

# RACQUETBALL

## DOUBLES in the Desert

Teamwork, sportsmanship and camaraderie rule the day in Tempe

### PLUS:

- USAR Leadership Conference
- Board of Directors Election
- 2014 Championships Preview
- Professional Tour Updates
- International Report
- High Tech String
- Competitive Calendar
- 2013 Donor Recognition
- ... and much more ... !



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On the Cover: From a Mixed 35+ round robin match, southpaw Laura Morin winds up to return the serve. Her partner, Bronc Hughes, is to her right, while opponents Bobby Ferreira and Laura Goo look on.

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Racquetball Magazine welcomes submissions from our members and readers. If you have an idea for an article you may discuss your topic with the editor either by email or telephone.  
Contact: magazine@usra.org  
All items are subject to editing.

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Unless otherwise noted, all photos courtesy of submitting contributor.

**CORRECTION:** Photographer Mike Augustin's work often appears in our pages (with thanks!), but his images were inadvertently un-credited in the last issue. With WOR, CPRT and MRF material, his photography was used on pages 14 and 16 of the Winter edition. We apologize for the oversight.



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# PREMIER SPONSOR



## MISSION STATEMENT

USA Racquetball is the National Governing Body for the sport of racquetball, recognized by the USA 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 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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FROM THE  
**Executive Director**

# Family Matters

*Family is defined as being united  
by certain convictions or a common affiliation.*

**W**hen I speak about the various USA Racquetball constituents I often use the word family. One definition of family is a group of people united by certain convictions or a common affiliation. In my view, this perfectly describes the dedication and enthusiasm of the many people I have met in my first year with the organization.

Whether people care deeply about national championships, the history of the sport, the pro tours, the rules, national teams, indoor, outdoor, introducing people to the sport, local tournaments, or just playing for camaraderie, recreation or fitness - we're all part of the extended racquetball family.

I've met dozens of very dedicated people - like the State Presidents listed on page 7 - who embody that level of caring in a very meaningful way. From the first time a new player steps on a court, they begin to experience what the sport has to offer. Many go on to reach a national level of involvement or simply adopt the sport as a lifetime passion. Either way, they become part of the family.

On the heels of the 47th National Doubles Championships we're reminded of the power of great partnerships. Time and again we see great singles players develop into even greater doubles pairings that outperform the sum of their individual abilities. Similarly, the many members of the USAR family work together to bring a special sense of fellowship to the racquetball community.

As a national governing body that represents a wide range of interests, USAR builds that community by connecting state and regional ... national and international ... amateur and professional ... young and old ... industry to consumers ... donors to athletes - and much more.

In 2013, the more than 350 generous USA Racquetball family members listed here made donations to help the organization sustain these relationships and carry out its many functions. Individual giving increased by 25% over the previous year, allowing more investment in important programs like

*USAR builds community by connecting state and regional ... national and international ... amateur and professional ... young and old ... industry to consumers ... donors to athletes - and much more.*

the Adult and Junior U.S. National Teams. Despite a sluggish economy, our family remained generous with its renewed charitable donations, and we sincerely thank you for that tangible show of support.

Day to day, what excites me the most about our work is knowing that there is so much more that we, together, can and must do to move the sport forward and bring more people into the family. With collective efforts behind that work, we have a bright future ahead - and I look forward to taking more steps toward that future in 2014.

## 2013 DONORS

*A sincere thank you to the generous donors who help make USA Racquetball programs possible.*

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... continued >





## FROM THE President

By **Larry Haemmerle, President**  
USAR Board of Directors

# Charting the Course

**A**s I reflect on my initial two-year term as President of USA Racquetball, I see an organization that has changed quite a bit and is well positioned for the future. Considerable improvements have been made to make USA Racquetball a more efficient and streamlined organization. While some of these changes have been difficult, we find ourselves today in a more stable and financially viable position. Thank you to the many individuals who have supported USA Racquetball through these changes and continue to do so.

Not long ago, a considerable portion of Board and staff time was devoted to maintaining fiscal solvency. As anyone who has been through such a time knows, it can be difficult to focus on the future when one is worried about the next day, week or month. Fortunately, our currently improved position allows us to take time to look forward.

During my tenure, I have emphasized the importance of partnerships. During the last year, we have taken several important steps to develop, rekindle, and formalize relationships with a number of important partners.

We've reached an agreement with the International Racquetball Tour designed to provide mutual support to each other while more clearly defining our respective roles in the sport. This allows both organizations to focus more intently on our core competencies

and add more value to the sport.

We've also reached an agreement with World Outdoor Racquetball (WOR) that continues USA Racquetball sanctioning of WOR events and recognizes WOR as the principal operator of outdoor racquetball tournaments. Clearly, the growth of outdoor racquetball is a bright spot for the sport as a whole.

Additionally, we've entered a new long-term agreement with R2 Sports to continue the development of the event management software that the sport utilizes so heavily while building on the USA Racquetball membership system. Look for continued customer service improvements in this area as well.

None of our progress could have been accomplished without significant support and cooperation from within our sport. In particular, I commend our Board of Directors for their support and unified spirit over the last two years. I also thank Steve Czarnecki and our Staff for their hard work and dedication. Finally, I am very grateful for the increasingly cooperative spirit from the various entities within our sport. With everyone working together, I'm confident our future will be bright.

I'm excited that next on our agenda we will be conducting a strategic planning process that solicits input from a broad cross section of USA Racquetball constituents. We will be speaking with members, State Association representatives, coaches, manufacturers, international representatives, professional tours, and national tournament organizations to help chart the course forward for USA Racquetball. Together, we will identify priorities and move forward as a National Governing Body and industry in a healthy and sustainable way.

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*continued from previous page*

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# Leadership Conference

## at City for Champions

By Steve Czarnecki



State and national industry leaders will converge on Colorado Springs, May 4-7, to discuss the state of the sport, ways to best serve current players, and strategies for bringing new players into racquetball. Hosted by USA Racquetball, the 2014 Leadership Conference will be the first such gathering since 2009.

The Conference will be held at the beautiful U.S. Olympic Training Center, where attendees will experience the same environment frequented by so many Olympic hopefuls over the years. In between meals at the world-renowned dining hall, attendees will keep busy discussing a variety of topics focused on the health of the sport. This will be an exclusive opportunity for the sport's leaders to experience the USOC training campus, from the inside!

Attendees will meet and learn from their counterparts around the country and take home new ideas and renewed energy. Representatives are urged to attend from all State Racquetball Associations and Nationally Recognized Organizations (even those on tight budgets!). Lodging and meal costs will be very low and complimentary COS airport transportation will be provided. If you're on a State Board of Directors, work in the industry, or represent one of these organizations and would like to attend, please contact Terri Risius at [trisiuse@usra.org](mailto:trisiuse@usra.org) or (719) 635-5396 x 123.

Colorado Springs has recently been approved for major state funding to develop a full-scale City for Champions project that builds upon the city's history as a health destination, a training ground for service men and women, and a sports and fitness hub. Four new City for Champions anchor projects (including the nation's first and only US Olympic Museum) will combine to add dimension, energy and economy to the Pikes Peak Region. USA Racquetball looks forward to hosting this conference, so important to the future of our sport!

#### Likely agenda topics include:

- The Role of USA Racquetball
- The Role of State Racquetball Associations
- USA Racquetball Sanctioning and Membership
- USA Racquetball Referee Certification
- USA Racquetball Instructor & Coach Program
- Player Development Programs
- R2Sports – Features & Updates
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# California State

## JUNIOR CHAMPIONSHIPS

By Dane Elkins [participant, age 14]

Photos courtesy Brett Elkins

In January the California-Nevada State Junior Racquetball Championships were held individually in Northern California and Southern California (because of travel). Several talented and extremely deserving co-champs were crowned at each event.

The results can be viewed online (links below) – and 56 juniors aged 5-18 including 21 in Southern California and 35 in Northern California played in this famous and historic event that featured friendship, sportsmanship, fair play, self-refereeing and some great competition.

Several world or national junior champions and USA team members competed (and some even lost - a tribute to the talent level), showing why California continues to be a dominant force in our sport.

The Northern California event was hosted by the talented director trio of John Ellis, Jody Nance, and Steve Cook at the In Shape Club in Stockton, California.

Simultaneously, the Southern California tournament was run by the dynamic director duo of Debbie Tisinger-Moore and Randy Lam at the 360 Club in Reseda, California.

Both tournaments featured many hard-fought battles and some close tiebreaker matches along with a plentiful abundance of great food and even an Ektelon demo with great prizes that I ran in S-cal for the younger kids. For me, the event was particularly noteworthy because my father competed in this same event 35 years ago and I know how special it was to him!

The competition level at states generally rivals that at the USA Junior Olympics. It's a special event which everyone who participated in can say they will always cherish. Like our tournament shirts cleverly noted, every one of us was proud to be a part of something special, which was playing for "Team California."

And winning in your home state is something every winner below is honored to accomplish. It was a great honor for me to compete in - let alone win - this fun filled, historic event with such great competition! I can't wait to play in the tournament next year and see my closest friends again - the juniors of Team California. Good luck to everyone at nationals!

Here are the results and links for CNRA state Junior Championships:

[www.r2sports.com/tourney/viewResults.asp?TID=12006](http://www.r2sports.com/tourney/viewResults.asp?TID=12006) (NCAL)

[www.r2sports.com/tourney/viewResults.asp?TID=12007](http://www.r2sports.com/tourney/viewResults.asp?TID=12007) (SCAL)

This junior author is well guided by his dad, Brett Elkins, who produces a periodic compilation of racquetball news and local updates. Follow him on twitter "[Brett Elkins @racquetdad](#)"



Top: CNRA states champs (l to r) Cody Elkins, Author Dane Elkins, Madison Elkins showing first place awards.

Middle: Kristine Varon, Mikale Housley, Attosa Rejaie.

Bottom left: Ivan and Miguel Hernandez;

Bottom right: George and Tommy Andraos.



## IOWA JUNIOR TRAINING

Reported by Don McCormick

Community support for racquetball in Iowa has never been stronger than it is right now. Thanks to donations by local businesses, private advocates and civic organizations, the Iowa Racquetball Association (IRA) is providing \$5,000 in scholarships to five junior athletes to study with Coach Jim Winterton for 10 months.

Ranging in ages from 9 to 14, these highly motivated juniors regularly send videos to Coach Winterton, who then sends them back as telestrated clips with commentary on mechanics, strategy and everything in between. Coach Winterton also plans to visit Oakmoor (Iowa's premier racquet club) twice during this program for face-to-face camps, while Assistant Coach Bryan Crosser works with the kids on a monthly basis. In addition, all five scholars participate in weekly lessons at Oakmoor with Don McCormick and Denny Baysinger, though these volunteer coaches are also kept pretty busy with the many non-funded junior athletes who come to Oakmoor each week.

"I'm proud of all our aspiring young athletes," said Bryan Crosser, who is also president of the IRA. "Those working with Coach Winterton will go further, but the commitment and passion Iowa juniors have for racquetball is truly inspiring! This is what the future of our sport should look like!"



L-R: Iowa Racquetball Association (IRA) President Bryan Crosser, Rei McCormick, Andrew Gleason, David Bergren, Benjamin Horner, and IRA VP Denny Baysinger. Photo by Don McCormick.

## MICHIGAN

Reported by Twayne Howard

The Racquetball Association of Michigan [RAM] debuted a specialty program – similar to a Chamber of Commerce model – that incentivizes USAR members and sport enthusiasts to become more involved in promoting racquetball. RAM President Twayne Howard shared a recent email announcing the program:

The RAM Ambassador Program is your opportunity to earn fabulous rewards while you give back and help racquetball grow. How? It's easy! Print off the RAM calendar and our tournament fliers to hang them up at your club. Bring a new player to a tournament, attend a RAM Board meeting or get your club players to Like the RAM Facebook page.

Want to earn more points? Host a rules clinic, start a league, or submit an article for the Newsletter. Easy, right? Want to earn a ton of points? Run a tournament or become a certified instructor.

So that's great and all, but you're asking "What's in it for me? I want to give back and help the sport grow, but I'm really busy." Earn enough points and you could earn a RAM Ambassador t-shirt and recognition on the RAM Facebook page. Not enough? Okay, you could also earn a free pass to the RAM Annual Awards banquet, a free USAR membership, or even free entry into State Singles! C'mon. How cool is that? Get started right away!

Also ... according to webmaster Jen O'Meara, the RAM website has also recently been redesigned and launched, with lots of new bells and whistles. Check out [www.michiganracquetball.net](http://www.michiganracquetball.net)

## COLORADO

Rocky Mountain State Games

Already on deck taking registrations, The Rocky Mountain State Games [RMSG] is a multi-sport festival for athletes of all ages and athletic abilities including those with physical disabilities or visual impairment. Recognized by the National Congress of State Games, a member of the United States Olympic Committee, the 2014 Rocky Mountain State Games will be held July 18-27, in Colorado Springs.

The State Games concept was developed in New York in 1978 with the Empire State Games. Annually, more than 400,000 athletes compete in State Games nationwide. State Games feature various sports from the Olympic and Pan American Games programs as well as sports with regional popularity in each state.





# #3 Alvaro Beltran:

*IRT VETERAN MAKES COMEBACK; WINS 1ST TIER 1*

By Jen Sinclair Johnson

Photos by ReStrungMag.com

In a tight match during January's Cactus Salon NYC IRT Pro/Am, Alvaro Beltran turned to the back court ... and grinned. His sense of humor is as renowned as his smooth style of play. Don't be fooled. Beneath the easy-going demeanor is a competitor who has climbed up the pro ranks, dropped down after surgery, and charged back to the top. The 36th person to take a top-tier tournament entered the exclusive "Tier 1 Champions Club" nearly three years after questioning whether he'd ever compete at the elite level of racquetball again.

"It's been a crazy year," Alvaro said in a November 2010 interview. "I'd been doing everything right and training hard when I injured my knee two weeks before the first tournament of last season." That season, 2008-09, marked Kane Waselenchuk's reentry after a two-year absence from the Tour. Only Beltran's victory in the semifinals of January's California Open marred Waselenchuk's nearly perfect season.

Expectations were high for Beltran the next fall. But the injury forced his withdrawal from the season opener, the 2009 Novasors Ghost of Georgetown Kansas City Championships. Missing the first event left him wondering how to deal with sitting out, having competed in almost every top-tier tournament since entering the 2000 Stockton Pro/Am, and making three semifinals during his rookie season alone.

As players took to the courts, Beltran knew that his professional racquetball career could be over. "I had mixed feelings because knee injuries are serious, especially for our sport. I didn't know what was going to happen, but I had surgery, therapy, and started working out." While recovering in January, he watched the 2010 Coast to Coast California Open and thought, "Wow, they're tough." Mentally shaken, he questioned whether he'd ever play at such a high level again. He continued therapy and training, finally able to enter his first and only event near the end of the season. He reached the semifinals. "That's where I knew I could come back. I'd only played for two weeks so I was thrilled and happy I could play again."

After arriving in Kansas City for the 2010 opener seeded #15, he pushed through four matches, including a grueling five-game victory against #2 Jack Huczek. But reaching the quarterfinals came at a cost. His injuries hadn't healed

correctly. An MRI revealed he'd have to get surgery again, on both knees. Still, he wanted to play on racquetball's biggest stage the following month. Entering the US Open ranked #18 meant he had to qualify for the pro draw. He played through #50, #15, #2, and #7 to make the finals, where he lost to #1 Kane Waselenchuk in four games. "I was just enjoying every second on the court before I had to go back into the hospital." He put off surgery to play in two more tournaments, stopping only after forfeiting the first and losing in the round of sixteen of the second. He finally went under the knife.

After recuperating over the summer, he came back into the 2011-12 season ranked #11, reached #5 the next year, and ended last season at #3, the high career mark he'd first set during 2007-08. At the age of 35, the best player to come out of Mexico has been ranked in the top six for 11 of the past 13 years and competed in 147 top pro stops for 28 career finals appearances. As of this writing, he's reached at least the semifinals of every event this season, made the finals in New York, and won his first championship (excluding an uncontested 2002 victory in Virginia) at the 2013 Red Swain Shootout in Michigan. After career highs and lows, veteran IRT pro, Alvaro Beltran, has shown that he's back, healthy, in shape, and poised to continue winning world-class racquetball.





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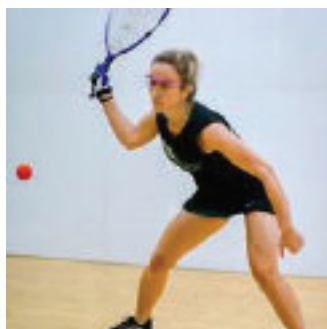


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**Paola Longoria**

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**Rocky Carson**



## Year End Wrap-Up

### DECEMBER EVENT REPORTS

By Sarah Warhaftig

Photos by Mike Augustin & TJ Baumbaugh

Just outside the nation's capital in early December, Karen Denu and her team hosted the 22nd Annual Christmas Classic LPRT pro stop at the Crystal Gateway Sport & Health Club in Arlington, Virginia. Complete with wine tasting and award presentations, the long-running event was a successful and festive way to kick off the holiday season.

On-court competition resulted in another in a series of final match-ups between tour regulars Rhonda Rajsich and Paola Longoria (who added yet another victory to an already-impressive winning streak). Tour awards were presented for the 2012-13 season, including Player of the Year: Paola Longoria; Rookie of the Year: Maria Jose Vargas; Most Improved Player: Cristina Amaya; and Janet Myers Sportsmanship Award: Hailey Miller.

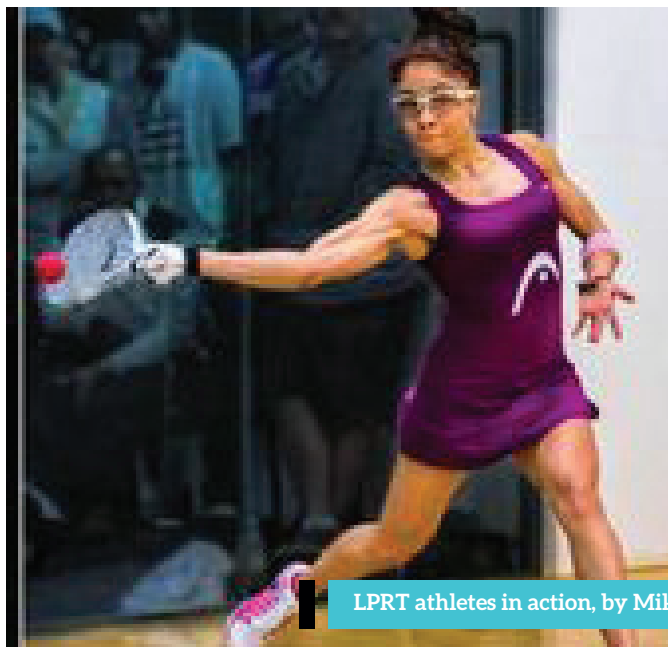
Coming out of the US OPEN last fall, UnitedHealthcare shared media statistics reporting that Paola Longoria had been identified as the "most authoritative" social media personality on Twitter, with over 56,000 followers. That level of popularity is only a fraction of Longoria enjoys in her home country, and both the LPRT, and racquetball in general, continue to benefit from the upswing in her superstar status.

Later in December, LPRT players traveled to Monterrey, Mexico, for the Paola Longoria Invitational, where they were treated to an exclusive glass-court venue of their own. After a similar event in Toluca in September, it was the second Grand Slam event in Mexico – on Longoria's home turf – and the response was electric.

An exhibition glass court was set up in the middle of a beautiful park in downtown Monterrey, surrounded by bleachers and covered by a white tent. Scholarship winners Aubrey Kirch and Sharon Jackson defeated two of the top seeds in the round of 16 to reach the quarterfinals. The familiar faces of Samantha Salas and Maria Jose Vargas were seen in the semifinals, but ultimately Longoria won her namesake event by defeating Rhonda Rajsich in the final.

Unique to this event was a new LPRT doubles division which was successful in generating participation as well as fan support. The nail-biter final went to a tiebreaker, with Rhonda Rajsich and Maria Jose Vargas taking an upset win over the top-seeded team of Longoria and Salas.

If the first half of the season is any indication of what's in store



LPRT athletes in action, by Mike Augustin.

for the second, you'll want to keep an eye out for upsets, five-game tiebreakers, diving athletics, powerful drive serves, and some record-breaking match ups. Keep up with the tour at [LPRTour.com](http://LPRTour.com), follow with social media, and watch action live on [LPRTNetwork.com](http://LPRTNetwork.com).



Doubles Semi (L-R): Rhonda Rajsich, Sharon Jackson, Da'monique Davis, Maria Jose Vargas. Photo: TJ Baumbaugh.



Players and friends take a break (L-R): Samantha Salas, Carla Munoz, Hailey Miller, an untaged guest, Ceci Orozco, and Maria Paz Munoz. Photo: TJ Baumbaugh.





# RELENTLESS rookie

■ By Sarah Warhaftig  
Photo courtesy  
Mike Augustin

*It's been an exciting year for Maria and endless possibilities are at the tip of her racquet.*

**M**aria Jose Vargas is relentless. Recently named the 2013-14 LPRT "Rookie of the Year," she's been gaining new fans and driving up in the rankings, thanks to a big forehand and a solid support team ready to propel the future superstar. The young Bolivian was humble and gracious in accepting her award and acknowledging her new tour status. It's been an exciting year for Maria and endless possibilities are at the tip of her racquet.

After discussing her training sessions, goals and passion, I had to dig to learn that the young, rambunctious player is already a four-time tour semi-finalist and the #3 player in the world. She proudly represents Argentina, where she competes and is in training for the Pan-Am Games. Maria represents the new emerging crop of Latin America players. She isn't just in the process of paving her way, she is well on track.

A committed athlete both mentally and physically, she felt that her fast track to suc-

cess was to commit to as much time playing as possible, and her rapid improvement hit the ceiling (no pun intended). Enter six-time national champion Cliff Swain, who has now taken the lead in building her success by adding multiple dimensions to her game. Maria credits her coach with expanding her training to include strength, footwork and cross training. Will Cliff's warrior style seep into Maria's game? Not afraid to hit the court horizontally, blood dripping from her knee, Maria leaves that question on the court.

The tour commuter has loved traveling around the United States and lists the US OPEN as her favorite tour stop thus far. She maintains a steady attitude about competition and realizes that, on any given day, any given player could be her fiercest competitor. When asked if she could acquire three aspects from tour players, she chose Paola's mental game, Cliff's drive serve and Alvaro Beltran's touch.

Five years from now, we may be asking these same questions of young rising stars and many of those same desired traits may then be attributed to the future #1 player in the world -

## Tier 1 schedule

### March 28-30

Southern California Regionals  
Reseda, CA

### April 25-28

Battle at the Alamo  
San Antonio, TX

### May 16-18

Ektelon LPRT Pro Nationals  
Herndon, VA



# MILITARY NATIONAL Championships

Submitted by Terry Rogers

Photos courtesy NMRF Tournament Committee

**H**eld for the sixth year at San Diego Navy Base, the Military National Championships enjoyed great competition from all the branches of service and were able to stay at one location this year. Players traveled from Georgia, Washington, Missouri, Idaho, North Carolina, Arizona, Hawaii and Nevada, as well as from all over California to participate. There were also several first-timers, as well as an Air Force/Navy Men's Open Final with Rabbit Rogers battling Keith Kauai for the title.

Seasoned pros Jack Hughes and Terry Rogers handled the tournament desk duties, along with great support by Peggine Tellez who took care of hospitality, housing and entries. Another special thank you goes to Don Volland, a local volunteer who just wants to help out each and every year. The players make this a terrific tournament to host with their professional attitudes and "eager to help" enthusiasm. We hope you enjoyed the hospitality and the great games!

## MRF CHAMPIONSHIP AWARDS BANQUET

For the sixth year, the MRF honored its season Rankings Champions with certificates issued to attending players at the awards banquet. A slide show by Marine Sgt. Lam Le was produced to show our players in action, and an expanded version was made available for a \$10 program donation. We were once again joined by Cmdr. Dean Buck (soon to be 90 and the "father" of San Diego racquetball), as well as TravCar sponsor Tim Rea and Ektelon/E-Force clinic instructor, Mike Orr, along with his retired Air Force granddad.

A MRF update reported our 2013 progress with Racquetball Rehabilitation Clinics (RRC), in collaboration with the VA in several zones, as well as our continued priority on RRC fundraising to support that mission. Supporters can help by going to local Athletic Directors to organize RRC fundraisers or by assisting with foundation grants to fund MRFs efforts to promote healing and health among veterans through racquetball.

Special thanks go to the 32nd Street Naval Base's MWR for hosting our event each year, and to sports staffers Ray Robinson, MWR's Christine Young, and court staff Alex and Lani for their incredible help! Racquet World, Ektelon, E-Force and Patriot Outreach also donated goodies for each player's welcome bag, in addition to their year-round support of the MRF mission. Tim Rea at TravCar rentals arranged for great pricing for player transportation, and our banquet host, Jack Scott of the National Fibromyalgia Research Association, has been an



Peggine Tellez/Joseph Grimes/Quentin Pittman



Juan Gonzalez/Peggine/Ernesto Gonzalez



Peggine/Dean Lavilla/Rabbit Rogers



Daniel Kreuzer/Peggine Tellez/Durrell McAdoo



annual supporter of the MRF since the beginning.

The MRF couldn't do its work without the generous and unfailing support of Ektelon and E-Force who have stepped up every time we get a message from our soldiers stationed abroad to send equipment and event support to bring a little bit of home/racquetball to these folks.

For these sponsors, we are very grateful. And there's always room for more support from racquetball manufacturers and

## MRF CHAMPIONSHIP RESULTS

DIVISION	1ST PLACE	2ND PLACE
<b>MEN'S OPEN</b>	Rabbit Rogers	Keith Kau
<b>MEN'S ELITE</b>	Lorenzo Rivera	Matt Simpson
<b>MEN'S A</b>	Manuel Carreno	Paul Beeks III
<b>MEN'S B</b>	Alex DeLatorre	Damien Hall
<b>MEN'S C</b>	Curt Sullivan	Dave Shafer
<b>MEN'S 25B/30A</b>	Paul Beeks III	
<b>MEN'S 35A/40A</b>	Manuel Carreno	Erick Perez
<b>MEN'S 40-60</b>	Keith Kau	Matt Simpson
<b>MEN'S 40C/65B</b>	Quentin Pittman	George Morris
<b>MEN'S 45B</b>	Alex DeLatorre	Dan Navo
<b>MEN'S 45A/55A</b>	Durrell McAdoo	Victor Orozco
<b>MEN'S 50B</b>	Quentin Pittman	Joe Grimes
<b>MEN'S 60C/65C</b>	Sammy Payne	Curt Sullivan

## Special MRF Fundraiser

In late October, 32 very enthusiastic racquetball players gathered at Parkpoint Health Club in Santa Rosa, California, to play the 2013 Mel Clarke Open. For the second consecutive year, all proceeds were donated to the Military Racquetball Federation (totaling \$1,800!) after a great day of friendly but highly competitive play for an excellent cause. Everyone involved was very supportive and Tournament Director Barry Lynes has committed to repeating the fundraiser at next year's Mel Clarke Open.



Pictured L-R: Tournament Director Barry Lynes, Mel's son Marcus Clarke, Assistant TD Vinnie Caramagno.

Photo by Nancy Clark.



**August 2<sup>nd</sup> & 3<sup>rd</sup>, 2014**

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San Marcos, California**



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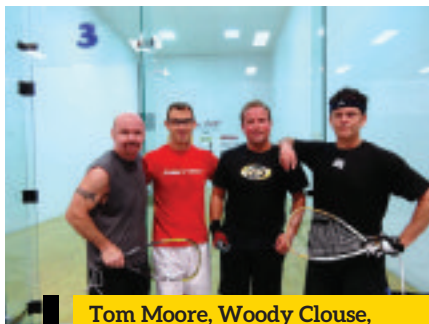
# Classic Pros

Submitted by Hank Marcus

Photos by Randy Lam

The 2014 CPRT Championships will take place in Las Vegas on April 25-27, when the culmination of the 2013-14 season is once again expected to draw legends of the sport like Cliff Swain and Bret Harnett to compete with the best of the 40+ year olds in the country for tour titles.

For the first time since 2007, Woody Clouse will not be the number one CPRT player at the end of the season, with Jimmy Lowe, Doug Ganim, and Rob Mijares in the hunt. Ganim was number one on the CPRT tour after winning this event last year (and the doubles also) and Jimmy Lowe took over the top ranking with his US OPEN title in October. Mijares made his move in the rankings by winning the CPRT outdoor title at the 3 Wallball Championships. One of these three players will end up the year at number one with a strong finish here.



Tom Moore, Woody Clouse,  
Bruce Lillis, Cliff Swain



Craig Clubber Lane & Cliff Swain

The Pro Doubles is always a great event at this tourney as the top CPRT guys mix it up with pros of all ages. Every amateur event gets a strong turnout with players from the region and those who travel to Vegas for a great weekend of racquetball and fun. New for 2014 will be the addition of paddleball doubles divisions, adding a new opportunity for racquetball players to jump into those divisions and for paddleball players to join in the racquetball fray.

The Stratosphere will again be the host hotel with great rates offered. The event is also sponsored by Soda Man Vending, Tool Up, and Ahern. For more information, check the event sign-up page on R2 Sports and be sure to make your hotel reservations soon while the group rate (C-CPRT4) is still available. See you in Las Vegas in April!

## NATIONAL POLICE RACQUETBALL



## National Police RACQUETBALL ASSOCIATION

By Mike Welch, Vice President, NPRA

Photo by Nancy Staudt

The National Police Racquetball Association [NPRA] finished out 2013 with the annual "Blue Santa" tournament on December 7th at the YMCA in Houston TX. As part of the tournament, we teamed up with the YMCA to support local families who are less fortunate. NPRA lowered the registration fee and asked all players to bring canned food items and toys for kids. The tournament was a success as some of Houston's best racquetball players fought each other for every point. When the dust finally settled, gold medals were awarded to Oscar Rico in the Open division, Paul Wissing in the A division, Michael Medellin in the B division, John O'Neill in the C division, Joe Garcia in Men's 60+, and Janelle Becker in the Women's combined division.

Although court play was fast-paced, dynamic, and at times emotional, it was nothing compared to the off-court demeanor



L-R: NPRA President Bill Bearden with VP Mike Welch

exhibited by these players. A tally of the gifts and food items were in the hundreds. This means many families were able to benefit from the generosity and giving spirit of our racquetball community. The NPRA is proud to align themselves with such incredible people. Thanks for your support as we try to make life better for those around us.

NPRA is getting ramped up to sponsor more exciting events in 2014. Until then, a salute goes out to our brothers and sisters in the Military, Fire, and EMS. Play hard and stay safe.





# Happy Anniversary

By Kendra Tutsch,  
WSMRA Board Chair

Perfect beach weather greeted the 72 players from 16 states who headed west for January's 25th Annual Women's Senior/Masters Racquetball National Championships in Fountain Valley, California. The Los Caballeros Sport and Racquet Club was a fantastic host facility, with plenty of courts and facilities including outdoor pools, tennis courts, spas, workout rooms and a snack bar.

In keeping with a Hollywood theme, early arrivals for the traditional "Fun Doubles" on Thursday were greeted by a life-sized Oscar statue and a star for each player on their own "Walk of Fame." The traditional fundraiser for breast cancer research raised \$394, and each donor received a door prize donated by Wilson Racquetball. At check-in, a special 25th Anniversary silver jacket was issued and goody bags included a mini "Cow Pie" candy from Wisconsin, in honor of the first tournament held in Madison in 1990.

Age group round-robins began early Friday morning, and back-to-back match scheduling left plenty of time for sight-seeing or a trip to the beach only 10 miles away. In between matches, players enjoyed hospitality and workout areas, watched courtside action from sofas in the main lounge area, or even tried some outdoor play!

WSMRA Board Member TDs Terry Rogers and Meri Jean Kelley were aided by tireless volunteers who worked the desk, kept R2 updated, plus managed the silent auction and hospitality efforts. Peggine Tellez and Tod Mack of the CNRA provided invaluable assistance, as did WSMRA members Kathy Zasucha, Beth Sacco, Lola Markus, Nancy Kronenfeld, Pat Meyer, Nidia Funes and Paula Sperling. Tina Marchie (assisted by "Eddie the photographer") set up the group photo, plus took pictures and shot videos all weekend.

The silent auction is a long-standing tradition that features merchandise provided by Wilson Racquetball, as well as other donated items from organizations and individuals. Nearly \$800 was raised and will be gifted to the USAR Collegiate scholarship program and the CNRA Junior program to help insure the future of our sport.



All in. Photo: Tina Marchie

The Saturday night banquet stayed on theme with a red carpet, Hollywood sign and many in "formal" attire. Tina Marchie's 25-year slide show ran in the background during dinner, followed by dancing to tunes spun by the WSMRA's own DJ's Beth Sacco and Cindy Tilbury.

A short program recognized some of the many contributors over the years, as well as the states with the largest attendance: California had 19, Illinois had 11. In 25 years, over 2000 players have competed; 9 of them in 20 or more of the annual playoffs. Lots of fun awards went to those who traveled the farthest (Tina Marchie from New York State and Marie Gomar from Guatemala); the two on hand that had played in the first tournament (Linda Couvalt and Kendra Tutsch, both from Wisconsin); and the highlight of the evening was the best-dressed award, presented to Stacie Cato!

The party did not deter anyone from their outstanding play, with championships on the line, and a tough weekend wrapped up Sunday afternoon. The 50+ division was the last to be decided, with Kim Whalen (WI) taking first over her twin sister Kelly Whalen (WI) by less than a 1 point margin. In 70+, Mildred Gwinn (NC) regained her title, as did Margaret Hoff (IL) in 65+. Marsha Berry (KY) did not drop a match in taking first on points over Elaine Dexter (CA) in 60+; in 55+





Collage of trophy winners,  
images courtesy Kendra Tutsch

Linda Moore (NE) also didn't lose a match, but still finished second to Debra Tisinger-Moore (CA) on average points; and Jean Halahan (NY) repeated as the 45+ champ. Other winners were: 35+ Heather Colon (CA); 40+ Cindy Herceg (CA); 35B/C Stacie Cato (NC); 45B/C Julia Mouser (CA); and 55 B/C Judy Redding (NY). Find full results and lots of pictures at [www.wsmra.com](http://www.wsmra.com) and WSMRA on Facebook.

As we start the next quarter century, the WSMRA is considering some changes, including the possibility of adding doubles divisions. You're never out of the draw at this round-robin tournament for all women 35 and over, and we expect great things as we embark on our next 25 years! Information on the 2015 tournament will be available soon, so stay in the loop!



Team New York L-R: Judy Redding,  
Jean Halahan, Tina Marchie, Laurie Kitchen,  
Pat Meyer, Kathy Zasucha and Audrey Sorrento.  
Photo: Kendra Tutsch.



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photos by Roby Partovich









# DOUBLES UP

*47th National Doubles Championships  
February 12-16, 2014  
Arizona State University, Tempe, AZ*

By Steve Czarnecki  
Photos courtesy Roby Partovich

Once again hosted by Arizona State University, the 47th U.S. National Doubles Championships were held at the recently renovated Student Recreation Center, which was transformed into an even better venue than in the past. The beautiful campus and daily 80-degree weather was a welcome relief for many who had traveled from the polar vortex of the Midwest and Northeast, where standing on a pool deck hadn't previously been on their short-term agenda! Fortunately, more than just the weather was spectacular.

The Men's and Women's U.S. Team qualifying divisions saw the return of both pairs of last year's champions, re-united to defend their titles. Jansen Allen (Rice, TX) and Tony Carson (Boulder, CO), along with Aimee Ruiz (Sterling, NJ) and Janel Tisinger (Simi Valley, CA), claimed the top seeds and were heavily favored to earn invitations to compete at the IRF World Championships this coming June outside Toronto, Canada.

On the men's side, Allen and Carson quickly ran into trouble against the California pairing of Ben Croft (San Luis Obispo, CA) and Tom Fuhrmann (Carpinteria, CA), who had joined forces less than a week before the Championships. Croft had originally entered with IRT Commissioner and former tour regular Jason Mannino, who was forced to bow out due to injury. After a very close tiebreaker, Croft and pick-up partner Fuhrmann upset Allen and Carson 15-9, 9-15, 11-8.

In the bottom half of the draw, another first-time California team took the second seed position, Rocky Carson (Ladera Ranch) and Jose Rojas (Stockton), with high expectations. The high-powered duo are currently the top two ranked Americans on the IRT Tour, and quickly lived up to their billing by defeating Charlie Pratt (Portland, OR) and Jake Bredenbeck (Tucson, AZ) in a



close three game match 15-4, 14-15, 11-7.

The finals turned into an all-California showdown on the stadium court, in front of a capacity crowd that got more than they bargained for when Croft and Fuhrmann opened by taking a close first game 15-12. The second game was a back-and-forth battle in which both teams survived a number of game points. At 14 all, Rojas stepped on Fuhrmann's foot attempting to retrieve a ball in the back left corner and fell to the ground with a high-ankle sprain. Fortunately for Rojas, U.S. National Team Trainer Brent Huff was on hand to tend to the injury. After even more game points were traded, Rojas and Carson eventually took game two, 15-14. In the deciding third game, Rojas and Carson played spot on and emerged victorious over the spent Croft and Fuhrmann 11-3 to earn their first National Doubles title together.

The women's draw saw the top-seeded Ruiz and Tisinger advance to the finals with relative ease over Californians Hailey Miller (Ramona) and Hall-of-Famer Jackie Paraiso (Santee), 15-10, 15-0. The lower half of the draw brought a battle of veterans, with Kim Russell-Waselenchuk (Austin, TX) and Rhonda Rajsich (Fountain Hills, AZ) defeating Cheryl Gudinas (Naperville, IL) and Laura Fenton (Foothill Ranch, CA)



# DOUBLES RESULTS

## Men's Doubles US Team Qualifying

First Jose Rojas/Rocky Carson III  
Second Ben Croft/Thomas Fuhrmann  
Third Jansen Allen/Tony Carson

## Women's Doubles US Team Qualifying

First Aimee Ruiz/Janel Tisinger  
Second Kim Russell-Waselenchuk/Rhonda Rajsich  
Third Cheryl Gudinas/Laura Fenton

### Divisions

#### Men's Doubles

Elite Bobby Ferreira/Alex Ma  
A David DeCicco/Gregg Espin  
B Danny Sardina/Spencer Galloway  
C David Martinez/James Clemmons  
D Richard Halpin/Steve Markey

### Divisions

#### Women's Doubles

Elite Devon Pimentelli/Elizabeth Simmons  
A Laura Morin/Marni Winings

### Divisions

#### Mixed Doubles

Elite Jay Wollenberg/Trish Beatty  
A Kenneth Courtney/Vivian Schneider  
B Raquel Edalati/Roby Partovich  
C Timmy Hansen/Amy White

### Open Age Divisions

24 Under Brad Schopieray/Tyler Stone  
25+ Anthony Herrera/Bryan Crosser  
30+ Mike Harmon/Mitch Williams  
35+ Jeff Stark/Keith Minor  
40+ Jeff Stark/Keith Minor  
45+ Doug Ganim/Tim Doyle  
50+ Mike Lubbers/Russ Bonanno  
55+ Glenn Bell/Jerry Hilecher  
60+ Rick Betts/Thomas Travers  
65+ Gil Schmitt/Mike Aubrey  
70+ Chuck Childers/Fred Letter

### Women's Doubles

Judy Hulen/Vivian Schneider  
Celia Vigil/Debra Bryant  
Debra Tisinger-Moore/Mae Chin-Varon  
Chris Evon/Terri Graham  
Debra Tisinger-Moore/Malia Bailey  
Terry Ann Rogers/Wanda Collins  
Mary Lou Furaus/Nidia Funes

### Mixed Doubles

Kelly Gremley/Tony Domelle  
Bryan Crosser/Janel Tisinger  
Elaine Albrecht/Jonathan Clay  
Anita King/Damian Zamorano  
Alex Ma/Liz Alvarado  
Dave Kovanda/Elaine Albrecht  
Laura Fenton/Richard Eisemann  
Jerry Hilecher/Malia Bailey  
Howard Walker/Nancy Kronenfeld  
Jerry Northwood/Mary Lou Furaus  
Fredrick Roe/Nidia Funes

### Open Age Divisions

24 - A Kevin Hogan II/Ryan Moreno  
24 - C Masen Beatty/Steele Beatty  
25+ A Will Costanza/Chris Poucher  
30+ A David Taub/Tim Herman  
35+ A Chad Voithofer/Craig Ganster  
35+ B John Starks/Ramdy Richard  
40+ A Jason Churchward/Shane Pinkston

40+ B Chad Voithofer/Derek Melber

45+ A Curt Baumgarth/Paul Deal  
45+ C Bruce Ericsson/Karl Einstein

50+ B Jackie Eaton/Kyle Kennedy  
55+ A Dennis Hanson/Tim Mahowald  
55+ B Billy Cannon/Ronald Martucci  
60+ A Rene Saucier/Tom Farly  
60+ B Richard Halpin/Steve Markey  
60+ C Donald Gunderson/Raymond Bierner  
65+ A Dan Greene/Keith Vogel  
65+ B Clinton Imholte/Thomas Chandler  
Centurion A John Albrecht/Joseph Villarreal  
Centurion B Dave Genevay/Russ Bonanno  
Centurion Open

### Women's Doubles

Kerri Brown/Susan Boulanger

Laura Morin/Marni Winings  
Jill Krenzeloek/Amy White

Kathleen Ruzyski/Patrice Calvi

Cheryl Jones/Kerri Garcia  
Mary Zordan/Shelia Polk

### Mixed Doubles

Keith Sapp/Tana Blass

Jason Churchward/Laura Morin  
Raquel Edalati/Roby Partovich

Kathryn Carey/Richard Dew  
Ann Draudt/Keith Vogel

Judy Hulen/Kenneth Courtney  
Ann Draudt/Kevin Scroggins  
Glenn Bell/Malia Bailey

Men's Open Champs Rocky Carson and Jose Rojas

Women's Open Champs Janel Tisinger and Aimee Ruiz

in a well-played match, 15-7, 15-12.

In the finals, the defending champs of Ruiz and Tisinger proved too much for Russell-Waselenchuk and Rajsich. Even the hometown crowd rooting for Rajsich was not enough to carry them through. Southpaw Ruiz, considered among the best all-time left-side players in women's doubles, and the versatile Tisinger, took the match and repeated as champions 15-9, 15-10.

In all, deserving champions were crowned not only for the National Team Qualifying divisions, but also for the 300+ amateurs on hand for an exciting weekend of great doubles, on court and off. If you weren't able to attend the party this year, consider getting out of the cold in February of next year for another great time with old friends and new rivals!



# USAR BOARD of DIRECTORS *Election*



## ● LAUREL DAVIS | Oakbrook, IL

I am a current member of the USA Racquetball Board of Directors. I have served as Treasurer of the organization since September 2012. Since that time we have been working on improving the financial stability of the organization and have made great progress towards that goal.

I am a Vice President in the Corporate and Institutional Banking segment at PNC Bank, working primarily with healthcare related entities. I have two degrees from the University of Illinois; a BS in Finance and a MBA. I learned to play racquetball my first year at Illinois (42 years ago) and have been passionate about it ever since.

I would like to serve on the Board of Directors for a second term. We are in a transition period for the organization and I would like to see the transition through. Applying the skills I have learned in the business world, along with a passion for the sport, will allow me to continue moving the sport and the organization forward.

## ● SCOTT FISH | Portland, OR

I am interested in running for one of the three open positions on the USRA Board. A little background ... I live in Portland, OR and have been playing since about 1998. When I started I was involved with the Oregon High School Association in its early days and eventually worked with many teams to have the sport be a lettering sport and recognized club at several Portland area schools.

Fast forward to now, I have been developing digital marketing strategies for about 13 years, specializing in SEO, paid search, social media, and email marketing in the hospitality and sports marketing industries.

It sounds like the board is looking for

someone with this kind of background and involvement!

My interest and expertise in developing digital marketing strategies & plans will bring a fresh level to the USRA's player acquisition, communication, and retention. Our ageless sport has opportunities to grow in its depth in the juniors program through to the masters – and within each of these groups are opportunities to share the story of why racquetball is important as a community, fitness, and competitive outlet. I have two passions – finding unique ways to connect consumers (players) to organizations and racquetball and I see some fun and exciting ways to grow the sport.

Thank you for this opportunity.

## ● LARRY HAEMMERLE | Larkspur, CO

In 2011, I was elected to the USA Racquetball Board of Directors and served as Vice President. In 2012, I was elected as your President. I have been honored to serve in this capacity and am confident that we are experiencing progressive improvement. I have worked particularly hard at setting a positive tone for our sport and improving relationships with our partner organizations and the industry.

During our administrative restructuring, I assumed many of the managerial duties for USA Racquetball and continued to do so until the appointment of our Executive Director. We have increased membership, significantly reduced debt, improved cash flow, and reduced expenses. I have also worked diligently to ensure that the many diverse opinions within our sport are heard and considered.

I am currently serving as President of the Colorado Racquetball Association. I sincerely believe this has been vital in ensuring I stay connected with the local

racquetball community and in relating to our State associations.

I am humbled by the advice and encouragement I have received in seeking re-election. Although we have achieved great things over the last few years, our work is not yet finished. Please honor me with re-election to the Board of Directors.

## ● PEGGIE TELLEZ | Irvine, CA

The last two years of service to the USAR Board has been eye opening and challenging. But I wouldn't trade it for the world! In fact, it would be a privilege to be able to continue this important work.

This "job" requires time, passion for racquetball and involvement in many different areas that need attention, but in reality it requires the ability to listen, have civil and thoughtful discussions and see beyond the immediate problems we face. I believe I have met the challenge of making the time to participate in the numerous conference calls necessary to propel our board forward.

The leadership experience I bring to the table has resulted in a well-respected reflection of how a successful board can operate. My ability to tackle unpleasant tasks with factual information, while maintaining an inclusive view, makes me a valuable asset to the board.

Given some of the financial difficulties our board has navigated these last two years, my position as a financial advisor has helped point out areas we could streamline our operations to improve our financial circumstances.

This board needs people willing to dig in and get the various jobs done; I am what you call a "work-horse". Someone you can depend on. I hope my recent service and performance merits the opportunity to be considered for the upcoming election slate.

► **SPEAK OUT WITH YOUR VOTE!** Each year USA Racquetball members have the opportunity to help shape the future of the organization by electing representatives to the USA Racquetball Board of Directors. Members are invited to select up to three of the four candidates shown above, and will be able to vote online through April 13, by following links on [USARacquetball.com](http://USARacquetball.com).



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**PLAY LIKE A GREEK GOD!**

[head.com/racquetball](http://head.com/racquetball)

THE POWER OF YOU







## CONTINUING THE *Making of a Champion*

by Fran Davis (*The Coach*) • Diana McNab (*Sports Psychologist*) • Dan Obremski (*Fitness Expert*)

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

In the last issue, Winter 2014, I discussed "Overcoming Adversity" in detail, which is a key element of a mentally tough game and creating your "championship game."

Now that we are in the height of the competitive season, this is the perfect time to take a look at "The Serve."

I cannot stress enough the importance of the serve. It is the #1 weapon in the game, because the only time you can score a point is when you are serving. Your serve is the one time in the game when you are in total control; you are dropping the ball out of your hand and placing it where you want the first point of contact to occur, at the height of your choice. At other times during the game, the ball is coming off a wall at a different angle, speed, and height and with a natural spin, which are all elements that can adversely affect any shot during the rally.

The purpose of the serve is to force a weak return, not to score a point. The more aggressive and consistent your serves are, the more pressure you are able to place on your opponent. The more pressure you place on your opponent, the more weak returns you will create.

Weak returns can be elicited with a number of tactics such as the type of serve, deception, variety, power, and consistency. By utilizing one or more of these, you will keep your opponent off balance or guessing, usually forcing a weak return—which is exactly what you want to accomplish on the serve.

With this information, let's address the four skill areas needed to help make you a more consistent and positive player, a "must" in developing your championship game.

### 1 RACQUETBALL SKILLS

The element of surprise, of keeping your opponent off balance, is the key to eliciting a weak return (or no return at all) from your opponent. If the receiver has no idea where the ball is going or which serve is coming, you've got your opponent where you want them. This deception is created by two major elements: your footwork and the ball toss. The one-step or two-step motions should be exactly the same for all lob serves and all drive serves no matter which particular serve you are going to execute.

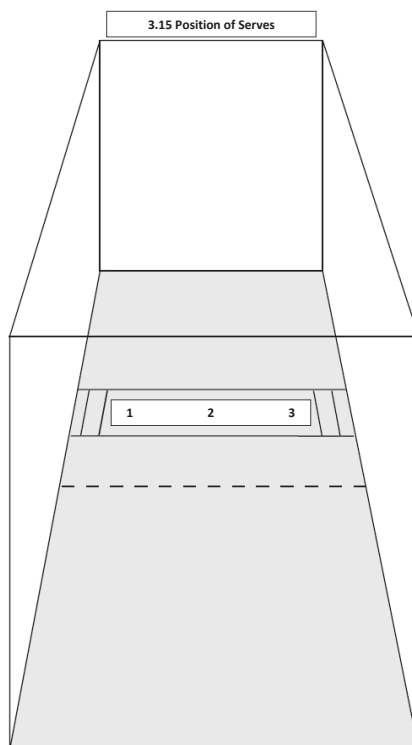
What changes ever so slightly, by only inches, is the ball toss, which ultimately affects your contact point. To the receiver it will appear that the ball toss is in the same spot, off your front foot, but you could drop the ball off your big toe for a drive serve crosscourt, or off your heel for a drive Z, or in between the big toe and little toe for a lob nick—this keeps your opponent guessing.

Practice low and hard drive serves first from all three

positions (except NO drive Z's from position 2). Do one position at a time, pick one type of serve at a time, and then perform the serve to both sides of the court by changing the ball toss (15 or 20 to the right and then 15 or 20 to the left, depending upon your level of play).

Practice lob serves first from all three positions (except NO lob Z's from position 2). Do one position at a time, pick one type of serve at a time, and then perform the serve to both sides of the court by changing the ball toss (15 or 20 to the right and then 15 or 20 to the left depending upon your level of play).

Rocky, Jason and Paola as well as the rest of my championship team do this to make sure they keep their opponents guessing. This pays big dividends for them to play at the top of their games.





## 2 MENTAL SKILLS

Guided imagery is a condensed version of visualization. Often there is not enough time for a full or deep visualization session, so athletes use guided imagery instead. Guided imagery is when you tell your mind to create a picture of what you want instead of words. Since athletes perform best with visual cues rather than auditory cues, guided imagery is a great shortcut to success.

In guided imagery, close your eyes and instantly create an image on the movie screen of your mind, six inches in front of your forehead. It is like a 5x7 photo of what you want to happen next and how you want to perform. You can do this on the court between points or outside the court in your car, or on a plane, or in the locker room. Guided imagery is a mental flash or a visual reminder of what you want to happen next. Desire it, see it, feel it, and hit it. It's as easy as that.

Jason, Paola and Rocky all use this technique of visualization, "guided imagery," to enhance their play, and it is evident in their games.

## 3 FITNESS SKILLS

Power is speed multiplied by force. In other words, how quickly and with how much force can you move? In sports we think of explosion when we think of power. How quickly can you

act, react, or move with definite force? A good example is the drive serve, which involves speed with force, equaling power. If you have more power on your drive serves, this will give your opponent less time to react, forcing more weak returns and giving you an opportunity to score easier points on your serve. Add this power with more deception, and your opponent will for sure be even more frustrated, leading to set-ups.

Paola, Rocky and Jason have fitness trainers who work with them on a regular basis and focus on developing more power.

## 4 NUTRITION SKILLS

Like fitness skills, nutritional skills are usually overlooked. Many athletes suffer from dehydration and cramping, and they often run out of energy and cannot perform at their best. This is when you start to feel weak and you can lose power in your shots, which adversely affects your drive serves.

You want to make sure your eating habits are second to none and that you drink lots of water. Your body and mind need this in order to allow your body to hit serve after serve with power and to allow your mind to think more clearly about the ball toss to create more deception.

Jason, Paola and Rocky all know how to enjoy themselves, but it's about making better choices: a way of life for them.

# Championship Racquetball

## Using the Core Principles of "Building Your Racquetball Dream House"

*If you want to play like a champion, turn to the champions!*

### App

- Bring your mobile device on the court with you
- Coaching one on one with Fran & Jason
- Dynamic video/diagrams on techniques & tactics
- Top coaching worldwide

### Video

- Learn to vary serve-deception
- Learn the perfect strokes
- Improve shot selection/court position
- Game plans/Strategies a must
- Be aggressive on the return of serve
- Perfect practice makes perfect

### Camps

- 13+ Hours of Instruction and Court Time
- Physical and Mental aspects of the game
- Lectures/Playing/Critiquing
- Video Tape Analysis / Play the Pro
- Camp Manual/ T-Shirt / Penn Racquetballs

### Books

- Core Principles discussed
- Advance your skills, tactics and toughness for a winning game
- Targets Intermediate players and above

Taylor Knoth  
Jr. World Champion

Sharon Jackson  
Jr. Nat'l Champion

Paola Longoria  
2X #1 Pro Player

Jason Mannino  
#1 Pro Player 2003

Rocky Carson  
#1 Pro Player 2008

Sudsy Monchik  
#1 Pro Player

### Fran's Credentials

- 25+ Years Camp Experience
- Woman of the Year 2009
- 2004 Hall of Fame
- U. S. National Team Coach 1989-1996, 2002
- Pan American/World Championship Coach
- USOC National Coach of the Year 1997
- Coaches Rocky Carson, Paola Longoria, Taylor Knoth, Sharon Jackson
- Coached Legends Jason Mannino and Sudsy Monchik
- USAR-IP Master Professional

### Jason's Credentials

- #1 IRT Professional Player 2003
- 2X U.S. Open Champion
- IRT Most Improved Player 1998
- IRT Rookie of the Year 1996
- International Racquetball Tour President

### Camp Schedule:

#### Weekend Camps 2014

March 21-23	Las Vegas, NV
April 4-6	Findlay, OH
May 2-4	Warren, NJ
July 18-20	Millersville, MD
August 8-10	San Francisco, CA
September	TBD
October 17-19	Nashua, NH
November 7-9	Chicago, IL

#### Week Long Fantasy Camps 2014

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Presented by  
featuring Fran Davis and Jason Mannino

# HE WHO HESITATES ... *LOSES ... the Serve?*

■ by Otto Dietrich, USA Racquetball National Rules Commissioner

photo by Geoff Thomsen



*“... players and referees alike should now know that employing this technique could cause them to lose the rally ...”*

Last October, I received a mass email from one of the sport's true legends, Steve “Bo” Keeley. A top pro from the sport's very early years, Steve is a prolific author. His works range from the 1970's landmark, “The Complete Book of Racquetball,” to his 2013 books on Charlie Brumfield and Women Racquetball Pioneers. I'm fascinated by his insights and reflections on the game but was a bit dismayed regarding the subject and contents of the abovementioned email – “Hesitation Serve.” Therein, he advocated for pausing during the service swing -- “. . . near the top or during the downswing,” -- saying that it is “. . . a presently rare, and therefore useful, service strategy.”

However, from a rules standpoint, that “strategy” is prohibited and has been at least as far back as 1982! It is one type of “OUT SERVE” addressed in Rule 3.10(d): Fake or Balk Serve. Any movement of the racquet toward the ball during the serve that is non-continuous and done for the purpose of deceiving the receiver.

In the '80's, for example, Dave Peck would bounce the ball very high as if he was going to hit an overhead serve. He'd start a swing toward the ball as if to do just that, but then, at the last instant, would “draw back” his forward motion to instead swing much lower and then hit a drive serve once the ball dropped to only a foot off the floor. (As Steve stated in that email, it can be very deceptive for both opponent and the referee.) It was Dave's turn to be shocked when I informed him that he had just lost the serve. I am not sure how many players received Steve's email, but I am hopeful that players and referees alike will now know that employing the technique it advocated that could cause them to lose the

serve rather than gain an advantage to win the rally. He who hesitates, loses (the serve)!

**Here are several questions asked and answered recently:**

**Lisa asked:** If a serve is obviously going to be long, but the receiver hits the ball before it reaches the backwall, is the ball in play or is it considered long and the server takes his second serve?

**Otto answered:** Such a serve is NOT technically long until it actually touches the backwall without the receiver having touched it. So, if the receiver hits the served ball before it hits the backwall, then that ball is “in play.”

**Mike asked:** If ball hits the solid red line (the line closest to receiver), is it good?

**Otto answered:** That solid red line on the floor closest to the backwall is called the “Short Line” and all of the paint that it consists of is defined as being “inside” the Service Zone. So, if the served ball hits any part of the paint, then it is a “short” serve. The served ball must totally clear the paint of that line to be a good serve. This is contained in Rule 3.9(b).

**John asked:** When a ball comes off the front wall and I want to take a shot off of the backwall, but the ball hits my opponent before I swing, do I get the point? Also, when a ball comes off of the front wall that I swing at and miss, but then the ball hits my opponent -- what happens next? Is it my point or is it a hinder on me?

**Otto answered:** Anytime that a player is touched by a ball that he (or his partner in doubles) has last hit before the ball bounces on the floor a second time, he loses that rally immediately. He cannot claim to be hindered by his opponent because it is not the opponent's turn to hit the ball. The very same is true if you swing and miss as long as the





# DO YOU HAVE

## A RULES/REFEREEING QUESTION?

Be sure to email it to me at [rules@usra.org](mailto:rules@usra.org) and you might find it featured in an upcoming issue of *Racquetball Magazine*. I will personally answer every question I get, no matter how simple or complex it may be!

ball is still in play (has not yet bounced on the floor a second time). Again, when it is your turn to hit the ball, you basically cannot hinder your opponent.

**Tom asked:** Is a ball that hits the “crack” between the floor and wall and takes an irregular bounce outside the expected path considered a hinder requiring a replay of the point? Also, on a completely enclosed court, when a ball hits the area above the glass where some courts have an open gallery instead, is this area playable since the court is completely enclosed?

**Otto answered:** If your first question is about a ball that is already in play and it hits that “crack” you mentioned above, regardless of how funky it may bounce, it remains in play. But, of course, once that ball touches the floor twice, it is dead! The “crack” (where two surfaces form a 90-degree angle joint, is not a court hinder like other irregular surfaces of the court that might warrant a replay.

With regard to your other question, as long as that area above the glass provides a relative true rebound like the glass and it is the same distance from the front wall as the glass, then it is still in play. Speaking of “backwalls,” I periodically receive questions about a “red line” drawn across the backwall at about a 12-foot level. If your courts have such a line, you should just ignore it – the USA Racquetball rules have never limited the height of that wall. While both the Canadian and International Racquetball Federation rules still specify a 12-foot limit, in the USA, the whole backwall is in play as provided in Rule 2.1(a).

## Always “Play by the Rules”

... and, if you don't have a copy of them, I encourage you to go online to review them at: [USARacquetball.com](http://USARacquetball.com).

## WINNING PAIRS

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## Dealing with String Stress from New Racquet Designs:

*A Manufacturer's Challenge*

By Steve Crandall  
Vice President, Sales & Marketing  
Ashaway Racket Strings

**N**o one can accuse racquet designers of sitting on their hands these past few years. Indeed, so frequent are the “break-throughs,” “revolutions,” and “new technologies” announced that it’s often difficult to keep them straight, or understand fully what they do. (This, of course, never happens with string!) Just look at some of the more recent pronouncements:

- “Hi-Octane Boosters” that add power, solidify the string bed, and improve control
- “Flexible Tubes” inside the handle that increase ball control, decrease vibration, and enhance string life
- “Power Rings” that enhance control of strings and change the balance point of your racquet
- “Power Holes” that increase striking power by “the strategic reinforcement of select cross strings.”

And there are many more. So, do all these rings, cores, tubes, ports, and internal strings actually work? Well, there is solid physics behind most of them, and many players do claim to benefit. But whether or not they will work for your game, only you can decide.

However, as a string manufacturer, I am concerned by the additional stress on the string bed caused by some of these innovations. For example, as racquet manufacturers have attempted to increase power by lengthening strings through different head shapes, stringing patterns, and racquet designs, they have inadvertently increased the need for

higher stringing tensions and exposed strings to much greater premature breakage due to off center hits. Another side effect of longer strings and higher tensions is increased tension loss and more “trampoline effect” than is desirable for the majority of players.

Therefore, when you combine these longer strings with more open-faced stringing patterns, the incidence of catastrophic string breakage at the frame by power players

(between 10 o’clock and 2 o’clock especially) increases significantly. The root cause of this phenomenon is the combination of reducing the number of strings in contact with the ball at stress points and the higher stringing tension required to achieve an acceptable balance of control and power from the racquet/string combination.

Another area of concern is the evolution of grommets/stringing systems over the last

As racquet manufacturers have attempted to increase power by lengthening strings through different head shapes, stringing patterns, and racquet designs, they have inadvertently increased the need for higher stringing tensions, and exposed strings to much greater premature breakage due to off center hits.





decade (e.g., both the grommets in the frame and the string tubes through the racquet handle). These innovations have generally mandated the use of thicker and stronger strings to achieve adequate string life. Thicker strong strings help to address the string breakage problem, but often at the expense of playability and overall string performance.

So what's a manufacturer to do? Our job is to make strings people want to use, not tell them they have to use strings they don't want. If these new racquet designs improve performance, we need to make strings that perform as well as they do. We've had some success beefing up the jackets, or wear layers, on our strings, and with changing the core construction packages. But the one solution we've found more effective than any other was one we actually happened on by accident: transferring the use of PEEK polymers from the central core to the wear layer.

PEEK polymers like Zyex® have a number of properties that lend themselves to racquet string, including exceptional elasticity, or dynamic stiffness, which increases power and absorbs impact shock; the ability to hold tension, which increases the playing life of string; low coefficient of friction, which increases

the ability to generate spin; and more. But another key attribute of PEEK is its abrasion resistance. In tests measuring "thread on thread" abrasion conducted at room temperature, PEEK multifilaments outlasted aramid fibers by a factor of approximately 5.5. In fact, one of the original applications for PEEK was as aerospace insulation designed to protect electrical wiring from abrasion damage.

We had been thinking of abrasion resistance in terms of string on string wear, but the increased string stress caused by these new racquet designs clicked on the light bulb in our heads. If Zyex insulation could protect wire, we thought, why not string? So we got to tinkering in the lab and what we've come up with is an entirely new surface element of Zyex filaments in the jacket of the string that increases their overall durability in these new racquets, and especially enhances loop strength to reduce frame breakage. Being made of Zyex, it also optimizes power and improves tension holding. In short, an excellent way to make string for newer designed racquetball racquets. (Zyex is a trademark of Zyex Ltd)

## Ashaway Introduces PowerKill® Pro Racquetball String

*with Power Filament Technology™ for Power Players*

**A**shaway Racket Strings has a new string for professional level racquetball players plagued by chronic string breakage. New PowerKill® Pro is a tough, 16 gauge (1.30 mm) string designed with Power Filament Technology™ (PFT™), a proprietary new wear layer, or "jacket," which uses Zyex® fibers to enhance durability and power, and help maintain string tension.

"Power Filament Technology represents a significant advance in string technology for racquetball that will allow players to push their game to the limit," said Steve Crandall, Vice President of Ashaway. "PFT allows us to incorporate an entirely new surface element of Zyex filaments in the jacket of the string that increases durability and tension holding, and optimizes power. It also enhances sheer strength to reduce frame breakage for chronic string breakers."

Zyex is a trade name for a high temperature, engineering grade polymer known as polyetheretherketone, or PEEK. PEEK materials like Zyex have several physical properties that recommend them for racquet strings, Crandall explained. Among other qualities, PEEK monofilaments and fibers are very tough and durable, and have excellent abrasion resistance. In tests measuring "thread on thread" abrasion -- one of the key factors in string fatigue -- PEEK multifilaments lasted more than five times as long as "bullet proof" aramid fibers.

"Another benefit of the PFT jacket in PowerKill Pro is in generating power," Crandall continued. "Zyex filaments are known for their excellent dynamic stiffness, their tremendous ability to stretch and snap back when hitting the ball. This improves the power of every shot while decreasing string bed stiffness and impact shock, a property we call 'soft power'."

Bright red in color, PowerKill Pro is available in 40 ft. sets and 360 ft. reels. Recommended stringing tension is up to 35 lbs., but Ashaway suggests using 10-20% less tension than normally used for standard nylon strings.



Ashaway Racket Strings has a new string for professional level racquetball players plagued by chronic string breakage. New PowerKill® Pro is a tough, 16 gauge (1.30 mm) string designed with Power Filament Technology™ (PFT™), a proprietary new wear layer, or "jacket," which uses Zyex® fibers to enhance durability and power, and help maintain string tension.

Ashaway Racket Strings are made by Ashaway Line & Twine Mfg. Co., the only U.S. manufacturer of string for squash, tennis, racquetball, and badminton. Operated by the Crandall family since 1824, Ashaway has been making racquet strings since 1949, and is responsible for several important technical innovations. Ashaway has been the Official String of USA Racquetball for more than ten years, and has recently been named the Official String of Professional Tennis Registry. Ashaway Line & Twine Mfg. Co. also makes braided products for medical and industrial applications. For more information visit [www.ashawayusa.com](http://www.ashawayusa.com) Zyex is a registered trademark of Zyex Ltd.

# SINGLES SHOWDOWN

47th National Singles Championships • May 21-25  
Meridian Sports Club • Fullerton, California



**T**he culmination of the 2013-14 USA Racquetball season will once again take place at the USAR National Singles Championships. There is no better venue to test your game one-on-one against players from around the country. Our nation's best will be competing for coveted spots on the U.S. National Team, and you could have a front row seat. For the rest of us, multiple age and skill divisions, mixed with some doubles action, will make this a Championship to remember.

National Singles also presents a great opportunity to see the newest racquetball equipment coming from the sport's best manufacturers. Don't miss your chance to check out the latest technology and innovation heading into next season.

Fullerton and Orange County make a great travel destination. Our two host hotels offer great rates for lodging just minutes from the Meridian Club, as well as great access to all the area has to offer. Disneyland Resort and wonderful beaches are a stone's throw away, and you can take in even more major league sports at a LA Angels of Anaheim or LA Galaxy game before or during the Championships.

Reconnect with old friends, rekindle old rivalries, bring your best game, and compete for national bragging rights back at home! Join us in beautiful southern California for great racquetball and a great time at the 2014 National Singles Championships!

Use United discount code ZNY2915496 anytime for discounts on airfare and to support USA Racquetball.

## HOW TO QUALIFY For National Singles

There are **SIX** easy ways to qualify for the National Singles Championships:

- 1 Compete in a Singles Division in a USAR Regional Championship (see pg 37)
- 2 Compete in a Singles Division of a State Singles Championship played with a Penn ball (listed below)
- 3 Compete in the NMRA National Singles
- 4 Compete in the WSMRA National Championships
- 5 Compete in USAR National Intercollegiates
- 6 Can't make a qualifier? Pay a \$25 waiver fee with your National Singles application.

### Participants in USA Racquetball Regional Qualifiers Receive:

- \$10 rebate on National Singles entry, first division
- Division winners receive a top 16 seed at National Singles

## STATE QUALIFIERS

### 2014 State Singles Championships serving as qualifiers for National Singles

Alabama	Iowa	North Carolina
Arizona	Kansas	North Dakota
Arkansas	Louisiana	Ohio
California	Maryland	Oklahoma
Colorado	Michigan	Pennsylvania
Connecticut	Minnesota	Rhode Island
Delaware	Mississippi	Tennessee
Florida	Missouri	Utah
Georgia	New Jersey	West Virginia
Illinois	New Mexico	Wyoming
Indiana	New York	





2013 SINGLES **DEFENDING CHAMPS****Men's US Team Qualifying**

- 1 Marco Rojas
- 2 David Horn

**Women's US Team Qualifying**

- 1 Rhonda Rajsich
- 2 Janel Tisinger

**IRT Pro Men's**

- 1 Kane Waselenchuk
- 2 Rocky Carson III

**LPRT Women's**

- 1 Paola Longoria
- 2 Samantha Salas Solis

**Open Age Divisions**

	Men's	Women's
24 and Under A	Aaron Booker	
24 and Under B	David Ryon	
25+ A	Trevor Jones	Heather Olson
25+ B	Hubaldo Hernandez	
25+ C	Skylar Stewart	
30+ A	Andrew Aronstein	
30+ B	Jason Chacon	
35+ A	Luis Pesqueira	Rebecca Wilkinson
35+ B	Haz Novoa	Dragana Bulatovic
35+ C	Bian Laney	Amanda Blender
40+ A	Scott Grunin	Tracy Shearer
40+ B	Tim Hoover	Cindy Herceg
45+ A	Greg Beistle	
45+ B	Steve DiSalvo	
45+ C	Jamie Sims	Chris Cerny
50+ A	Charles Cole	Peggine Tellez
50+ B	Sterling Altobell	
50+ C	Roy Grimet	
55+ A	Rick Betts	Vicky Birkmann
55+ B	Ramon Quezada	
55+ C	Robert Chavez	
60+ A	David Williams	
60+ B	Moshe Mann	Margie Der
60+ C	Alan Douglas	
65+ A	Jon Wuerffel	
65+ B	Fred Baida	
65+ C	Jack Morgenroth	
70+ A	William Baker	Marquita Molina
70+ B	Richard Gower	

**Skill Divisions**

	Men's	Women's
Elite	Connor Laffey	Lexi York
A	Alon Doitch	Rebecca Wilkinson
B	Haz Novoa	Cindy Herceg
C	Julio Palencia	Emily Stanton
D	Joe Massa	Amanda Blender

**Juniors**

	Boys	Girls
10 and Under	Cody Elkins	Blair Odon
14 and Under	Fausto Santana	Ana Cristina Flores Olson
18 and Under	Nicolai Miramontes	Lexi York

**Heroes Divisions**

Men's Heroes Open/A	Troy Vanbemmelen
Men's Heroes B/C	David Ryon
Men's Heroes 30+ Open	Mike Ramirez
Men's Heroes 40+ Open	Rabbit Rogers
Men's Heroes Doubles A/B	Dean Lavilla / Rabbit Rogers

**Doubles**

Men's Doubles Elite	Enrique Ainslie / Justin Ivers
Men's Doubles Pro / Open	Juan Herrera / Juan Torres
Women's Doubles Pro / Open	Aimee Ruiz / Janel Tisinger
Men's Doubles A	Enrique Riox Loaiza / Mike Plattner
Men's Doubles B	Will Costanza / Chris Poucher
Men's Doubles C	Darren Breese / Ron Garcia
Men's Doubles 45+	Cliff Swain / Mike Ladge
Men's Doubles 55+	Robert Siebert / Glenn Bell
Men's Doubles 65+	Leonard Sonnenberg / Michael Kurty
Men's Doubles Centurion Open	Ruben Gonzalez / Scott Winters
Men's Doubles Centurion A	Raymond Maestas / Ronald Maestas
Men's Doubles Centurion B	Will Costonaza / Chris Poucher
Mixed Doubles Open	Aimee Ruiz / Jansen Allen
Mixed Doubles A	Jean Hellstrom / Steven Harper
Mixed Doubles B	Danie Mullin / Jane Scheffer
Mixed Doubles 50+	Vicky Birkmann / Howard Walker

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# JUNIOR OLYMPICS MILE HIGH IN DENVER

*41st Wilson National Junior Olympic Championships*

*June 25-29*

*Highlands Ranch Community Center*

*Denver, Colorado*

## THE RACQUET IN THE ROCKIES

USA Racquetball's premier junior national championship in the United States – the Junior Olympics - is heading to the Mile High City. The nation's best junior players will vie for coveted positions on the U.S. Junior National and Esprit Teams and will be invited to compete at the IRF Junior World Championships to be held in Cali, Columbia in October.

The Olympic format of the Championship provides for a great competitive experience for up-and-coming players of varied skill levels. Enjoy a week with fellow junior athletes and their families who love racquetball and having a great time.

An outstanding family destination, Denver offers mild summer weather, top-notch professional sports, world-class museums, and access to great hiking, white water rafting, and spectacular national parks. Take in a Colorado Rockies vs. St. Louis Cardinals game ahead of the Championship. Flights to and from Denver are economical and convenient, with non-stop routes throughout the country.

Make a family vacation of the trip and join us in beautiful Colorado for the 2014 Wilson National Junior Olympic Championships!

Use United discount code ZNY2915496 anytime for discounts on airfare and to support USA Racquetball.



Photos Courtesy Visit Denver





2013 JUNIOR OLYMPICS **DEFENDING CHAMPS****Boys Single Multibounce 6 and under**

**1st** Joe Merz  
**2nd** Ace Akins

**Boys Singles 8 and Under Gold**

**1st** Vedant Chauhan  
**2nd** Josh Shea

**Boys Single Multibounce 8 and Under Gold**

**1st** Ariaan-thor Ghatate  
**2nd** Josh Shea

**Boys Singles 10 and under Gold**

**1st** Akul Ramayani  
**2nd** Antonio Rojas

**Boys Singles 12 and Under Gold**

**1st** Sebastian Fernandez  
**2nd** Antonio Rojas

**Boys Singles 14 and Under Gold**

**1st** Jordan Barth  
**2nd** Mauro Rojas

**Boys Singles 16 and Under Gold**

**1st** Jake Birnel  
**2nd** Sam Bredenbeck

**Boys Singles 18 and Under Gold**

**1st** Adam Manilla  
**2nd** Connor Laffey

**Girls Single Multibounce 6/8**

**1st** Stella Pearson  
**2nd** Raina Hartman

**Girls Single Gold 8/10**

**1st** Julia Stein  
**2nd** Rei McCormick

**Girls Singles 12 and Under Gold**

**1st** Kaitlyn Boyle  
**2nd** Briana Jacquet

**Girls Singles 14 and Under**

**1st** Jordan Cooperrider  
**2nd** Erika Manilla

**Girls Singles 16 and Under Gold**

**1st** Kaitlyn Simmons  
**2nd** Hollie Scott

**Girls Singles 18 and Under**

**1st** Kelani Bailey  
**2nd** Samantha Simmons

**Boys Doubles 10 and Under**

**1st** Tommy Andraos/ Akul Ramayani  
**2nd** James D'Ambrogia/  
 Vedant Chauhan

**Boys Doubles 12 and Under**

**1st** Julian Singh  
**2nd** Sebastian Fernandez

**Boys Doubles 14 and Under**

**1st** Jordan Barth/ Justus Benson  
**2nd** Mauro Rojas/ Wayne Antone IV

**Boys Doubles 16 and Under**

**1st** Kyle Ulliman/ Sam Bredenbeck  
**2nd** Jacob Mathews/ Jake Birnel

**Boys Doubles 18 and Under**

**1st** Adam Manilla/ Sawyer Lloyd  
**2nd** Connor Laffey/ Nicholas Riffel

**Girls Doubles 10/12**

**1st** Graciana Wargo/ Kaitlyn Boyle  
**2nd** Briana Jacquet/ Nikita Chauhan

**Girls Doubles 14/16/18**

**1st** Samantha Simmons/ Kelani Bailey  
**2nd** Erika Manilla/ Jordan Cooperrider

**Junior Mixed Doubles 10 and Under**

**1st** James D'Ambrogia/  
 Heather Mahoney  
**2nd** Rei McCormick/ Roland Siverling

**Junior Mixed Doubles 12 and Under**

**1st** Megan Carver/ Nick Birnel  
**2nd** Briana Jacquet/ Cole Hartman

**Junior Mixed Doubles 14/16**

**1st** Hollie Scott/ Jake Birnel  
**2nd** Kaitlyn Simmons/ Kyle Ulliman

**Junior Mixed Doubles 18 and Under**

**1st** Adam Manilla/  
 Samantha Simmons  
**2nd** Nicholas Riffel/ Kelani Bailey

THE

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# INTERNATIONAL LINEUP

## 2014 EVENT CALENDAR

With thousands of local and national tournaments taking place on several continents this year, a number of events are also scheduled for the international stage, including the PASO Olympic Festival and a PASO Coaching Clinic. Following is the calendar and a brief description of each event.\*

### PARC Pan American Racquetball Championships

**April 11-19**

**Santa Cruz de la Sierra, Bolivia**

Players will experience a brand new eight-court facility featuring two four-wall glass courts and six back-wall glass courts. It is a standalone facility located at the Santa Cruz Olympic Sports Center. Eighteen National Federation racquetball teams from the Americas will compete for Team Qualifying spots at the 2015 Toronto Pan American Games.

### IRF World Racquetball Championships

**June 14-20**

**Burlington, Canada**

Cedar Springs Health and Racquet Club will be the host venue for this tournament that has been designated a test event by the 2015 Toronto Pan American Games. Thirty-three IRF member countries' National Teams are expected to compete. The 2014 IRF World Championships take place in Canada for the first time since 1992 when they were held in Montreal.

### PASO Olympic Festival

**August 3-14**

**Guadalajara, Mexico**

Racquetball is included in this first PASO Olympic Festival. Thirteen sports will compete in various venues throughout Mexico with racquetball held in the



same venue as the 2011 Pan American Games. In addition to men's and women's singles and doubles competitions, coaching and referee clinics will be held under the auspices of the IRF and PARC.

### 30th IRF World Seniors Racquetball Championships

**August 25-30**

**Albuquerque, New Mexico**

This popular annual event is hosted at several New Mexico Sports & Wellness clubs in Albuquerque. Competition is offered in men's and women's singles as well as mixed doubles from ages 35 to 90. A first-class silent auction and banquet are off-court highlights.

### PASO Racquetball Coaches Clinic

**September 15-20**

**Guatemala City, Guatemala**

PASO will invite racquetball coaches from 41 countries in the Americas to Guatemala City for this third Coaches Clinic. The clinic will be administered by the IRF/PARC Coaching Certification Committee.

### IRF World Junior Racquetball Championships

**October 19-25**

**Cali, Colombia**

Club Cañasgordas boasts eight courts, two of which are championship glass-

wall courts that were constructed for the 2013 World Games. Twenty-five National Junior Teams from four continents are expected to compete.

### PARC Central American Caribbean Games

**November 17-27**

**Vera Cruz, Mexico**

Four new courts are being built for this event. The CACGs are held every four years with 30 sports invited to compete. This will be the seventh time that racquetball has been a full medal sport. The CACGs will be a qualifying event for the 2015 Toronto Pan American Games.

Looking forward into 2015, the Pan American Games (July 10-26, in Toronto) are held every four years and are second only to the Olympics in stature and number of participating athletes.

\*Several organizations' acronyms appear in this update.

**IRF –**  
*International Racquetball Federation*

**PARC –**  
*Pan American Racquetball Confederation*

**PASO –**  
*Pan American Sports Organization*

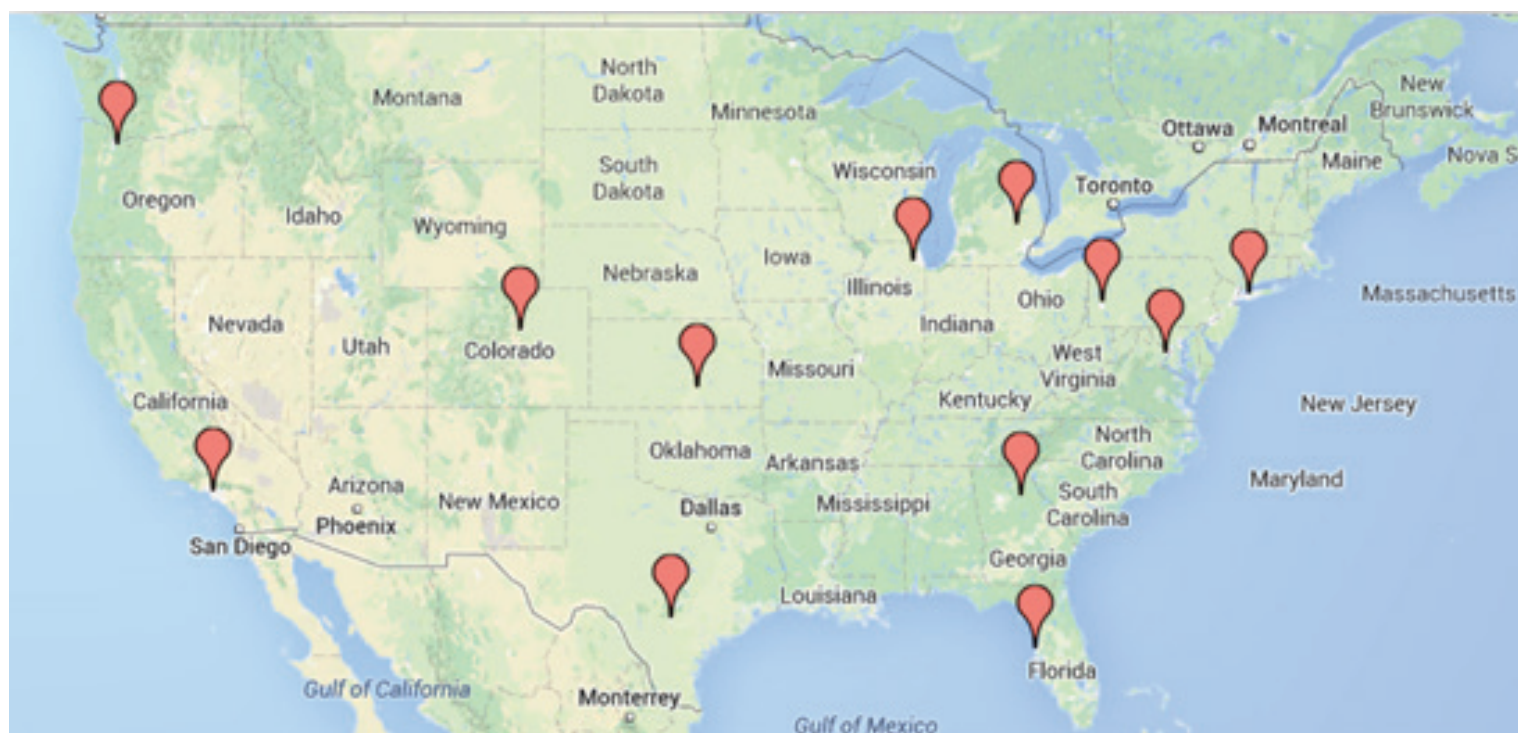




# 2014 Regional Championships

March 28-30	S. California	Los Angeles	rbjaws@roadrunner.com
April 9-13	New York	Syosset	tkeogh1070@gmail.com
April 9-13	Oregon	Gresham	brianancheta1@yahoo.com
April 10-13	Colorado	Denver	unclelarry2all@yahoo.com
April 11-13	Florida	Port Richey	kimroy@mac.com
April 11-13	Georgia	Athens	willc@interserv.com
April 12-13	Michigan	Davison	don113x@comcast.net
April 18-20	Virginia	Arlington	kdenu318@yahoo.com
April 25-27	Kansas	Wichita	yoscooterw@yahoo.com
April 25-27	Illinois	Lombard	petersgeoff@hotmail.com
April 25-27	Texas	San Antonio	mike@alamoracquetball.org
April 25-27	Pennsylvania	Harmarville	djrosidivito@comcast.net

Find more information at [USARacquetball.com](http://USARacquetball.com)



Presenting Partner of USA Racquetball Championships



Illinois State Singles Championships	Apr. 3-6	Lombard	IL	Glass Court Swim & Fitness
Washington State Singles	Apr. 4-6	Tacoma	WA	Sprinker Recreation Center
Fran Davis Racquetball Camp	Apr. 4-7	Findlay	OH	Findlay YMCA
Wyoming State Singles Championship	Apr. 4-8	Casper	WY	Wyoming Athletic Club
Virginia - James River Open	Apr. 4-9	Lynchburg	VA	YMCA of Central Virginia
WOR Savannah Spring Outdoor 1-Wall	Apr. 5	Savannah	GA	Lake Mayer Community Park
Buckeye Open Spring	Apr. 5	Columbus	OH	The Ohio State University
AZ WOR VII the Final Battle!	Apr. 5-6	Glendale	AZ	Bonsall/Chicken/Harry Bonsall Sr Parks
Aggieland Classic	Apr. 5-6	College Station	TX	Texas A&M University
USA Racquetball Regional Championship	Apr.9-13	Gresham	OR	Cascade Athletic Club
USA Racquetball Regional Championship	Apr.9-13	Syosset	NY	Synenergy
USA Racquetball Regional Championship	Apr. 11-13	Port Richey	FL	Richey Racquet Club
USA Racquetball Regional Championship	Apr. 11-13	Arlington	VA	Crystal Gateway Sport & Health Club
USA Racquetball Regional Championship	Apr. 11-13	Athens	GA	University of Georgia Ramsey Center
WOR 2014 Nor Cal Spring Shootout	Apr. 12	Sacramento	CA	Florin High School
Indiana Singles State Championships	Apr. 12	West Lafayette	IN	Purdue University
Arkansas State Singles	Apr. 12-13	Ft. Smith	AR	World Class Fitness
Michigan Pro-Am/USAR Regional Championship	Apr. 12-13	Davison	MI	Davison Athletic Club
Pro Racquetball Academy ALL-IN-ONE Camp	Apr. 24-27	Stockton	CA	In-Shape Sport: West Lane
CPRT Championships	Apr. 25-27	Las Vegas	NV	Las Vegas Atheletic Club
USA Racquetball Regional Championship	Apr. 25-27	Lombard	IL	Glass Court Swim & Fitness
No Strings Attached Open	Apr. 25-27	Tucson	AZ	Tucson Racquet & Fitness Club
Battle at the Alamo	Apr. 25-27	San Antonio	TX	Thousand Oaks Family YMCA
KS State Championships/USAR Regional	Apr. 25-27	Wichita	KS	YMCA Wichita Down Town
USA Racquetball Regional Championship	Apr. 25-27	Harmarville	PA	Alexander's Athletic Club
Spring Splat	Apr. 25-27	Spokane Valley	WA	The Fitness Center
FRA Women's Racquetball Day	Apr. 26	Tampa	FL	Bob Sierra YMCA
Izzi Racquetball Point & Pride Shootout	Apr. 26	Gillette	WY	Campbell County Rec Center
Frand Davis Racquetball Camp	May 2-4	Warren	NJ	Warren Health & Racquet Club
Woodstock Media Group Tournament	May 2-4	Spanaway	WA	Sprinker Recreation Center
Florida Open	May 2-4	Sarasota	FL	Sarasota Bath & Racquet
Village Shootout Series	May 10	Phoenix	AZ	Village Racquet & Health Club, Camelback
MAC Pro Am and IRT Tournament of Champions	May 14-18	Portland	OR	Multnomah Athletic Club
Nor Cal Doubles	May 16-18	Redding	CA	Shasta Athletic Club
National Singles Championships	May 21-25	Fullerton	CA	The Meridian Sports Club
Port St. Lucie 1-Day Shootout	May 31	Port St. Lucie	FL	Port St. Lucie Civic Center
Rocky Mountain Senior Games	Jun 5-8	Greeley	CO	Greeley Rec. Center
Florida Sunshine State Games	June 6-8	Sarasota	FL	Bath And Racquet
Grand Canyon State Games	June 6-8	Tempe	AZ	ASU Student Recreation Center
Georgia Outdoor 1-Wall State Championship	June 14	Savannah	GA	Lake Mayer Community Park
Rusty Pollock Memorial Shootout	June 14	Friday Harbor	WA	San Juan Fitness Club
WOR Nor Cal Beat the Heat	June 14	Sacramento	CA	Florin High School
Wilson Junior Olympic Championships	June 25-29	Highlands Ranch	CO	Highlands Ranch Recreation Center
Suncoast Open Cash Shootout	June 26-29	Sarasota	FL	Sarasota Bath & Racquet Club
World Outdoor Racquetball Championships	July 10-13	Huntington Beach	CA	Marina Park
National Masters International Championships	July 16-19	Raleigh	NC	NC State University - Carmichael Gym
Fran Davis Racquetball Camp	July 18-20	Millersville	MD	Severna Park Racquetball & Fitness Club
Sunflower State Games	July 18-20	Topeka	KS	Downtown Topeka YMCA
Annual Elite Racquetball Camp	July 24-28	Denver	CO	Denver Athletic Club
Rocky Mountain State Games	July 25-28	Colorado Springs	CO	Downtown YMCA



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## U.S. NATIONAL TEAM ON DECK

USA Racquetball announced the U.S. delegation that will compete at the Pan American Racquetball Championships to be held April 11-19 in Santa Cruz, Bolivia. Athlete team members include: David “Bobby” Horn of Stockton, Calif., Rhonda Rajsich of Fountain Hills, Ariz., Jose Rojas of Stockton, Calif., and Janel Tisinger of Simi Valley, Calif.

Players will wear the stars and stripes in both Singles and Doubles competitions and will be aided by U.S. National Team Coach David Ellis, Team Leader Cheryl Kirk, and Team Trainer Brent Huff for any medical support.

USA Racquetball is recognized by the U.S. Olympic Committee as the National Governing Body for the sport. Since being added to the Pan American Games, the U.S. National Racquetball Team has won an impressive 30 medals (15 of them gold!), in the four Games that have featured the sport.

Nearly all international competitors receive financial support from their government or a national Olympic committee. However, Team USA relies solely on support from generous players and fans across the country. Fortunately, the USA Racquetball family has shown a real interest in supporting our best players – and you’re welcome to pitch in through USARacquetball.com, with a donation that will go directly toward basic needs like flights, lodging and meals for these athletes. Give today!



# International Update

## New Partnership for IRF

Photo by Cheryl Kirk

### *IRF and EnetLive Sign Streaming and Promotional Agreement*



The International Racquetball Federation recently announced that it has entered into a multi-year streaming and promotional agreement with EnetLive.tv/IRT Network to provide the IRF with its own exclusive channel, the IRF Network.

The partnership offers IRF the opportunity to reach racquetball fans around the world, as well as the worldwide international sports market (including 200 National Olympic Committees), with the best live coverage and videos of the sport. EnetLive.tv/IRT Network will broadcast in HD, use up to 3 cameras, and provide instant replay capabilities.

Confirmed 2014 events to be streamed are the Pan American Racquetball Championships (April 12-19, Santa Cruz, Bolivia), the IRF World Championships (June 14-21, Burlington, Canada), and the IRF World Junior Championships (October 19-25, Cali, Colombia).

IRF President Osvaldo Maggi stated, "This partnership with EnetLive.tv/IRT Network gives the IRF the opportunity to reach a vast number of international sporting entities and their constituents throughout the world, introducing them to the great sport of racquetball. We are extremely pleased about what this agreement will mean for the development of racquetball worldwide."

John Scott, CEO, EnetLive.tv/IRT Network added, "My years of broadcasting have led to many exciting partnerships. One of the biggest opportunities globally in our sport is this agreement between EnetLive.tv/IRT Network and the IRF to create the IRF Network. Our efforts to grow the sport - by uniting what we do - have just gotten better and stronger with this partnership."





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## **NEW ESP RG Toron – Taking Power to Another Level.**

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## **NEW ESP Classic – Redefining Control.**

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1 PT HEAD HEAVY



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