIKE BOATMAN





— Art Shay —

By Jack Huczek



No photographer has ever captured racquetball in its purest form like Art Shay. Those lucky enough to ride the racquetball rollercoaster in the '70's would agree. Shay had an innate ability to capture "the moment." Like a storybook scene, his images are more than frozen tracks after a fresh snowfall, they tell a tale open for imagination. The beads of sweat dripping off Yellen, the muscle striations of Hogan's legs, Harnett rejoicing in victory, Brumfield outstretched for a re-kill, and the list goes on. Shay's photo of Hilecher flying through the air, hitting a forehand winner, is considered the greatest racquetball photo ever taken. Pull up your tube socks and shorts, fluff up those perms, and let's examine the totally radical Art Shay!

Growing up in the Bronx as a teenager in the '30's, Shay hustled for \$5 an image by taking photographs of neon signs and windows of local establishments. By the time he exited the service in 1947, he had landed a full time job as a staff reporter for Time-Life. Over his illustrious career, he always had an eye for the story. "Somehow, my restless brain always comes up with a punch line or punch picture that, for me, puts my point of view into the perspective of my world view – which is really an inquisitive and amused glare at all the pretensions most of us live by," said Shay in an Opednews.com article. His talent has led him to hold the record for most Time-Life cover photos. Shay's images are displayed in art galleries all over the world. Spending most of his postwar years in Chicago, he is considered one of the greatest Chicago photojournalists in history. Collectors from across the world seek out his photos and pay top dollar.

When Shay wasn't flying lead navigator in WWII, he enjoyed playing handball like many servicemen of his time. His love of the sport led him onto the handball tour, snapping photos of the great Jimmy Jacobs and the like. By the early '70's, like many ex-handball fanatics, Shay had converted to racquetball and found himself shooting photos of the top players. He was drawn to racquetball for its athletic appeal and tour player personalities. Shay recalled many stories of Steve Keely, Marty Hogan, Charlie Brumfield, and other racquetball greats. Unfortunately due to content,

those stories can't be retold in this magazine and are best enjoyed sipping on a cold draft after a night of racquetball, reminiscing about the "good old days."

Art Shay brought racquetball out of the dark ages, pioneering innovative techniques for capturing racquetball's fast-paced nature. He turned the sport into Hollywood and turned the pro players into action figures. Shay was able to

capture the excitement of the sport and sold it through photojournalism. In short, he was able to bring racquetball to the mainstream, or as close as it's ever been. Racquetball became a talking point consistently in *Sports Illustrated*, *Playboy*, and other media outlays throughout the '70's, thanks to Shay. Like other patriots of racquetball, he provided his services at little-to-no cost, out of love for the sport. He credits racquetball for "keeping me alive," and providing lasting memories. Some of his proudest moments included playing a game with Marty Hogan; taking a game off Steve Keely when Keely over-

dosed on hotdogs prior to the match; winning the Golden Master's singles division at 60; and winning the Illinois Senior Championships in the 60+ division.

Prior to Art Shay, the most exciting racquetball photo was of a player taking a sip of water in between games. Shay introduced faster film and cameras for those "in your face" action shots. He was instrumental in developing multiple-angle shooting by creating a window in the front wall; this became a staple in every show court across the world. He was able to capture grit and emotion realistically by his techniques, paving the path for those who came later. Visually the reader could see the player track down a well-hit fireball in one still image. Shay provided the reader a front row seat to this fast-paced sport and made it exciting!

Racquetball has Art Shay to credit for marketing the sport at its highest level. The "good old days" are forever etched into our minds and mark a historical point in time for racquetball. The racquets were smaller, but they hit harder. The crowds were larger and louder. The contracts were greater and more plentiful. But all would be lost in locker room talk if it weren't for the timeless, objective photojournalism of Art Shay.



— John Foust —

■ **What is the most important aspect of racquetball you are trying to capture?**

Intensity, emotion, and action, but not necessarily in that order. Ours is a tough sport. It's the wrestling of racquet sports. Close the door, put on the dukes, and battle to the end. Capturing the right moment is as difficult as any shot I've made on the court, in some respects harder. One thing for sure, people will enjoy the photos longer than my personal on-the-court escapades. What holds true as a player holds true as a photographer. Work hard, and more times than not you'll reap the reward.

■ **Which aspect of racquetball is the hardest to capture, and why?**

The sport in general is difficult to capture. Poor lighting, shooting through glass, front and back movement, limited angles from which to shoot. Each of these presents unique issues. It takes good camera skills to follow the action, anticipate what's going on, and click at the right moment. Getting "that" moment is a combination of luck and skill.

■ **Do you add the ball in, or is it a true un-retouched image?**

Although I'm a digital guy now, I'm an old school photographer at heart. Adding a ball to a photo, other than for an advertisement, is disingenuous. In this day and age, I may adjust the contrast, lightness and darkness, no different than what might happen in the darkroom, but I rarely, if ever, alter the base image.

■ **What is your goal in respect to your racquetball images?**

I was a photojournalism major in college. It was at Oklahoma State that I was introduced to racquetball. I had no idea then the influence it would have on my life. When I moved to Denver, I recognized I was at the forefront of the sport. History was being made. It was my goal to help capture it. I still feel that way. History and tradition are the essence of a sport. As a player, tournament director, and photographer, I wanted others to see our sport as it grew. Without a past there is no future. It's more important than some may think. I don't know that my photos were the best. They weren't always technically correct. However, they captured time and place, on and off the court. What I lacked in technical expertise I made up for with an "eye" for the sport.

■ **The best of them all?**

Hands down, Art Shay: a master photographer and racquetball player. His images of Hogan, Brumfield, Serot, Hilecher, Yellen and others, captured the essence of our sport as no one else has. Certain people recognize the importance of his contribution to the growth of our sport. The quality of his pictures and stature as a photographer gave racquetball a tremendous amount of exposure (no pun intended). He was, and still is, an inspiration to me.

John started playing racquetball in 1968 and has been a state president and member of the national board of directors. He started taking pictures in 1973 and has published numerous photos and covers for *Racquetball Magazine*. Currently he is a photographer for Belfor Property Restorations. John is single and lives in Denver, Colorado.

irt-tour.com

PHOTOS BY JOHN FOUST



An Interview With

—Mike Boatman— by Cheryl Kirk

Mike Boatman has been on the scene as official photographer at every US Open since its inception in 1995. Mike, formally trained in studio commercial photography, graduated first in the Art Institute of Ft. Lauderdale's Class of 1979 and studied under three of the five founding fathers of modern photography – Philippe Halsman, Pete Myers, and Dennis Hankins. He possesses formal training in studio commercial photography.

When and why did you start shooting racquetball?

I've been playing racquetball or paddleball since 1973. Kay McCarthy, a very good friend of mine, and I played racquetball at the same club in Memphis (Sportsplex, now WellworX) for 20 years. When Doug Ganim organized the US Open, he consulted with some of the experienced tournament directors in the sport, and he asked if anyone knew a photographer. Kay threw my name in the hat, and she asked if I would volunteer my time to photograph the US Open. I said yes, and I haven't missed a US Open since. The downside of this is that I can't shoot the tournament and also compete!

As a photographer, what do you consider to be the best aspect of the sport?

The players are absolutely the greatest aspect of the game. The level at which these athletes are performing is beyond the comprehension of the average spectator. There is no comparison between the professionals and the rest of the world. The amateur, though, still enjoys the same drama and fun as the pros do. It's a very personal, individual calling. If you give a racquetball player the choice of watching a pro match or playing, he will choose to play.

Often, I get to see a side of the players that others don't. One of the most interesting things I've ever seen was during a US Open finals. In between games, one of the finalists was sitting out of public view behind the court reading a newspaper. I wanted so badly to photograph that!

What's the most fascinating aspect of racquetball you are trying to capture?

I'm trying to capture the competitive drama of the game and the athleticism of the players. I want the emotional impact of a train wreck, to compel people to think, "What's going on, I want to know more!" I want my photographs to draw people to the sport.

The drama is best captured through the emotions on the players' faces. The emotion of the game reaches a pinnacle each time the ball strikes the racquet. You can't photograph racquetball and leave the ball out of the shots. The ball has to be part of nearly every photograph, or at least present in a series of photos. In my favorite photo of Rhonda and Paola at the US Open, even though the ball isn't present, both their eyes are locked on the ball outside of the shot to the extent that the ball exists "in spirit" within that image.

These are the types of things I'm taking into account when I'm taking photographs. I'll see something and then determine as a professional what the obstacles are in getting that shot.

What do you mean, what obstacles?

I'm challenged with extremely low light from a photography standpoint. Because I have to shoot at such high sensitivity ratings (in order to capture the ball and player and not have the photo be blurry), I'm introducing difficulty relative to factors such as luminance and color video noise. Further, at the US Open I'm shooting through Lucite acrylic, which in its nature is a reflective surface, much the same as aluminum foil (it creates a mirror image). Everything outside of the glass is reflected on the glass at 98%...our brains ignore it but the camera doesn't! This has to be dealt with during the time of the shoot.

Do you add the ball in, or is it a true un-retouched image?

To add the ball in, for example, would be breaking photojournalistic rules. The only manipulation that should occur is the digital processing of the image, which is different from retouching. I've heard amateur photographers say they've added the ball after the fact. I don't add the ball, in fact, I don't retouch to alter anything in the photojournalistic nature of the photograph. Additionally, I try very hard to crop in the camera as I'm taking the picture so that I don't waste pixels.



If you could select your favorite racquetball photo, what would it be?

I really and truly don't have a favorite. I have an inventory of 75,539 images as of this interview today. It would be tough to pick one! Interestingly enough, the images I like best, other people like other shots better. For example, some coaches hate it when I do a diving shot and the player is out of position. Coaches love other shots where I've documented the technical precision of execution, but those often aren't the "train wreck" I'm going for, the artistic shock value. My favorite images all contain the ball, the player and some type of superhuman act being executed. That's the shot I'm always going for.

In all your years of photography, some amusing things must have happened?

Oh, many! Often because I'm right there at the short line shooting images, a player will ask me through the glass whether a serve was short or not. I have to catch myself and not answer the question. Most of the time I know, but I don't need to interject myself into the match! Referees are not too fond of that...

In your mind, what will take our sport to the next level?

We will have to appeal outside our established pool of players to market racquetball as a spectator sport, i.e., we have to go outside the sphere of players to develop an audience. That's the vision I have for my racquetball photography – to leverage my images to draw people to the sport from a spectator point of view.

*Mike Boatman and his wife Vickie Longer live in East Peoria, IL. They co-produced the first-ever contemporary photographic racquetball books (*Game Changers* and *Glass Court Shots*). For more, go to glasscourshots.com. To learn more about Mike and his photography business, visit www.mikeboatman.com.*

—Geoff Thomsen—

In all of athletics, racquetball has been one of the toughest sports to capture through the art of photography. With the speed of the game, low lighting and barriers of glass in front of the lens, photographs of racquetball being played were more likely to be compared to the madness of Picasso's paintings rather than the crisp spreads that grace the pages of *Sports Illustrated*.

First camera: My first serious camera was the original Canon Digital Rebel. After I realized how much better it was at taking action shots than a digital point and shoot, I immediately took it down to the club to see what it could do for racquetball photos. I'd say my first good pictures were taken about six months later at the Northwest Regionals, after shooting 40,000 or so "duds" as part of my trial and error learning process.

Annual racquetball events you photograph: Events I've photographed are USAR National Singles, USAR National Doubles, and the US Open. I've also shot the IRT Pro Nationals, USAR Junior Nationals, and several local events.

Favorite Event: No doubt, the US Open. The venue is amazing! A thousand fans, full video production, top-notch lighting on the stadium court, and the best racquetball players in the world.

Favorite racquetball photo you've taken: There is simply no way I can answer that. I'd say I have about 15 best-of-the-best shots.

Favorite player to photograph: Another REALLY tough question as there are so many good players. If you go by how many top-notch mid-air dives caught on film, the list would include: Jason Mannino, Jack Huczek, Andy Hawthorne, Rhonda Rajsich, Kane Waselenchuk, Mitch Williams, Kristen Walsh, and Shane Vanderson. I could go on and on. I have so many other great pictures of non-dives, and those could be of any one of the great players whose 110% effort is clearly visible.

Best match you've photographed: This is a really tough question, but I'll have to go with the Kane Waselenchuk / Rocky Carson semifinal at the 2005 US Open. Both of these guys were playing out of their minds, and all thousand fans in the house were going crazy.

Average number of photos taken at an event: I usually average about 1,000 – 1,500 photos per day shooting. For a five-day event like the US Open, that equates to about 7,000 photos (hooray for digital!).

Top tips for "amateur" racquetball photographers: Get a digital SLR camera (like the Canon Digital Rebel XT or Nikon D50). Get a lens that is capable of apertures between F/1.8 and F/2.8 (like the Canon 50mm F/1.8 for \$70). Crank your ISO up to 1600. With your aperture set at the highest value (lowest number; like F/2.8) and your ISO at 1600, set your shutter speed at the highest value possible so that the images aren't dark. Depending on the light in the court, this will range from 1/250 – 1/500. Most sports shooters will say you need a shutter speed of 1/500 or faster, but that is a huge challenge with the low available light on most racquetball courts.

Hometown & Residence: Portland, OR
Family: Wife and two sons.
Years Playing Racquetball: 11 years on and off
Home Club: Sunset Athletic Club, in Beaverton, Oregon
Year Started Taking Racquetball Photos: 2004



An Interview With — **Julian Gomez** —



For you what is the most important aspect of racquetball are you trying to capture?

Emotion. After a while, every dive or kill shot looks the same. What separates one "shot" from the next is the emotion conveyed by the player."

Which aspect of racquetball is the hardest to capture, and why?

Physically, the ball. :). Seriously, though, it's often difficult to capture the entire story of a match in a single image. Between the pace of the game, the confines of the small court and the obstructive glass, it's difficult to get players, referee, and

spectators all in one shot. I often shoot college football and basketball and sometimes one image with all three elements tells the entire story. Of course, while it's our job to do the same in racquetball, it's just a little more difficult to do so with fewer elements.

Do you doctor the image, add in a ball, or is it a true un-retouched image?

I've never added a ball into a photograph. Unless the image shows tremendous emotion and tells a story, it doesn't see the light of day.

What is your goal with respect to your racquetball photos?

I've approached racquetball photography strictly as photojournalism. My job is to document and tell a story.

Julian is relatively new to the national scene and started photographing for USAR at the at the Hall of Fame Grand Gala in 2008. Julian currently lives in Utah.



PHOTO BY JULIAN GOMEZ

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John	Foust	CO	Kendra E	Shaffer	IA	Tony	Buckley	MN	Danny G	Lavelly	OH	Zachary B	Rodgers	TX
Ralph A	Graham	CO	Don	Everton	ID	Don	Checots	MN	Steve	Lerner	OH	Robert	Sullins	TX
Tina	Hagen	CO	Alex T	Purcell	ID	Susan	Adolf	MO	Denny	Vincent	OH	Girish C	Vallabhan	TX
Anthony	Herrera	CO	Keith E	Brown	IL	Jeff	Burbank	MO	Bruce	Adams	OK	Oscar A	Vargas	TX
Jim	Hiser	CO	Laurel	Davis	IL	Shari L	Coplen	MO	Mark	Bianchi	OK	Steve T	Yap	TX
Joe	Houck	CO	Chris	Evon	IL	Nancy J	Davis	MO	Mark	Myer	OK	John	Sanderson	UT
Dave	Letsche	CO	Pamela	Grace	IL	Doug	Dickman	MO	John	Greer	OR	Carmen	Alatorre-Martin	VA
Peter G	McMillin	CO	Terri R	Graham	IL	Susan	Heller	MO	Taylor	Knoth	OR	Curt J	Alatorre-Martin	VA
Arthur	Missirlian	CO	Russ	Granata	IL	Thomas	Kirchner	MO	John R	Boudman	PA	Mark	Baron	VA
Penny	Missirlian	CO	Cheryl	Kirk	IL	Joe	Koestner	MO	Linda A	Boudman	PA	Edgar R	Lafferty III	VA
Linda L	Mojer	CO	Leo B	Klimaitis	IL	Lisa	Krug	MO	Randy	Feinberg	PA	Michele	Lichtman	VA
John H	Mooney	CO	Nancy	Kronenfeld	IL	Angel	Rosa	MO	David	Lutz	PA	Stacey	Young	VA
Rose	Mooney	CO	Christopher	Lawson	IL	Bryan	Shaw	MO	Russ	Montague	PA	Robert	Martel	WA
John L	Rhodes	CO	Lola D	Markus	IL	Jen L	Sheldon	MO	Jim S	Pruitt	PA	Beth M	Neff	WA
Luke	St. Onge	CO	John	Massard	IL	Debra T	Bryant	NC	Dennis	Rosenberg	PA	George	Platis	WA
John	Vohland	CO	Keith W	Minor	IL	Thomas	Curran	NC	Allen	Schattner	PA	Jim	Luzar	WI
Joe	Williams	CO	John L	O'Donnell Jr.	IL	Tai	Goldberg	NC	Steven	Crandall	RI	William	Merkel	WI
Dina L	Dufresne	CT	Geoffrey E	Peters	IL	Bill	Gwinn	NC	Robert	Alford	SC	Elliott	Papernmaster	WI
Steve L	Meltsner	CT	Wil	Rounsaville	IL	Mildred	Gwinn	NC	Claude	Crocker	SC	Derek	Izzi	WY
Henry	Leeds	DC	Richard C	Seaberg	IL	Charles	Lew	NC	Campbell	Snowberger	SC	James A	Kostal	WY
Dario	Mas	DE	Joe	Star	IL	Reed A	Pennington	NC	Janice	Snowberger	SC	Janice L	Vosika	WY
Winston C	Abreu	FL	Ernesto	Tan Md	IL	Peter D	Popovich	NC	Richard	Aitken	TN			

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INSTRUCTORS PROGRAM

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◆ **What's New?**

- The USAR-IP site currently includes 36 educational articles (available for reprint) to assist instructors in all phases of instruction.
- Also included are six testing modules to help maintain your certification at its highest levels.
- Most information is provided in both English and Spanish to assist international players.
- USAR-IP will be constantly updating and creating new materials. Be sure to look for some exciting new "how to" info and videos coming soon.

◆ **So you don't want to be certified?**

- As a USAR-IP member (\$75), you still have access to all educational materials.
- You can participate in monthly mentoring calls and have direct access to all master instructors.
- Free attendance is included at special USAR-IP clinics held at all national events.

◆ **How can my club host a certification clinic?**

- Contact the USAR office at 719-635-5396.
- Host club receives a free tuition with six paid registrations.
- Host club receives free promotional package (balls, posters, press releases).

◆ **Why should a club host a USAR-IP Clinic?**

- It's the only instructional program approved by USA Racquetball, our sport's National Governing Body.
- Instructors are required to maintain their certification at the highest level and must recertify every 3 years.
- Instructors are covered by the most complete insurance coverage in the industry.
- After certification each student is mentored by a master instructor and has access to educational materials.

◆ **What if I want an instructional clinic rather than a certification clinic?**

- Clinics focus on being a better player rather than how to teach others to be better players.
- USAR-IP can provide you with information regarding numerous clinics (how to be a better player) across the country. Each of our Master Instructors conducts camps and clinics, as do our clinicians. In addition to our Master Instructors, we also have a list of approved professional clinicians.
- All clinics are USAR-sanctioned, and instructors have passed our national instructor test.

ELITE CAMP 2010

photos and article by Glenn Carlson



It was 19 years ago when I last attended the Elite Camp in Colorado Springs. What stood out in my mind the most about that experience was the morning runs with Dan Obremski. I also remembered that it was held at the same facility that many top Olympians have trained at and that after it was over, I knew one year I would return. That year turned out to be 2010, and this was my experience.

Over the years my life had become busy, and although I still play a lot of racquetball, I haven't competed much on the tournament level. Recently I got the itch to compete again and felt this camp would be a great opportunity to help me get back in the swing of competing. So when the announcement for the 2010 Camp was made, I applied. Now I haven't really run much over the past few years, but I did hit the pavement and began running 3-4 times a week.

After what seemed an eternity, the day had come to depart, and I can tell you that I didn't sleep much the night before. I arrived in Colorado Springs around 2pm on a Monday and was greeted at the airport gate by Coach Winterton. While in the terminal with Coach, I met up with two other campers and we were directed to head outside the terminal to catch the bus to the training center.

Outside we were greeted by the Red, White and Blue Olympic Training Center van. For anyone who attends this camp, this is the moment when it begins to hit you that you're about to have an amazing experience. As I boarded the bus, I began to wonder what other athletes had taken the same ride in this van to the training center...Michael Phelps, Bonnie Blair, Carl Lewis?

When we arrived at the complex, we checked in at the front desk of the athletic center.

The first night we met at 7pm and were introduced to the instructors and told what to expect. We were divided into groups that were assigned to the instructors. Each group was asked to come up with a name, and since my group was a group of more seasoned athletes, we called ourselves "The Motrinators." We picked this name because we knew we would be taking a lot of Motrin after each day's events to help fight off the aches and pains. The instructors included Jim Winterton (Master Instructor and

Coach), Jo Shattuck (a Women's Touring Pro), Anthony Herrera and Andy Hawthorne (Men's Touring Pros).

At 6:30 the next morning we all met out in front of the athlete's complex for a three-mile run to the tennis courts where we would exercise. The view here is just amazing with Pikes Peak rising from the parking area and it really helps inspire you. As the run began, you could almost immediately feel the difference in breathing from the altitude. Two things came to mind as I was huffing and puffing. One was to keep a steady pace and the other was to never stop! After the run to the tennis courts, we performed various stretching and exercises including footwork drills. Each day before we returned to the training center, each group would have to do a skit. This consisted of some type of comedy routine the group would come up with the night before and then would have to perform it on the court. This served to build teamwork, and it was also a great way for everyone to let their hair down and have some friendly competition.

At 9:30 am each day we headed off to the courts. The entire day was spent on the court working on fundamentals like stroke mechanics, court positioning, serve, return of serve, etc. At times you would be videotaped and then Coach Winterton would review the tape with you. There was also play time when the instructors would watch you play and also get on the court and play with you so they could evaluate how you were processing and applying the previous instruction given. In the evening there were lectures on Nutrition, The Mental Game and How to Set up a Training Program.

It was an amazing week, with all instructors giving 110% of themselves to help you and your game in any and every way they could. Where else can you spend a week at one of the greatest training facilities in the world, with the greatest instructors in the world, and some of the greatest players in the world?

On the morning of departure I stood waiting with a tear in my eye for the van to pick me up and transport me to the airport. It was time to leave this amazing place, but I also had a smile on my face knowing I will return next year, a stronger and better player because of the 2010 Elite Camp experience.

2011 Elite High Performance Camp Scholarship Application

Glenn Carlson & Russ Mannino along with the IRT Network have teamed together to pay camp fees for 2 deserving juniors to the 2011 Elite High Performance Camp in Colorado Springs. Applicants will be chosen based on their responses to the questions below. Please attach a separate page with your responses, and be as descriptive as possible. Only applicants under the age of 21 will be considered.

Winners will be announced on the IRT Network during the IRT Pro Finals in May 2011@
www.irtnetwork.com.

Name _____ Age _____

Address _____ Phone _____

Email Address _____ USRA Membership # _____

1. Name all sanctioned tournaments you have played in the last year and how you finished or placed?
2. Name your strengths as a player and as a person.
3. How much time do you spend practicing each week (estimate hours)?
4. Have you ever attended a racquetball camp, or received racquetball lessons. If so where and when?
5. What year are you in school and what is your current grade point average?
6. What are your individual goals for your game of racquetball?
7. What are you doing to promote the sport of racquetball?
8. How would you describe the game of racquetball to someone who has not played before?
9. Name any other extra activities outside of racquetball that you participate in (sports, church, clubs, etc.).
10. Why do you feel you should be picked this scholarship? Please explain in detail

Mail your responses to the following address by April 30, 2011 to be considered:

Camp Scholarship Application

c/o Glenn Carlson

4751 Square Lake Drive

Palm Beach Gardens, FL 33418





2010 IRF Junior

WORLD CHAMPIONSHIPS

November 2010 • Canoga Park, California

Event Stats

Players – 307
Countries – 17
Matches – 953
Boys – 196
Girls – 110

US Gold Medal Winners – World Cup

Taylor Knoth – Boys 18 Singles
Marco Rojas – Boys 16 Singles
Aubrey O'Brien – Girls 18 Singles
Brad Kirch/Nick Montalbano –
Boys 18 Doubles
Jose Diaz/Marco Rojas –
Boys 16 Doubles
Aubrey O'Brien/Danielle Key –
Girls 18 Doubles

US Gold Medal Winners – Esprit Cup

Jordan Barth – Boys 10 Singles

Congratulations to the winners in the Challenger Cup, too! A full listing of results is available on www.r2sports.com.

A US Advantage

A major advantage the US has over some of the other countries is its dedicated coaching staff.

National Coach Kelley Beane and her staff maintain ongoing communication with team members and provide guidance throughout the season. The experience of Assistant Coaches Shane Wood, Cheryl Gudinas, and RO Carson affords invaluable on-site coaching, and trainer Joyce Parsons makes sure every athlete is fully prepared for each match. Esprit Coach Jen Meyer makes sure the up-and-coming younger athletes (12s, 10s, and 8s) have the same information and guidance.

Dedicated local volunteers and staff

The Spectrum Club and Club Pro Debbie Tisinger made sure the event was a success at every level. A host of local volunteers assisted the IRF staff with various aspects of the event, ensuring all players had a great California experience.



Team Guatemala

World Junior Racquetball – A Perspective

Five areas of the world — Europe, Asia, North, Central, and South America — were represented at these World Championships. As the US seeks to attract junior players and maintain its dominance in the world arena, many other countries continue to improve and have developed impressive junior programs. Mexico, Guatemala, Ecuador, Costa Rica, and Bolivia stand out as countries to watch in the future.

Mexico posed an immediate challenge with impressive results at the 2010 World Championships, claiming gold medals in Boys 14 Singles and Doubles, Girls 16 and 14 Doubles, Boys 12 Esprit Singles and Doubles, Girls 12 Esprit Singles, and Boys 10 Esprit Doubles. The Guatemalan Girls 10 Esprit Doubles team brought impressive “game” to the event. There is no doubt that Mexico as well as Central and South America are coming on strong in the lower age brackets, indicating the US has its work cut out to maintain a dominant position in the future.



Opening Ceremonies

Results

Juniors 2010 - World Cup

Girls	Boys	Combined
1 USA	1 USA	1 USA
2 BOL	2 MEX	2 MEX
3 MEX	3 CAN	3 BOL
4 CAN	4 BOL	4 CAN
5 IRL	5 CRC	5 IRL
6 ECU	6 COL	6 ECU
7 GUA	7 ECU	7 GUA
8 NCA	7 GUA	8 CRC
8 VEN	7 IRL	9 COL
10 DOM	10 CHI	10 NCA
11 ARG	11 DOM	11 VEN
11 CRC	12 NCA	12 DOM
13 COL	13 VEN	13 CHI
13 HON	14 ARG	14 ARG
	15 PRC	15 HON
	15 HON	15 PRC
	17 JAP	17 JAP

Juniors 2010 - Esprit Cup

Girls	Boys	Combined
1 MEX	1 USA	1 MEX
2 USA	2 MEX	2 USA
3 BOL	3 BOL	3 BOL
4 CRC	4 CRC	4 CRC
5 GUA	5 DOM	5 GUA
6 IRL	6 CHI	6 DOM
7 CAN	6 IRL	6 IRL
8 DOM	8 CAN	8 CAN
9 COL	8 ECU	9 CHI
9 ECU	8 HON	10 COL
9 HON	8 NCA	10 ECU
9 NCA	8 PRC	10 HON
		10 NCA
		10 PRC





ANNUAL AWARD

NOMINATIONS DUE

MARCH 22

**Joe Sobek Outstanding Contribution Award:**

For an individual or individuals who have displayed outstanding commitment to the sport of racquetball.

Presidential Award:*

For the State President who has exhibited outstanding organizational performance and results in his/her state.

John Halverson Fair Play Award:

For someone who has exhibited an exceptional gesture of fair play during the year or who has, during his or her sports career, consistently personified the spirit of fair play.

Peggy Steding Female Age Group Award:

For an outstanding female athlete, age 35 and over, chosen on the basis of her performance record in the preceding year.

Bud Muehleisen Male Age Group Award:

For an outstanding male athlete, age 35 and over, chosen on the basis of his performance record in the preceding year.



If you know someone who falls into one of the categories above, please take the time to complete a nomination. Along with your nomination, include your name, phone number(s) and email address in the event we wish to contact you.

** If you wish to nominate someone for the Presidential Award, please go to the USAR web page (www.usaracquetball.com) and under Annual Awards click on Nomination Forms.*

All nominations must be submitted by March 22, 2011. You may email your nomination to djeasterling@earthlink.net or mail your nomination to:

USAR Annual Awards
c/o Jim Easterling
321 Village Drive
Lansing, MI 48911

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USA Racquetball wants to keep you informed about all of the latest racquetball news and events. Did you know USA Racquetball is part of popular social media networks such as Facebook®, Twitter and YouTube™ as well as managing our own website?

You can help grow and spread the word about racquetball by joining, following, subscribing, liking, sharing, retweeting or even commenting on any of our posts, pictures or videos. You can also recommend or suggest these sites to friends and new players interested in knowing more about racquetball. This is a great way to help support racquetball by bringing more players together via the internet.

Find out more about USA Racquetball at any of the sites below.



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CALENDAR OF EVENTS

EVENT TITLE	EVENT START	FACILITY NAME
2011 USAR 25TH NATIONAL HIGH SCHOOL CHAMPIONSHIPS	3/2/2011-3/6/2011	VETTA SPORTS - CONCORD
BLIZZARD BASH	3/3/2011-3/6/2011	GOODSON REC. CENTER
2011 TX MAVERICK ELITE RACQUETBALL TRAINING CAMP	3/4/2011-3/6/2011	MAVERICK ATHLETIC CLUB
2011 GEORGIA STATE SINGLES CHAMPIONSHIPS	3/4/2011-3/6/2011	RECREATION ATL
2011 VA STATE SINGLES CHAMPIONSHIPS	3/4/2011-3/6/2011	CRYSTAL GATEWAY SPORT & HEALTH CLUB
2011 ND MARCH MADNESS	3/4/2011-3/6/2011	COURTS PLUS FITNESS CENTER
PENNSYLVANIA STATE RACQUETBALL CHAMPIONSHIPS	3/4/2011-3/6/2011	PENN STATE UNIVERSITY
TOTAL SPORTS PRO/OPEN	3/5/2011-3/5/2011	TOTAL SPORTS
NORTH CAROLINA STATE SINGLES CHAMPIONSHIPS	3/5/2011-3/7/2011	GOLDS GYM
2011 USAR-IP CLINIC — HARBOR ISLAND FLORIDA	3/9/2011-3/10/2011	HARBOUR ISLAND ATHLETIC CLUB
2011 IRT FLORIDA SPRING BREAK PRO AM TOURNAMENT	3/10/2011-3/13/2011	HARBOUR ISLAND ATHLETIC CLUB
OREGON STATE SINGLES	3/10/2011-3/13/2011	LLOYD ATHLETIC CLUB
2011 OH STATE SINGLES AND ORA STATE INTERCOLLEGIATES	3/11/2011-3/13/2011	
2011 SOUTHWEST MICHIGAN SHOOTOUT	3/11/2011-3/13/2011	BRONSON ATHLETIC CLUB
2011 SALT LAKE CITY PRO/AM	3/17/2011-3/19/2011	JL SORENSON REC CENTER
COLORADO STATE SINGLES CHAMPIONSHIPS	3/17/2011-3/20/2011	APEX RACQUETBALL & FITNESS CENTER
WA 2011 NORTHWEST OPEN	3/17/2011-3/20/2011	BELLINGHAM ATHLETIC CLUB
RACQUETBALL@BELLINGHAMATHLETICCLUB.COM		
RAM STATE SINGLES CHAMPIONSHIP	3/18/2011-3/20/2011	DAVISON ATHLETIC CLUB
2011 MASSACHUSETTS STATE SINGLES CHAMPIONSHIPS	3/18/2011-3/20/2011	METRO SOUTH ATHLETIC CLUB
2011 SCS WORLD GATE PRO-AM	3/18/2011-3/20/2011	WORLDGATE SPORT & HEALTH
2011 ND STATE CHAMPIONSHIPS	3/18/2011-3/20/2011	MINOT YMCA
CSRA STATE SINGLES CHAMPIONSHIPS	3/18/2011-3/20/2011	SUPREME COURT 1 ATHLETIC CLUB
2011 DELAWARE STATE SINGLES CHAMPIONSHIP	3/19/2011-3/20/2011	KIRKWOOD FITNESS & RACQUETBALL CLUB
2011 WOR BEACH BASH FOR CASH	3/19/2011-3/20/2011	GARFIELD STREET COURTS
NMRA 2011 NATIONAL CHAMPIONSHIP	3/23/2011-3/26/2011	MULTNOMAH ATHLETIC CLUB
NEBRASKA STATE SINGLES	3/25/2011-3/26/2011	YMCA
2011 WPRO TERRAPIN SHOOTOUT BENEFITING ABCF	3/25/2011-3/27/2011	SPORT FIT LAUREL RACQUET
2011 RAISING SOME RACQUET FOR KIDS	3/25/2011-3/27/2011	WAYCROSS ATHLETIC CLUB
CULLMAN SPORTSFIT SPRING CHALLENGE 2011	3/25/2011-3/27/2011	SPORTSFIT
2011 ARIZONA STATE SINGLES CHAMPIONSHIPS	3/25/2011-3/27/2011	ARIZONA STATE UNIVERSITY
2011 VA EDWARD M. JEWUSIAK MEMORIAL	4/1/2011-4/3/2011	RIVERSIDE WELLNESS AND FITNESS CLUB
2011 FL SPRING TRAINING	4/1/2011-4/3/2011	
2011 ARKANSAS STATE SINGLES	4/1/2011-4/3/2011	LITTLE ROCK ATHLETIC CLUB
2011 USAR NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS	4/5/2011-4/9/2011	ARIZONA STATE UNIVERSITY
2011 CPRT NATIONALS	4/7/2011-4/10/2011	LAS VEGAS ATHLETIC CLUB
WASHINGTON STATE SINGLES 2011	4/8/2011-4/10/2011	PRO SPORTS CLUB
DUELING DAMES	4/9/2011-4/9/2011	YMCA - LITTLETON FAMILY
KINCADE SHOOTOUT #4	4/10/2011-4/10/2011	LINCOLN RACQUET CLUB
2011 USAR REGIONAL QUALIFIERS	4/15/2011-4/17/2011	
SPRING DOUBLES TO BENEFIT ACS	4/16/2011-4/17/2011	PHILADELPHIA SPORTS CLUB AT HIGHPOINT
2011 VA AMERICAN DOOR AND GLASS CLASSIC	4/28/2011-5/1/2011	
CSRA STATE JUNIOR CHAMPIONSHIPS	4/30/2011-4/30/2011	AMERICAN ATHLETIC
2011 FL JUNIOR REGIONALS	5/20/2011-5/22/2011	HARBOUR ISLAND ATHLETIC CLUB
2011 USAR 44TH NATIONAL SINGLES CHAMPIONSHIPS	5/25/2011-5/30/2011	MERIDIAN SPORTS CLUB - FULLERTON
3RD ANNUAL ROLLOUT FOR CYSTIC FIBROSIS	6/3/2011-6/5/2011	PRO SPORTS CLUB
RUSTY POLLOCK MEMORIAL	6/18/2011-6/18/2011	SAN JUAN FITNESS CLUB
2011 USAR 38TH NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS	6/22/2011-6/26/2011	SUNSET ATHLETIC CLUB
MEYER STATE GAMES OF MICHIGAN	6/24/2011-6/26/2011	MICHIGAN ATHLETIC CLUB
NMRA 2011 INTERNATIONAL CHAMPIONSHIP	7/27/2011-7/30/2011	MERIDIAN SPORTS CLUB - FULLERTON
2011 FL IRT SUMMER CASH	7/29/2011-7/31/2011	SARASOTA BATH & RACQUET CLUB

EVENT PHONE	CITY	STATE	CONTACT NAME	CONTACT EMAIL
719-635-5396	ST. LOUIS	MO	JIM HISER	HFENDER@USRA.ORG
303-483-7070	CENTENNIAL	CO	BRUCE BURKLAND	BRUCEB@SSPRD.ORG
817-275-3348	ARLINGTON	TX	LEO VASQUEZ	LEO@THEMAV.COM
404-317-7992	LILBURN	GA	WILL COSTANZA	GRPATOURNMENTS@EARTHLINK.NET
	ARLINGTON	VA	BILL MILBACH	BILLRACQUETBALL@GMAIL.COM
701-237-4805	FARGO	ND	WAYNE HERRICK	WHERRICK@COURTSPLUS.ORG
570-947-1097	UNIVERSITY PARK	PA	JOHN BARRETT	JBARRETT111@COMCAST.NET
		MI	WELDON BLAKESLEE	
		NC	DEBRA BRYANT	
	TAMPA	FL	JIM HISER	COACHRBALL@GMAIL.COM
603-491-1494	TAMPA	FL	KIM ROY	KIMBERLY_ROY@HOTMAIL.COM
503-245-7588	PORTLAND	OR	PAUL MADUELL	PAUL@MADUELLASSOCIATES.COM
614-890-6073	DAYTON	OH	DOUG GANIM	GANIM@EARTHLINK.NET
	KALAMAZOO	MI	JOHN VANDEWEERD	JVANDEWEERD@AOL.COM
801-792-7325	SALT LAKE CITY	UT	BRAD BRUMBAUGH	BBOYPHANTOMSLC@HOTMAIL.COM
		CO	MARCIA RICHARDS	
360-676-1800	BELLINGHAM	WA	WANDA COLLINS	
		MI	WELDON BLAKESLEE	
		MA	ROB VAN SCHALKWYK	
	HERNDON	VA	REX DEITZ	BILLRACQUETBALL@GMAIL.COM
701-837-0961	MINOT	ND	STEVE KNOWLES	KNOWLES007@YAHOO.COM
650-349-9533	SUNNYVALE	CA	JACK HUGHES	RACQUETBALLPLUS@COMCAST.NET
		DE	MICHAEL OHR	
954-562-5626	HOLLYWOOD	FL	VIC LEIBOFSKY	VICHEATFAN@YAHOO.COM
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		NE	LINDA MOORE	
	LAUREL	MD	BILL MILBACH	BILLRACQUETBALL@GMAIL.COM
513-652-1781	FAIRFIELD	OH	FABRIZIO MORA	FABRIZIO_MORA@HOTMAIL.COM
256-758-1463	CULLMAN	AL	RYAN SUMMERFORD	SUMME007@GMAIL.COM
	TEMPE	AZ	BEN SIMONS	
757-221-2373	NEWPORT NEWS	VA	CARL MOODY	CEMOOD@WM.EDU
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	LITTLE ROCK	AR	DANN SCHWINGER	DSCHWINGER@ABF.COM
719-635-5396	TEMPE	AZ	JIM HISER	HFENDER@USRA.ORG
614-361-7162	LAS VEGAS	NV	STEVE LERNER	STEVE@CLASSICPRORACQUETBALL.COM
		WA	NEAL HEGGEN	
		CO	MARCIA RICHARDS	
		NE	LINDA MOORE	
719-635-5396				EMEREDITH@USRA.ORG
215-778-3783	CHALFONT	PA	DARYL ROSIDIVITO	DJROSIDIVITO@YAHOO.COM
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		WA	NEAL HEGGEN	
		WA	NEAL HEGGEN	
719-635-5396	PORTLAND	OR	JIM HISER	EMEREDITH@USRA.ORG
		MI	TWAYNE HOWARD	
714-767-4622	FULLERTON	CA	STEVE COHEN	SCOHEN@NMRA.INFO
603-491-1494		FL	KIM ROY	KIMBERLY_ROY@HOTMAIL.COM

Ektelon Expands Pro Team

and Locks Up Key Future Stars

Ektelon is proud to announce the addition of three of racquetball's brightest future stars to the brand's Pro Team Staff. Jose Diaz and Markie Rojas, both from Stockton, California, and Nick Montalbano from Long Island, New York, have recently committed to long-term agreements. Each of these players has risen up through the junior ranks and possesses amazing accomplishments.

Jose Diaz has been a constant on the Team Ektelon Junior Elite Staff for the past five seasons and, because of his new multi-year agreement with Ektelon, will be able to hit the tour on a regular basis going forward. He has been a consistent finalist on the national junior scene with his biggest win occurring at the 2008 Junior Worlds when he captured the 14 & Under Junior World Title over long-time friend and doubles partner Markie Rojas.

Nick Montalbano has made the move from New York to Pueblo, Colorado, where he will spend the next several

years attending Colorado State University. There is no doubt Nick will make an immediate impact on the collegiate racquetball scene in addition to playing on the IRT tour this season. Nick also has one more year of junior racquetball competition left, and he will be one of the favorites to win the 18 & Under's at the 2011 Junior Olympic Championships.

Joining Jose and Nick on the Pro Team is a new member to the Ektelon family, Markie Rojas, younger brother of Ektelon's Jose Rojas (currently #10 on the IRT tour). Markie has an extremely bright future ahead of him as he joins Ektelon as one of the most decorated junior champions of all time (this with two years still to play junior racquetball!). He is the reigning 16 & Under Junior National Singles and Doubles Champion and represented the USA on the Junior National Team this season in Canoga Park.



Jose Diaz and Aimee Ruiz



John Ellis and Markie Rojas



Nick Montalbano

A LETTER to the editor

Dear Jim (Hiser),

I enjoyed tremendously your very eloquent article [The Pride of Representing Your Country, Fall 2010], and the message that it contained. We need more messages like yours at this time in this great country.

After visiting nearly 50 countries and living in and/or seeing many political and economic systems, I still say that this is the greatest country.

Keep up the good work, and Happy New Year.

Best regards to you and your staff,
Dario Mas

ABOUT THE ELECTIONS...

This is the issue that usually contains BOD election information.

The USAR Board and staff are in the process of reviewing USAR's Election procedures (specifically, Article 8 of the Constitution and By-laws of USA Racquetball, Inc.) to ensure complete agreement with the bylaws.

The Election Committee, comprised of JoAnna Reyes (Chair), Adrienne Fisher (Athlete Rep), Mark Fuhrmann, Jan Stelma, and an at large board member, are charged with the responsibility of formulating a timeline and conducting election procedures per the by-laws. While the election timeline will be taking place later than usual this year, we do look forward to the usage of online voting to gain as much participation from our members as possible. Watch for late-breaking developments.

USAR invites all interested members who wish to explore Board service to review the election procedures described in Article 8 of the bylaws (link) and contact the National office or JoAnna Reyes for further information.



IN THE last issue...

We need to give credit to some of our great photographers and writers from the Fall 2010 issue of *Racquetball*.

Tim "Crash" Spann wrote the "Racquetball Diplomats" article.

Mike Augustine and **Mike Boatman** served as photographers for the U.S. Open photos.

My wife (Dianne) was thinking about getting rid of some of her beanies (small stuff bears) and give them to "Good Will" or sale them in the yard sale. She had a lot of them.

I thought that Frank Taddonio (a person on the HOF Committee and who is over in Afghanistan) who is helping out the military might want to give some of these beanies away to some of the "unfortunate" kids over there.

I contacted him by email and he said that he would be happy to take them and give them to some kids.

So I package them together in 3 large boxes and mailed them, by USPS, to Frank in Afghan. There were about 250 beanies total in the 3 large boxes.

The rest of the story you know from Frank's email with his pictures.

—Jim Easterling

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- 25+ Years Camp Experience
- Woman of the Year 2009
- 2004 Hall of Fame
- U. S. National Team Coach 1989-1996, 2002
- Pan American/World Championship Coach
- USOC National Coach of the Year 1997
- Coaches Rocky Carson, Paula Longoria, Taylor Kneib, Sharon Jackson
- Coaching Legends Jason Mendillo and Sudy Monchik
- USAIRF Master Professional

Jason's Credentials:

- 11 IRT Professional Player (2003)
- 11 U.S. Open Champion
- IRT Most Improved Player (1998)
- IRT Rookie of the Year 1996
- International Racquetball Tour President

Camp Schedule:

Weekend Camps 2011

January 21-23, 2011 - Los Angeles, CA

January 28-30, 2011 - Las Vegas, NV

February 4-6, 2011 - Seattle, WA

March 4-6, 2011 - Findlay, Ohio

April 1-3, 2011 - Mobile, AL

June 10-12, 2011 - San Diego, CA

July 29-31, 2011 - Woodbridge, NJ

August 5-7, 2011 - San Francisco, CA

August 26-28, 2011 - Sarasota, FL

Week Long Fantasy Camps 2011

December 1-8, 2011 - Aruba
(Caribbean Island...Intermediate to Advanced Camp)

Possible future cities: AZ, NM, MD/VA, New England and more
The above dates are subject to the IRT schedule.

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- Zyex multifilament core prevents tension loss
- Braided surface maximizes control and increases spin
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