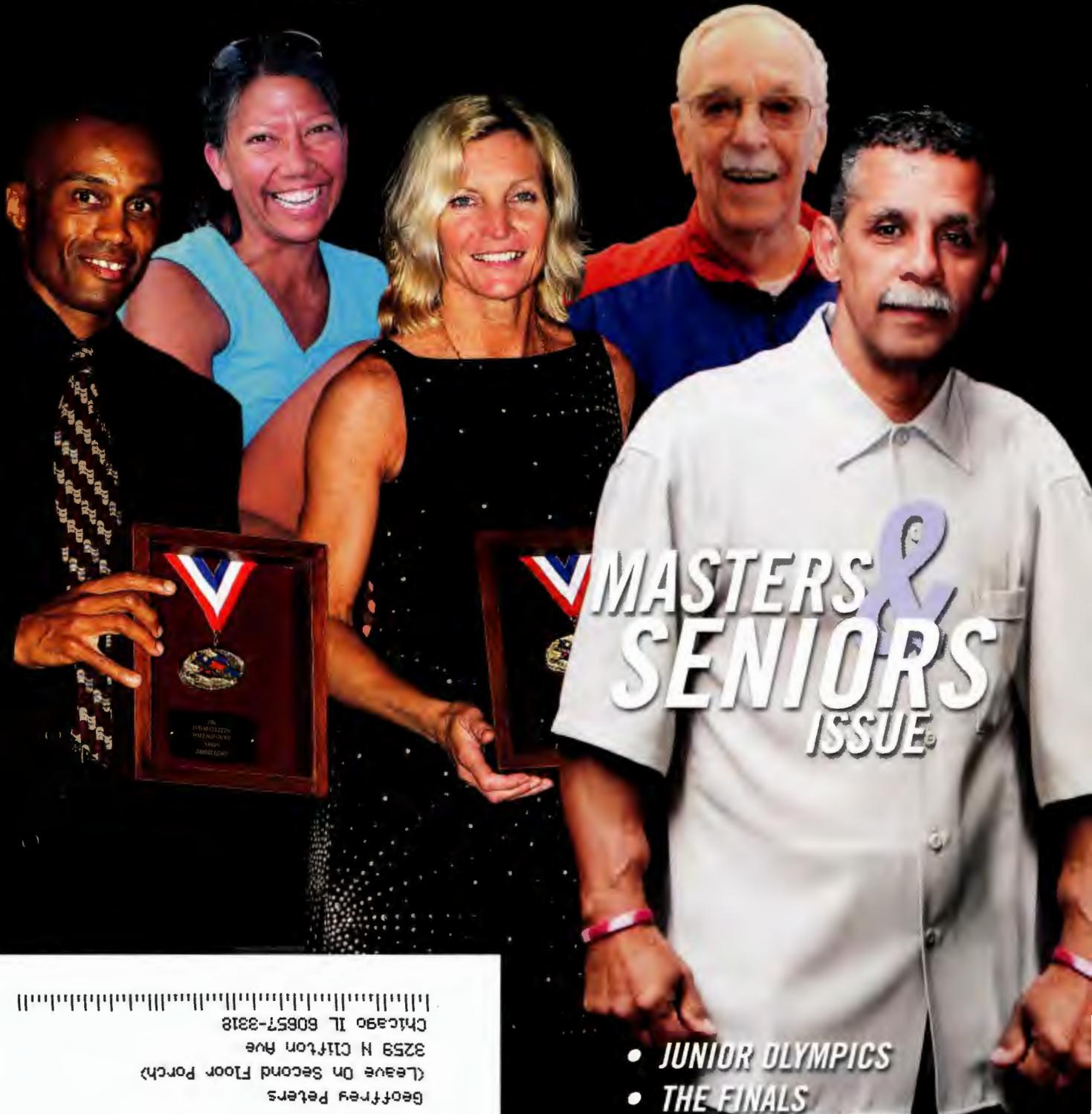


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## MISSION STATEMENT

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.

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JUNIOR NATIONALS



SENIOR MASTERS



SINGLES



## USA Racquetball Staff

Jim Hiser - Executive Director (130)  
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By James Hiser, Ph.D.  
USAR Executive Director

**“...since 70% of all the fitness clubs do not have racquetball courts, it is easy for them to ignore the sport.”**

# TIME FOR PLAYERS TO STEP UP

**R**acquetball players need to step up! Yes, I know it seems that someone is always asking players to help do something: support juniors, support the U.S. Team, support your state association, etc, but this request is different. We need you to step up and spread the word that racquetball is back!

The most recent Sporting Goods Manufacturers Association (SGMA) figures showing that racquetball participation was up 18.1% in 2008 is not only a positive sign of racquetball's popularity but also a continuation of a trend that has existed since the year 2000. Racquetball is one of only four sports displaying positive growth figures since the year 2000 (the other three are soccer, golf, and basketball).

Then why do many club owners and even racquetball players still hang on to the “death numbers?” One reason may be that fitness clubs have successfully propagated this rumor for years. Only 37% of International Health, Racquet and Sportsclub Association (IHRSA) clubs have courts, and many of those clubs do not program their courts (only 6% of the clubs with courts even have leagues). For many of these clubs that concentrate on fitness, racquetball is only an amenity and thus not considered to be “important” to the overall success of the club.

Also, since 70% of all the fitness clubs do not have racquetball courts, it is easy for them to ignore the sport.

The SGMA figures indicate that over 750,000 new players tried the sport in 2008. So why are racquetball players so dismissive? As soon as the figures were released, I began receiving calls questioning the validity of the SGMA report. I never received these calls when the figures were negative!

It is time for players to step up as ambassadors and marketers of the sport. What does that look like? It's placing “I'd Rather Be Playing Racquetball” license plate frames on your car...wearing your tournament shirts outside in the “real” world...letting people at your workplace know that you play: talk about your weekend tournament, put your trophies or medals in your office at work, offer to help set up a department team building outing to teach them your sport!

What about media coverage? As you plan your tournament, put it on your checklist to simultaneously promote your event and the sport. At the July NMRA International Championships, John O'Donnell, Jr. did an exemplary job of personally preparing and hand carrying a news release to radio and TV stations in the Champaign/Urbana (IL) area. (See Cheryl's article on the next page for more details on this.)

Be proud of your sport – spread the great news on the positive attributes of fitness and health – and tell everyone that racquetball is “hip” again!



# PRESERVING Paradise

By Cheryl Kirk,  
USAR Board President

**T**he radio came on this morning, and the very first words I heard were from one of the many remakes of Joni Mitchell's Big Yellow Taxi\*:

*Don't it always seem to go  
That you don't know what you've got  
Till it's gone  
They paved paradise  
And put up a parking lot*

Perfect. Thanks, Joni.

"Paradise" is our sport as we know and love it: the pure joy of walking onto a court with friends on a Saturday morning...the satisfaction of being an athlete at whatever age you are, from 6 (or younger) to 93+. The "parking lot" is analogous to courts being taken out to serve other not-nearly-as-good (in our minds) uses. We recently received an email from Kimo Hansen in Texas:

"Please help me help an avid racquetball player save a sole court at a condo in Austin. My friend needs all the backup and racquetball history, future intents and justification for why racquetball exists. She will be attending an important meeting with lawyers and condo owners in order to keep the one and only court they have without installing basketball hoops in the court...your help would be greatly appreciated!"

In pondering the concept of saving courts and what persuasive arguments could be provided to compel those who don't "get it" (like we do) to Save Our Courts, the reply:

"The USA Racquetball website ([usaracquetball.com](http://usaracquetball.com)) is full of information about the benefits of racquetball, our history and our bright future, programming for court usage, etc. With the one court, of course, the latter is limited, but see if you and your friend can get the folks at the complex to think about multiple uses for the court without altering it, so that racquetball could still be played. Activities like wallyball (which just requires several holes in the side walls to attach the net, <http://www.wallyball.com>); Whisperball (up and coming, still in its infancy...check out [www.whisperball.com](http://www.whisperball.com)); even basketball (one goal, mounted on the back wall, that folds up flat against the wall when not in use...it's a little annoying as an occasional court hinder when playing racquetball, but it's better than losing the court); yoga, tai chi, aerobics classes, etc. are other considerations for use of the space. And...here's a new one for

you...check out Court Soccer!

<http://www.byui.edu/scroll/archive/20040518/sports2.html>."

So how else can we protect our "paradise"? In the most efficient and scalable way: The Media! Tournament directors, this is a matter of adding "contact the media" to your event checklist. John O'Donnell, Jr., when hand carrying news releases about the upcoming NMRA International Championships to radio and TV stations in the Champaign area, wasn't doing anything magical – it was common sense. He simply leveraged his passion and his local relationships to lure two TV stations to come out to the event, to arrange a radio interview, and to get the Champaign News-Gazette to publish a quarter-page article. John was smart about it...not only did he deliver the basic information about the event, he also gave them a human interest angle they couldn't resist: Retired U.S. Army Colonel Ben Marshall competing at 92 years old!

Each and every one of you can be a celebrity in your own area. Come on, don't be shy, it's not about you, it's for racquetball. The next time you win a local, state, regional or national championship, or even compete in one, find yourself someone who can write a simple press release for you, and send it to your local media. States, take the lead on this – it's your job to make sure racquetball isn't a well-kept secret. Find a writer, a journalist, a computer graphics person, get them together and point them toward the future.

(Note: considering visibility, did you know there's a radio show dedicated solely to racquetball? It's Ray Davis' Racquetball Roundtable, on WNJC 1360 am out of New Jersey, begun in 1998 and airing every Tuesday evening at 9:00 p.m. Eastern. You can listen to it on your computer [www.racquetballroundtable.com](http://www.racquetballroundtable.com). Ray invites anyone with comments or suggestions to contact him at [rdavis@racquetballroundtable.com](mailto:rdavis@racquetballroundtable.com).)

To all – come out to the Leadership Conference in Colorado Springs in September and join the dialogue about stepping up.

*Don't it always seem to go  
That you don't know what you've got  
Till it's gone...*

Not on our watch!

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# DOUBLES SURVEY

**A** survey was taken during this year's National Doubles event. The following describes the results and includes responses from USA Racquetball:

- 1. Why are you playing in this event?** 70% responded that they enjoy doubles.
- 2. What is the most important aspect of the event?** 58% responded that it's the competition.
- 3. What is the least favorable aspect of the event?** 53% responded "nothing." There were comments regarding the scheduling (playing too late on Sunday) and the hospitality. With so many people catching flights on Sunday, next year divisions that need to start on Wednesday will indeed begin on Wednesday! The hospitality was significantly upgraded at this event.

**4. What would you like to change?** 30% replied nothing, 30% wanted more round robins. Every effort is made to make as many divisions as possible round robins or pool play. Many of the open age group divisions requested straight draws, not round robins. With limited court time available, it is impossible to run all divisions as round robins.

**5. Do you watch Racquetballonline.tv?** 75% replied yes. USA Racquetball plans to continue to support Racquetballonline.tv and include streaming at as many events as financially feasible.

**6. Do you visit the USA Racquetball website?** 90% indicated they do. USA Racquetball continues to invest extra effort and finances into improving the site and remains diligent in changing content on a weekly basis.

**GOT SOMETHING  
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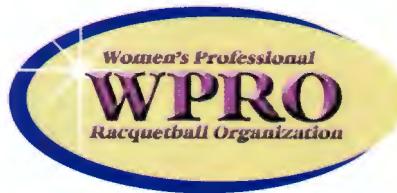
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# AFFILIATED ORGANIZATIONS



RACQUETBALL WAREHOUSE

# WORLD OUTDOOR RACQUETBALL CHAMPIONSHIPS



WOMEN'S PRO SINGLES CHAMP PAULA LONGORIA

PRO DOUBLES &amp; CPRT 40+ CHAMPS MIKE PETERS &amp; KEVIN BOOTH

**M**arina Park in Huntington Beach, California again hosted this great event. Gorgeous weather, Jimbo's magic on the grill, and hot tunes booming from the DJ booth all set the background for an incredible weekend. Nearly 300 competitors from 24 states battled it out over four days for the right to be called National Champion.

Pro Doubles was certainly the talk of Day 1, with many surprises in the Round of 32's. Robert "Iceman" Sostre and partner Freddy Ramirez have dominated the one-wall scene but have logged very little time on these "championship sized" three-wall courts. They took out IRT stars Alvaro Beltran and Chris Crowther with their outdoor savvy and clutch shot making, surprising many in the crowd. Ken Grandy and Dave Smith were ranked higher than Charlie Pratt and Tony Carson, but most in attendance expected Florida's #1 team to be outmatched by the young guns. Smith/Grandy again proved their doubters wrong and made all the big shots in tiebreaker. Brian Pineda and John Ivers surprised many by taking out established veteran team of Rick Sandello and Jeff Johnson. Cliff Swain and Jason Mannino barely squeaked past Willie Tilton and Ravi Sohoni, going 10, (9),10 in an exciting match.

The match of the day, though, was clearly Mike Orr and Brad Kirch vs. former National Champions Craig "Clubber" Lane and Greg Solis. Lane and Solis played like the champions they are, thrilling the crowd with incredible displays of power and shot making. But Mike and Brad played with a magic that had to be seen to be believed. The last shot of the game was pretty much a microcosm of the entire match – a joy to behold. At match point Kirch/Orr were stuck out of position with a gaping hole on the right side of the court. The ball was sent flying perfectly out the right door with seemingly no hope for a return. Brad Kirch somehow launched himself through the air at mid-court...time seemed to stand still. While flying completely horizontal and out the door two feet above the concrete, Brad perfectly hit a forehand for a dead flat kill. Game over. For many in the crowd it was the absolute best racquetball shot they had ever witnessed firsthand. It was that good.

All this on the very first day!

The rest of the weekend was dominated by Kevin Booth and Mike Peters in both the Men's Pro Doubles and CPRT Master's 40+ Doubles. Booth/Peters mowed down their first three opponents with relative ease until the big semifinals showdown vs. IRT star Jason Mannino and living leg-

end Cliff Swain. The crowd expected an exciting match and nobody was disappointed! Mannino picked up outdoor very quickly and was deadly when the ball was left up. Cliff is a master of any size or shape court, regardless of how many walls there are. On one defensive shot, Cliff made an insanely impossible defensive "get" while seemingly standing on his head. But Booth/Peters would not be denied. They used court savvy and clutch shot-making to win what was probably the most anticipated match of the weekend: 10, (9), 9.

In the Pro Dubs Finals, Booth/Peters were able to fend off Rocky Carson and Mark Koiden in another exciting match. Carson and Koiden demonstrated how they got to the Finals and made shot after shot, but the Booth/Peters freight train would not be denied.

In the Men's Pro Singles, Alvaro Beltran fell to Rocky Carson in the Finals, a rematch of last year's final. Another "crowd pleaser" of a match in this division was Ben Croft vs. Greg Solis. Everyone in attendance appreciated the heart shown by both players in this intense battle. Croft's ability to hit shots was matched only by Solis's uncanny ability to get everything Ben hit. Ben Croft took the match 11,(14),10, and everyone in the audience was a winner to have witnessed

# THE OUTDOOR SCENE

BY VIC LEIBOFSKY,  
 WOR NATIONAL DIRECTOR



MEN'S PRO SINGLES CHAMP ROCKY CARSON



CLIFF SWAIN

those performances!

Women's Pro Doubles saw Martha McDonald and Rhonda Rajsich reclaim their title, taking down Janel Tisinger and Michelle Poage in a great showdown.

Paola Longoria and Jackie Paraiso dominated the Women's Pro Singles, and the crowd was anticipating a well-fought final between these two. They certainly lived up to the hype and then some, battling it out till Longoria came out ahead 11, (14),10.

In 2007, racquetball lost a great friend in Greg Sheffield. To honor his lifetime of giving to the racquetball community, World Outdoor Racquetball has created the Greg Sheffield Award. This award is given to "The Outdoor Racquetball Player Who Most Exhibits Honor, Integrity, and True Love for Growing the Game." The 2009 recipient was Greg Lewerenz from Detroit. Greg has worked tirelessly to help grow the racquetball community in Michigan as well as in Ohio, and he is respected and admired by his peers for all that he does.

The 2009 Racquetball Warehouse WOR Championships was a great success. Many thanks to Allan Kazem, Steve Cook, John Ellis and the entire event staff for putting on a first class showcase event!

**M**ost people associate outdoor racquetball with palm trees, a warm ocean breeze, and strolls along the beach between games. If you are in California, Hawaii or Florida, that could easily be a typical weekend of playing ball.

But the warm weather states certainly don't have a monopoly on great outdoor racquetball! There are long traditions and incredible competition throughout many of the communities that wait to thaw out each Spring.

**Belle Isle Championships, a WOR Super Series Event, August 21st – 23rd.**

Please contact Michigan State Director "Big Daddy" Greg Lewerenz to get more information about what's going on with outdoor racquetball in Michigan. Greg can be reached at (313) 218-8123 or at [Gregory\\_Lewerenz@budco.com](mailto:Gregory_Lewerenz@budco.com).

**Orchard Beach Park in the Bronx, New York will host WOR event on October 5.**

In September we'll be in Manhattan at the Carmen Street courts.

For more information about WOR events in New York or New Jersey, please contact State Director Benny "Bandana" Torres at (917) 686-9541 or [retmos2362@yahoo.com](mailto:retmos2362@yahoo.com).

**Colts Park in Hartford, Connecticut on August 22nd** Contact State Director Raul Nieves at (413) 427-1872 or [raul253@hotmail.com](mailto:raul253@hotmail.com) for more information.

WOR will return for more singles action on September 26th in Springfield. Asier can be reached at (413) 731-1585 or [racquetball-rebel@comcast.net](mailto:racquetball-rebel@comcast.net).

**In Ohio, there's a regular gang of top quality bangers just itching to host a sanctioned outdoor event on their home courts. September 11th-13th will be their chance!**

Whether you are interested in just playing for fun or to find out more about outdoor racquetball in Ohio, please contact Jim Bronson at (419) 345-5587 or [ashnmike@bex.net](mailto:ashnmike@bex.net).

**At Centennial Park in Elicott City, Maryland, please contact Mid-Atlantic State Director Tony Gambone at (240) 361-8338 or [Agambone@att.net](mailto:Agambone@att.net) for more details.**

As you can see, outdoor racquetball is not just played in the tropics! For a full schedule and more details, please go to [www.WorldOutdoorRacquetball.com](http://www.WorldOutdoorRacquetball.com).

Do you want World Outdoor Racquetball to come to your park? Will you jump in to help make it happen? If so, let's talk! Contact me at [Vic@worldoutdoorracquetball.com](mailto:Vic@worldoutdoorracquetball.com) or at (954) 562-5626.

# INTERNATIONAL RACQUETBALL TOUR

*returns to*  
**DENVER'S SKYLINE PARK**

The International Racquetball Tour will return to lower downtown Denver (LoDo), Colorado for the 2009 Motorola World Championship, presented by Verizon Wireless on September 10-13, 2009.

The Championship event debuted in Denver last year and attracted huge crowds in Skyline Park each day. The park, located along Denver's 16th Street Mall in LoDo is a favorite spot for locals and tourists alike with restaurants, specialty shops, high rise residences, businesses, and Coors Field, home of the Colorado Rockies. Tens of thousands of people travel the mile-long mall daily on foot or via the free trolley that runs the length of the mall.

If you missed it last year, make sure you don't repeat that mistake. This is a Pro Am event with the amateur matches held at the Denver Athletic Club. Check out [www.irt-tour.com](http://www.irt-tour.com) for entry information.



## 2008-2009 SEASON CURRENT RANKINGS

As of May 11, 2009

Rank	Pro	Points	Rank	Season-To-Date	Season-To-Date	Season-To-Date
1	WASELENCHUK, KANE	4928	1	1	4928	4928
2	CARSON, ROCKY	3889	2	2	4294	3889
3	HUCZEK, JACK	3566	3	3	4113	3566
4	BELTRAN, ALVARO	3206	4	4	3518	3206
5	MANNINO, JASON	2535	5	5	2648	2535
6	VANDERSON, SHANE	2498	6	6	2962	2498
7	WILLIAMS, MITCH	2299	7	7	2908	2299
8	CROFT, BEN	2141	8	8	2576	2141
9	CROWTHER, CHRIS	1815	9	9	1951	1815
10	HAWTHORNE, ANDY	1571	11	10	1845	1571
11	THOERNER, JASON	1455	10	11	1455	1455
12	HERRERA, JUAN	1095	12	12	1198	1095
13	HERRERA, ALEJANDRO	1069	13	13	1143	1069
14	WOODBURY, TRAVIS	960	15	14	1020	960
15	SHIMIZU, HIROSHI	934	16	15	934	934
16	HERRERA, ANDRES	893	14	16	892	892
17	ODEGARD, KRIS	814	18	17	814	814
18	HERRERA, ANTHONY D.	801	17	18	880	801
19	MORENO, JAVIER	791	23	19	791	791
20	LANDA, ALEJANDRO	701	22	20	701	701
21	CARSON, TONY	697	19	21	697	697
22	GUTIERREZ, POLO	661	24	22	661	661
23	CONNELL, LEE	607	21	23	607	607
24	ROJAS, JOSE	574	20	24	574	574
25	SWAIN, CLIFF	521	25	25	521	521
26	MEJIA, GILBERTO	470	28	26	470	470
27	FILIPPINI, RAFAEL	451	29	27	451	451
28	LANDERYOU, TIM	441	26	28	441	441
29	GREEN, MIKE	392	27	29	392	392
30	MINOR, KEITH	323	30	30	322	322



## CLOUSE WINS PRO NATIONALS, FINISHES NUMBER ONE

**W**oody Clouse locked up the CPRT 2008-09 season top ranking with a dominating win over Cliff Swain. Clouse did not lose a game through the entire DPH CPRT Pro Nationals event including the 9-3, 9-4, 9-2 finals. Clouse finished the season with two wins to go along with a finals appearance at each of the other CPRT season events.

Rounding out the top four in the end-of-year rankings were Ruben Gonzalez at #2; Jimmy Lowe at #3; and Cliff Swain moving to #4 with his finals appearance in Las Vegas.

To reach the finals, Swain battled past top-seeded Ruben Gonzalez in the first semifinal with a 9-4, 9-4, 7-9, 9-1 victory. Woody Clouse had a much easier time with Doug Ganim as he stopped Ganim's upset streak in harsh fashion, 9-1, 9-4, 9-1.

After a full twelve hours of racquetball on Friday, the CPRT moved into the semifinals of the Pro Nationals led by the top two seeds, Ruben and Woody. Swain was the first into the semis knocking out Dale Millhollin in the 16's and Mike Ceresia in the quarters, both in tough four-game matches. Gonzalez cruised into the spot opposite Swain, defeating Herb Yamashiro and then Mike Ray in relatively quick matches. Clouse also had a smooth day with straight-game wins over Greg Thomas and local favorite Bret Harnett in the quarterfinals. The upset specials of the day both go to Ganim as he knocked out sixth seed Tom Travers in four games. Then, Ganim saved the best match of the day for last as he battled third-ranked Jimmy Lowe over five games, prevailing 9-6 in the tiebreaker.

A full slate of amateur singles and doubles divisions with over 170 players filled out a great weekend that benefited the Boy Scouts of America and the National Fibromyalgia Research Association.

Thanks go out to Pro Nationals partners including Desert Plumbing & Heating, Beck's, Airgas, Dewalt, Ahern, Toolup, Las Vegas Athletic Club, Minker Sports Complex, and RacquetballOnline.tv as well as CPRT partners E-Force, Ektelon, and Head.

**W**atch [www.classicproracquetball.com](http://www.classicproracquetball.com) for updates as the 2009-10 CPRT schedule is finalized. At press time for the magazine, we know that the next two stops of 2009 will be:

October 2-4 2009 • Las Vegas – Doubles  
October 21-25, 2009 • US Open – Memphis, TN

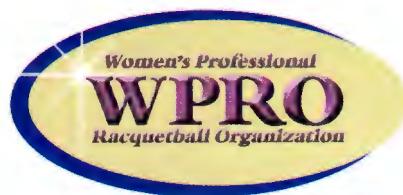
### Events moving into 2010 will include:

March 5-7, 2010 • Rochester, NY  
April 16-18, 2010 • Kauai, Hawaii  
April 29 - May 2, 2010 • Las Vegas, NV – Pro Nationals

Regular updates can be also be found by following the CPRT on Facebook and Twitter.

### 2008-09 Final Rankings

RANK	PLAYER	TOTAL
1	Woody Clouse	3955
2	Ruben Gonzalez	3160
3	Jimmy Lowe	2640
4	Cliff Swain	1705
5	Doug Ganim	1060
6	Mike Ceresia	1040
7	Tom Travers	790
8	Mike Ray	770
9	Steve Wattz	645
10	Bret Harnett	530
11	Gerry Price	520
11	Dale Millhollin	520
13	Dave Sable	275
14	Armando Villa	265
14	Tom Mastrodonato	265
14	Ted Pittinaro	265
14	Keith Minor	265
14	Dave Spoleta	265
19	Randy Forrest	250
19	Herb Yamashiro	250
19	Burgess Raby	250
19	Bobby Ferreira	250
19	Greg Thomas	250
24	Ron Corsaro	130
24	Jeff Schuetz	130
24	Brad McCunniff	130
27	Bill George	125
27	Richard Eisenmann	125
27	Paul Whitten	125
27	Mike Grisz	125
27	Eugene Coyle	125
27	Egan Inoue	125
27	Dennis Kaufman	125
27	Darrin McNally	125
27	Darjon Bittner	125
27	Dale Durboraw, Jr.	125
27	Claude Hagopian	125
27	Dean Kaplan	125
27	Brian Clark	125



## 2009/2010 WPRO TOUR SCHEDULE

SEPT 25-27	DALLAS, TX • WPRO EKTELON TEXAS OPEN (T1)
OCT 21-25	MEMPHIS, TN • US OPEN (GRAND SLAM)
NOV 6-8	WILMINGTON, NC • EAST COAST CHAMPIONSHIPS (T1)
DEC 11-13	ARLINGTON, VA • CHRISTMAS CLASSIC (T1)
MAR 12-14	GAITHERSBURG, MD • TERRAPIN SHOOTOUT (T1)
MAR 26-28	YORK, PA • MILLER LITE OPEN (T1)
APR 22-25	BURLINGTON, ON • CANADIAN RACQUETBALL CLASSIC (T1)
MAY 6-9	WPRO WORLD CHAMPIONSHIPS (GRAND SLAM)

\* Denotes Satellite Events

The 2009-2010 WPRO Event Schedule is as of 06/12/09 and is subject to change. Visit [www.wpro-tour.com](http://www.wpro-tour.com) for the latest updates and information!

## WPRO CURRENT RANKINGS AS OF MAY 11, 2009

Rank	Name	Residence	Points
1	Paola Longoria	San Luis Potosi, Mexico	1356.00
2	Rhonda Rajsich	Phoenix, AZ	1235.740
3	Cheryl Gudinas	Naperville, IL	838.74
4	Kristen Bellows	Pleasant Grove, UT	632.50
5	Kerri Wachtel	Cincinnati, OH	521.20
6	Veronica Sotomayor	Ecuador	423.90
7	Adrienne Fisher	Centerville, OH	391.20
8	Angela Grisar	Santiago, Chile	330.50
9	Jennifer Saunders	Winnipeg, MB, Canada	270.45
10	Jo Shattuck	Denver, CO	238.41
11	Diane Moore	Griffith, IN	228.00
12	Doreen Fowler	Silver Spring, MD	222.34
13	Samantha Salas	Leon, Mexico	183.00
14	T.J. Baumbaugh	Reston, VA	178.21
15	Brenda Kyzer	Leesville, SC	176.50
16	Keely Franks	Euless, TX	158.25
17	Krystal Csuk	Chicago, IL	157.93
18	Vivian Gomez	Miami, FL	127.50
19	Christie Van Hees	Calgary, AB, Canada	102.00
20	Brandi Jacobson-Prentice	Saskatoon, SK, Canada	96.54
21	Susy Acosta	Chihuahua, Mexico	90.50
22	Josee Grand Maitre	Longueuil, QC, Canada	82.00
23	Aubrey O'Brien	Auburn, CA	79.00
24	Frederique Lambert	Montreal, QC, Canada	60.75
25	Cristina Amaya	Colombia	60.35



# NATIONAL MASTERS RACQUETBALL

by Bruce Adams,  
NMRA Secretary



DAVID WARNER & FAMILY

**T**he National Masters Racquetball Association (NMRA) held its annual International Masters Racquetball Championships in Champaign, Illinois at the University of Illinois Activities and Recreation Center and their Campus Recreation Center East. There were 166 participants in the event that was held from July 15 to 18, 2009. This was our third time in Champaign, with 1999 being the last time.

David Warner of Minnesota was inducted into the NMRA International Hall of Fame as the thirty-seventh inductee. His wife Margie, and daughters Aimee and Nicole, were present at the banquet for the distinguished honor and the highlight of the evening. David has been a member of the NMRA for almost 20 years; is the current Vice-President; is one of the top 60+ singles/doubles players in the country in racquetball; is also an avid outdoorsman, pickleball and tennis player. David started playing racquetball in 1971 after collegiate intramural paddleball; as a conditioner for softball; and to supplement his table tennis.

Cy Dietrich led the group in singing "God Bless America" after the posting of the colors by Army Colonel Jaime Lugo. Former President Ron Pudduck was given an Award of Appreciation for his many years of service to the NMRA. Jim Elliott was awarded the Sportsperson of the Year for not only his continued work in the NMRA but also the Huntsman Games. USA Racquetball President Cheryl Kirk addressed the banquet attendees with words of recognition and gratitude for those who do so much for the sport. An auction produced over \$800 for the Junior Team.



RETA HARRING & COL. BEN MARSHALL



31 WOMEN COMPETITORS



# HALL OF FAME nominations

**N**ominations for the USA Racquetball Hall of Fame are due October 1, 2009. The Racquetball Hall of Fame is maintained to recognize and honor those athletes and contributors who have demonstrated outstanding achievement in competition, or in the development, leadership, and advancement of the sport. The award is based upon years of consistent excellence in one or more of the following areas:

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

**NOMINATION CRITERIA: CONTRIBUTOR & COMPETITOR**

1. Age Limit: Candidates must be 40 years of age or older.
2. Requirements: The candidate must have influenced the sport of racquetball through any or all of the following: outstanding performance, leadership, fair play, competitive techniques, or lasting and beneficial contributions to the advancement of the sport.
3. Criteria: (Contributor) Nominees must have been involved in racquetball at a state, regional, or national level for a minimum of ten (10) years. (Competitive Professional) Top-level professionals may be nominated once they have been retired from professional tour play for at least three (3) years. (Competitive Amateur) Nominees must have exhibited outstanding performance at the national level in either singles or doubles play over an extended period of time. Quality of competition and depth of field should be key criteria in the consideration of national champions, and all nominees must adhere to the highest standards of fair play and sportsmanship. Stipulation: In the case of special circumstances (death, career-ending injury, or illness) a person may still be eligible for a nomination, even though specific criteria (10 years in the sport: top ranking or retired for three years) may not have been met.
4. Documentation: The person presenting a nomination must obtain and submit a resume and complete a cover letter. This one-page cover letter should accurately summarize the resume.

To nominate a candidate, please review the guidelines on the USA Racquetball web site, and then submit the proper text and support materials to complete your nomination. If the needed documentation is available in digital form, you may deliver it by email, or send your postal package to:

"Racquetball Hall of Fame"  
ATTN: Heather Fender  
1685 West Uintah  
Colorado Springs, CO 80904

[hfender@usra.org](mailto:hfender@usra.org)





## USAR JUNIOR OLYMPICS



# events

**FINALS**  
NATIONAL SINGLES  
RACQUETBALL CHAMPIONSHIPS  
HOUSTON, TEXAS  
2009



# US OPEN

RACQUETBALL CHAMPIONSHIPS

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# USAR JUNIOR OLYMPICS CHAMPIONSHIPS

Michigan Athletic Club and Michigan State University • East Lansing, MI • June 24-28, 2009



U.S. JUNIOR TEAM



JOHN-CRAIG CHISHOLM, DANIELLE KEY, JOSE ROJAS, SHERYL LOTTS

**A**lthough several athletes have won both the Junior Olympics and Intercollegiate Championships in the same season (Jack Huczak, Kristen Walsh, Shane Wood, and Tammy Brockbank, to be specific), never have both the male and female winners been the same, in the same year!

At the 2009 U.S. Junior Olympic Championships held in late June at the Michigan Athletic Club in East Lansing, Jose Rojas and Sheryl Lotts made history. They repeated their 2009 Intercollegiate wins (April '09) by winning their respective 18 and under divisions at the Junior Olympics.

The Junior Olympics event is a Junior Team Qualifier, which means one-year appointments are awarded to the finalists (1st and 2nd) in the 18, 16, and 14 singles and to the winners in doubles. The U.S. Junior National Team will be competing at the 2009 IRF 21st Junior World Racquetball Championships in December in Santo Domingo, Dominican Republic.



JUNIOR ESPRIT- MALE ATHLETE RYAN FRANCIS,  
FEMALE ATHLETE ERIKA MANILLA

## CONGRATULATIONS TO THE 2009 U.S. JUNIOR NATIONAL TEAM:

B18S – Jose Rojas and Taylor Knoth  
 B18D – Jose Rojas and Jose Serrano  
 B16S – Marco Rojas and Jose Diaz  
 B16D – Josh Hungerford and Nick Montalbano  
 B14S – Zachary Wertz and Sam Reid  
 B14D – Adam Manilla and Zachary Wertz

G18S – Sheryl Lotts and Danielle Key  
 G18D – Aubrey O'Brien and Danielle Key  
 G16S – Aubrey O'Brien and Devon Pimentelli  
 G16D – Jessica Munoz and Amanda Lindsay  
 G14S – Kelani Bailey and Samantha Simmons  
 G14D – Abbey Lavelle and Kelani Bailey

The U.S. Junior Team also names a Junior Esprit group composed of the 12, 10, and 8 year olds. This year's Esprit Team is:

B12S – Spencer Shoemaker and Sam Bredenbeck  
 B12D – Kyle Ulliman and Spencer Shoemaker  
 B10S – Jordan Barth and Justus Benson  
 B10D – Justus Benson and Jordan Barth  
 G12S – Kaitlyn Simmons and Mary Zeng  
 G12D – Bethany Smith and Kaitlyn Simmons  
 G10S – Mary Zeng and Erika Manilla  
 G10D – Krystal Boyle and Lexi York  
 G8S – Kaitlyn Boyle and Graciana Wargo

# EVENT HIGHLIGHTS

- Nineteen out of 23 top seeds reached the quarter finals in the 18, 16, and 14 singles divisions!
- An outdoor racquetball clinic sponsored by WOR and continued play all week long.
- A Junior Team Silent Auction raised nearly \$1,200 for the U.S. Junior Team – thanks to all who sent donations.
- Pro players who made the trip to encourage our junior players were John Ellis, Andy Hawthorne, Cheryl Gudinas, Adrienne Fisher and Cliff Swain.



Each year at the event, awards recognizing outstanding performance and accomplishments are presented by U.S. Junior Team Coach Kelley Beane and U.S. Esprit Coach Jen Meyer. Congratulations to the recipients!:

Male Junior Athlete of the Year – Jose Rojas  
 Female Junior Athlete of the Year – Danielle Key

Junior Sportsman of the Year – John-Craig Chisholm  
 Junior Sportswoman of the Year – Sheryl Lotts

Male Esprit Athlete of the Year – Ryan Francis  
 Female Esprit Athlete of the Year – Erika Manilla

#### All American Award Winners:

Mercedes Arias	Danielle Key	Nick Riffel
Kelani Bailey	Bradley Kirch	Antonio Rojas
Jordan Barth	Taylor Knoth	Jose Rojas
Justus Benson	Abbey Lavelly	Marco Rojas
Lily Berry	Danny Lavelly	Jose Serrano
Jake Birnel	Joseph Lee	Spencer Shoemaker
Nick Birnel	Amanda Lindsay	Kaitlyn Simmons
Kaitlyn Boyle	John Lindsay	Samantha Simmons
Krystle Boyle	Sheryl Lotts	Bethany Smith
Sam Bredenbeck	Adam Manilla	Julia Stein
John-Craig	Erika Manilla	Kyle Ulliman
Chisholm	Megan Mathes	Graciana Wargo
Cameron Clolinger	Jesse Mendoza	Zachary Wertz
Jordan Cooperrider	Nick Montalbano	Deryk Wray
Jose Diaz	Jessica Munoz	Brady Yelverton
Ryan Francis	Aubrey O'Brien	Lexi York
Kaylea Henderson	Devon Pimentelli	David Zeng
Sean Henry	Dylan Reid	Mary Zeng
Joshua Hungerford	Sam Reid	

Special thanks go to Dan Mullin and his entire local organizing crew: Don Schopieray, the Racquetball Association of Michigan (RAM), Michigan Athletic Club and Michigan State University.



# USAR JUNIOR OLYMPICS CHAMPIONSHIPS results

## B/GMB B/G8&6MB - Round Robin

1st: Antonio Rojas - In-Shape Sports Club @ West Lane, Stockton, CA  
2nd: Graciana Wargo - LA Fitness - Clearwater Fl, Clearwater, FL  
3rd: Julia Stein - Holiday Health & Racquet, Murrysville, PA

## Boy's Singles 8 and Under - Round Robin

1st: David Zeng - Lifetime Fitness, West Hartford, CT  
2nd: Cameron Clolinger - Davison Athletic Club, Davison, MI  
3rd: Nick Birnel - Bellingham Athletic Club, Bellingham, WA  
4th: Andrew Swift - YMCA Columbus, Columbus, OH

## Boy's Singles Multibounce 8 and Under - Round Robin

1st: Antonio Rojas - In-Shape Sports Club @ West Lane, Stockton, CA  
2nd: Cameron Clolinger - Davison Athletic Club, Davison, MI  
3rd: Nick Birnel - Bellingham Athletic Club, Bellingham, WA  
4th: Andrew Swift - YMCA Columbus, Columbus, OH

## Boy's Singles 10 & Under Gold - Olympic Format

1st: Jordan Barth - Suburban Health And Fitness, Cold Spring, MN  
2nd: Justus Benson - Prairie Athletic Club, Sun Prairie, WI  
3rd: Sean Henry - YMCA, Georgetown, IN  
4th: Brady Yelverton - LA Fitness, Mesquite, TX

## Boy's Singles 10 & Under Blue - Olympic Format

1st: Mauro Daniel Rojas - In-Shape Sports Club @ West Lane, Stockton, CA  
2nd: Evan Wargo - LA Fitness - Clearwater Fl, Clearwater, FL  
3rd: Carter Simon - Prairie Athletic Club, Sun Prairie, WI  
4th: Christian Ulliman - Lifetime Fitness Center, Westerville, OH

## Boy's Singles 10 & Under Red - Olympic Format

1st: Wayne Antone IV - Courtsports Athletic Club, Junction City, OR  
2nd: Braeden D'Almeida - Rose Shores, Harrison Township, MI  
3rd: Joseph Carter - Holiday Health & Racquet, Murrysville, PA  
4th: Russell Chavez II - Triton Sports Center, San Antonio, TX

## Boy's Singles 10 & Under White - Olympic Format

1st: Jeremy Dixon - Glass Courts, Downers Grove, IL  
2nd: R J Kuhn - Indiana State University, Terre Haute, IN  
3rd: Jordan Birnel - Bellingham Athletic Club, Bellingham, WA  
4th: Bryce Dickerson - Healthpoint Fitness, Jackson, MO

## Boy's Singles 12 & Under Gold - Olympic Format

1st: Spencer Shoemaker - YMCA, Findlay, OH  
2nd: Sam Bredenbeck - Central Courts, Marine On St Croix, MN  
3rd: Ryan Francis - Executive Health & Sports Center, Litchfield, NH  
4th: Jake Birnel - Bellingham Athletic Club, Bellingham, WA

## Boy's Singles 12 & Under Blue - Olympic Format

1st: Wayne Antone IV - Courtsports Athletic Club, Junction City, OR  
2nd: Thomas Carter - Holiday Health /racquet, Murrysville, PA  
3rd: David Kriparos - Greenbrier North YMCA, Chesapeake, VA  
4th: Zachary D'Almeida - Players Athletic Club, Harrison Twp, MI

## Boy's Singles 12 & Under Red - Olympic Format

1st: William Metherd - Goodson Recreation Center, Centennial, CO  
2nd: Thomas Thorndike - Superior Athletic Club, Medford, OR  
3rd: Caige Duryea - Coliseum Racquet Club, Dearborn Heights, MI  
4th: Daniel Fishbein - The Works, Barrington, NH

## Boy's Singles 12 & Under White - Olympic Format

1st: Derek Lynn - Severna Park Racquetball And Fitness Club, Odenton, MD  
2nd: Jason Goodman - Glass Court Swim And Fitness, Wheaton, IL  
3rd: Sam Goodman - Glass Court Swim And Fitness, Wheaton, IL  
4th: Russell Chavez II - Triton Sports Center, San Antonio, TX

## Boy's Singles 14 & Under Gold - Olympic Format

1st: Zachary Wertz - Elmwood Fitness Center, Harahan, Kenner, LA  
2nd: Sam Reid - Lincoln High School, Portland, OR  
3rd: Adam Manilla - Trails Fitness Center, Centennial, CO  
4th: John Lindsay - East Side Athletic, Oregon City, OR

## Boy's Singles 14 & Under Blue - Olympic Format

1st: Trevor Deason - LA Fitness, Peoria, AZ  
2nd: Sawyer Lloyd - Petaluma Valley Athletic Club, Petaluma, CA  
3rd: Samuel Barrera - LA Fitness, Huntington Beach, CA  
4th: Jon Lanford - Bill Bartley Branch Family YMCA, Wichita Falls, TX

## Boy's Singles 14 & Under Red - Olympic Format

1st: Tanner Gross - , Alexandria, MN  
2nd: A.C. Orozco - Fitness, Inc., Chubbuck, ID  
3rd: Troy Warigon - Supreme Sports Club, Elkridge, MD  
4th: Luke Sewall - Petaluma Valley Athletic Club, Petaluma, CA

## Boy's Singles 14 & Under White - Olympic Format

1st: Sam Nguy - Spectrum Racquetball and Fitness, San Antonio, TX  
2nd: Nathan Tucker - Davison Athletic Club, Davison, MI  
3rd: Isaac Hirschfeld - Home Gym, Choteau, MT  
4th: Conlon Berry - Premier At Sawmill, Columbus, OH

## Boy's Singles 16 & Under Gold - Olympic Format

1st: Marco Rojas - , Stockton, CA  
2nd: Jose Diaz - In-Shape Sports Club @ West Lane, Stockton, CA  
3rd: Nick Montalbano - Armitraj fitness and health, West Islip, NY  
4th: Dylan Reid - Lincoln High School, Portland, OR

## Boy's Singles 16 & Under Blue - Olympic Format

1st: Jade Hemiller - Wcrc, Watertown, SD  
2nd: Kyle Lebow - Courthouse Athletic Club North, Salem, OR  
3rd: Jacob Boyle - Beaverton, Beaverton, OR  
4th: William Craig - Triton Sports Center, San Antonio, TX

## Boy's Singles 16 & Under Red - Olympic Format

1st: Chase Robison - Lockheed Martin Rec Center, Fort Worth, TX  
2nd: A.C. Orozco - Fitness, Inc., Chubbuck, ID  
3rd: Matt Barbusak - Lifetime Fitness, Berkley, MI  
4th: Timothy Lerow - Sarasota YMCA, Bradenton, FL

## Boy's Singles 16 & Under White - Olympic Format

1st: Isaac Hirschfeld - Home Gym, Choteau, MT  
2nd: Ian Smart - Rex Putnam, Milwaukie, OR  
3rd: Andy McGuffey - Cincinnati, OH  
4th: Michael Bowles - Total Sports, St. Clair Shores, MI

## Boy's Singles 18 & Under Gold - Olympic Format

1st: Jose Rojas - Delta College, Stockton, CA  
2nd: Taylor Knoth - Lasalle, Milwaukie, OR  
3rd: Bradley Kirch - Gold's Gym , Syracuse, NY  
4th: Danny Lavelly - Akron University, Cuyahoga Falls, OH

## Boy's Singles 18 & Under Blue - Olympic Format

1st: Trevor Snyders - Downers Grove North, Woodridge, IL  
2nd: Miguel Wiggins - Eastern New Mexico, Albuquerque, NM  
3rd: Jose Serrano - Delta College, Stockton, CA  
4th: Jacob Pritchard - Millennium Sports Club, Placerville, CA

## Boy's Singles 18 & Under Red - Olympic Format

1st: Jonathan Alvarado - Executive Health & Sports Center, Bedford, NH  
2nd: Daniel Lerow - Sarasota YMCA, Bradenton, FL  
3rd: Tyler Lanman - Club Sport, Danville, CA  
4th: Jeremy McGlothlin - Lasalle, Canby, OR

## Boy's Singles 18 & Under White - Olympic Format

1st: Robert Collins - Nuuanu YMCA, Kapolei, HI  
2nd: Mike Olson - Kettle Moraine YMCA, West Bend, WI  
3rd: Michael White Jr. - Lafitness, West Park, FL  
4th: Nick Loy - Downers Grove North, Woodridge, IL

## Girl's Singles 8 and Under - Single Elimination

1st: Kaitlyn Boyle - Sunset Athletic Club, Beaverton, OR  
2nd: Graciana Wargo - LA Fitness - Clearwater Fl, Clearwater, FL

## Girl's Singles 10 and Under - Round Robin

1st: Mary Zeng - Mandell Jcc, West Hartford, CT  
2nd: Erika Manilla - Goodson Recreation Center, Centennial, CO  
3rd: Jordan Cooperrider - LA Fitness - Palm Harbor Fl, Palm Harbor, FL  
4th: Sierra Reid - Portland, OR

## Girl's Singles 12 & Under Gold - Olympic Format

1st: Kaitlyn Simmons - Severna Park Racquetball And Fitness Club, Crofton, MD  
2nd: Mary Zeng - Mandell Jcc, West Hartford, CT  
3rd: Lexi York - East Side Athletic Club, Milwaukie, OR  
4th: Krystle Boyle - Sunset Athletic Club, Beaverton, OR

**Girl's Singles 12 & Under Red - Olympic Format**

1st: Danielle Falvey - , Fall River, WI  
 2nd: Jessica Varner - Foxy's Health & Racquet Club, Baton Rouge, LA  
 3rd: Bethany Smith - Fitness One, Tuscaloosa, AL  
 4th: Sydney Kutt - Oak Park YMCA, Howell, MI

**Girl's Singles 14 & Under Gold - Olympic Format**

1st: Kelani Bailey - Greenbrier North YMCA, Norfolk, VA  
 2nd: Samantha Simmons - Severna Park Racquetball And Fitness Club, Crofton, MD  
 3rd: Mercedes Arias - One On One Athletic Club, Ann Arbor, MI  
 4th: Abbey Lavelly - Lifecenter Plus, Cuyahoga Falls, OH

**Girl's Singles 14 & Under Red - Olympic Format**

1st: Sabrina Viscuso - Auburn Racquet & Fitness, Auburn, CA  
 2nd: Hollee Hungerford - Eastside Athletic Club, Milwaukee, OR  
 3rd: Danielle Falvey - Fall River, WI  
 4th: Rena Ann Cohen-Kurzrock - Bellaire, TX

**Girl's Singles 14 & Under White - Olympic Format**

1st: Jessica Smith - Fitness One, Tuscaloosa, AL

**Girl's Singles 16 & Under Gold - Olympic Format**

1st: Aubrey O'Brien - California Family Fitness, Auburn, CA  
 2nd: Devon Pimentelli - Prime Time, San Bruno, CA  
 3rd: Amanda Lindsay - East Side Athletic Club, Oregon City, OR  
 4th: Lily Berry - Sawmill Athletic Club, Columbus, OH

**Girl's Singles 16 & Under Red - Olympic Format**

1st: Jessica Munoz - Team Fitness, Burlington, WA  
 2nd: Courtney Chisholm - Marlborough, Marlborough, MA  
 3rd: Elizabeth Simmons - Severna Park Racquetball And Fitness Club, Crofton, MD  
 4th: Rena Ann Cohen-Kurzrock - Bellaire, TX

**Girl's Singles 16 & Under White - Olympic Format**

1st: - Ayla Hall

**Girl's Singles 18 and Under - Round Robin**

1st: Sheryl Lotts - Baldwin Wallace College, Bedford, OH  
 2nd: Danielle Key - LA Fitness, Gilbert, AZ  
 3rd: Kaylea Henderson - East Side Athletic Club, Clackamas, OR  
 4th: Amy Miller - Prairie Athletic Club, Sun Prairie, WI

**Boys Doubles 10 & Under - Round Robin**

1st: Jordan Barth / Justus Benson - Cold Spring, MN/Sun Prairie, WI  
 2nd: R J Kuhn / Sean Henry - Terre Haute, IN/Georgetown, IN  
 3rd: Brady Yelverton / Evan Wargo - Mesquite, TX/Clearwater, FL  
 4th: Bryce Dickerson / Carter Simon - Jackson, MO/Sun Prairie, WI

**Boys Doubles 12 & Under - Single Elimination**

1st: Kyle Ulliman / Spencer Shoemaker - Westerville, OH/Findlay, OH  
 2nd: Deryk Wray / Jesse Mendoza - Huron, OH/Tucson, AZ

3rd: Jake Birnel / Ryan Francis - Bellingham, WA/Litchfield, NH  
 4th: Derek Lynn / Thomas Carter - Odenton, MD/Murrysville, PA

**Boys Doubles 12 & Under Consolation - Single Elimination**

1st: Thomas Thorndike / Wayne Antone IV - Medford, OR/Junction City, OR  
 2nd: Jason Goodman / Sam Goodman - Wheaton, IL/Wheaton, IL  
 3rd: Connor Feagle / Nathaniel Lapp -

**Boys Doubles 14 & Under - Single Elimination**

1st: Adam Manilla / Zachary Wertz - Centennial, CO/Kenner, LA  
 2nd: Nicholas Riffel / Sam Reid - Loveland, CO/Portland, OR  
 3rd: Luke Sewall / Sawyer Lloyd - Petaluma, CA/Petaluma, CA  
 4th: Bobby Sehrgosha / Samuel Barrera - Pleasanton, CA/Huntington Beach, CA

**Boys Doubles 14 & Under Consolation - Single Elimination**

1st: A.C. Orozco / Connor Laffey - Chubbuck, ID/Salem, OR  
 2nd: Mitchell Hardin / Zach Pellowski - Findlay, OH/Palisade, CO  
 3rd: Jon Lanford / Sam Ngu - Wichita Falls, TX/San Antonio, TX  
 4th: Conlon Berry / Matthew Wray - Columbus, OH/Huron, OH

**Boys Doubles 16 & Under - Single Elimination**

1st: Joshua Hungerford / Nick Montalbano - Milwaukie, OR/West Islip, NY  
 2nd: Dylan Reid / Joseph Lee - Portland, OR/Baton Rouge, LA  
 3rd: Jose Diaz / Marco Rojas - Stockton, CA/Stockton, CA  
 4th: Rick Charbonneau / Ryan Charbonneau - Oregon City, OR/Oregon City, OR

**Boys Doubles 16 & Under Consolation - Single Elimination**

1st: Chase Robison / Ethan Wadsworth - Fort Worth, TX/Joshua, TX  
 2nd: O. Rion Ocampo / William Craig - Newport News, VA/San Antonio, TX  
 3rd: Micah Hoffman / Trevor Bukovi - Sandy, OR/Henderson, NV  
 4th: Mark Brower / Zachary Wildofsky - Hudson, OH/Springfield, OH

**Boys Doubles 18 & Under - Single Elimination**

1st: Jose Rojas / Jose Serrano - Stockton, CA/Stockton, CA  
 2nd: Bradley Kirch / John-Craig Chisholm - Syracuse, New York/Marlborough, MA  
 3rd: Jake Bredenbeck / Taylor Knoth - Marine On St. Croix, MN/Milwaukee, OR  
 4th: Chad McGuffey / Danny Lavelly - Cincinnati, OH/Cuyahoga Falls, OH

**Boys Doubles 18 & Under Consolation - Single Elimination**

1st: Miguel Wiggins / Trevor Snyders - Albuquerque, NM/Woodridge, IL  
 2nd: Joey Salamone / Mike Olson - Green Bay, WI/West Bend, WI  
 3rd: Jacob Pritchard / Tyler Lanman - Placerville, CA/Danville, CA  
 4th: Jeremy McGlothlin / Bryan Schopieray - Canby, OR/Swartz Creek, MI

**Girls Doubles G10/12D - Round Robin**

1st: Bethany Smith / Kaitlyn Simmons - Tuscaloosa, AL/Crofton, MD  
 2nd: Krystle Boyle / Lexi York - Beaverton, OR/Milwaukee, OR  
 3rd: Erika Manilla / Jordan Cooperider - Centennial, CO/Palm Harbor, FL  
 4th: Kaitlyn Boyle / Sierra Reid - Beaverton, OR/Portland, OR

**Girls Doubles 14 & Under - Round Robin**

1st: Abbey Lavelly / Kelani Bailey - Cuyahoga Falls, OH/Norfolk, VA  
 2nd: Hollee Hungerford / Sabrina Viscuso - Milwaukee, OR/Auburn, CA  
 3rd: Jessica Smith / Jessica Varner - Tuscaloosa, AL/Baton Rouge, LA

**Girls Doubles 16 & Under - Round Robin**

1st: Jessica Munoz / Amanda Lindsay - Burlington, WA/Oregon City, OR  
 2nd: Courtney Chisholm / Devon Pimentelli - Marlborough, MA/San Bruno, CA  
 3rd: Ayla Hall / Elizabeth Simmons - Terre Haute, IN/Crofton, MD

**Girls Doubles 18 & Under - Round Robin**

1st: Aubrey O'Brien / Danielle Key - Auburn, CA/Gilbert, Arizona  
 2nd: Lily Berry / Sheryl Lotts - Columbus, OH/Bedford, OH  
 3rd: Kaylea Henderson / Megan Mathes - Clackamas, OR/Corvallis, OR

**Junior Mixed Doubles 10 & Under - Round Robin**

1st: Justus Benson / Mary Zeng - Sun Prairie, WI/West Hartford, CT  
 2nd: Evan Wargo / Kaitlyn Boyle - Clearwater, FL/Beaverton, OR  
 3rd: Brady Yelverton / Sierra Reid - Mesquite, TX/Portland, OR  
 4th: Christian Ulliman / Christina Lavelly - Westerville, OH/Cuyahoga Falls, OH

**Junior Mixed Doubles 12 & Under - Round Robin**

1st: Kaitlyn Simmons / Kyle Ulliman - Crofton, MD/Westerville, OH  
 2nd: Danielle Falvey / Jake Birnel - Fall River, WI/Bellingham, WA  
 3rd: Erika Manilla / Matt McAdam - Centennial, CO/Englewood, CO  
 4th: Deryk Wray / Lexi York - Huron, OH/Milwaukee, OR

**Junior Mixed Doubles 14 & Under - Single Elimination**

1st: Kelani Bailey / Nicholas Riffel - Norfolk, VA/Loveland, CO  
 2nd: Abbey Lavelly / Sawyer Lloyd - Cuyahoga Falls, OH/Petaluma, CA  
 3rd: Bobby Sehrgosha / Sabrina Viscuso - Pleasanton, CA/Auburn, CA  
 4th: Matthew Wray / Mercedes Arias - Huron, OH/Ann Arbor, MI

**Junior Mixed Doubles 14 & Under Consolation - Single Elimination**

1st: Samantha Simmons / Zach Pellowski - Crofton, MD/Palisade, CO  
 2nd: Hollee Hungerford / Joshua Lebow - Milwaukie, OR/Salem, OR  
 3rd: Krystle Boyle / Connor Laffey - Beaverton, OR/Salem, OR  
 4th: Jessica Smith / Robert Hemphill - Tuscaloosa, AL/Fosters, AL

**Junior Mixed Doubles 16 & Under - Single Elimination**

1st: Aubrey O'Brien / Jose Diaz - Auburn, CA/Stockton, CA  
 2nd: Brad Falvey / Courtney Chisholm - Sussex, WI/Marlborough, MA  
 3rd: Joshua Hungerford / Amanda Lindsay - Milwaukie, OR/Oregon City, OR  
 4th: Dylan Reid / Jessica Munoz - Portland, OR/Burlington, WA

**Junior Mixed Doubles 16 & Under Consolation - Single Elimination**

1st: Connor Hueffner / Samantha Simmons - Franklin, WI/Crofton, MD  
 2nd: Jonathan Ari Cohen-Kurzrock / Rena Ann Cohen-Kurzrock - Bellaire, TX/Bellaire, TX  
 3rd: Ayla Hall / Dannie Luckey IV -

**Junior Mixed Doubles 18 & Under - Round Robin**

1st: Sheryl Lotts / Taylor Knoth - Bedford, OH/Milwaukee, OR  
 2nd: Danielle Key / Trevor Snyders - Gilbert, Arizona/Woodridge, IL  
 3rd: Amy Miller / Joey Salamone - Sun Prairie, WI/Green Bay, WI  
 4th: Kyle Lebow / Kaylea Henderson - Salem, OR/Clackamas, OR



## Huczek and Ruiz REIGN SUPREME

by Leo R Vasquez,  
Media Staff

Once again the country's best players traveled to Houston to compete in the 2009 USA Racquetball National Singles Championships, May 20-24, 2009 presented by Head/Penn Racquet Sports and sponsored by Ektelon, Gearbox, ProKennex, Wilson and Carrabba's Italian Grill. The event was hosted at the historic Downtown YMCA and the Downtown Met Club during the Memorial Day weekend, and 72 national champions were crowned. The "Finals" is the only national championship for singles competition in open, skill, and age group divisions. The Military divisions were also offered to all active duty, National Guard and Reserve forces to support and unite the men and women of all branches of the U.S. Military.

The tournament began as 169 matches kicked off the first day of competition at the Downtown YMCA. The event also provided live streaming video of selected Men's and Women's U.S. Team qualifying matches. Mike Orr was the first to advance as he defeated Jacob Hutzins, 15-9, 15-3. "I am having a great time, especially since my dad is here to watch me and he is playing in the tournament, too," said Orr.

The Military division also saw plenty of action as MSGT Jim

Romasanta (US Air Force), put together an amazing performance and defeated Chief Oscar Ocampo (US Navy), 15-5, 15-7. "I played here last year and really enjoyed the competition, so I had to come back this year," said Romasanta.

Day Two had 274 matches scheduled, but with Annie Muniz and her proficient staff manning the tournament desk, the event ran on time with little delay. The first match of the morning saw Clarence Simmons defeat Don Childs, 15-11, 15-6 in the Men's 60+B division. Simmons went undefeated to win the gold medal and his first-ever national singles championship.

The Men's and Women's U.S. Team Qualifying divisions drew big crowds. Jose Rojas (#7) made his debut in Houston, and he delivered with a knockout punch against #10 Anthony Herrera, defeating him 14-15, 15-1, 11-7. Aimee Ruiz (#10) took on rising superstar #7 Aubrey O'Brien who put together an amazing performance. Aimee won the match, 15-9, 12-15, 11-0. "It always feels good to play some singles," said Ruiz. "I had never played Aubrey before, but I knew she was a good player." Ruiz was scheduled to meet up with #2 Kristen Bellows in the next round, and the "Cinderella story" would continue...



As the night ended for competition, all the women players were invited to attend Ladies Night Out, hosted by the USAR Women's Committee at the Hyatt with host Cheryl Kirk, USA Racquetball President. "This is just our way of saying thanks both to those women who have traveled to Houston many years in a row as well as to those who have made this their very first trip to National Singles," said Kirk.

Once Friday rolled around, the draws were becoming slimmer and the competition was getting tougher. Players and fans were treated to a spectacular day of racquetball as the Men's and Women's US Team qualifying matches showcased all of the top seeds. In the Men's division, all four of the quarterfinals had fans on the edge of their seats. Hard hitting #4 Chris Crowther was on the brink of elimination as he fought off a remarkable battle by #5 Andy Hawthorne. Crowther escaped with a 15-7, 11-15, 11-8 win.

Shane Vanderson (#3) would not allow #6 John Ellis, who won this event in 1993, a chance to go the distance, taking the match 15-13, 15-12. Three-time champion #2 Jack Huczek took on the newest "California Kid" #7 Jose Rojas who was making his first appearance in Houston. Huczek never let Rojas get



RHONDA RAJSICH &amp; DAMONIQUE DAVIS

too far ahead before closing out the match 15-8, 15-10. Defending and four-time champion #1 Rocky Carson went up against the ageless wonder #8 Ruben Gonzalez with Carson staying in control for most of the match and winning 15-7, 15-5.

The women were also battling for top spots as #4 Adrienne Fisher played flawlessly against #5 Kerri Wachtel and defeated her 15-6, 15-8. Next up was three-time champion #3 Rhonda Rajsich as she took on #11 Da'monique Davis. Rajsich was all business,

15-7, 15-9. The upset of the tournament came at the hands of #10 Aimee Ruiz who left her doubles game at the door as she faced #2 Kristen Bellows. Ruiz used a combination of drive serves and attacked Bellows' backhand to win the match 15-12, 15-12 to continue her run to the finals. The last match of the night featured defending champion #1 Cheryl Gudinas as she faced a determined #8 Liz Alvarado. Cheryl was relentless from the beginning, and Liz never really had a chance. Cheryl won in two games with a 15-4, 15-6 dominating performance.

Then there was the Dr. Pepper/Snapple Match of the Day as Jimmy Lowe got into a slugfest with Rick Ferrin in the Men's 45+ singles. The standing room only crowd of spectators watched as Lowe had to grind it out to escape with a 14-15, 15-8, 11-7 win.

Once the last match was complete, it was off to the Head/Penn American Idol Karaoke Contest and

Casino Night with a chance for lucky participants to sing and win big prizes and the title of "The Finals-American Idol." Bob Cole was voted the big winner of the American Idol Contest and walked away as the grand prize winner. The Casino Night offered blackjack, roulette, craps, and \$3,000 in prizes from Head/Penn.

Super Saturday was a day to remember for most and especially for Aimee Ruiz as she was facing her toughest challenge against Rhonda Rajsich in the Women's U.S. Team Qualifying division. Ruiz kept pressure on Rajsich the entire match with drive serves and deep court passes that never let Rajsich find her groove. Ruiz won 15-14, 10-15, 11-2 and a place in the finals to keep her winning streak going. Cheryl Gudinas also found herself going the distance against a pesky Adrienne Fisher. Gudinas has played in many women's finals here in Houston and it would be no different this year as she defeated Fisher 15-9, 11-15, 11-8 to meet Ruiz on Sunday.

The Men's U.S. Team Qualifying division was down to the final four as Rocky Carson and Jack Huczek were on cruise control in their semi-final matches. Carson defeated Chris Crowther 15-7, 15-10 and Huczek made quick work of Shane Vanderson, 15-7, 15-6.

The day was shortened so that everyone could attend and enjoy the Hall of Fame and Annual Awards Celebration where outstanding ath-

letes, contributors and career achievers are recognized and honored. Award winners this year included Phil Wheeler-Presidential Award, Kyle Smart-John Halverson Fair Play Award, Jimmy Lowe-Bud Muehleisen Male Age Group Award, Chris Evon-Peggy Steding Female Age Group Award, Dan Aderhold and Dave Negrete-Joe Sobek Outstanding Contributor Award, Rocky Carson-Male Athlete of the Year, Cheryl Gudinas-Female Athlete of the Year, Brian Hawkes-WOR Lifetime Achievement, and Jim Easterling-Special Contributor.

The Hall of Fame recognition ceremony was the highlight of the evening as four new inductees spoke about their greatest racquetball memories. Ed Andrews, Jackie Paraiso, Mike Ray and Myron Roderick joined this exclusive fraternity, now numbering 44. The night ended with a special video presentation and lasting words from the sport's greatest legend, Dr. Bud Muehleisen.

Sunday was the final day for all divisions and national championships were on the line for everyone lucky enough to make it to the end. Don Jorgensen became the first winner as he defeated Michael Mack, 15-13, 15-4 in the Men's Military B/C. Some players took it down to the last point as Enrique Rodriguez won a gold medal by defeating David Herrera, 7-15, 15-10, 11-10 in the Men's 45+C finals. Donald Alt also had to win a long tie-breaker against John O'Donnell,

Jr. in the Men's 75+/85+ division, 15-11, 6-15, 11-10 for his gold medal finish.

Malia Bailey continued to add to her impressive resume of national championships by becoming a double gold medal winner in the Women's 45+ and Women's 50+ divisions. Bailey seems to take her game to another level at the national level and her pursuit to be the best is admirable.

The weekend concluded with the Men's and Women's U.S. Team Qualifying divisions. The women's final was a match of drama and high tension marked by the exemplary performances of both Cheryl Gudinas and Aimee Ruiz. Over the course of the match Ruiz was more accurate with her serves and she kept putting

pressure on Gudinas' return of serve. Ruiz proved she can play singles with any top racquetball player as she defeated Gudinas, 15-5, 15-7. "This win feels amazing. It's such a different win than any doubles titles I have had. I came in to Houston with a motto 'Go Big or Go Home,' and I definitely went big," said Ruiz.

The stage was set for another showdown between Rocky Carson and Jack Huczek. The two key areas in a match where the outcome hinged on the tiniest of margins were the service return and each player's ability to take any opportunity offered on re-kills. Huczek was solid from the back of the court, especially his backhand. He directed most of his shots to Carson's forehand, but Carson came up big and

took the first game 15-7.

The second game was all Huczek and he bounced back brilliantly, impressively aggressive and quick to end the rallies whenever the chance arose. Huczek won the second game, 15-9, to force the tie-breaker. Four times Carson served for match point, and on each occasion Huczek battled back with his own answer. Huczek began his climb at 7-10 and never looked back, winning the tie-breaker, 11-10.

Another National Singles logged into the record books – congratulations to the new National Champions, and thanks to everyone who made the trip to compete. Remember, next year will definitely be the last in Houston, so mark your calendars now, May 26-31, 2010!

## 2009 USA RACQUETBALL NATIONAL SINGLES CHAMPIONSHIPS

## results

### Men's Singles US Team Qualifying - Single Elimination

- 1st: Jack Huczek - , Trophy Club, TX
- 2nd: Rocky Carson III - YMCA Saddleback, Ladera Ranch, CA
- 3rd: Chris Crowther - LA Fitness Sorrento Valley, Riverside, CA
- 4th: Shane Vanderson - Harbour Island Athletic Club, Tampa, FL

### Men's Singles Open - Single Elimination

- 1st: Mike Harmon - Sarasota Bath & Racquet Club, Sarasota, FL
- 2nd: Marcelo Laprea - Mare Mare, Houston, Venezuela
- 3rd: Cesar Castro - Texas A&M Racquetball Club, Bryan, TX
- 4th: Jeff Bloom - Downtown Club At The Met, Houston, TX

### Men's Singles Elite - Single Elimination

- 1st: Toby St. Pierre - Bath And Racquet, Port Charlotte, FL
- 2nd: Darjon Bittner - Maverick Athletic Club, Cedar Hill, TX
- 3rd: Arturo Burriel - LA Fitness, Grapevine, TX
- 4th: Bryan Crosser - Yardley, PA

### Men's Singles A - Single Elimination

- 1st: Joseph Lee - Foxy's Health & Racquet Club, Baton Rouge, LA
- 2nd: Eric Vosopoulos - Bally, Massapequa, NY
- 3rd: Juan Esperanza - Cankillashot Club, Round Rock, TX
- 4th: Alex Ma - L A Fitness, Lake Dallas, TX

### Men's Singles B - Single Elimination

- 1st: Taylor Brown - Lockheed Martin Rec Center, Arlington, TX
- 2nd: Kenneth Green, Jr. - Snyder Center, Biloxi, MS
- 3rd: Terry Lambright - Fort Polk Fitness, Cantrell Gym, Leesville, LA
- 4th: Micah Nichols - Walton Life Fitness Center, Bentonville, AR

### Men's Singles C - Single Elimination

- 1st: Chase Robinson - Lockheed Martin Rec Center, Fort Worth, TX
- 2nd: Timothy Baghurst - University Of Arkansas, Fayetteville, AR
- 3rd: Erik Smith - LA Fitness - Klein, Houston, TX
- 4th: Ryan Kelly - Boston Athletic Club, Plymouth, MA

### Men's Singles D - Single Elimination

- 1st: Leroy Woods, Jr. - Nuuau YMCA, Mililani, HI
- 2nd: Galahad Carreira, Jr. - Nuuau YMCA, Honolulu, HI
- 3rd: Kawaiolaniapua Carreira - Nuuau YMCA, Honolulu, HI
- 4th: Christopher Garrett - Indiana State University, Terre Haute, IN

### Junior Singles J10/14 - Round Robin

- 1st: Jorge Contreras - LA Fitness, Haltom City, TX
- 2nd: Chase Wright - LA Fitness, Barker Cypress, Houston, TX
- 3rd: Dustin Cole - Southern Athletic Club, Oklahoma City, OK
- 4th: Warren Bailey - Greenbrier North YMCA, Norfolk, VA

### Junior Singles 18 and Under - Round Robin

- 1st: Chase Robinson - Lockheed Martin Rec Center, Fort Worth, TX
- 2nd: Jaime Contreras, Jr. - L.A Fitness, Haltom City, TX
- 3rd: Jon Lanford - Bill Bartley Branch Family YMCA, Wichita Falls, TX
- 4th: Ryan Kelly - Boston Athletic Club, Plymouth, MA

### Men's Age Singles 24+ - Single Elimination

- 1st: Jansen Allen - Colorado State Un., Rice, TX
- 2nd: Cesar Castro - Texas A&M Racquetball Club, Bryan, TX
- 3rd: Jacob Hukins - Lincoln, NE
- 4th: Tyler Otto - Colorado State Un., Pueblo, CO

### Men's Age Singles 25+ - Single Elimination

- 1st: Andy Hawthorne - Lifecenter Plus, Seven Hills, OH
- 2nd: Mike Harmon - Sarasota Bath & Racquet Club, Sarasota, FL
- 3rd: Ignacio Jaimes - LA Fitness, Corinth, TX
- 4th: Shannon Kohl - Michigan Athletic Club, Hudsonville, MI

### Men's Age Singles 30+ - Single Elimination

- 1st: Jason Sylvester - NYC Health & Racquet, Monroe, NY
- 2nd: Mike Orr - Sorrento Valley Racquetball & Fitness, La Jolla, CA
- 3rd: Raymond Maestas - Las Vegas Recreational Center, Albuquerque, NM
- 4th: Jeff Bloom - Downtown Club At The Met, Houston, TX

### Men's Age Singles 30+ A - Single Elimination

- 1st: Kipp Howell - Foxy's Health & Racquet Club, Denham Springs, LA
- 2nd: Mark Ruiz - Downtown Club At The Met, Kingwood, TX
- 3rd: Jason Adams - Maverick Athletic Club, Colleyville, TX
- 4th: Bryan Shaw - JCC, Bel-nor, MO

### Men's Age Singles 30+ B - Single Elimination

- 1st: Michael Mark - Weights Health & Racquet Club, Dayton, OH
- 2nd: Manuel Carreno - House Of Pain, Murrietta, CA
- 3rd: David Ramirez - Waxahachie YMCA, Waxahachie, TX
- 4th: Jason Pierce - Foxy's Health & Racquet Club, Baton Rouge, LA

### Men's Age Singles 35+ - Single Elimination

- 1st: Keith Morris - LA Fitness, Channahon, IL
- 2nd: Mike Orr - Sorrento Valley Racquetball & Fitness, La Jolla, CA
- 3rd: Lance Rathmell - Sweetwater Country Club, Richmond, TX
- 4th: Aaron Metcalf - Apartments, Jacksonville, FL

### Men's Age Singles 35+ A - Single Elimination

- 1st: Ohren Young - Naval Rec. San Diego, San Diego, CA
- 2nd: Mark Ruiz - Downtown Club At The Met, Kingwood, TX
- 3rd: Jay Mathis - LA Fitness, Atlanta, GA
- 4th: Julio Estrada - Aderholt Fitness Center, Navarre, FL

Results continued on page 28



JOE SOBEK OUTSTANDING CONTRIBUTION –  
DAN ADERHOLD & DAVE NEGRET



BUD MUEHLEISEN MALE AGE  
GROUP AWARD – JIMMY LOWE

MALE ATHLETE OF THE  
YEAR – ROCKY CARSON



JOHN HALVERSON FAIR PLAY AWARD –  
KYLE SMART (ACCEPTED BY JULIAN GOMEZ)



WDR LIFETIME ACHIEVEMENT  
AWARD – BRIAN HAWKES



HALL OF FAME INDUCTEE  
MIKE RAY



PEGGY STEDING FEMALE  
AGE GROUP AWARD –  
CHRIS EVON



HALL OF FAME INDUCTEE  
ED ANDREWS



HALL OF FAME INDUCTEE  
JACKIE PARAI



FEMALE ATHLETE OF THE  
YEAR – CHERYL GUDINAS



USA  
RACQUETBALL

2009

AIMEE RHIE  
Champion



**THE FINALS** USA  
RACQUETBALL  
NATIONAL SINGLES  
RACQUETBALL CHAMPIONSHIPS  
HOUSTON, TEXAS

2009

**Men's Age Singles 35+ B - Single Elimination**

1st: Chris Caldwell - LA Fitness, Minooka, IL  
 2nd: Micah Nichols - Walton Life Fitness Center, Bentonville, AR  
 3rd: Michael Mack - Heights Health & Racquet Club, Dayton, OH  
 4th: John Welsh - LA Fitness, Wellington, FL

**Men's Age Singles 40+ - Single Elimination**

1st: Jimmy Lowe - Honolulu, Wahiawa, HI  
 2nd: Keith Minor - LA Fitness, Channahon, IL  
 3rd: Richard Eisemann - LA Fitness, Frisco, TX  
 4th: Bobby Ferreira - ASU Student Recreational Center, Glendale, AZ

**Men's Age Singles 40+ A - Single Elimination**

1st: Jerry Hecht - Jcc, Houston, TX  
 2nd: Jeffrey Waters - Triton, San Antonio, TX  
 3rd: Paul Julbes - Bally's, Lacey, WA  
 4th: Juan Espanza - Cantkillshot Club, Round Rock, TX

**Men's Age Singles 40+ B - Single Elimination**

1st: Gonzalo Castillo - LA Fitness, Euless, Bedford, TX  
 2nd: Chris Caldwell - LA Fitness, Minooka, IL  
 3rd: Don Jorgensen - Laughlin AFB, Del Rio, TX  
 4th: Terry Lambright - Fort Polk Fitness, Cantrell Gym, Leesville, LA

**Men's Age Singles 40+ C - Single Elimination**

1st: Enrique Rodriguez - Glass Court, Darien, IL  
 2nd: Hector Gonzalez - L A Fitness, Katy, TX  
 3rd: Jon Coachman - LA Fitness - Klein , Houston, TX  
 4th: Larry Hicks - E'town Swim And Fitness, Vine Grove, KY

**Men's Age Singles 45+ - Single Elimination**

1st: Jimmy Lowe - Honolulu, Wahiawa, HI  
 2nd: Tim Hansen - LA Fitness, Wellington, FL  
 3rd: Richard Eisemann - LA Fitness, Frisco, TX  
 4th: Rick Ferrin - Pro Health, Cocoa, FL

**Men's Age Singles 45+ A - Single Elimination**

1st: Kenneth Williams - Langley Air Force Base Gym, Newport News, VA  
 2nd: Steve Ivers - LA Fitness, Huntington Beach, CA  
 3rd: Mark Bianchi - YMCA Edmond, Edmond, OK  
 4th: David Weiser - Jcc, Houston, TX

**Men's Age Singles 45+ B - Single Elimination**

1st: Roger Hertzberg - Q. L. S., Humble, TX  
 2nd: Girish Vallabhan - Zach's Club, Lubbock, TX  
 3rd: Steve Truxal - Metropolitan Racquet Club, Houston, TX  
 4th: Jeffrey Lamers - Barksdale, AFB, Shreveport, LA

**Men's Age Singles 45+ C - Single Elimination**

1st: Enrique Rodriguez - Glass Court, Darien, IL  
 2nd: David Herrera - Downtown Y, League City, TX  
 3rd: Keith Crouch - Greenspoint Club, Kingwood, TX  
 4th: Agustin Figueroa, Jr. - Orange Hollows, Florida, NY

**Men's Age Singles 50+ - Single Elimination**

1st: Joe Hassey - Las Vegas Athletic Club, Las Vegas, NV  
 2nd: Larry Wackowski - Omni 41, Crown Point, IN  
 3rd: Glenn Bell - Beaumont Health & Wellness Center, Nederland, TX  
 4th: Edward Fink - Downtown Club At The Met / LA Fitness, Houston, TX

**Men's Age Singles 50+ A - Single Elimination**

1st: Brad Cress - LA Fitness, Tomball, TX  
 2nd: Charles Lee - Foxy's Health & Racquet Club, Baton Rouge, LA  
 3rd: David Ragsdale - LA Fitness, N. Richland Hills, TX  
 4th: Dan Aderhold - Healthbridge, Crystal Lake, IL

**Men's Age Singles 50+ B - Single Elimination**

1st: Don Williams - Woodcreek Athletic Club, Tyler, TX  
 2nd: Marty Schnurr - Metropolitan Racquet Club, Houston, TX  
 3rd: Francisco Martinez - YMCA - Downtown Houston, Houston, TX  
 4th: Kenneth Brand - 24 Hour , The Woodlands, TX

**Men's Age Singles 55+ - Single Elimination**

1st: Ruben Gonzalez - Staten Island, NY  
 2nd: Howard Walker - Clay Madsen Rec Center, Austin, TX  
 3rd: Joe Lee - Honolulu Club, Mi'l, HI  
 4th: Joseph Krall - Heights Health & Racquet Club, Tipp City, OH

**Men's Age Singles 55+ A - Single Elimination**

1st: Russell Palazzo - YMCA Norwich , Bozrah, CT  
 2nd: Rick Betts - Spectrum Club, Malibu, CA /George Brewer, Bellevue, WA  
 3rd: Robert Frazier - Family Fitness, Toney, AL  
 4th: Bobby Robertson - YMCA Downtown, Houston, Houston, TX

**Men's Age Singles 55+ B - Single Elimination**

1st: Ron Marr - Pritchard Community Center, Elizabethtown, KY  
 2nd: Don Williams - Woodcreek Athletic Club, Tyler, TX  
 3rd: Ronald Harris - Fthood, Killeen, TX  
 4th: Martin Posey - 24 Hour Fitness The Woodlands, The Woodlands, TX

**Men's Age Singles 60+ - Single Elimination**

1st: Mickey Bellah - Meridan Sports Club - Fullerton CA, Laguna Hills, CA  
 2nd: Russell Mannino - Laf, Poway, CA  
 3rd: Jim Bailey - Little Creek Naval Base, Norfolk, VA  
 4th: George Henshaw - Elmwood Fitness Center, Harahan, Mandeville, LA

**Men's Age Singles 60+ C - Single Elimination**

1st: Joseph Bowman - Fort Hood, Copperas Cove, TX  
 2nd: Jack Morgenroth - Waycross Athletic Club, Cincinnati, OH  
 3rd: Michael Stephens - Mvp, Rockford, MI  
 4th: Richard Gower - Waynesville, MO

**Men's Age Singles 65+ - Single Elimination**

1st: Mickey Bellah - Meridan Sports Club - Fullerton CA, Laguna Hills, CA  
 2nd: Robert Lattanzio - Rennissance Club Sport, San Clemente, CA  
 3rd: Peter Blakeslee - Hot Springs Health And Fitness, Hot Springs, AR  
 4th: Fredrick Roe - Marina Fitness, Santa Monica, CA

**Men's Age Singles 65+ C - Round Robin**

1st: Burton McLain - YMCA-Cypress Creek, Tomball, TX  
 2nd: David Wakefield - Houston, TX  
 3rd: Ray Gribschaw - LA Fitness - Barker Cypress, Cypress, TX  
 4th: Pablo Reyes - Laughlin AFB, Del Rio, TX

**Men's Age Singles 70+ - Single Elimination**

1st: Gordon Kelly - Db Racquet Club, Gainesville, FL  
 2nd: Jerry Holly - LA Fitness, Canyon Country, CA  
 3rd: Denis Delaney - Triton Sports Center, San Antonio, TX  
 4th: Leon Stanley - Family Fitness Center, Hampton Cove, AL

**Men's Age Singles M24A/25A - Single Elimination**

1st: Fabian Mendieta - LA Fitness, Plano, TX  
 2nd: Bob Jackson - The Courthouse Racquet and Fitness - Lakeland, Madison, MS  
 3rd: Eric Voscopoulos - Bally, Massapequa, NY  
 4th: John Kutt, Jr. - Michigan Athletic Club, Lansing, MI

**Men's Age Singles M24B/25B - Single Elimination**

1st: O. Rion Ocampo - Langley Air Force Base Gym, Newport News, VA  
 2nd: Cade Allen Deline - SPAR Recreational Center, Sulphur, LA  
 3rd: Kenneth Green, Jr. - Snyder Center, Biloxi, MS  
 4th: Clint Mehta - LA Fitness, Arlington, TX

**Men's Age Singles M24C/25C - Single Elimination**

1st: Ethan Wadsworth - Lockheed Martin Rec Center, Joshua, TX  
 2nd: Timothy Baghurst - University Of Arkansas, Fayetteville, AR  
 3rd: Michael Redmon - Providence College, Providence, Ri, Paterson, NJ  
 4th: Eric Dirof - Court Club, Latham, NY

**Men's Age Singles M30C/35C - Single Elimination**

1st: Parrish Dewall - YMCA, Port Arthur, TX  
 2nd: Sathwik Rai - Ballys, King Of Prussia, PA  
 3rd: Christian Camet - Franco's Athletic Club, Madisonville, LA  
 4th: Brandt Smith - LA Fitness - Klein , Houston, TX

**Men's Age Singles M50C/55C - Single Elimination**

1st: Jeffrey Edwards - LA Fitness Barker Cypress, Magnolia, TX  
 2nd: Michael Stephens - Mvp, Rockford, MI  
 3rd: Keith Crouch - Greenspoint Club, Kingwood, TX  
 4th: Larry Hicks - E'town Swim And Fitness, Vine Grove, KY

**Men's Age Singles M60A/65A - Single Elimination**

1st: George Henshaw - Elmwood Fitness Center, Harahan, Mandeville, LA  
 2nd: Fredrick Roe - Marina Fitness, Santa Monica, CA  
 3rd: Stan Lemon - LA Fitness, Plano, TX  
 4th: John Patalano - Healthtrax East Providence, Warwick, RI

**Men's Age Singles M60B/65B - Round Robin**

1st: Clarence Simmons - Elmwood Fitness Center, Harahan, Gretna, LA  
 2nd: Ron Marr - Pritchard Community Center, Elizabethtown, KY  
 3rd: Leon Stanley - Family Fitness Center, Hampton Cove, AL  
 4th: Sandy Smith - Houston, TX

**Men's Age Singles M75/85 - Round Robin**

1st: Donald Alt - Dublin, OH  
 2nd: John O'Donnell, Jr. - Fitness Center, Champaign, IL  
 3rd: Charles Kaiser - Lifetime Fitness Center, Pickerington, OH  
 4th: Robert Sullins - Maverick Athletic Club, Arlington, TX

**Men's Age Singles M85**

1st – J.W. Studak

**Men's Military Singles Open - Single Elimination**

1st: Kenneth Williams - Langley Air Force Base Gym, Newport News, VA  
 2nd: Derrick Victor - Little Rock AFB, Jacksonville, AR  
 3rd: Rabbit Rogers - Idaho Athletic Club, Boise, Meridian, ID  
 4th: C. J. Shaffer - Tinker AFB, Oklahoma City, OK

**Men's Military Singles MMA/WMA - Single Elimination**

1st: Shaun Stone - Clovis Community College, Clovis, NM  
 2nd: Julio Estrada - Aderholt Fitness Center, Navarre, FL  
 3rd: Biff Martel - McChord AFB, Spanaway, WA  
 4th: Chad Jennings - LA Fitness , Buckeye, AZ

**Men's Military Singles MMB/C - Single Elimination**

1st: Don Jorgensen - Laughlin AFB, Del Rio, TX  
 2nd: Michael Mack - Heights Health & Racquet Club, Dayton, OH  
 3rd: Kim Thein - Shaw AFB, Sumter, SC  
 4th: Jeffrey Lamers - Barksdale AFB, Shreveport, LA

**Men's Military Singles 30+ - Round Robin**

1st: Chhem Young-pen - Naval Base San Diego, San Diego, CA  
 2nd: Mark Fuhrmann - Pentagon, Alexandria, VA  
 3rd: Reid Percivalle - Davis Monthan AFB, Sahuarita, AZ  
 4th: C. J. Shaffer - Tinker AFB, Oklahoma City, OK

**Men's Military Singles 40+ - Single Elimination**

1st: Rabbit Rogers - Idaho Athletic Club, Boise, Meridian, ID  
 2nd: Ray Cordero - Peterson Air Force Base, Colorado Springs, CO  
 3rd: Doug Miller - Abrams Fitness Center, Harker Heights, TX  
 4th: Ian Chin - Adelholt Gym, Navarre, FL

**Women's Age Singles W30A/35A - Round Robin**

1st: Jenny Cole - YMCA, Topeka, KS  
 2nd: Christa Davis - LA Fitness, Houston, TX  
 3rd: Debra Lynn Kahikina - 360 Health Club, Westlake Village, CA  
 4th: Tamika Holman - Laurel Sport Fit, Severn, MD

**Women's Singles A - Pool Play**

1st: Kelani Bailey - Greenbrier North YMCA, Norfolk, VA  
 2nd: Martha Contreras - Bally's San Antonio, San Antonio, TX  
 3rd: Alexis Ross - Sportsplex, Birmingham, AL  
 4th: Christa Davis - LA Fitness, Houston, TX

**Women's Singles B - Pool Play**

1st: Debbie Roberson - Clay Madsen Rec Center, Austin, TX  
 2nd: Barbara Jinks - Bill Bartley Branch Family YMCA, Burkburnett, TX  
 3rd: Melanie Jones - Classic Athletic Club, Aberdeen, NJ  
 4th: Alison Dooley - None, New York, NY

**Women's Singles C - Pool Play**

1st: Elvia Salinas - Bill Bartley Branch Family YMCA, Wichita Falls, TX  
 2nd: Laurie Welsh - LA Fitness Wellington, Wellington, FL  
 3rd: Nancy Davis - JCCA, Saint Louis, MO  
 4th: Alison Dooley - None, New York, NY

**Women's Singles C - Pool Play**

1st: Alison Dooley - None, New York, NY  
 2nd: Laurie Welsh - LA Fitness Wellington, Wellington, FL  
 3rd: Beatriz Gonzalez - Clay Madsen Rec Center, Hutto, TX  
 4th: Claudia Massey - Clay Madsen Rec Center, Austin, TX

**Women's Singles C - Pool Play**

1st: Nancy Davis - JCCA, Saint Louis, MO  
 2nd: Elvia Salinas - Bill Bartley Branch Family YMCA, Wichita Falls, TX  
 3rd: Odie Nordin - Abrams Fitness Center, Copperas Cove, TX  
 4th: Heather Olson - SW Racquetball and Fitness, Midland, TX

**Women's Singles D - Round Robin**

1st: Cristina Cali - Elmwood Fitness Center, Harahan, Metairie, LA  
 2nd: Becca Burch - Progressive , Boca Grande, FL  
 3rd: Sherri Heard - Rhode Island College, Coventry, RI  
 4th: Margaret Herbold - Guadalupe Regional Wellness Center, Seguin, TX

**Women's Singles Elite - Single Elimination**

1st: Sharon Jackson - University Of Alabama, Tuscaloosa, AL, Birmingham, AL  
 2nd: Sarah Hettesheimer - Baldwin Wallace College, Cincinnati, OH  
 3rd: Ashley Loyd - YMCA, Nashville, Murfreesboro, TN  
 4th: Stephanie Christensen - Nuuanu YMCA, Kailua, HI

**Women's Singles Open - Single Elimination**

1st: Angela Grisar - Club Sport, San Ramon, CA  
 2nd: Keely Franks - LA Fitness, Euless, TX  
 3rd: Aubrey O'Brien - California Family Fitness, Auburn, CA  
 4th: Sheryl Lotts - Baldwin Wallace College, Bedford, OH

**Women's Singles US Team Qualifying - Single Elimination**

1st: Aimee Ruiz - LA Fitness, Stirling, NJ  
 2nd: Cheryl Gudinas - Glass Court, Naperville, IL  
 3rd: Rhonda Rajsich - Arizona State University, Fountain Hills, AZ  
 4th: Adrienne Fisher - Premier Fitness, Dayton, OH

**Women's Age Singles 35+ - Round Robin**

1st: Kelley Beane - Executive Health & Sports Center, Manchester, NH  
 2nd: Stephanie Christensen - Nuuanu YMCA, Kailua, HI  
 3rd: Jennifer Lynch - University Of Massachusetts, Hadley, MA  
 4th: Tina Hagen - Peterson AFB, Colorado Springs, CO

**Women's Age Singles 40+ - Round Robin**

1st: Lorraine Galloway - , Hempstead, NY  
 2nd: Kelley Beane - Executive Health & Sports Center, Manchester, NH  
 3rd: Janice Vosika - The Alaska Club, Anchorage, AK

**Women's Age Singles 40+ A - Round Robin**

1st: Melody Gorno - Trenton Athletic Club, Trenton, MI  
 2nd: Debra Lynn Kahikina - 360 Health Club, Westlake Village, CA  
 3rd: Alexis Ross - Sportsplex, Birmingham, AL  
 4th: Lia Sullins - LA Fitness, Houston, TX

**Women's Age Singles 45+ - Pool Play**

1st: Malia Bailey - Greenbrier North YMCA, Norfolk, VA  
 2nd: Debra Tisinger-Moore - Spectrum Club, Simi Valley, CA  
 3rd: Lorraine Galloway - , Hempstead, NY  
 4th: Laura Brandt - L.A. Fitness , Southwest Ranches, FL

**Women's Age Singles 45+ A - Round Robin**

1st: Rosario Betancourt-Kelley - LA Fitness, Houston, TX  
 2nd: Marcia Warren - Glass Court, Batavia, IL  
 3rd: Laura Natividad - Nuuanu YMCA, Mililani, HI

**Women's Age Singles 50+ - Pool Play**

1st: Malia Bailey - Greenbrier North YMCA, Norfolk, VA  
 2nd: Chris Evan - Lifestart, Wheeling, IL  
 3rd: Debra Tisinger-Moore - Spectrum Club, Simi Valley, CA  
 4th: Linda Moore - Lincoln Racquet Club, Lincoln, NE

**Women's Age Singles 50+ A - Pool Play**

1st: Karri Austin - Metropolitan Racquet Club, Houston, TX  
 2nd: Sandy Rios - Kerrville Family Sports Center, Kerrville, TX  
 3rd: Renee Fish - LA Fitness, Dunedin, FL  
 4th: Barbara Jinks - Bill Bartley Branch Family YMCA, Burkburnett, TX

**Women's Age Singles 55+ - Round Robin**

1st: Marsha Berry - Louisville, KY  
 2nd: Merijean Kelley - Supreme Court, Palo Alto, CA  
 3rd: Renee Fish - LA Fitness, Dunedin, FL

**Women's Age Singles 60+ - Pool Play**

1st: Merijean Kelley - Supreme Court, Palo Alto, CA  
 2nd: Shirley Parsons - Western Rio Blanco Rec Dist, Rangely, CO  
 3rd: Gerri Stoffregen - Courthouse Fitness Center, Cincinnati, OH  
 4th: Terry Ann Rogers - Prime Time Athletic Club, San Mateo, CA

**Women's Age Singles W24A/25A - Round Robin**

1st: Kelani Bailey - Greenbrier North YMCA, Norfolk, VA  
 2nd: Carolyn Becker - Westfield YMCA, Cranford, NJ  
 3rd: Vanna Keller - Texas A&M University, Bryan, TX  
 4th: Kristina Jennings - LA Fitness, Dallas, TX

**Women's Age Singles W24B/25B/40B - Round Robin**

1st: Clara O'Brien - Premier, Lubbock, TX  
 2nd: Whitney Altenhoff - Texas A&M Racquetball Club, Houston, TX  
 3rd: JoAnna Reyes - Corpus Christi Athletic Club, Corpus Christi, TX  
 4th: Tish Rodgers - Lifetime Fitness, Wylie, TX

**Women's Age Singles W24C/30C/35C/40C - Pool Play**

1st: Claudia Massey - Clay Madsen Rec Center, Austin, TX  
 2nd: Laurie Welsh - LA Fitness Wellington, Wellington, FL  
 3rd: Nancy Davis - JCC, Saint Louis, MO

# The Best Play Penn! Shouldn't You?



**OFFICIAL BALL**



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by Otto Dietrich  
USA Racquetball National Rules Commissioner

# RULES REGARDING ROUND ROBIN

**I**t may come as a surprise to some of you, but a round robin event is the very best method of determining a champion in almost every tournament. Why? Because every entrant plays every other entrant and the one who wins the most matches becomes the winner. Even the Super Bowl winner could

everyone the method that's prescribed in the USAR Rulebook (Policy A.6).

If two players have won the same number of matches, then the one who won the match when those two played each other claims the position being contested. This is true every time that a two-way tie

totaled. Again, deduct the points lost from the points won and award the contested position to the player with the largest positive number. Once again, if this results in a two-way tie, then the head-to-head match is taken into account.

So, does this prescribed tie-breaking method affect one's

## “...THE ALGORITHM IS ... “N”/2(“N” – 1).”

be determined this way too – if only it were possible to play that many games. That's the main problem with round robins – the progressively increasing number of matches as the number of entrants increases.

For those of you into such things, the algorithm for calculating the number of matches to be played in a round robin (where “n” is the number of entrants) is “the sum of “n” divided by 2 that is then multiplied by the sum of “n” minus one, i.e.  $n/2(n - 1)$ . As you can readily see, an event with 3 entrants requires only 3 matches, but as “n” increases a little, the number of matches needed really explodes! For example, try using 8 entrants rather than 3 in that algorithm (that's just 5 more players) and you will see that now a total of 28 matches would be needed! And the explosion gets worse as the number of entrants grow. Of course, another drawback of running a round robin is that there is no single match that can be defined ahead of time and showcased as being “the” final match.

Because there is more than one method for breaking a tie in a round robin event, Cheryl Kirk, USAR President, asked me to explain to

exists – even when a tie of three or more is reduced to just two.

Things get a bit more complicated (even to explain) when there are three or more players that have won the same number of matches, i.e. “tied.” First, look at the draw showing all of the matches played and the scores. Identify all of the matches played between the “tied” players. (Any other matches played in the event are just ignored.) Determine how many “games” each player won and lost. Deduct the total games lost from the total games won and write down the resulting number. Then compare the resulting numbers (positive net difference) for the tied players; the one that has the largest positive number claims the contested position. Keep in mind that “one” is larger than “zero” or “minus one.” This will break most three-way ties. By the way, if this process results, instead, in a two-way tie, then the head-to-head match is taken into account.

So, what if a three-way tie still remains after considering the total games won and lost against one another by those who are tied? Well, then the total points won and lost in those same matches are

approach to playing in a round robin? It might! Players should try to win every match (of course, that's a sure way to win the event!), but also, if a three-way tie results, there could be an advantage to (1) NOT having gone to a tie-breaker (unless, of course, you eventually lost the match) and (2) scoring as many points as you can while holding your opponent to as few points as possible. Sure, these last two factors may never come into play, but if they do, you will be glad to have taken them into account.

One last round robin consideration – whenever a match is not played for any reason, then it should be scored as a match won in two games by scores of 15-0, 15-0.

Always “Play by the Rules!” If you don't have a copy, you can find and review them on-line at [usaracquetball.com/default.aspx?tabid=839](http://usaracquetball.com/default.aspx?tabid=839)

**Do you have a rules/refereeing question?** Be sure to email it to me at [ODietrich@usra.org](mailto:ODietrich@usra.org) and you might find it featured in an upcoming issue of *Racquetball*.

# KEEP THE GEARS ROLLING

by Connie Martin



**W**hen I take a look across the country of the clubs (and states) that are successful in racquetball, they are the ones that continually program racquetball. These are the three very basic gears it takes to run a successful program. If you want to execute a successful program, make sure all these gears are in place. If your program just needs a fresh oiling, then look at the following and see which needs work.

## STAFF

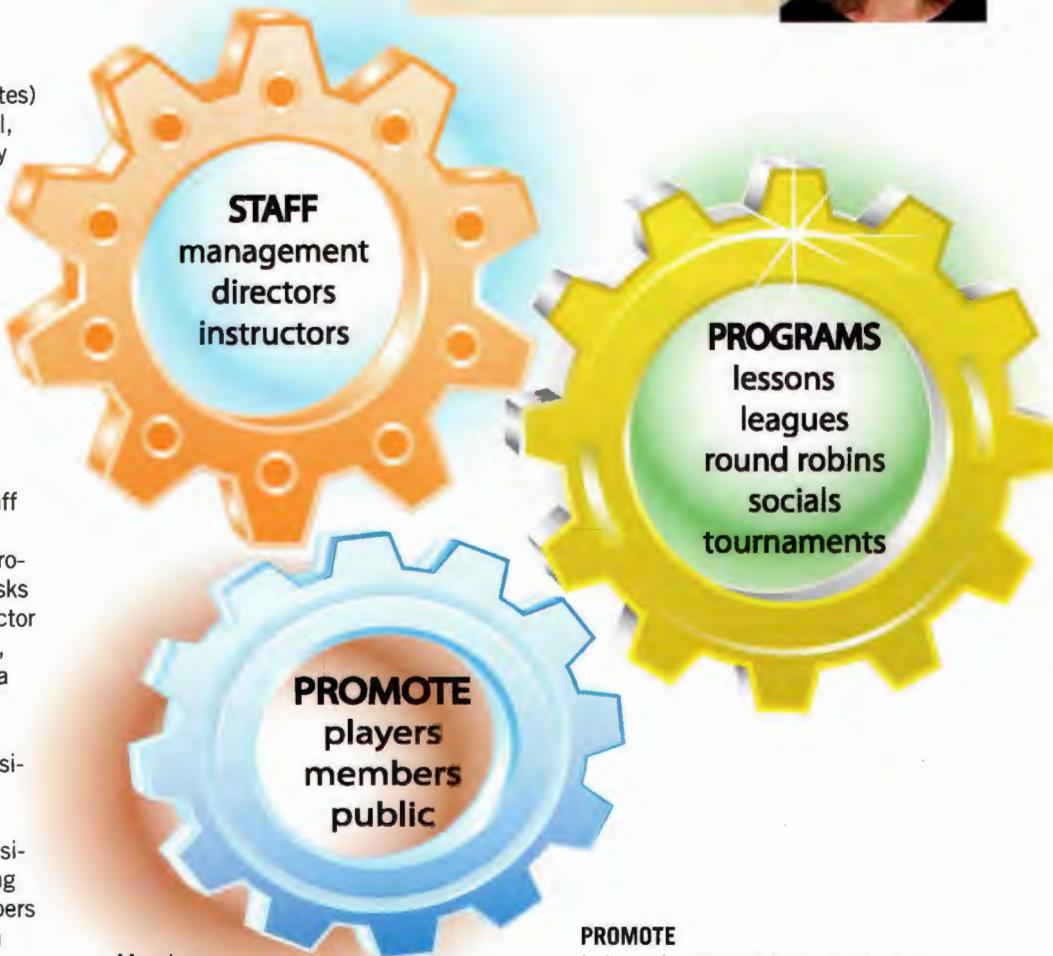
Racquetball Director: Employ staff members who are specifically responsible for the racquetball program. If someone calls up and asks to speak to your racquetball director and you say, "We don't have one, but we have courts," that is not a good thing. Hire someone to be responsible for your program! It doesn't have to be a full time position; this person may have other responsibilities at the club also.

A racquetball director's responsibilities should include: Contacting new members...contacting members who have not used the club for a month...contacting players to get them into new lessons, leagues, and special events...setting up all the lessons and leagues and making sure that they are staffed.

Front Line Staff: Your front desk staff should know what is going on in your program: how to answer questions, how to sign people up for the lessons and leagues, and how to play. Offering a few free lessons to your staff and their spouses each year is very important.

## PROGRAMS

It doesn't matter how many courts you have -- you can still program them. Offer introductory lessons... group lessons... leagues... socials... round robins... are all very important to the makeup of your program. This can include programs for just your members, members and guests,



Members, guests and non-members. Promoting lessons, leagues, and socials can be just for your racquetball members or could also include members in your exercise classes, young fitness members, your basketball players. They can be promoted to churches, businesses, in the paper, on your web site and to potential members who have toured the club but haven't joined yet. Remember, this is impossible to do if you don't have a staff responsible for doing it. With Junior Programs you can offer racquetball-specific programs that include just lessons or a lesson/league or lesson/play program. You can include it with other activities such as racquetball/swim or racquetball/gym games. In the summertime, make sure to include racquetball in your kids' sports camps.

## PROMOTE

It is so important to promote any type of lessons/programs you are going to have. This can be done through your club website...by sending out an e-blast (e-mail) of upcoming lessons/programs...posting signage at the club such as on the bulletin boards and court doors...word of mouth by the director going to the players in the hallway and asking if they have signed up for the Friday night social yet. More: running an ad in the local paper or sending out a press release (free)...posters at churches promoting an event for their congregation...running an ad in the school newspaper (usually very inexpensive).

I have only listed the very basics of a successful program. Don't forget, it is so important to come back to the basics, even for those clubs who have a successful program!



S P E C I A L   S E C T I O N

**AGE GROUP ATHLETES TRAINING/INFORMATION**

I N S I D E :

- THE ORGANIZATIONS
- THE EVENTS
- MAINTAINING FITNESS WITH AGE
- TRAINING TO BE AN ELITE AGE-GROUP ATHLETE
- A SENIOR PLAN



WSMRA Board of Directors enjoying a laugh at the 20th Anniversary tournament. **Left to right:** Nancy Kronenfeld, Kendra Tutsch, Merijean Kelley, Lynne Weisbart, Vickey Utter, Debbie Tisinger-Moore and Terry Rogers.

## Women's Senior/Masters Racquetball Association (WSMRA)

by Kendra Tutsch

**T**he Women's Senior/Masters Racquetball Association (WSMRA) is an organization dedicated to promoting racquetball as a lifetime sport. Our members are women 35 and over who still wish to compete in racquetball at a high level but have fun at the same time. We stress fun, friends and good sportsmanship. Our 20th Anniversary tournament was held this past January at the Spectrum Club in Canoga Park, CA.

The WSMRA grew out of the Women's Senior/Masters Racquetball National Tournament originally sponsored by the legendary National Masters player Ivan Bruner. The first two tournaments were held at his club, Supreme Court in Madison, WI in 1990 and 1991, and were attended by over 30 intrepid players including future USRA Hall of Famers Jo Kenyon and Mary Low Acuff. By the time the tournament was held in Jacksonville, FL in 1994, tournament attendance had more than doubled in size and the WSMRA was a growing organization, recognized as the voice of women's senior racquetball by USA Racquetball.

We have always tried to work in tandem with USA Racquetball to promote the sport and to operate our tournament. We use the R2 web site, which has been a great help to tournament organization, and our results are included in the USAR rankings.

Today the WSMRA has more than 300 members, and our National Tournament regularly attracts 100 or more players from all parts of the U.S. We are proud to say that our membership includes six USRA Hall of Famers and every Peggy Steding (Age Group Player of the Year) Award winner. We are fortunate to have Wilson Racquetball as our National Sponsor. Wilson not only provides balls and supplies for our tournament but also donates a great deal of merchandise each year for our silent auction and our fun doubles event. The WSMRA also thanks all of the tournament directors and volunteers who have run our tournaments over the years, the clubs, sponsors and everyone who has made us successful.



## The Classic Professional Racquetball Tour

**T**he Classic Professional Racquetball Tour is a professional tour featuring racquetball's greatest stars who are 40 years of age and older. The CPRT mission of "Stars of the Past Supporting the Future of Racquetball" is exemplified by raising money at each event and donating it to local and state junior programs. CPRT touring professionals include Hall of Famers; Ruben Gonzalez, Mike Ray and Cliff Swain plus all-time greats Mike Ceresia, Woody Clouse, Bret Harnett and Gerry Price.





# The National Masters Racquetball Association (NMRA)



**T**he NMRA was created in 1971, when ten players gathered in New Castle, Pennsylvania, for a fun-time round-robin tournament.

This was the first national tournament for players 45+ years of age.

Since that first event, the size of the group has grown to a membership of over 1,000 male and female players and supporters.

The mission of the NMRA is to continue to grow the sport of Racquetball through grassroots programs. In the past 10 years, the NMRA has developed and nurtured an outstanding partnership with USA Racquetball. The NMRA considers the USAR to be the parent organization for our sport.

To show its dedication to that partnership, as an organization, the NMRA and some of its members as individuals, contributed over \$20,000 to help the USAR when they were in a serious financial situation that threatened their continued service to our sport.

In addition to the USAR, the NMRA enjoys partnerships with WOR (World Outdoor Racquetball), the Classic Professional Racquetball Tour (CPRT) and the Military Racquetball Federation (MRF). The NMRA has also provided sponsorships to the International Racquetball Tour (IRT) and the International Racquetball Federation (IRF). We believe these connections provide the best possible way to continue to grow our sport.

We are also very proud and fortunate to have Ektelon as our major event sponsor and use the Ektelon Classic (Black) as the Official Ball of the NMRA at all of our events in all divisions.

To fulfill its mission to support grassroots programs in order to ensure the growth of our sport, the NMRA has contributed, in the past three years, over \$15,000 in financial support to Junior and Women Racquetball organizations and programs.

Each year, the NMRA hosts two major championship tournaments - a National Championship (scheduled in March) and an International Championship (scheduled in July).

This past March, the Board of Directors included a Doubles-Only event scheduled for November 12-14, 2009.

Competition at all NMRA Championships is offered in singles, doubles and mixed doubles. Divisions are in five-year increments starting with age 45+. We offer a 40+ bracket at our Doubles-Only events in order to showcase the organization to players getting close to our age requirement of 45.

All NMRA tournaments are full round-robin format and self-refereed. Our events are scheduled from Wednesday through Saturday with a banquet on Friday night. We begin with a registration on the Tuesday night of the week of the event and every division plays every day from Wednesday through Saturday.

Our events are designed to be family-oriented and we welcome family members and guests. Our daily hospitality, lunch, and Friday night banquet are legendary on the tournament circuit.

Our format ensures a player is never eliminated from play in an NMRA tournament. We stress the social aspect of the organization as much as we do the competitive. If an entrant is a FIRST-TIME NMRA tournament player, we do not require him/her to join the NMRA. However, he/she must be an active member of USAR.

We invite everyone to visit our website ([www.nmra.info](http://www.nmra.info)) for additional information. There you will find a copy of our Official Newsletter (*The RacquetRacket*), newsroom articles, and tournament information on our upcoming events.

-Thomas "TOM" Curran - President, NMRA (tcurran@nmra.info)

## THE EVENTS



**T**he WSMRA sponsors the yearly Women's Senior/Masters National Racquetball Championships. This tournament is held in mid-January and features self-refereed, round-robin play within age groups, with a playoff round in some divisions. In order to grow the sport, we have added B/C divisions in the last few years, allowing players who have perhaps not played a National tournament to gain some experience. In this tournament you will not only find yourself competing against some of the best women players in the country, but you will have a great time! The round-robin format assures that you are never "out" of the tournament. All matches in our tournament count in the USAR ranking system. The tournament is always Friday morning to Sunday afternoon, so those with family/work responsibilities do not have to be away too long. There is a "fun doubles" on Thursday afternoon that has grown into a fundraiser for breast-cancer research and awareness, regularly raising over \$500. During the weekend a silent auction is also held and half the proceeds are always donated to the USA Racquetball college scholarship fund. We feel that this is a good way to give back to racquetball and to encourage players to stay with the sport as they attend college.

**T**he CPRT 2009-10 season will begin and end in Las Vegas with cross country stops in between:

October 2-4 2009	Las Vegas – DOUBLES (CPRT Division open to ages 35+)
October 21-25, 2009	US Open – Memphis, TN
March 5-7, 2010	Rochester, NY
April 16-18, 2010	Kauai, Hawaii
April 29 - May 2, 2010	Las Vegas, NV – CPRT PRO NATIONALS

Players over the age of 40 (35+ for Doubles) may enter to qualify and have their chance to play some of the greatest players in the history of racquetball. For more information, please go to [classicproracquetball.com](http://classicproracquetball.com) or contact [steve@classicproracquetball.com](mailto:steve@classicproracquetball.com)

**O**ur Doubles-Only event will be November 12-14, in Bay Area at the Pleasanton Athletic Club, Pleasanton, CA. We are hoping to duplicate the success of our inaugural Doubles-Only event held in Denver in December 2008.

Future locations for tour years 2010 and 2011 are:

- Tucson, Arizona, March 2010
- Overland Park, Kansas, July 2010
- Portland, Oregon, March 2011
- Canton, Ohio, July 2011

Good luck to everyone at the upcoming World Seniors Racquetball Championships in Albuquerque, New Mexico in August, and the

Huntsman Games in St. George, Utah in October. We wish you all safe and enjoyable travels.

For more information on any of the items above, please visit our website at: [www.NMRA.info](http://www.NMRA.info); for tournament registration visit: [www.R2Sports.com](http://www.R2Sports.com). We also encourage our members to visit the USAR website at [www.usaracquetball.com](http://www.usaracquetball.com).

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, at our two annual events – "No More One Round and Out." Your first event does not require membership to the association, but we hope you will join. We look forward to seeing you at an upcoming event.

## World Senior Championships Set For Early September

Now celebrating its 21st consecutive year, this popular Albuquerque, NM event is hosted in a series of venues and scheduled in a flighted round-robin format to maximize playing time. It's an annual best-seller among senior athletes who enjoy traveling, good friends and great competition.

# Training To Be An Elite Age Group Athlete

by Jim Hiser



## THE BAD NEWS

### **Fitness declines that occur with age:**

1. Change in body composition- unwanted body fat, declined muscle mass, loss of height (often due to osteoporosis)
2. Diminished cardiorespiratory capacity
3. Muscle atrophy
4. Loss of flexibility and range of motion
5. Decreased power
6. Reduced mental capabilities

## THE GOOD NEWS

Many of the declines in fitness with age are due to the lack of activity, **NOT JUST THE NORMAL AGING PROCESS**. Research has found that seniors make great improvements when they start exercising. What this means is that many of the declines that we attribute to age may be reversed with proper fitness training.



**A**s players move up in age divisions, they soon discover that the "fit" athletes seem to do better. Court coverage is important at all levels, but the "older" athletes who can cover the court dramatically improve their chances of winning.

The following training methods are appropriate for athletes of all ages, but seem to be particularly helpful for slowing age-related decline in performance.

**ANYONE OVER THE AGE OF 35 SHOULD GO THROUGH A HEALTH SCREENING BEFORE BEGINNING ANY EXERCISE PROGRAM TO ENSURE THEIR SAFETY AND TO IDENTIFY ANY POSSIBLE LIMITATIONS/RISKS.**

"The best way to train for racquetball is to *play* racquetball," says Dr. Frank Rosato, specialist in motor learning at Memphis State. "But you have to play hard every day, against players who are good enough to provide you that training."

Dr. Rosato's assumption in the above statement is that the player is

in decent shape to begin with. For those competing at higher levels, with no real specific weakness in their game, simply playing may be sufficient. For many, however, who have let their bodies go the same route as their game (to pot!), some non-racquetball exercise will be necessary to get back into shape before, or while, increasing the intensity of on-court play.

#### MAINTAINING SPEED

*Speed* is always important in racquetball. One's ability to "get to the ball" is often the difference between winning and losing.

*Interval Training* conditions both the anaerobic and aerobic systems resulting in dramatic fitness improvements. Interval training on a treadmill may mean running at 6 mph for 3 minutes and 7.5 mph for 1 minute (3:1 ratio).

*Weight Training* helps maintain muscle tone and strength. It is important for relieving injuries and increasing power. Wear and tear on the joints is one of the hardest problems to prevent as players get older. A light training program can

help strengthen muscles, ligaments, tendons and even cartilage and can make joints stronger. It is important for older players to maintain a "complete range of motion" when training with weights.

*Plyometric Exercises* increase power and strength. Examples of plyometric exercises are jumps, laps and bounding movements.

#### NUTRITION

Older players must be cognizant of their nutrition between tournaments and between matches. Contrary to a popular belief among older players, beer is not nature's most perfect food. A well-balanced diet is important for any player, regardless of age. Aging racquetball athletes need:

*Vitamin C* for collagen formation —helps build connective tissue and helps speed recovery.

*Omega-3 Oils* from nuts, seeds, oily fish, and wheat germ, for anti-inflammatory effects (sore muscles).

*Sulfur-containing amino acids* from vegetables, meat, poultry, fish and dairy products, for joint and cartilage health.

**Bioflavonoids** from fruits, vegetables and buckwheat for anti-inflammatory effects and improving local circulation.

**Antioxidants** (selenium and vitamin E) for protection against the damaging free radicals that proliferate in the body with age.

## RECOVERY

An important consideration: only an average of 5% of the muscle glycogen (energy) used during exercise can be resynthesized and stored each hour after a game of racquetball. Thus, after a tough match, it can take up to 20 hours to replace all the muscle glycogen used. One factor that can increase synthesis is the time that you consume a meal after a match. Glycogen synthesis is increased 300% over the normal rate if a meal is consumed immediately after the match. If playing multiple matches in a day, a racquetball player should take in approximately 100 grams of carbohydrates (about 2 Cliff Bars) within 15 to 30 minutes after finishing each match. This should be followed by an additional 100 grams every 2 to 4 hours thereafter. Commercial sports drinks (Gatorade carbohydrate energy has 76 grams) are an excellent source.

## DO OLDER PEOPLE HAVE DIFFERENT VITAMIN NEEDS?

New research suggests that older people need more of some vitamins than do younger people. Athletes over 60 may need about a third more Vitamin B6 than younger adults do to maintain good nutrition. Vitamin D consumption should also increase with age as well.

Older people may not be able to process and synthesize vital nutrients as efficiently as younger people. Moreover, some commonly prescribed medications, such as anti-inflammatory agents or diuretics, can hinder vitamin absorption. And, because the sense of taste diminishes with age, "old folks" sometimes have lagging appetites and they are in danger of not getting enough vitamins in their diets. (Source: *Time* magazine.)

## HOW TO WIN WHEN YOU MAY BE "PAST YOUR PRIME"

### Before the Game

- Play as many "better" players as you can.
- Develop a well-balanced diet.

- If "not in shape," GET in shape!
- Develop a pre-match routine that includes *dynamic stretching*. Dynamic stretching is stretching that requires some movement. Extending the leg muscles is particularly important. As we get older, our hamstrings shorten and get tighter. Some players simply go onto the court, throw or drop the ball, beginning slowly at first and increasing the pace as they warm up. This approach has the advantage of exercising muscles specific to racquetball and of getting the heartbeat up gradually. **IMPORTANT:** Heartbeat and circulation lay behind arterial activity. Experiments indicate that fatty deposit buildup in the blood vessels may be irreversible over years. Therefore, a *gradual* warm-up which does not put too much strain on the circulatory system is of particular importance to older athletes.

### During the Game

- Play your best from the first point on (again, proper diet is a prerequisite!)
- Hydrate yourself continually throughout the match: 150-250 ml. of liquid every 15 minutes.
- Play Smart
  - Control of center court is essential for older players who want to preserve their energy.
  - Especially at the beginning of matches, be patient (don't take low percentage shots and give your opponent an early advantage).
  - Slow down the game. If playing a more powerful opponent, negate his power with your "junks." This saves energy and deters him from enjoying his own pace.
  - Try a ceiling game — be patient on serve return and during rallies. If you don't have a good shot, go to the ceiling and manipulate your opponent to the back court.
  - Shoot if the ball is up! The disadvantage of a patient "slow-down" game is that the rallies are usually longer and fitness may become a factor. If you are

playing an equal skill level player in better shape, you might want to "shoot" more shots in order not to get into a fitness duel.

- Vary the pace. If you are having a difficult time finding something that works, vary your game plan. Use a combination of drive and lob serves to the right and left side, junk shots and kill shots, etc.
- Once you find a weakness, be *ruthless*. Exploit any weakness in your opponent. If you only try one game plan (e.g., drive serve to back hand), you may never find an existing forehand weakness.
- Be fair, but don't give up anything: be intense, play hard and wear a congenial face. Don't be *too* nice. If your opponent hits a serve that continually comes out behind him, remind the player and referee that the proper call is a point hinder. Don't continue play until you are sure the player and referee know you will not give up the rally and allow the player two more serves. Diplomatic objection should provide you with the proper call if the situation happens again.

### After the Game

- Hydrate and consume some carbohydrates immediately after your match.
- Static stretch: this loosens the muscles that have tightened during the match.
- Use the whirlpool as a muscle relaxant. This is ideal for older athletes but **CAUTION:** too much time spent in a sauna or steam room can cause dehydration and too much time in a whirlpool can weaken you. Don't relax right up to game time (go through your normal pre-game ritual).

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United States Olympic Committee

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*USAR Elite Camp Manual (Nutrition)*  
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# STRANDEMO'S STRATEGIES

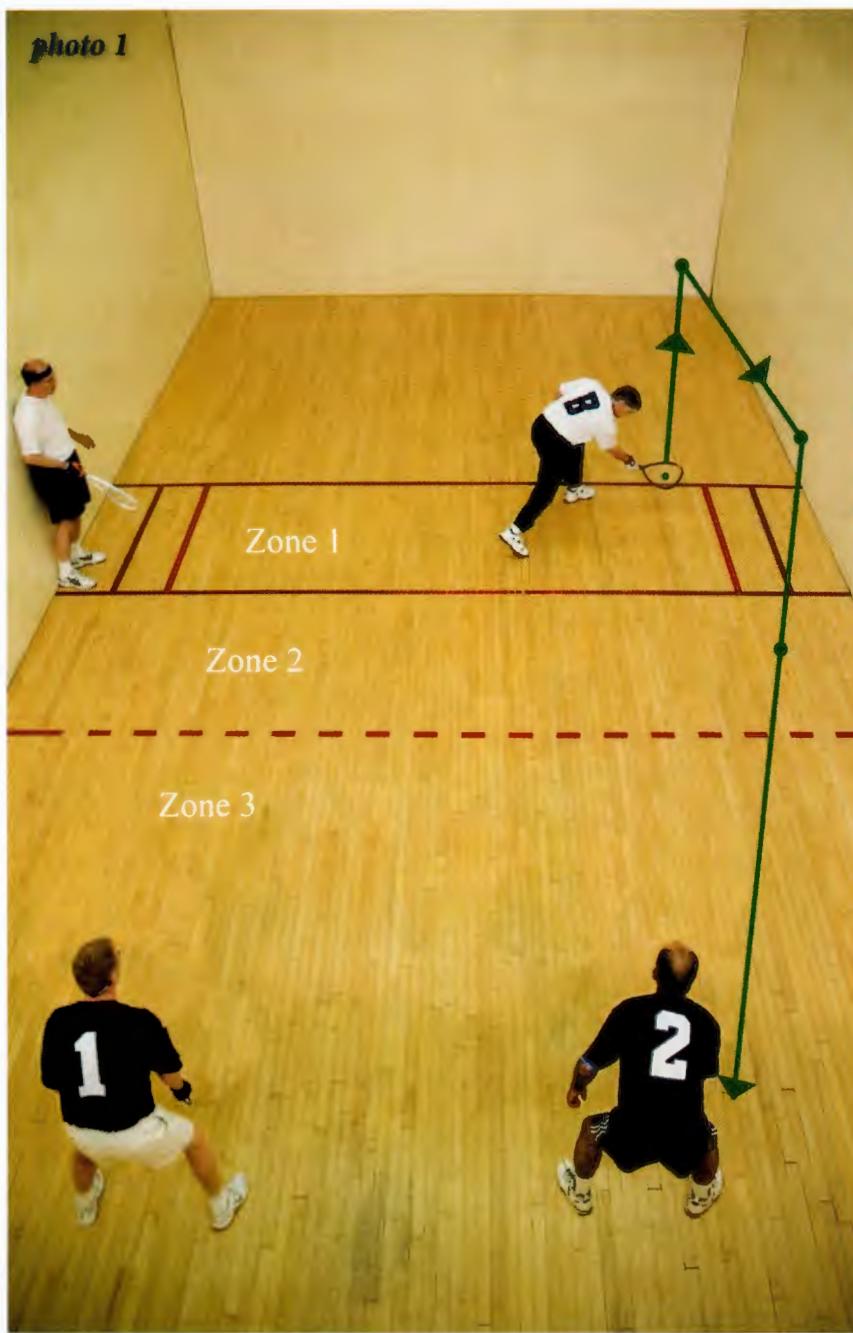


## Doubles for Seniors/Masters

**D**oubles is so popular in the seniors and masters divisions, I thought it would be appropriate to show some rally situations and point out the difficulties that arise when the serving team puts themselves in the wrong position after various serves (photos 1, 2, 5, 6). The server can put his partner in a dangerous situation (photos 3 and 4). And, I'll conclude the article by showing the optimum playing model in good doubles (photos 7 and 8).

### SERVING TEAM POSITION

Player B hits a mis-angled low drive serve that caroms off the sidewall and angles into Player 2. Player B illegally relocates in front of Player 2 (photo 2) and blocks the hitting lanes for Player 2's down the right wall kill-pass and his cross-court pass (red lines). Player 2 does have room to pinch the ball using the right wall (green line) but he is not given the two shots required in the rules (down the line and cross-court). Thus, Player B should be called for a penalty hinder. A similar situation would occur for a high lob serve that glances off the right wall and the server (Player B) plants himself directly in front of Player 2. Remember, Player B must always have offensive shots, down the right wall kill-pass and the cross-court pass.



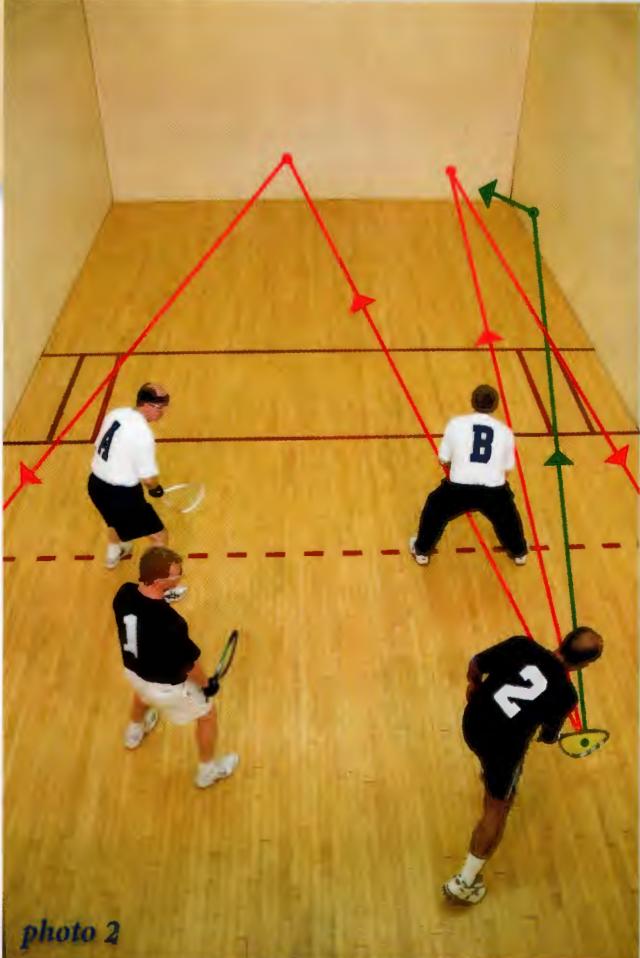


photo 2

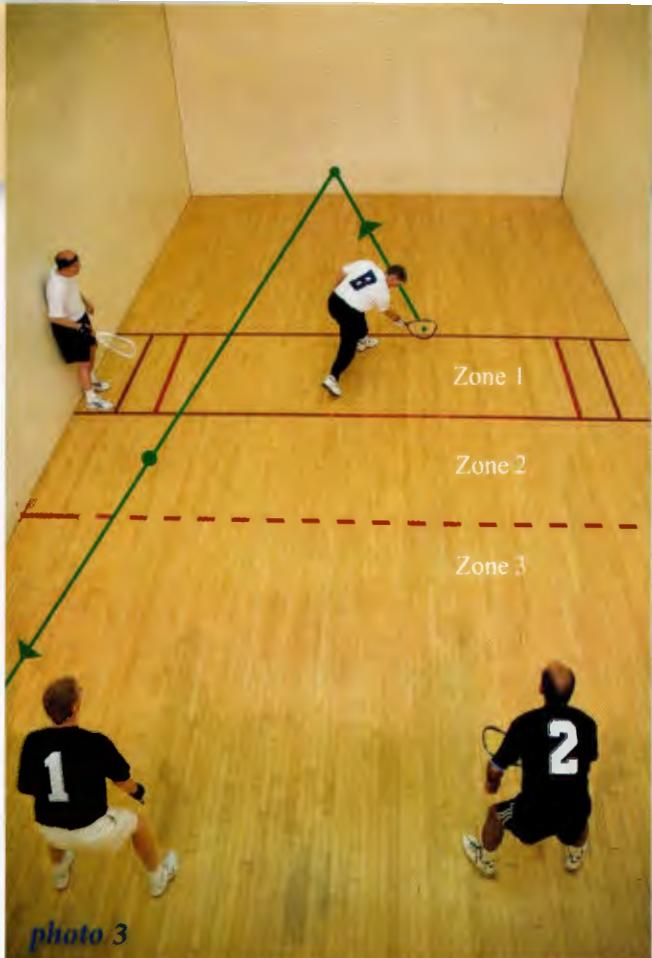


photo 3

#### DANGEROUS RELOCATION FOR SERVER'S PARTNER

Serving a low drive to the left side so as to end up directly behind the server's partner creates penalty hinder situations (photo 3). As the server's partner is trying to get out of the serving box (photo 4), he's immediately in the way of Player 1's down the left wall kill-pass and also his cross-court pass (you can see Player 1 does not even have a pinch using the left wall). Besides the danger involved in this situation for Player A, the serving team is blocking the offensive hitting lanes for the receiving team and the call is a penalty hinder on Team A & B.

Probably the biggest reason for all the hinders, replays and non-called penalty hinders in doubles is because of lack of knowledge. I experienced this personally when I moved from Minnesota to San Diego in the early 70's. I thought we understood how to play, but after getting the opportunity to play with Charlie Brumfield and other excellent doubles players, I quickly concluded that I didn't have a clue. I immediately made major strategy changes and realized all four players were moving extensively before and after every shot. They always repositioned themselves to allow the proper hitting lanes. If players today moved more, watched the hitter make ball contact and conscientiously tried to give the offensive player his appropriate scoring shots, 80% of our double problems would be resolved.

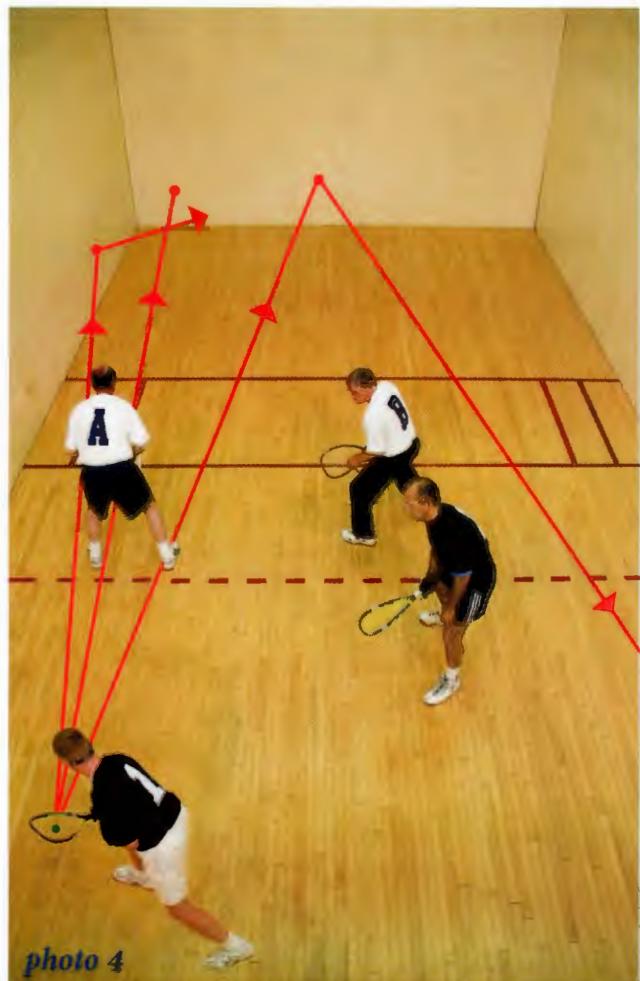


photo 4

# STRANDEMO'S STRATEGIES

photo 5

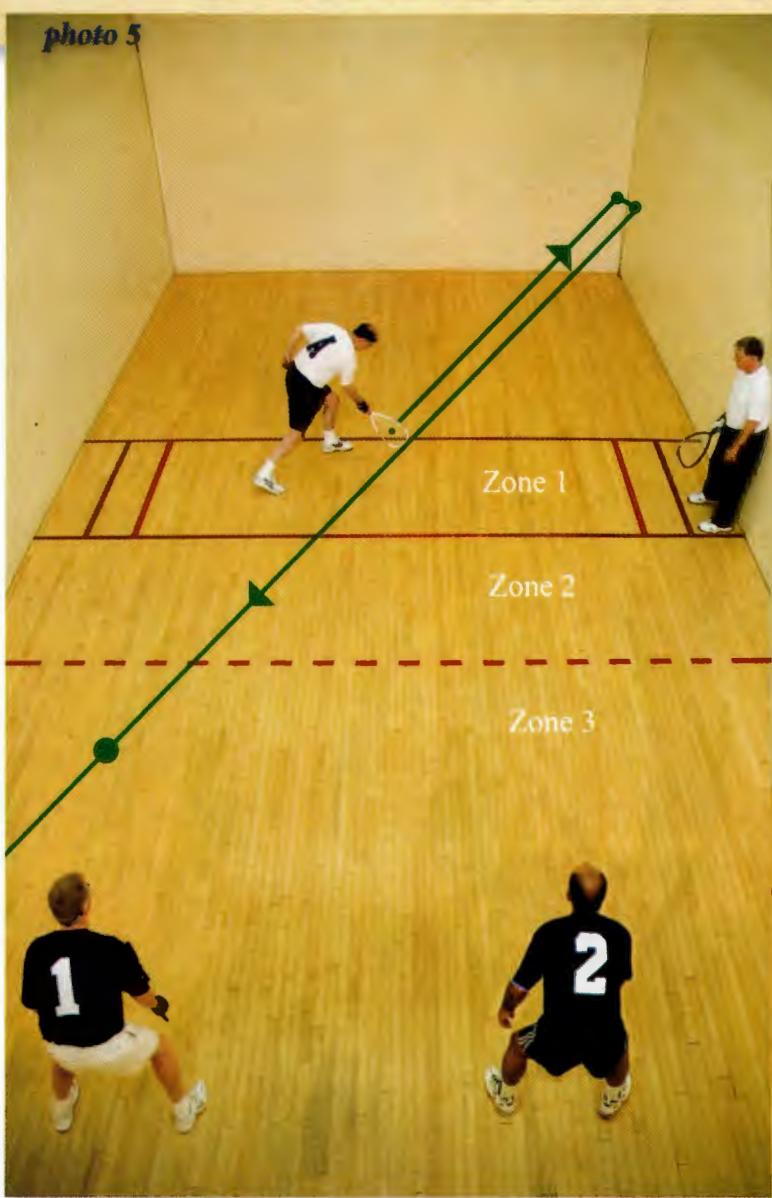
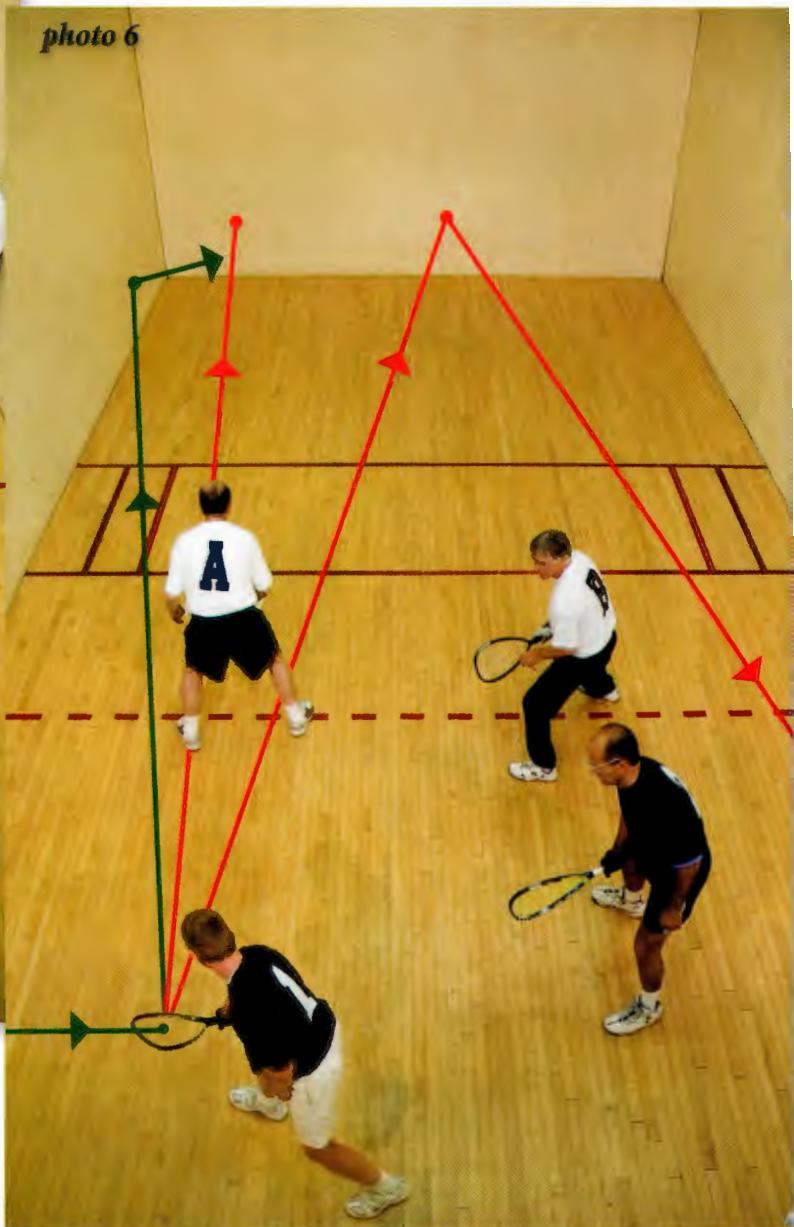


photo 6



## GOOD HARD Z SERVE: ILLEGAL POSITION ON SERVER'S RELOCATION

Server A hits a hard Z serve that kicks off the wall to Player 1 (photo 5). Player A relocates into Zone 2-3 but directly in front of Player 1, consequently blocking the straight-in kill-pass and the cross-court pass (red lines). The only offensive shot Player 1 has left is the pinch using the left wall (photo 6). The call on Player A is a penalty hinder. This type of relocation by Player A in club play or non-refereed tournament play really causes ill-will because Player 1 is frustrated that his shot selection is so restricted. Plus, Player A many times doesn't even realize he's in the way and if he does know; he still won't move. To make matters worse, the normal call amongst players in this situation is to replay the point by calling a regular hinder, and that is really a major injustice to Player 1.

When the offensive team (1 & 2) is hitting, the defending team (A & B) has the right to be in the front on defense and the hitter's partner (1) is the back point of a triangle formed with A & B. Player 1 should be about 3' behind and between A & B.

When the ball angles into the middle of the court, the defending team (A & B) needs to spread to the sides so Player 2 has his appropriate offensive shots.

photo 7

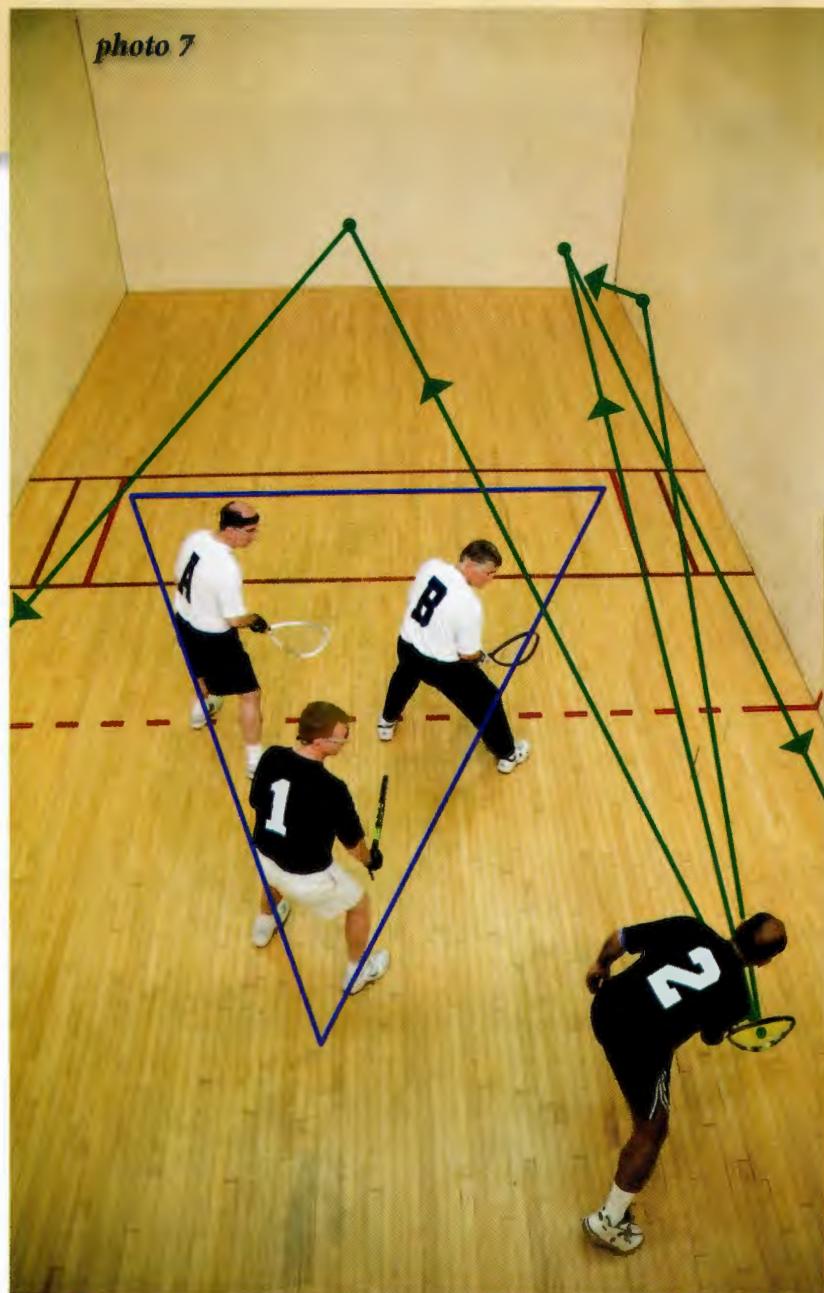
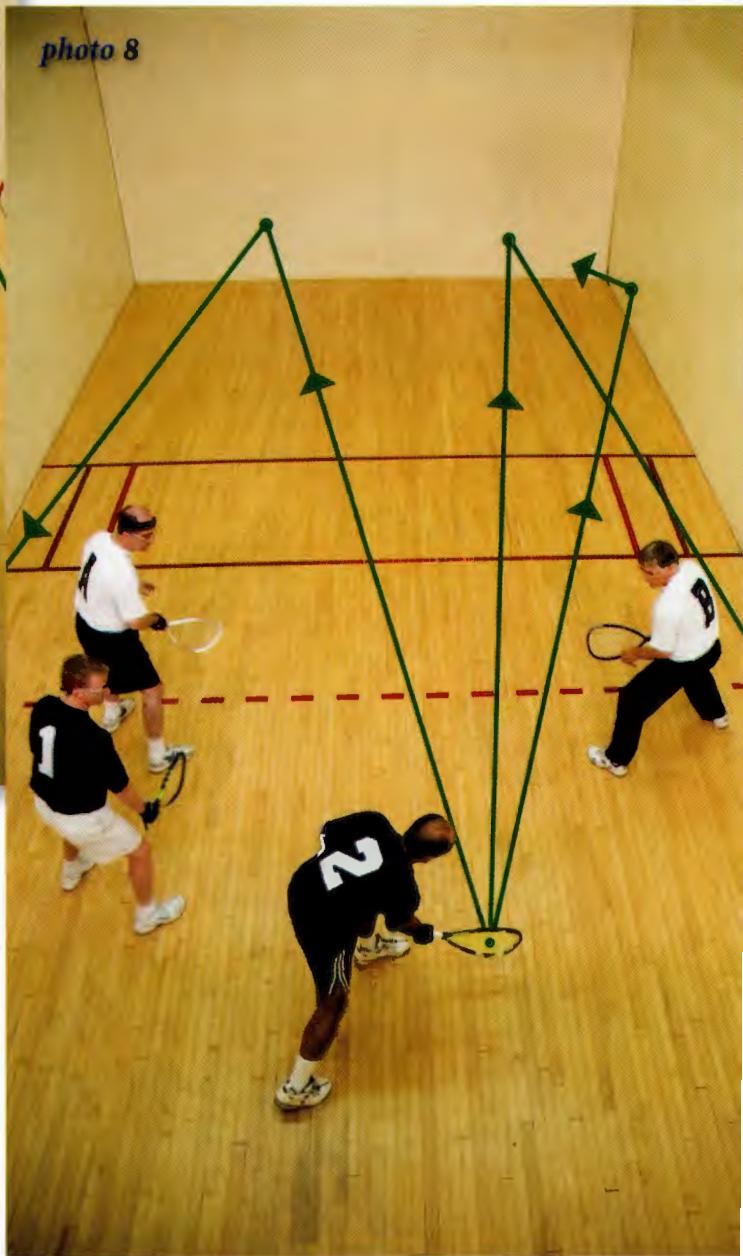
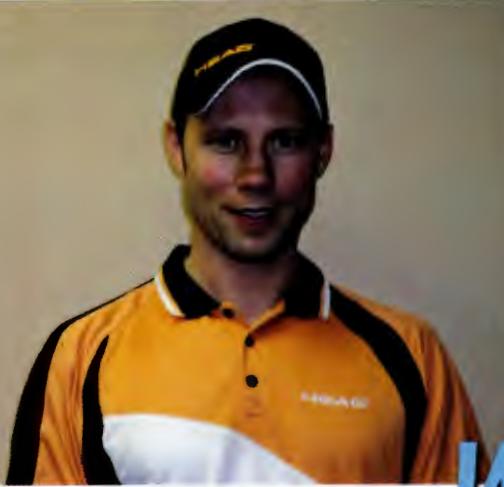


photo 8



Photos 7 and 8 show the hitter in two different locations (near the sidewall and in the middle of the court). The other three players are in excellent coverage position and are superbly watching the hitter make ball contact. Very seldom in matches around the country does this consistently happen. To make this more the norm in everyday play, I encourage seniors and masters players to work harder in their movement and force themselves to turn at 45 a degree angle and watch the hitter strike the ball.

If you have further questions you would like to discuss, please contact me at 760-445-4444 or email [stevestrandemo@hotmail.com](mailto:stevestrandemo@hotmail.com)



by Eugene Coyle

# WEIGHT TRAINING

## For Seniors



**O**ne evening I walked into the local club, anxious for my workout and racquetball match. As I approached the front desk, the person on duty was dialing 911 "emergency": a man had just collapsed on the court. I immediately ran over in that direction. As I approached, my heart began to race! I assisted two people who had begun to administer CPR. After several seconds, I realized it was Bob, a 50+ intermediate racquetball player whom I knew well. As we tried to resuscitate Bob, I wondered if he would make it. Shortly afterward, the paramedics came to relieve us. Unfortunately, Bob did not make it. In my 20+ years in the fitness industry, Bob was the fourth person on whom I had performed CPR. Only one of the four had survived. I keep thinking to myself, "Could this have been prevented?"

None of us are getting any younger. As you age, ask yourself if you are in condition to play and compete in this game. Racquetball can be demanding on the heart, lungs, joints and more. Therefore, a comprehensive fitness training program with strength training is a mandatory.

*Without resistance training, after our late 20's:*

- One can lose  $\frac{1}{2}$  lb. of muscle per year (one pound of muscle every two years!)
- After one decade, one can lose 5 pounds of muscle
- After two decades, one can lose 10 pounds of muscle
- One pound of fat burns less than 1-2 calories per day
- One pound of muscle burns 50 calories per day

One pound of muscle is biologically active (contributes and supports its own circulation). One pound of fat requires an extra mile of capillaries to pump blood. Thus,

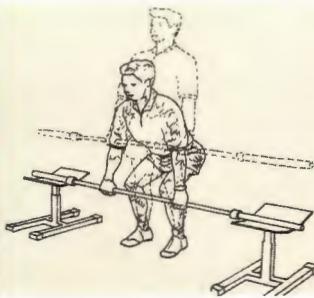
carrying 10 extra pounds of fat will require 10 extra miles of blood each beat. Now think about that after your next long rally when you feel like your heart is going to break through your chest!

For those of you climbing the age ladder, I highly recommend you begin or enhance your fitness program. Strength training and increasing lean muscle would be a good start! In the old days, many of us went from machine to machine, isolating each muscle group. This is effective for hypertrophy (muscle growth). However, machines provide artificial stabilization and do little to improve function and prevent injury (not so good for racquetball).

Integrated training is a comprehensive approach that strives to improve all components to enable a player to achieve optimum performance. When considering what exercises to do and how to efficiently maximize your time for fitness, think about movement patterns. Some of the basic movements in racquetball are squatting, lunging, bending and twisting.

The following are exercises particularly relevant to racquetball, because these movement patterns emulate our movements on the court. I recommend using little-to-no resistance in your initial stages of these movements. Your focus should be on your technique. Even with minimal resistance, your strength gains occur in your nervous system. This could be a start to reducing and preventing injuries and worse. Let Bob be a lesson to all racquetball players out there.

The following exercises are staples in developing a foundation for enhanced performance and future development of your musculature. Use the following diagrams and tips to begin your program:



### Exercise #1: DEAD LIFT

(Your tempo should be slow and controlled. Add resistance with progression, 12 reps)

- You may consider starting the Dead Lift from blocks to reduce range of motion.
- Position height to allow you to bend while maintaining a natural curve in the lower back.
- Stand with your feet hip-width apart and grip bar just below your knees.
- Keep your head in alignment with your spine by looking forward (not up or down).
- Just prior to lifting, take a breath and pull your abdominal muscles in, keeping them tight throughout the movement. (This will aid in stabilization of the spine.)
- Lift the weight or bar from the blocks and think about pushing your feet away from the floor, not lifting with the arms. This will focus the legs and hips to do the work.

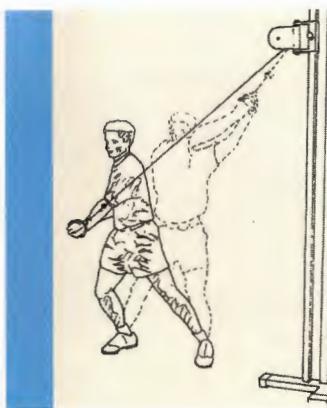
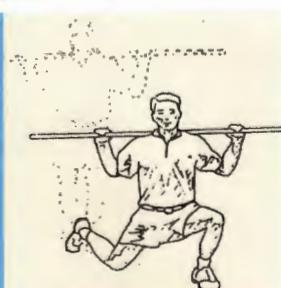
to bend while maintaining a natural curve in the lower back.



### Exercise #2: MULTI-DIRECTIONAL LUNGE

(Your tempo may progress from Slow – Medium – Fast. Add resistance with progression. Three sets each leg.)

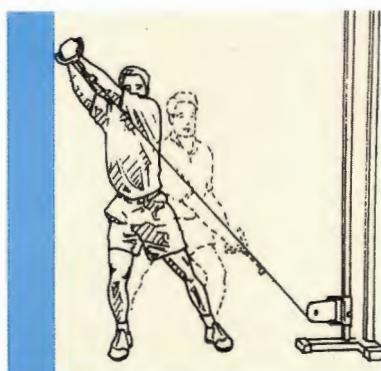
- Place a wooden dowel rod across your upper back/shoulders, grip the bar.
- Prior to movement, take a breath and pull your abdominal muscles in, keeping them tight throughout the movement. (This will aid in stabilization of the spine.)
- Step forward with your right leg. Your step length should be at a point where your knee is at approximately 90 degrees.
- Step deep into the lunge as if you were going to "get" a ball or until the trail leg/knee is just off the floor.
- Release your breath as you push back to the return position.
- Lunge to a Forward 45 Degree lunge and back.
- Perform a Lateral Lunge (side step) with feet pointing forward as if you were facing the front wall on the court. Keep your head neutral and forward by focusing your eyes as if you were watching the racquetball.
- Do a Backward 45 Degree lunge and back.
- Proceed to a Reverse Lunge by stepping straight back so your front leg is now at a 90 degree bend.
- Now switch legs and duplicate the movements.



### Exercise #3 WOOD CHOP

(Your tempo can increase with practice on the concentric motion or downswing, 15 reps.)

- Stand with your feet wider than shoulder length apart.
- Grab the handle of a high pulley or a resistance band.
- Prior to movement, draw in your abdominals as in the previous exercises.
- Pull the handle down across the body by recruiting your trunk, legs and arms in synergy (like swinging the racquet). Maintain a neutral spine; do not round your low back. If you use only your hands and arms, your recruitment pattern will be inefficient, increasing the chance of a shoulder injury. (Just as when swinging a racquet with your arm only.)



### Exercise #4 REVERSE WOOD CHOP

(Your tempo can increase with practice on the upward / across motion, 15 reps.)

- Stand with your feet wider than shoulder length apart.
- Grab the handle of a low pulley or resistance band.
- Prior to movement, draw your abdominals in toward your spine.
- Use your legs, hips and torso to rotate upward and allow your arms and hands to "come along for the ride." As with the previous wood chop exercise, it's important to maintain a neutral spine and not to allow the low back to round. This could cause stress on your lumbar spine.

**Eugene Coyle** is a certified personal fitness trainer with 20 years of experience in the fitness industry. He has competed in numerous state and national racquetball championships. Eugene is a member of Team Head racquetball and has trained many former and current players on the professional racquetball tours. You may contact Eugene Coyle at [eugenecoyle@sbcglobal.net](mailto:eugenecoyle@sbcglobal.net) for fitness program design.

# Is Racquetball **HIP AGAIN?**



**In 2008 approximately 764,000  
new players took up the sport.**

Tennis: up 43%  
Racquetball: up 11.6 %  
Soccer: up 2.2 %  
Basketball: up 0.1%

Badminton: down 1.0 %  
Softball: down 27.6%  
Squash: down 2%

**UP**

**DOWN**

There are about **5 million** racquetball players in the United States.

- There are about 2 million core (play 13 plus times per year) racquetball players in the U.S.
- Of the core players 75% play 25+ times per year.
- 58% of all racquetball players are under 35 years old.
- 47% of all racquetball players have a household income of at least \$75,000.
- 52% of all racquetball players have a college degree or higher.
- 22% of all racquetball players play other racquet sports (tennis, table tennis, and squash).

The percent of total U.S. population who play racquetball is at its highest level since 1999.

**THE ULTIMATE WARRIOR:****PREPARATION**

PART ONE

by Fran Davis, with Cliff Swain

Often players return after a long lay-off (like Cliff) or from an injury and just jump right back into playing again. They virtually have little to no training physically, mentally or emotionally. How can you expect to perform at your best if you do not prepare? If there is a lack of preparation, you are setting yourself up for poor performance and/or re-injury which leads to failure...and who wants to fail? This is the scenario we see time and time again, and we want to give you as many tools as possible to help prevent this from happening. There is no magic, no short cuts, no tricks, no secrets involved, just incredibly hard work and a precise plan to help you come back and give you the best possible opportunity to succeed when you return to the game.

Let's see what words of wisdom we can get from The Legend himself who is at the present time making a comeback.

**Fran:** Once you decided to return, what was your training schedule for the three months prior to your return?

**Cliff:** I knew that I would have to get into top physical shape, so I put together a training schedule:

First I had to clean up my diet and shed the extra pounds that I had put on in my two years of retirement. Owning a sports bar and being pretty inactive for the first time ever meant I was starting from scratch, so I had to be diligent. First, I shrunk all my meals and started eating 5 to 6 meals a day instead of 2 or 3...and no more Buffalo wings! In the morning I would have oatmeal with peanut butter and bananas, then two hours later, egg whites with veggies, then later a protein shake. Three hours later, a spinach salad with every veggie possible, and the final meal

would be fish, chicken or steak with veggies. No carbohydrates other than veggies after 4:00 p.m. was the hardest part for me since I liked to snack late night. I continued to snack late, but changed my choices away from carbohydrate snacks to protein snacks like turkey and cheese and pepperoncinis. Before the workouts even got intense, twelve pounds came off in 21 days.

I divided the workout types into 3 parts; one for each month.

#### February

I worked out twice a day, separating the cardio and the weight training. When you combine them, one or the other will suffer. The first two weeks I did two hours of low impact cardio in the morning (some combination of elliptical, rowing, bicycling). In the evening I would lift: Monday and Thursday I would do pushing movements (chest, shoulders, triceps); Tuesday and Friday I would do pulling movements including pull-ups (with and without added weight) and biceps. Wednesday, Saturday and Sunday I took completely off as I believe that the rest is as important as the work unless it's something fun like pick-up hockey or basketball. The second two weeks of the month I switched the schedule to lifting in the morning and in the evening I started my cardio with 40 minutes of intense practice/drilling alone and then 80 minutes of cardio.

#### March

As the extra pounds came off, my cardio came back and my strength was up so I picked up the intensity of my workouts and started playing practice matches. I did this mainly with my best friend Gerry Price as he is an amazing player with a good work ethic on the court that is impressive. We'd always play for lunch or dinner to add to the competition. The first two weeks I played in



the morning when I was fresh, then the second two weeks I played sometime after my workout so that I would get used to playing after exertion. In this month I combined the lifting with the cardio and start adding lunges, squats, and dead lifts (Victor, my friend and trainer in California, helped me with this phase). All the workouts began with an active warm-up then core work which consisted of medicine ball throws and stability moves. Monday and Thursday "cardio" phase was sprints and interval training. This was extremely intense, so to push yourself as hard as you really can, you need to race against or have somebody there to time you and push you. I did this for many years at Mike Boyle's strength and conditioning -- he is the best and it's all pro athletes, mostly NHL players at Boston University. Having the other athletes there kicks up the competition level in a big way, and it becomes much easier to push yourself. Tuesday and Friday is less intense, but just as important. On these days after the warm-up and some abdominals and lower back strengthening, I do footwork drills and then plyometrics. Plyometrics involves very explosive movements that make you faster but should only be done twice a week with experts watching your form. At the end of these workouts, I would always do 20 minutes of stretching and sometimes 20 minutes of light practice.

Part Two coming in the Fall issue of *Racquetball*

# A SENIOR PLAN!

by Jim Winterton

Humans do not quit playing because they grow old; they grow old because they quit playing.

*-Oliver Wendell Holmes*



**H**ow do folks do this? Watch the age divisions in Houston and other tournaments such as the US Open. How do these older folks continue to play racquetball at such a high level? A simple answer would be their attitudes, but a more accurate answer would be the way these senior athletes attack the sport of racquetball. I call this the 'tude and the four keeps!

## The 'tude

*Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.*

*-Samuel Ullman*

Be an optimist is Rule #1. I taught school for 28 years. Up to the day I retired, I got this question, "How do you deal with these kids today?" The questioner was surprised when I pointed out that kids have not changed in 28 years. Society has changed, but the children have not. I was and still am in awe of great kids in the classroom and on the racquetball court. Are kids perfect? Do they make mistakes? Of course, but that does not mean kids are any worse today than 28 years ago. In

other words, it is what you expect it to be. If the attitude is "woe is me, I am getting old" then the days will be longer and harder!

## The Four Keeps

### 1. KEEP SETTING GOALS

When injuries forced me down, I had to change my goals. The biggest thing I was scared of was not having anything to work for. Luckily, I am involved in this little thing called racquetball. I suggest folks find their passion and never quit working in whatever interest area that is.

### 2. KEEP LEARNING

Along with goals comes learning. You must keep learning to improve. After coaching racquetball for 36 years, I am still trying to learn. Two years ago I changed the entire approach to my coaching and came up with new drills never taught before. Why? The game is changing and so is the footwork and shot selection. If I stop learning and teach an outdated approach to racquetball, my students will suffer. Whatever discipline you choose, keep learning!

### 3. KEEP LAUGHING

You must have a sense of humor. If you cannot laugh at yourself and

cannot keep your sense of humor, you are doomed to misery. Watch kids play and watch their sense of humor. Speaking of kids, one way to stay young is to coach up a youngster. They will keep you laughing!

### 4. KEEP IMPROVING

Learning your craft of racquetball means you should be improving, and that improvement means practicing. Setting up that practice is the key. Below is a five-week plan I have given to senior athletes to get ready for the World Seniors.

## The Plan

First, the glossary; for simplicity's sake we are calling ST a strength workout. The strength workout can be set up with any trainer at your club. Strength workouts can also be obtained through Next Generation athletics. They have menus for workouts that are excellent. Go to <http://www.nextgenathletics.com/product.html>.

SP is speed or actually, footwork. A simple workout would be a six-point star drill, for example. One word of advice, make sure your mechanics and footwork are correct or you will be rehearsing poor footwork.



**Skill (SK):** this is the most important. In this segment you are working on your weakest skills. I am going to put down a basic skill workout for a five-week segment.

**Skill 1 (SK1)** – drive serve left, 3 sets of 10 (3x10) and drive serve right 3x10 and drive serve left and right, 3x10-alternating. This gives you 90 serves and I suggest you add ten extra to right or left, on whichever side you need more practice. This gives you 100 serves. Be sure to chart perfect ones so you can chart your %.

**Skill 2- (SK2)** – backhand ceiling balls, 3 sets of 10, and try to hit as many in a row as you can.

**Forehand ceiling balls** – 2 sets of 10, z serves left 2 x10 and z serve right 2x10 and lob left 2 sets of ten and lob right, two sets of 10.

**Cardio workout**—45 minutes of bike, Stairmaster, or elliptical or pool running with an aqua-jogger vest (great low impact workout) at 70% of max—so the days stack up like this: L=low impact day and H=high impact day.

#### **PUT ALL OF THIS TOGETHER...**

##### **WEEKS 1, 3, AND 5**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
L	H	L	H	L	H	ST
SK1	ST	SK2	ST	PLAY	OFF	
Cardio	SP	Cardio	SP	SK1		

##### **WEEKS 2 AND 4**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
H	L	L	H	L	H	OFF
ST	cardio	sk1, sk2	play	sk1,sk2	play	SP
SP						

This program takes an athlete five weeks and the sixth week should be active rest (AR). In the AR phase, the intent is to stay active but cease skill and strength training. Play racquetball, go for hikes, play golf etc. and then resume another cycle of five-week training. Good luck...stick to the schedule as much as you can and you will see improvement.



By Eric Evans

**S**enior athletes have multiple factors to consider when creating a speed-agility-quickness (SAQ) and footwork training program for racquetball: major joints, balance, and injury prevention.

In racquetball, the most-used joints to consider are knees, hips and shoulders. Older joints tend to have more 'play,' i.e., less cushion-providing cartilage and less lateral stability than younger joints. Therefore, special techniques should be employed in order to maintain the strength, stability and range of movement (ROM) needed to continue playing at a high level, while providing longevity by reducing further wear and tear on these joints. The progression of exercises depends on the health, skill level, and previous training experience for each individual athlete.

Special adaptations for lower body training include bar-assisted squats, underwater exercises, a progression of lateral movements, and strengthening the ankle- and knee-supporting muscles around each joint. These adaptations ensure proper technique and emphasize quality over quantity. Examples include using less weight, eliminating isolated stressful exercise (like leg extensions), and adding prehab

exercises to prevent injury. (Note: Everyone has heard the term "rehab," as in to rehabilitate a joint or muscle group due to injury. "Prehab" is a term used to classify a group of exercises that prevent injury.)

Prehab requires very little time. These are very specific small ROM exercises and are beneficial for injury prevention. There are several shoulder joint prehab exercises that senior racquetball players should perform regularly, not just after an injury. Muscle mass also declines after age 40, so it's important to maintain at least a minimum level of mass and strength. The only way to maintain proper levels of muscle mass/strength is a combination of weight training and nutrition. Senior athletes should incorporate both of these consistently or risk losing muscle mass and strength at an accelerated rate.

Athletes should also learn post-exercise tasks to improve recovery time after matches or training, like proper icing strategies and how to "rest" ('downtime parameters'). The

adage of "try easier" certainly applies here.

Balance is a natural skill that deteriorates with the loss of proprioception\*, which starts to diminish as young as 40 years old. Other techniques used to improve balance are using balance discs, or performing exercises done on a Bosu ball while balancing on one foot, which in turn improves general stability, reducing the chance for injury. Also helpful is employing a progression that facilitates not only maintaining good balance but improving it. An example would be starting an exercise with both feet on a balance disc and progressing to using only one foot on the disc. Improving balance allows the body to optimize kinesthetic abilities (time and space orientation).

Certainly there are multiple factors to consider when training the senior athlete, and a certified trainer can put together a program to meet those needs. Approaching birthdays need not bench the senior athlete if the athlete has an effective training program.

**Eric Evans** holds a BS in Fitness and Sports Management the University of Las Vegas. A Certified Strength and Conditioning Coach (CSCS\*D - National Strength & Conditioning Association) since 2003, he is currently the strength and conditioning coach for the Denver Outlaws, a pro lacrosse team.

Eric has been providing footwork and speed and agility training seminars at the USAR Elite camp for the past 3 years.

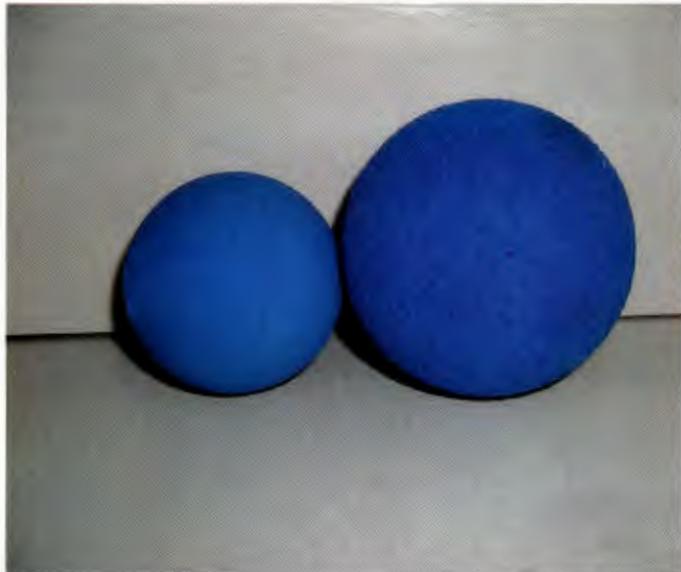
\* **Proprioception (n.)** is the unconscious perception of movement and spatial orientation arising from stimuli within the body itself.

# senior **ATHLETES**

## Special Techniques to Maintain Strength, Stability and Range of Motion

# A NEW GAME FOR SENIORS

by Dan Davis



Standard racquetball as compared to Whisperball™



In a leadership course with Landmark Education, I recently designed a game for seniors, similar to racquetball, but called Whisperball™. I wanted a game so seniors, such as those who have had knee and hip replacements, could still get on the court, have fun, socialize, be competitive and experience physical activity. Whisperball™ uses a foam ball to slow the game down. I first tried this with a seniors group in the Silver Sneakers program. The introduction was somewhat slow because these people were not racquet players and many were apprehensive about their physical abilities. After learning some basics and having fun, they became avid players. One of our local TV stations sent a cameraman to do a story. He said he would only be there about 30 to 45 minutes but after getting on the court with a racquet, it was almost 2 1/2 hours before he left. He had a great time! There's a link to the TV story that was done on Whisperball™ at [Whisperball.com](http://Whisperball.com).

When I was showing some of the players at the Colorado State Singles Tournament, one player mentioned

that he had a cousin who was handicapped and could not play racquetball because it was too fast for him. However, he could play Whisperball™. Since then I have conducted several demos with persons who are disabled, and the majority love it.

Instructors are also using Whisperball™ with beginner, intermediate and junior players because it is easy to demonstrate certain aspects of the game, and it's easier for the student to grasp these aspects quickly.

We now have several clubs and recreation centers in the Denver Metro area that have leagues scheduled and individuals playing. There are also players in Florida, California and Texas.

I am currently working with Ektelon on an agreement to supply Whisperballs™ for me to distribute nationwide.

I have another motive. I believe getting many seniors and disabled persons on the courts during the midday hours can help us keep more courts, perhaps get more courts opened, and help racquetball remain a viable sport. I would like everyone's help and support in spreading Whisperball™ nationwide to help our sport of racquetball.

# PLAYING hurt



SPECIAL SECTION

- *"The Agony of Growing Old"*
- *Recommendations from Age-Group Champs*

# SENIOR PLAYERS

## Most Common Racquetball Injuries

### Knee

#### INJURY: TORN LIGAMENTS AND TENDONS

##### THERAPY:

- Minor tears require RICE (Rest, Ice, Compression, Elevation)
- Major tears may require referral and result in surgery.

##### PREVENTION:

- Strengthen muscles through weight lifting & stretching
- Warm up and cool down properly
- Train and condition all year long and bend at knee and hips
- Use braces during initial recovery

### Elbow

#### INJURY: TENNIS ELBOW

##### THERAPY:

- Immediately stop action that causes pain
- Rest until pain disappears
- Massage, reduces stress & tension
- Strength exercise

##### PREVENTION:

- Analyze stroke to make sure proper technique (i.e. limited follow-through) is not causing injury
- Warm-up at least 5 to 10 minutes before match with gentle stretching and movement.

### Shoulder

#### INJURY: ROTATOR CUFF

##### THERAPY:

- Try to start treatment within 48-72 hours – RICE
- Soon after HEAT – increases blood flow to area
- Massage – increases flow of blood & nutrients and reduces build up of scar tissue
- Maintain mobility

##### PREVENTION:

- Strength and flexibility exercise
- Warm-up properly
- Use proper technique (have technique analyzed by teaching professional).
- Proper weighted racquet

### Ankle & Foot

#### INJURY: SPRAIN, ACHILLES TENDON

##### THERAPY:

- Sprain – RICE & use ankle support for at least 6 weeks after injury
- Achilles Tendon – An acute injury that requires rest – once pain subsides gradual stretching of the tendon
- Achilles Tendon – Rupture may require surgery

##### PREVENTION:

- Proper shoes – if weak ankles use high top shoes
- Consistent weight and stretching program

## Did You Know?

*Women who play sports are 2 to 4 times more likely to injure their ACL than men!*

*With age, tendons receive less blood and nutrients, thus making older athletes more vulnerable to injury!*



## PLAYING HURT: Age Group Athletes

Why do some athletes play when injured while others choose not to?

While sports medicine has progressed far beyond its primitive tape and liniment phase, the physical demands made by modern sports have also escalated.

The fact is that most seniors/masters athletes play hurt much of the time. But what motivates us to play hurt and what do we as recreational athletes gain by doing so?

### Ruben Gonzalez

Recognized by Geezer Jock magazine in a national contest of athletes over 35 as the "Old Geezer" of the year, Ruben Gonzalez stands alone as the most gifted age-group athlete in the country.

**Q. What has been your most serious injury?**

A. The Achilles tendon rupture I had about five years ago. It actually took me over three years to completely recover. I played earlier than I probably should have, but I needed to make a living. I still traveled to events because at the time I had my clothing line, and just watching the guys play motivated me to get back on the court.

**Q. What do you think is your key to playing for such a long time?**

A. Of course genetics plays some role, but other than a few injuries, I have stayed healthy. I don't drink or smoke, and I try to stay in shape. My key to success is never giving up and always wanting to play the best. Competing against the top players continues to keep my game at a high level.

**Q. You have a very compact swing, but have you ever had shoulder, arm or wrist problems?**

A. No I haven't. I have a very strong wrist that I developed from playing

handball for 15 years. I have also developed an effective serve that requires little effort and minimum arm swing. From handball I developed a swing that requires more hip and body rotation.

**Q. You are so good that some players complain it's unfair that you compete in age-group events. How do you respond to these players?**

A. How can people complain that I should not play because I am too good? I thought that the goal of playing was to become better and to be the best. I would encourage them to play the best. I still play the pros because I want to test myself against the better players. I know I am probably not going to win, but I still want to try!

#### **Malia Bailey**

**Q. You have been one of the most successful age group women athletes and it seems that you have not had many injuries. Can you explain how you have kept yourself basically injury free?**

A. Great question! I talk about this quite often because I have been asked a number of times. I'm sure it's a combination of a few things. Sometimes I just respond by saying that I must not play hard enough. When I was younger, I never threw myself around, never over hit and also cross trained by doing weights and interval sprinting. I have continued with the same regimen throughout. I'm probably not as strong as I was years ago; however, I continue to work on accuracy and footwork.

**Q. Everyone is aware of your struggles with breast cancer. We know you played during your illness; please describe how you mentally approached the disease and whether you approach the game differently today vs. how you did before the illness.**

A. When I was told that I had cancer, it was a shock and I was somewhat fearful. At stage 3B, it wasn't an early detection. My health care providers were very informative so I could make decisions quickly and I wanted to get started right away. I approached it totally with wanting to be an example as opposed to a victim, not just for my

family but for anyone I would come into contact with. Since this was in late March and treatments would start in April, I assumed I would not be able to compete in Houston 2004. My goal however, was to compete at National Doubles in October of that year. I let my surgeons and my health care team know so that they could help me be ready. Knowing that the longer one waits to get back to exercising, the more difficult it is, I was riding the bike and doing the Stairmaster within a few days of the mastectomy. I got back on the court hitting as soon as I felt comfortable, within about 3 weeks. I received so much support and love from the racquetball community, I still am in awe and so grateful to this day and I always will be. It was towards the end of my treatments when my daughter decided to start playing racquetball, which meant so much to me. Although I would not wish my experience on anyone, I have seen so much more good than bad. Even if things had turned out differently, I would be thankful and blessed for the love I felt from my family, friends and the racquetball world.

#### **Ed Remen**

**Q. Without question, you are not only one of the most successful senior/master's players to ever play the game but also may have the record for the most injuries.**

A. The record for the most injuries is not something I set out to achieve in my racquetball career!

**Q. What has been your most serious injury? How did you get over it?**

A. As a competitive racquetball player for almost 40 years, and a high school and college athlete before that, I have had my share of injuries. How you manage them plays a big part in your success on the court.

Besides the regular strains and sprains throughout the years, I've had eight knee operations, rotator cuff surgery and elbow surgery. Getting right into a good rehab program and working hard has always kept me focused. As a competitive individual you must have that "fire" within you that keeps you working hard. The harder you work, the harder it is to surrender. Everyone must work within their own

realistic "window." Not working hard enough means you won't be ready; work too hard and your body may break down. Find your balance.

**Q. When you have an injury, how do you mentally approach the problem?**

A. Mentally it's difficult to recover from so many injuries. Stay focused, complete all the rehab, cross train and keep the "fire" burning. My rotator cuff surgery was more difficult than expected and kept me off the courts for almost a year. Remembering your goal and working hard to get ready to play again is the secret of success.

**Q. How have you managed to be so successful while at the same time enduring so many injuries?**

A. Every year is a new injury adventure. This year, four bulging discs in my neck presented a new challenge. Degenerative arthritis (knees) keeps reminding me of my age (64) and all the wear and tear this game has on you. Replacement parts are coming; until then, it's rubber sleeves on every joint; ice, ice and more ice; and rest.

#### **Mickey Bellah**

I do play with injuries; at my age, if I didn't I wouldn't get to play very much! First of all, I tape or use an Ace wrap to support the injured area, then I take ibuprofen to reduce the pain. Last and most important, I adjust the style of game I use to give me the best chance to win. I am talking about minor injuries, of course. Why do I play hurt? I guess it's because I love playing racquetball and I like the challenge of seeing if I can adjust my game and still win.

As I have gotten older, I will not play with an injury if I feel I could permanently damage myself. I will back off and do the proper rehab until I am well. I want to play for many more years, so I try to look at the big picture.

My weekly workout schedule goes like this (except for about six weeks right after the Nationals where I take a break and just play for fun about four times a week). I play two to three hours per day, five days a week, and I practice four times a week for an hour. Six days a week I do 45 minutes of cardio and I lift

weights six days per week for 45 minutes. I alternate my weight workout, one day upper body, the next day legs. I do core work and stretching every day.

Six weeks before the Nationals, I do two workouts per day. In the morning I do a bike ride up and down the hills near my home, and in the evening I do my normal weekly workout but I add extra practice time and I finish the evening work out with 20 ten-yard sprints to improve my quickness. I believe that this diligent workout was one of the main reasons I was able to win two divisions.

#### **Cheryl Gudinas**

##### **Q. Why do you play when you are hurt?**

A. I have been fairly lucky to not be injured all that much in my career, but the times I have played with injuries, I think it is just a combination of pride and confidence in myself to adapt and use my experience and toughness to get me through.

No one knows this, but a few seasons ago, I thought I had plantar fasciitis. I suffered incredible, persistent pain for several months with

no improvement. My doctor insisted I did not have a break in my heel bone, despite my suspicion to the contrary. But I played from November to April, because I believed him and thought there was no real solution. It was difficult to walk. Obviously if I knew my heel had been broken, I would have taken the appropriate time to heal it up. But being told there was nothing I could do about it, I suffered through it and actually made it all the way to the semis of the US Open, losing 11-9 in the tiebreaker. I was shocked, given the pain. But there was just a supreme focus to kill the ball and be efficient, and I was able to minimize my need to move and made it through. I remember Lori Jane Powell and Jen Saunders being so mad that I had beaten them because they could see I was hurt and didn't understand how I could have been so effective. It was something we all actually laughed about. I played all the way to April, where I was finally sent for a bone scan that did indicate I had a fractured heel all along!

I just didn't want to miss a tournament. I wore the cast at that point

for half the recommended time and went to Pro Nationals where I did not do well. I came home and put the cast back on until one week before Houston and lost 11-10 in the finals to Rhonda despite being somewhat under-prepared. I just felt I should at least try and see what happened. I was glad to have done it. It was my chance to break the record for most consecutive titles in my division, so I had to give it a shot!

##### **Q. Do you ever worry about making the injury worse?**

A. Yes! But again, if I had known it was broken I would have taken the appropriate time to correct the problem, realizing missing an event or two would pay off in the long run. I have learned over the years that if the doctor says take three weeks off, take four just to be safe. Then, when you get back to training, you don't have to worry about setbacks. This has worked wonders for me and has kept me fresh both mentally and physically.

I think a lot of players play with minor injuries. My philosophy is: if you step onto the court, there are no excuses!



**John Ellis**

I'm always injured at this stage of my career so the question for me is, how do I not play hurt? The answer is that I can't, because the injuries that I've sustained will stay with me for the rest of my life. My knees are now working their way to a bone-on-bone situation, and my shoulder is totally trashed from the slap lesion repair (labrum tear). I play hurt because I simply love the game and would not be as happy a person as I am if I didn't play racquetball!

I get through playing hurt by really paying attention to the details of preparation. Pre-match and post-match stretching and icing are

musts. I use a roller a lot for my muscles and joints. I take several AdvoCare supplement products and live by my glucosamine with chondroitin. My style of game has changed and that is the most significant change due to the injuries. I went from being a power player with a big drive serve to a control player who never hits a drive serve. The injuries have actually allowed me to learn how to play racquetball in much more of a "body friendly" fashion and also arguably made me a better player over the past five years. I'm not sure that will stay the same as I get closer to my forties, but I enjoy my style of play so much more.

# Recommendations

## IF YOU COULD GIVE ONE RECOMMENDATION TO AGE-GROUP PLAYERS, WHAT WOULD IT BE?

Have fun, enjoy the game and play within your limitations. Just be happy that you are still out there playing!

— Ruben Gonzalez

I would just encourage everyone to keep on playing. We may slow down a bit, but we can continue to be encouraging to others both on and off the court. Even though a lot of my friends here at home do not play, I have been able to introduce them as well as their children to the sport just by showing that racquetball is for life and is a lot of fun while getting some exercise!

— Malia Bailey

My recommendation to all players is to have a positive attitude, about your game and the sport, and just be glad to be out there playing.

— Col. Ben Marshall

Besides hard work, what gets me through most of my injuries are the people in racquetball. Lifelong friendships and a little competition keeps you coming back for more. So when asked, "How you doing?" I'll quote my good buddy and longtime partner Johnny Hennen and say, "I'm just glad to be here."

— Ed Remen

My recommendations for age-group athletes who want to compete at the top level are:

1. Play good players who are at least ten years younger than you are (it will help your reactions).
2. Put as much time in to off-court training (weights, cardio) as you do playing.
3. Keep trying to improve your game (put in the practice time!).

— Mickey Bellah

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This is my 35th year playing racquetball. I have been with Team Head Racquetball for the last ten years. We started a club racquetball team at ASU in 1997 and our team now has 21 members. We compete with other universities in our area: North Carolina, Duke, North Carolina State and University of North Carolina at Greensboro, recently adding UNC Asheville and Clemson to the roster. We play two tournaments a year and hope to go the College Nationals. With the help of others, we try to keep the club experience going. Students graduate; finding replacements can be difficult. Team Head and Ektelon supply products for our tournaments and provide special pricing for our college students. For our sport to grow, we need to have juniors and college level players to carry on this fantastic sport!

*Sincerely,  
Ron Foster*



I wanted to thank you for the wonderful tournament and banquet at National Singles this year. The Hall of Fame induction was, of course, my favorite part! You and your staff including Heather were friendly and helpful. My family and I truly felt like the VIPs the badges deemed us to be.

I thoroughly enjoyed every aspect of being in Houston. The matches, the hospitality, the old friends, and meeting new players with their excitement for the sport. It was inspiring to be honored with the other award winners. Seeing all their accomplishments listed out makes me appreciate being included with them.

The Hall of Fame was a personal high for me, and I hope the tournament was considered a great success for you.

*Sincerely,  
Mike Ray*

---

I wanted to thank you for Charlie Garfinkle's story on the Doyle Family. I would like to add my little story of trivia relating to the Doyles.

I was sent to Buffalo by my employer for a year of work in 1975. I had been just introduced to racquetball in Lincoln, Nebraska in 1974. I searched for places to play in Buffalo and found Merilee Doyle's Four Wall Courts, which was relatively new. My love affair with racquetball grew rapidly. In fact, I decided to quit my job and go back to Lincoln and build a racquetball club patterned after the Doyles' Four Wall Club.

John and Merilee were supportive and helpful; they gave so much information, assistance, support and encouragement. I might not have been successful without them. I spent a lot of my spare time at their club. I always noticed and often talked to very young kids who seemed always to be running around, often with racquets in their hands.

I was lucky to run into Cindy and Jeff Conine at the USAR tourney in Baltimore. It was very satisfying for me personally to thank Cindy for the friendship and support of her parents, John and Merilee Doyle.

*Thank you,  
Dick Kincaide*



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# RAM HALL OF FAME

by Lynn Hahn

## 25th Anniversary

**A**n historic racquetball event occurred on March 28, 2009, at the Kellogg Center in East Lansing: the Michigan Racquetball Hall of Fame 25th Anniversary and the 2009 Annual Awards Banquet. The formal banquet began with a reception followed by welcoming introductions from Racquetball Association of Michigan (RAM) President Twayne Howard and Jim Easterling, Chair of the Michigan Racquetball Hall of Fame.

Each HOF member was presented with special gifts: a collectors' can of balls from Penn, a 35th Anniversary Hall of Fame poster featuring Mike Yellen as the player of the century, and a special RAM pen set.

The event was great for Michigan racquetball! Special thanks go to Jim and Diane Easterling as well as Twayne Howard for hosting the evening.



MIKE YELLEN – NATIONAL HALL OF FAME INDUCTEE – 2002



MICHIGAN HALL OF FAME MEMBERS

## EKTELON'S INAUGURAL WOMEN AND RACQUETBALL (WAR) DAY ACROSS AMERICA A GREAT SUCCESS!

by Terry Rogers

**S**aturday, February 21st was designated as the first ever Ektelon WaR day. Approximately 50 WaR events took place in a number of states across the country with over 300 women participating. (A few of the events took place after February 21st, due to scheduling conflicts, but the overall goal was met.)

Sixty-five (65) members of "Team Ektelon" devoted their time and passion to make this inaugural event a success. Although the overall concept was to introduce (and in some cases re-introduce) the sport to women, there were no gender restrictions.

As it turned out, a few men and junior players were more than happy to help with the program. They kept the overall goal in focus and geared the events toward getting women out onto the courts.

Organizers had their unique styles on how they ran their events. These included a wide range of activities such as instruction, play the pro, round robin singles and doubles, discussion on the health benefits, and mother/daughter clinics. Most included a social activity where everyone could 'meet and greet.' Many included giveaways, charity raffles for Rally for a Reason (RfAR) and most important, questions and answers. Most events also included Ektelon demos—what a great way to introduce newcomers and reacquaint others to the sport and a great product!

There were a number of comments received from participants and organizers, but the typical response was, "This was great. When is the next Women's Day scheduled?"

Thanks to the Ektelon Women's Committee (Terry Rogers, Debbie Bryant, Keely Franks, Lorraine Galloway, and Marcia Richards) for initiating and leading the effort.



The next Women's Day is already being planned for 2010. For more information, contact Terry Rogers, Chair, Ektelon Women's Committee at (650) 245-8743 or [rogersta@comcast.net](mailto:rogersta@comcast.net).

## First National Champion, Bill Schultz, Dies at Age 85

**F**ormer national champion, Bill Schultz, died at his home in Manitowoc, Wisconsin on June 7, 2009. In 1968, he and Bill Schmidtke, both from the Madison YMCA, played in the finals of the first National Racquetball Championship held at the Jewish Community Center in Milwaukee. The tournament attracted 77 of the top paddleball and paddle rackets (racquetball) players in the country to identify the top singles player and doubles team.

At the time, Schultz was the executive director of the Madison Metropolitan YMCA. A top all-around athlete, he won the 1962 National Paddleball Championship and was runner-up in 1964, '65 and '66. Schultz was named to the National Paddleball Hall of Fame and the Wisconsin Racquetball Association Hall of Fame. He was also a top level squash player.

**D**ue to a computer error, the following divisions were incorrectly listed in the last issue. We apologize for the errors:

#### **Men's Doubles 25+ - Round Robin**

1st: Larry Desorbo / Matthew Moccia - Los Gatos, CA/Nashua, NH  
 2nd: Charlie Stalder / Dave Genevay - Mesa, AZ/Chandler, AZ  
 3rd: Dale Valentine / Todd Entrikin - Riverside, CA/Moreno Valley, CA  
 4th: Ben Simons / Jason Bronson - Mesa, AZ/Glendale, AZ

#### **Men's Doubles 65+ - Round Robin**

1st: Joseph Capozzoli / Louis Mastroianni - Penn Valley, PA/Whitesboro, NY  
 2nd: Gene McBride / Roger Hostetler - Flagstaff, AZ/Flagstaff, AZ  
 3rd: Fredrick Roe / Howard Nellor - Santa Monica, CA/Winter Springs, FL  
 4th: Dan Baharav / William Baker - Bellingham, WA/Rancho Palos Verdes, CA

#### **Women's Doubles Open - Round Robin**

1st: Tammarrian Rogers / Wanda Collins - Renton, WA/Bellingham, WA  
 2nd: Mary Lyons / Susan Pfahler - Neptune Beach, FL/Neptune Beach, FL  
 3rd: Kristen Junkin / T. J. Baumbaugh - Dumfries, VA/Reston, VA  
 4th: Lorraine Feeney / Marsha Kazarosian - Abington, MA/Haverhill, MA

#### **Women's Doubles A - Pool Play**

1st: Judy Hulen / Vivian Schneider - Victorville, CA/Victorville, CA  
 2nd: Carol Loomis / Shannon Henley - Portland, OR/Milwaukee, OR  
 3rd: Dianne Doerschel / Laura Goo - Peoria, AZ/Peoria, AZ  
 4th: Cheryl Johnson / Teri Steelman - Murrieta, CA/Murrieta, CA

#### **Women's Doubles 45+ - Pool Play**

1st: Chris Evon / Terri Graham - Wheeling, IL/Wheeling, IL  
 2nd: Carmen Alatorre-Martin / Gladys Leonard - Arlington, VA/Alexandria, VA  
 3rd: Vivian Rodriguez / Wanda Collins - Olympia, WA/Bellingham, WA  
 4th: Leslie Pawka / Marianne Walsh - San Diego, CA/Salt Lake City, UT

#### **Women's Doubles 50+ - Pool Play**

1st: Debra Tisinger-Moore / Malia Bailey - Simi Valley, CA/Norfolk, VA  
 2nd: Mary Lyons / Susan Pfahler - Neptune Beach, FL/Neptune Beach, FL  
 3rd: Leslie Pawka / Vicki Panzeri - Pleasanton, CA/Lincoln, NE  
 4th: Elaine Dexter / Linda Moore - San Diego, CA/Seattle, WA

## **EKTELON DISCOVERS A NEW SOURCE OF ENERGY WITH LAUNCH OF EXO<sup>3</sup> RACQUET LINE**

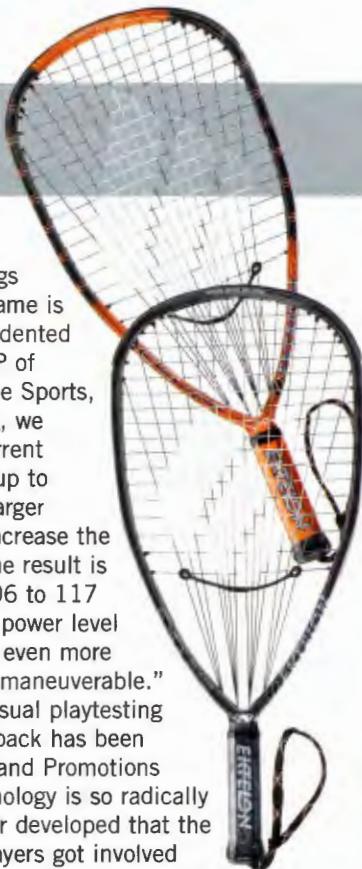
**E**ktelon, a leader in racquetball product innovation, announces the launch of EXO3, its newest high performance racquet line. EXO3 features the patented, revolutionary Energy BridgeTM and Energy ChannelTM designs which suspend the string bed, expand the sweet spot and deliver a myriad of playing benefits. The line-up includes two initial models, the EXO3 Black and EXO3 Copper, available wherever Ektelon products are sold beginning July 2009.

Commenting on the technology, Scott Winters, VP of Indoor Sports at Prince said, "For years, racquet manufacturers have been trying to create a racquet with ultimate power by making larger and stiffer frames, elongating main strings and reducing cross strings in the string bed. All of these methods result in more shock to the arm, which can cause injury. EXO3 features the Energy ChannelTM, a radical new discovery - a new source of energy which creates ultimate power while reducing shock and improving stability on off-center hits."

The Energy Channel is a radical new frame design that creates elongated open channels located at the 12, 3 and 9 o'clock positions of the frame - this moves the mass to the outer-most edges of the frame for exceptional stability. Complementing the Energy ChannelTM of EXO3 is a visible engineering breakthrough called the Energy BridgeTM. Soft thermoplastic pieces are inserted into the Energy Channel to create an exo-skeletal bridge structure along the outside surface of the frame. The result is a string bed that is almost entirely suspended from the frame itself.

"To have the majority of the strings never come into contact with the frame is an amazing feat that offers unprecedented benefits," said Roberto Gazzarra, VP of Research and Development at Prince Sports, Inc. "Through our laboratory testing, we actually found that compared to current competitive frames, EXO3 delivers up to 63% less shock and up to a 51% larger sweet spot without ever having to increase the physical head size of the frame. The result is a virtual head size increase from 106 to 117 square inches, creating our highest power level ever - 4000 - in a frame that feels even more stable, more comfortable and more maneuverable."

"We have spent more time than usual playtesting the new EXO3 frames and the feedback has been incredible," states Ektelon Product and Promotions Manager, Bryan Crosser. "This technology is so radically different than anything we have ever developed that the entire playtest team and our key players got involved and played a huge role in the final product. Through the process, we determined that thinner gauge strings and higher string tensions enhance the overall performance of the frame. This is why we are introducing EXO3 with a 17 gauge version of Ektelon Premier Power versus the 16 gauge equivalent from last year. Our players are also excited about the addition of the new grip size, SSR = Super Small Round that will feel like a smaller size handle than our SS grip, allowing them to generate more snap in their stroke."



EVENT TITLE	EVENT START	EVENT END	CONTACT
2009 CA SOME LIKE IT HOT	8/14/2009	8/16/2009	DEBRA TISINGER-MOORE
2009 CA LODI SUMMER SIZZLER	8/14/2009	8/16/2009	STEVE COOK
2009 USA RACQUETBALL HIGH PERFORMANCE CAMP	8/19/2009	8/24/2009	JIM HISER
2009 FL SUMMER SHOT FEST	8/21/2009	8/23/2009	YVONNE BUFFINGTON
2009 SC STATE DOUBLES	8/21/2009	8/23/2009	BRENDA KYZER
2009 NASHVILLE RACQUETBALL CHAMPIONSHIPS	8/21/09	8/23/09	TERRY DAVIS
2009 NJ ROLLOUT INVITATIONAL - USAR RANKINGS CHALLENGE -	8/22/09	8/22/09	JONATHAN CLAY
PRESENTED BY WWW.ROLLOUTRBALL.COM			
2009 CA MARINER SQUARE FUNDRAISER	8/24/2009	8/24/2009	LARRY STEINER
2009 25TH IRF WORLD SENIOR RACQUETBALL CHAMPIONSHIPS	9/1/2009	9/5/2009	GARY MAZAROFF
2009 FL DOUBLES WARMUP COLLEGIATE SHOOTOUT	9/4/2009	9/6/2009	LYNNE OLVEY
2009 VA AMERICAN FAMILY FALL OPEN	9/11/09	9/13/09	ERIC WATKINS
2009 TX MAVERICK TRIPLE CROWN RACQUETBALL CHAMPIONSHIPS	9/12/09	9/13/09	LEO VASQUEZ
2009 IN LAWLER SPORTS PRO AM	9/17/09	9/20/09	MANUEL RODRIGUEZ
2009 TEXAS TECH OPEN SPLAT FOR THE CURE	9/25/2009	9/27/2009	MIKE FITZSIMMONS
2009 VA 2ND ANNUAL JAMES RIVER OPEN	9/25/09	9/27/09	DANIEL RODRIGUEZ
2009 TX EKTELON WPRO TEXAS OPEN	9/25/09	9/27/09	MIKE FRANKS
2009 CPRT LAS VEGAS COUBLES	10/2/2009	10/4/2009	STEVE LERNER
2009 FL RACQUETBALL RODEO	10/2/2009	10/4/2009	CHRIS YOUNG
2009 KY PROAM OPEN RACQUETBALL CHAMPIONSHIPS	10/8/09	10/11/09	RON MARR
2009 NC STATE DOUBLES	10/9/2009	10/11/2009	DEBRA BRYANT
2009 TX TEXAS STATE DOUBLES RACQUETBALL CHAMPIONSHIPS	10/9/09	10/11/09	LEO VASQUEZ
2009 14TH ANNUAL US OPEN RACQUETBALL CHAMPIONSHIPS	10/21/2009	10/25/2009	DOUG GANIM
2009 VA 17TH ANNUAL TURKEY SHOOTOUT	11/6/09	11/8/09	JOHN ROBERG
2009 FL ONE DAY WOMEN'S REGIONAL DOUBLES WARMUP	11/7/2009	11/7/2009	RENEE FISH
2009 NMRA DOUBLES ONLY CHAMPIONSHIP	11/11/2009	11/14/2009	THOMAS CURRAN
2009 TN STATE DOUBLES CHAMPIONSHIPS	11/13/2009	11/14/09	REX LEDBETTER
2009 TX TEXAS STATE SENIORS RACQUETBALL AND GOLF TOURNAMENT	11/14/09	11/14/09	LEO VASQUEZ
2009 TX MAVERICK HOLIDAY RACQUETBALL SHOOTOUT	12/12/09	12/12/09	LEO VASQUEZ

# 2009 RACQUETBALL CALENDAR

EVENT PHONE	CONTACT PHONE	FACILITY NAME	FACILITY CITY	STATE
818-884-5034	9818-884-5034	SPECTRUM CLUB	CANOGA PARK	CA
209-334-4897	209-333-2559	TWIN ARBORS ATHLETIC CLUB	LODI	CA
719-635-5396	719-635-5396	USA RACQUETBALL *FAST*FURIOUS*FITNESS	COLO SPRINGS	CO
813-230-7525	813-806-0250	YMCA - BOB SIERRA TAMPA	TAMPA	FL
803-351-0960	803-545-3340	BLATT PE CENTER	COLUMBIA	SC
615-895-3679	615-895-3679	YMCA - DOWNTOWN NASHVILLE	NASHVILLE	TN
908-309-1829	9083091829	THE CLUB AT WOODBRIDGE	WOODBRIDGE	NJ
510-390-0943	5103900943	MARINER SQUARE A.C.	ALAMEDA	CA
505-321-1110	505-321-1110	MIDTOWN SPORTS & WELLNESS	ALBUQUERQUE	NM
305-606-1756	305-446-5714	UNIVERSITY OF MIAMI	CORAL GABLES	FL
804-382-7663	804-382-7663	AMERICAN FAMILY FITNESS (SOUTHSIDE)	RICHMOND	VA
817-275-3340	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
	8122353701	INDIANA STATE UNIVERSITY	TERRE HAUTE	IN
972/955-5379	832-260-2781	LUBBOCK RACQUET CLUB	LUBBOCK	TX
434-332-4980		YMCA - LYNCHBURG	LYNCHBURG	VA
817-235-4528	817-491-0872	LANDMARK FITNESS FACTORY	DALLAS	TX
614-361-7162	6143617162	LAS VEGAS ATHLETIC CLUB	LAS VEGAS	NV
813-205-7091	8132057091	UNIV. OF S. FLORIDA RACQUETBALL	TAMPA	FL
270-304-4575	2707659941	WESTERN KENTUCKY UNIVERSITY	BOWLING GREEN	KY
910-327-4441	910-451-3247	COURTS PLUS OF JACKSONVILLE	JACKSONVILLE	NC
817-275-3340	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
	614-890-6073	THE RACQUET CLUB OF MEMPHIS	MEMPHIS	TN
(757) 875-7525	757-875-7525	RIVERSIDE WELLNESS & FITNESS CTR	NEWPORT NEWS	VA
727-410-0649	7276691131	UNIV. OF S. FLORIDA RACQUETBALL	TAMPA	FL
513-490-7472	5134907472	CLUBSPORT OF PLEASANTON	PLEASANTON	CA
931-267-6651	931-267-6651	TENNESSEE TECH STUDENT REC CENTER	COOKEVILLE	TN
817-275-3340	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX
817-275-3340	817-275-3348	MAVERICK ATHLETIC CLUB	ARLINGTON	TX

# Serendipity

by B.W. Beasley

When you're hooked on a game like racquetball and can't find another player to strike up a game, it can be the most frustrating thing in the world. That's the situation in which I found myself early one Sunday morning.

I had the itch to play racquetball and needed an opponent. It was mid-October and I had just begun "my season" of racquetball. I had played my first match of the season just a week ago in Little Rock on a business trip. Thus had begun my October to April racquetball routine that had been a part of my life for 25 years.

I called a few of my buddies I had played over the years but got no takers. I decided to make the drive from my home in Milan to Jackson, Tennessee some 20 miles away. My plan was to practice a few shots, get a light workout and see what developed.

The beautiful fall day dictated the route I would take. I would go down Old Medina Road, driving through the countryside of West Tennessee. The colors were brilliant and memories of driving this road surrounded and relaxed me. My mind abruptly switched gears and I was thinking about the stresses of work. Then I remembered a statement I had heard recently – It's impossible to be stressed while you're being thankful! I began to reflect on the wonders before me. It was as simple as being thankful for the blue sky and the color of the trees. Not to mention the overwhelming thankfulness that I was free to enjoy all this as I pleased by virtue of being born in the United States of America.

The drive was refreshing, but racquetball was my goal! As soon as I walked through the door of the club, I asked whether any players happened to be in the club or had courts reserved. I was hoping I might pick up the name of a member who was also looking for a game.

Then suddenly I heard the sound of a racquetball hitting the wall. I eagerly asked the front desk attendant who was on Court 3, but he didn't know. I went to Court 3 and looking down, saw a complete stranger. I observed

his game for a few minutes and came to the conclusion that he might be a worthy opponent.

I walked down the stairs and knocked on the door. "Would you be interested in playing a game?" I asked. He said that he was en route to Nashville and didn't have a great deal of time but would be willing to play a game.

What transpired next was truly magical!

The first game started with me getting the first four points. At this point I was thinking the stranger was over his head. I would play just long enough to give him a workout and let him be on his way to Nashville. Wrong! He then started making the most spectacular touch shots off the front wall. The stranger won the first game 15-8. I was in for a match!

The second game I again started out with an early lead. The points were back and forth and hard-fought. I won 15-11. Now there was no doubt we would play a final tie-breaking game. We agreed to play to 15 rather than 11.

The tie-breaking game started, and we both were moving as if we were in our youth. The stranger looked to be in his mid-fifties, much older than I at 52, I optimistically told myself. The rallies were long, and he took a 10-8 lead. Even though I was extremely tired, this match was exhilarating, reminding me of bygone days of tournament play. Nothing is as thrilling as two evenly matched players going all out. I was loving it!

I'm left handed and rallied by acing drive serves to his forehand. I moved ahead 13-10. Service was changed several times with him picking up a point. Now the score was 13-11 and I knew it was critical that I get the serve back or the match would be over. During the next point, my pass shot moved him far to the right side of the court and I was sure there was no way he would get it, but he did; he all but dove to get that shot. Due to that extreme effort, his return shot was an easy setup for me to pass left and regain serve. It seemed I had the whole court to make my pass, and I took the shot. I was sure I'd secured

the point, but, no, he again got what I thought was a winning passing shot. He threw the ball to the ceiling and my advantage disappeared. This point was now for the taking by either of us. He made a passing shot to my backhand and I had the opportunity to pinch the ball in the right corner, a shot I practiced regularly. My mind raced, "Can I make it now at a critical point in this match?" I silently coached myself. "Elbow in, knees bent, make sure I hit the right wall first or I will for sure set him up." I took the shot and it caught the right wall just a foot back from the corner, only 8 inches from the floor. It practically rolled out! Change of serve. I only needed two points for the win. I aced another serve and with one more hard-fought point, I take the match 15-11.

I was red-faced and tired and knew we had both pushed each other beyond our limits. The stranger and I reached shots we thought were irretrievable. We hit corner shots, pinch shots, ceiling shots that were close to perfect. The best part of the game was that we were both gentlemen on the court. Sportsmanship ruled the game. Whenever there was a questionable situation, we simply replayed it. Because of our years of experience and our mature outlook on racquetball, we knew it was a game to be enjoyed and that winning was second to good sportsmanship! What a game!

The stranger and I discussed our encounter. He lived in Buffalo, New York. He was on a sabbatical and had been traveling and camping for seven weeks. He had been through the mountains of the west and had stayed the night before on the banks of the Mississippi River near Memphis. In Nashville, he would be visiting friends he made while working there years ago.

As I watched the stranger pack his maroon SUV that had been his living quarters for the past seven weeks, I thought about how every gas stop, every slowdown for road construction, every extra minute enjoying nature had put him on a course to meet me at 10:15 on a Sunday morning in Tennessee.

I went in search of just a game and I found much more. What a magical encounter...what a spectacular game!

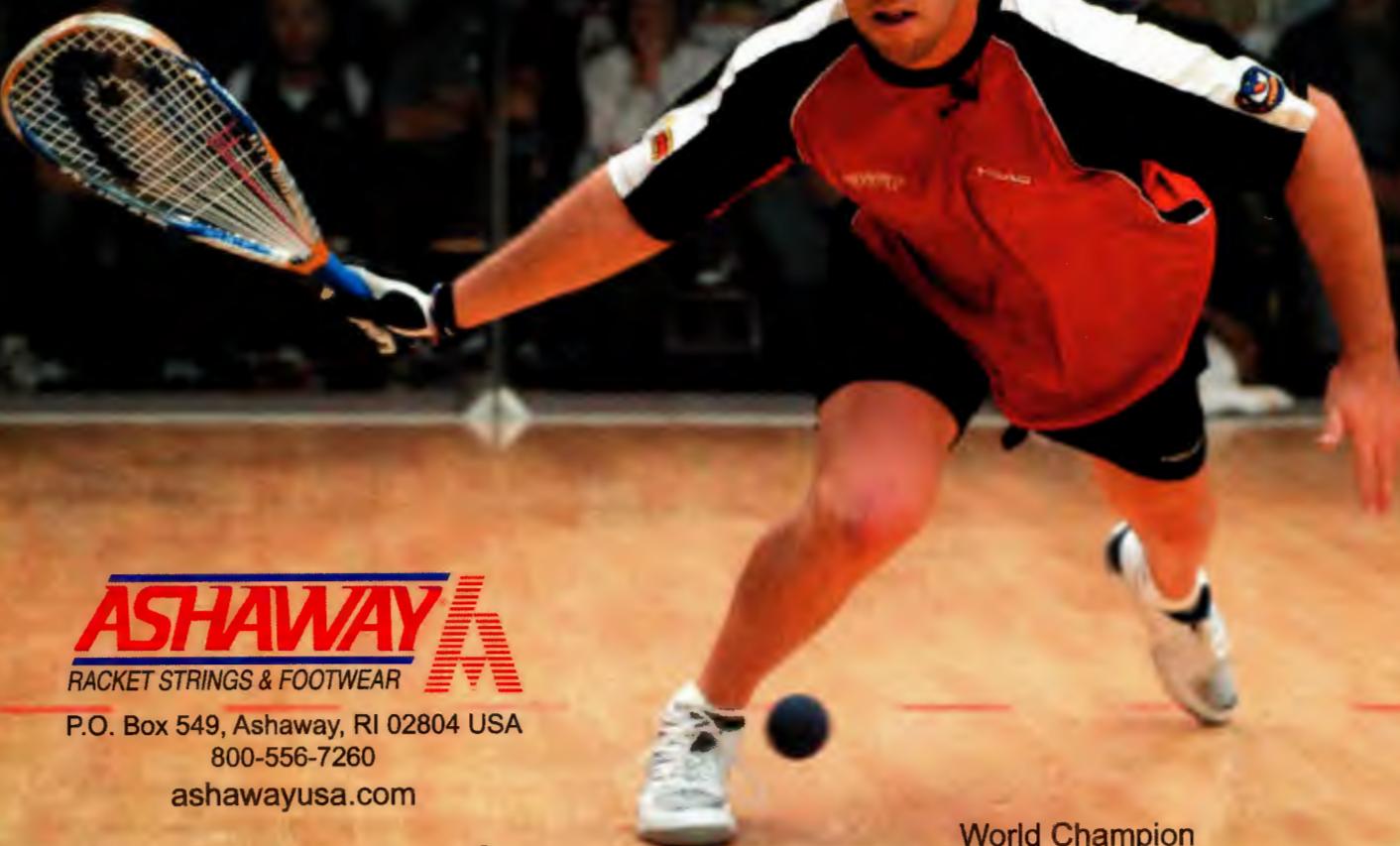
What a serendipitous meeting.

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# Ektelon Has Discovered A New Source Of Energy



ENERGY BRIDGE™



ENERGY CHANNEL™

ENERGY BRIDGE™



VIRTUAL  
HEADSIZE  
Stringbed  
increased 10%



SWEET  
SPOT  
Up to 51%  
larger



VIBRATION  
DAMPENING  
Up to 63%  
less

## ENERGY BRIDGE™

The revolutionary idea behind **exo** is the patented Energy Bridge™, an exo skeletal structure that suspends the string bed from the frame, creating a virtual head size that is 10% larger, while expanding the sweet spot up to 51% for ultimate power. In addition, frame vibration is reduced by up to 63%.

## ENERGY CHANNEL™

Enhancing the dynamic effects of the Energy Bridge™ is the patented Energy Channel™. This sculpted groove within the frame greatly improves stability by moving mass to outer edges of the frame, for amazing control even on off center hits.



exo Black  
Power Level:  
4000  
Weight: 170

exo Copper  
Power Level:  
4000  
Weight: 185



FEEL THE ENERGY